

# What You Give Is What You Receive

## From front page

come from a place of compassion. I think part of what is going on now in a larger sense in this country is that we have put ourselves in a position where if one person wins it means somebody else loses.

The most important thing for us to understand is that there really is only one of us; that whatever we do to our neighbor we do to ourself. So if our universe is a reflection of our inner self, we need to embrace that and be compassionate with ourself. Sometimes, with the people standing by the side of the road, compassion means acknowledgment and relating to them, which is even more than money.

Brenda: A lot of our giving comes from what we are giving out mentally. What kind of judgment goes on? Are we mentally giving? Are we mentally criticizing? Are we mentally putting out a message that there is something wrong with you or that person? Are we giving out our true humanity and love or are we simply giving out the quid pro quo that we have learned: that if you don't have a job

and you're not productive, you're not worth anything.

We need to shift consciousness and make giving a daily ritual by giving uplifting thoughts and compassionate thoughts. Every time we reach out that way we are expanding and being expanding. All of that comes back into our lives.

**Judith: So giving doesn't have to be about money. Compassionate thoughts, acknowledgement, loving and forgiving thoughts are giving as well.**

Brenda: Exactly, and that's essential. But we also need to get on the other side of giving to the receiving part. There are a lot of spiritual people who are very giving, but a lot of times many of those people have deep resentments that maybe they aren't conscious of. They're giving all the time but they don't seem to be getting back. They're arguing for their limitations because they are expecting their receiving to be in a certain form.

Anybody in that place might want to look within themselves at what their motives are for giving. When we play the victim-self in our lives, we end up giving and we give from such a conditional

place that there are agendas.

Rob: We've trained ourselves to work in an economic model, and if that's your model you only end up with one winner. It's about integrity and meaning. Aligning who you really are on the soul level with what you're doing on the physical level.

Brenda: There was time in my life that when something came back to me I was unable to receive it because of the lack of self-esteem and self-love that I held within myself. So I never fully got back what I expected because there was an agenda attached to the way I gave it out. When it came back, it was always less in some way.

Deep spiritual and emotional work helped move me from a position of self-hatred to self-love. I had to find out what my core beliefs were. For me, it was mining those deep unconscious beliefs and I think that's extremely important because being congruent with who you really are means that you must get below the surface.

I was giving to myself when I decided to do this work. I was actually giving myself the opportunity to finally free myself.

Rob: The great question of the time is separation versus unity. The universe is demonstrating to us that we are all in this together. We are all one, and whenever a separate part of us suffers we all suffer.

This is something you really have to look at on a daily basis. Giving isn't just giving to others. A huge part of our giving is what we are willing to give to ourselves.

Brenda: Are we willing to

give ourselves the freedom that our soul seeks? Are we willing to give ourselves the love that we are or the compassion that others would like from us? I don't believe you can give anything away if you don't hold it first within yourself. Otherwise you come from a very deficit place and then you become spiritually and emotionally bankrupt.

My message this holiday season, first and foremost, is: what are you willing to give to yourself that you can then extend to others? Step up

and be who you are. That is how you share and expand consciousness and that is the cycle of giving and receiving that expands all of us.

For more information about Conscious Talk Radio, show listings, or the hosts Brenda Michaels and Rob Spears go to [www.conscioustalk.net](http://www.conscioustalk.net).

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## Green Challenge

### From front page

When you go shopping this holiday season, Dr. Pat is asking you to replace one item with something green that doesn't harm the earth, doesn't harm another person, and contributes to the thriving of this planet and the people on it.

In the words of Dr. Pat, "We could say a lot of different things about being green. But all we're asking is just one, just one change this holiday season. One green gift will make a positive change. Together we can have fun this Christmas and make Mother

Earth smile. Just one small change from each of us can make a greener planet for all.

"I don't believe it's unrealistic," she continues. "Some people think that they can't make a difference as just one person. But if each one of us does something, it will make a difference.

"This challenge is for all of us. If only one person added a drop of water to a pond it wouldn't mean very much, but if everyone added just one drop of water the result would be stunning. The pond would become the sea. This is an invitation for all of us to

come together and make one small change at a time."

Dr. Pat isn't stopping there. She says after Christmas there will be Dr. Pat's Green New Year's Challenge and then she'll move right into Dr. Pat's Ongoing Green Challenge.

Dr. Pat's website [www.drpatsgreenchallenge.com](http://www.drpatsgreenchallenge.com) will offer contests and create opportunities throughout the year. The website is a forum that lists items and ideas and will offer solutions for a greener planet. This is a challenge that means to be about fun. Going green is easier than you can imagine. Just one for fun says Dr. Pat. Just one!



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**Dr. Pat's Green Christmas Challenge™!**

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Go to [www.drpatsgreenchristmas.com](http://www.drpatsgreenchristmas.com) for details on the challenge, and how to find green gifts!

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