

The Seven Gifts

Rev. Victoria Loveland-Coen, August 20th, 2023

A common mindset in our culture is one of “getting” and holding onto whatever it is we have for fear there won’t be enough. But it is only when we’re willing to *give* – to be a place where abundant Life-Energy can work through us, that we *receive* the fullness of a fulfilling and abundant life. The following 7 practical practices free us and get us back into the flow of abundance.

1. **Giving Out:** Something is trying to emerge from within you. Allow that to happen by giving. Find a level of giving that requires you to stretch, dig deeper, and embody a larger sense of self.
2. **Giving Away:** Holding onto old stuff we no longer use keeps the energy – which remember, wants to circulate, stuck. This week identify and clear out 1 area of your home, garage, office, that’s no longer useful.
3. **Giving Up:** give up the clutter in your “inner junk drawer” – resentments, criticisms, judgements, complaints, and rigid opinions. These are holding us back from the higher good that’s waiting for an opening to flow.
4. **Giving In:** Surrendering our need to make things happen, and instead make our good welcome.
5. **Giving Thanks:** A consistent gratitude practice gets us in the frequency of more to be grateful for.
6. **Giving to Yourself:** “If I really loved myself how would I treat myself? How can I give to myself what I was waiting for others to give me.?”
7. **Forgiving:** Gives to you. It releases you from the heavy burden of resentment which takes a toll on your wellbeing.