

The Spirit of Giving You've probably heard of the popular saying "It's better to give than to receive." But do you actually know what hidden power lies within this magnanimous act known as "giving?"

When you give something from your heart without expecting anything in return, you release a powerful force that will trigger your good deed to "bounce" back to you in amazing, and sometimes unusual ways.

I firmly believe that whatever you impart to others will come back to you a hundred fold. You are doing yourself a big favor by helping someone in need. By doing even the smallest acts of generosity, you are inviting good vibrations to come into your life.

You would be earning the respect and love of your recipients. You know that you will always have a loyal group of friends who would help, protect, and do anything for you just because they feel that they have to repay you in any way they can. Most people would have the urge or drive to reciprocate any act of kindness you've shown them.

However, this does not mean that you must expect them to repay you. Give without any expectation of rewards. Don't do it just because you have an ulterior motive. Give unconditionally. Give because you are happy doing it. The universe will get back to you in its own special way.

Speaking of happiness, the act of giving can summon the spirit of joy to come into your heart. How would you feel when you've given something to your less fortunate neighbors? Let me tell you that nothing could brighten up my day more than hearing them express their most heartfelt gratitude and seeing their smiles extend from ear to ear.

Giving is also a healthy habit. It could prolong your life by instilling within you an inner sense of peace and accomplishment.

Just like all things in life, giving has its limitations. Being too generous can take its toll. Your kindness might be taken advantage of and people might abuse your good intentions. Beware of individuals who are continuously seeking your aid. It's better to teach them how to solve their problems than to always attend to their needs.

As one saying goes ..."Give them some fish and you'll feed them for a day. Teach them how to fish and you'll feed them for a lifetime."

Lastly, here's what I consider the most important rule about giving. Keep your good deeds to yourself. Don't announce to the whole world that you've donated \$100,000 to your favorite charity or that you've helped save a child from a life-threatening disease.

If you really desire to give, do it secretly and in private. Some people would write "anonymous" rather than their own names when they've made a contribution. The universe smiles upon these individuals, and they will get their just rewards in due time.

Now that you know how wonderful it is to give, would you go out to the world and share your blessings?