

HAPPINESS THROUGH GIVING

Many people seem to have been told from early on that if they try to get their needs met, think of themselves first and push ahead or compete, they will have a good life. For many this hasn't proven to be true. These values of narcissism, competitiveness, thoughtlessness and even cruelty has created poor choices and a regretful life.

Selfishness never works... Do you really want to be that kind of person? Are you unhappy with some of your behaviors? Perhaps there is a better way, a more spiritual path. One that is a win win. You win and others around you win. Everyone takes care of and thinks of the feelings of the other. Solutions are created together. No one makes decisions that will cause harm or pain to others.



"How wonderful it is that nobody need wait a single moment before starting to improve the world."
-Anne Frank

In the act of giving everyone is healed. The giver by giving and feeling the warmth, growth and satisfaction that giving brings. And the receiver for having been gifted. Then the person who has received has more to give to the next person who may need them and in that way it is paid forward.

In giving we find strengths we may never have known we had. We find we are stronger, more capable and more able to cope. We find a generosity of self and spirit that knows no bounds. We see the rewards in the faces and eyes of the people grateful for our sharing and going deep within ourselves to find a solution for them.

Practice Giving

- Offer small favors or gifts to those whom you know are in need. Start small and build.
- Set aside a small block of time to volunteer on a regular basis.
- Listen for cues when those around you are overwhelmed and could use some help.



It can create boundless happiness and unbridled joy to see your own efforts working in the world to the good of all concerned.

For those who are already giving too much, care-taking to everyone and generous to a fault, these people can ask for help. They can share their situation and needs and request assistance. They can call friends, acquaintances, agencies, organizations, relatives and get the support, guidance and resources they need to survive and thrive.

Practice Receiving

- If people offer simple gestures such as doing the driving, cooking dinner, or running an errand, let them.
- Accept help graciously and don't critique the end result, believing you can do it better yourself.
- Accept gifts and gestures even from those you may feel are not in a position to give.



"The purpose of life is not to be happy—but to matter, to be productive, to be useful, to have it make some difference that you have lived at all."

-Leo Rosten



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"I have found the paradox that if I love until it hurts, then there is not hurt, but only more love."
-Mother Theresa



"Act as if what you do makes a difference. It does." -William James