

# How May I Serve?

The world in which we live seems to be incredibly "get" oriented. How can I get richer? How can I get the spouse I want? How can I get that new car (with great gas mileage, of course)? Many people become involved with spirituality in order to improve their lives in some way.



## Living The Good Life

by Krysta Gibson

There is nothing wrong with this. It is, in fact, very correct. But there is a big secret about getting what we want in life. Actually it isn't a secret at all. Every teacher worth his or her salt has taught it for centuries.

The more we give to life, the more life will give to us.

If you want to get more out of life, give more.

Sometimes it seems as if we can't give, especially if we are having financial woes. How on earth can we give when we can't pay the rent? Although giving financially is terrific, there are many ways to give other than money. Here are some ideas.

• **At any time, any place, we can give the energies of love and peace.** No matter where you are or what you are doing, you can have the thought of love and peace running in the background. All it takes is to start thinking those words and that energy as often as you can. Before you know it, those feelings will be constant. Then simply extend that energy outwards as often as you can.

• **When someone wrongs or offends you, ignores or insults you, send them forgiveness.** The best way to forgive is to let the feelings go as soon as you can. Most people offend innocently. They usually don't mean to hurt you. Such words and actions generally come from old unconscious programs that people don't even know exist. You have probably done it yourself. Stay aware of this and it is much easier to forgive others.

• **Give your smile.** Have you noticed how grim many people are these days? Take a look the next time you are walking down the street or you are in a store. Many people have a dark cloud around them because they are being bombarded with the negativity of the world conditions. It is amazing what a

warm smile can do to give a person some brief respite from their troubles. I am not talking about a raucous slap-on-the-back sort of energy. I am talking about a quiet but warm and sincere smile that acknowledges the other person's soul-self. That brief gift of energetic support from you could make a huge difference to the other person.

• **How much attention do you give to others?** Are you usually so busy and engaged with your to-do list that you can't give your children, boss, neighbors, spouse, or friends your attention when they are speaking to you? While the other person is talking, are you thinking about what you are going to do next instead of really listening to the person? The gift of your attention can be an amazing experience for the recipient.

• **Have you ever thought that silence can be a gift?** Sometimes the best gift we can give to another person is letting them speak without interruption and without our advice and "Yes, that happened to me, too, and here is how I handled it." Sometimes people share their stories with us without wanting our advice. They simply want to be heard and the best gift we can give is to listen in silence, allowing them to speak without interruption.

• **How about the gift of your time?** There are so many volunteer opportunities available that the United Way even has a place on their website where you can "shop" for places to give your time. Consider volunteering at your local senior center or nursing home, food bank, Boys' and Girls Club, church, animal rescue organization, hospital, or hospice organization. The opportunities are endless. A few hours of your time every week could make a world of difference to someone. When I was director of a senior center, we could not have operated without volunteers – we didn't have the budget – and we valued every moment someone was willing to volunteer.

• **What else?** Look at your own life circumstances and I am sure you will find the perfect place and way that you can give to others. Whether you are able to donate money, time, attention, or energy, life will respond to you with gifts too many to count when you are willing to give to others.

I started this column with a quote from one of my favorite teachers, Wayne Dyer. He says that this is the mantra he repeats to himself often: "How may I serve?" When we ask this question with sincerity, the Universe responds by giving us marvelous opportunities to give of ourselves to others.

Another of my favorite teachers, Joel Goldsmith, talks about how we should try to be like the sun. He asks, "Would you rather be the person who receives the warming rays from the sun, or the sun which has so much that it can give of itself without ever using itself up?"

If you think about it for a few moments, I think you will agree it is far better to be the sun. How can you give more of yourself to life

on a daily basis? Not only will you not lose yourself by giving, you will find yourself filled with even more to give. This is one of life's intriguing paradoxes.

Krysta Gibson is publisher of *New Spirit Journal*. She is an author and teacher and is giving a class over the internet on July 19: "How to Succeed in Your Small Business and Fulfill Your Destiny." Information is available at [www.krystagibson.com](http://www.krystagibson.com).

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