

December's Theme

The Gifts of Spirit

Today's Lesson:

Ten Joyous Gifts

A copy of today's PowerPoint notes are available @ www.unityofbakersfield.org

Ten Joyous Gifts

The only disability in life is a bad attitude.

~Scott Hamilton, American figure skater and Olympic gold medalist / Won four consecutive U.S. championships (1981-1984), four consecutive World Championships (1981-1984)

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Many of us have read or heard this adage: *Attitude is everything!*

What is your attitude of mind aimed at and what kind of things is the universe giving back to you because of it?

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Unity teaches that if we wish to see our goals and aspirations come to fruition we must be willing to apply the **AIM** process in our thoughts, words, and actions.

**Attitude +
Intention =
Manifestation**

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Jesus summed it up this way: *Give and it will be given to you. And as you give so will you receive.*

To give intentionally from the soul is one of the highest forms of gifting we can do for one another.

The soulful giver has no prerequisites or expectations of getting something back in return. - Linda R. Haper, Ph.D. / Give To Your Hearts Content

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If giving intentionally from the soul is the highest form of giving we can do, why is it so hard?

Because...

We live in a society of deal-making...

Rewards and benefits are continually used to motivate people...

We are conditioned to expect equality and fairness in our giving...

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When giving a “gift” we often consciously or unconsciously think about “keeping things even.”

This sets the stage for expecting something of equal value in return, or some other form of payment.

When we don't get what we think we deserve, we feel disappointed or cheated.

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How can we break this cycle and learn how to give intentionally from the soul?

Dr. Haper gives us 10 ways to share a soulful gift:

1. Give yourself an unearned gift.
2. Give a random act of kindness.
3. Accept a gift you know you will not be able to reciprocate evenly.

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4. Ask for a favor without concern of being able to return it.
5. Give forgiveness to a loved one or friend.
6. Intentionally give more.
7. Practice giving and receiving without any concern of trying to divide all things equally.
8. Look for ways to give differently.

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9. Give yourself permission to indulge in the pleasure of unexpected gifts.
10. Give with the understanding that gifts do not have to meet the expectations of others.

Practicing these 10 ways of giving will help us create an attitude of joyous gifting by:

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Freeing us from being dependent on a person or event in order to experience a blessing.

Freeing us from the time, energy, and logistics of the gift-giving exchange, thus allowing us to be able to live life more freely.

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Being able to live more freely we find that we are able to give intentionally from the soul. As we do this we find ourselves being blessed by the universe with something better.

With this newfound attitude of soulful intention our manifestations bring abundant blessings of every kind.

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It is what we think about our gift that gives it spiritual value and not the stamp on the coin. Our gifts should be made because it is right and because one loves to give, not from a sense of duty or for the sake of reward.

Charles Fillmore, Prosperity

So join me next week when we look at the age old question:

What's In It For Me?