

Waking Up meditation course Step 5 Give



***The heart is not a container you fill up;
it expands the more you open to love.***

We reach the last stage, Give, which implies kindness, compassion, love, generosity, philanthropy, and caring.

The natural outcome of realising our innate unshakable joy of being is to want to share it. This is my motivation for offering this course to you. Giving it away makes joy grow.

The last piece of this jigsaw that fills us with happiness and fulfilment is based on the heart centred question “**How can I help?**” I believe that this enhances the quality of your life.

Imagine that I am you, and that we are all Life itself. Entertain the possibility that what you are looking at now is yourself looking back at you!

When you benefit, we all benefit. Random acts of kindness make your day better. Do not limit this kindness to our own species, let's extend this kindness to all creatures. They are, after all, inseparable from ourselves. We all breathe the same air.

Keep asking what would love do now?

It seems that humans are naturally empathic and communal. We are biologically wired to give and seek support. When kind we feel worthwhile and have purpose. Gratitude and kindness keep us healthy.

Our practice is the **guided meditation on Loving Kindness**. When I began practicing this meditation it was easy to find people who bothered me, but as I continued I ran out of enemies until I really couldn't find anyone who I disliked.

A yogi once asked me: “Why hate anyone?”

It is so important to be compassionate to yourself as well as others. Nurture yourself as you might a child. Remember we are all doing our best, given what we know.

The Hawaiian tradition of Ho'oponopono teaches us that whatever we encounter is our responsibility, as it has come into our life. Say: “I Love You, I'm Sorry, Please Forgive Me, Thank You” to whatever needs healing.

Pass this course on, tell anyone so that the benefit spreads. Life is for sharing our gifts.

