

# Moments in Time

## Understanding Your True Value



Are you a person who loves to give? Maybe you have always been that someone who gives your all to family, friends, and others in need. You may be giving your time, your wisdom, or the benefit of your professional skills and capabilities. For those who love to give, it is often difficult for them to learn to receive in return. They always appear to be giving, and they ask for nothing in return. Yet, there are others who give and always expect the same measure of giving in return.

In life we are here to fulfill a purpose and this manifests from what we are doing, the person we are being, which gives us what we are getting in life. When we are not clear about our purpose, then it's likely that the universe will give us something else instead. However, the more clarity we have, the more likely we are to fulfill our reason for being here. Understanding and achieving our purpose requires a balance of these



You don't have to have a title or a label for what you are doing, only that you connect with that deep feeling inside that allows you to live and thrive, and enables you to make a difference to others and the world a better place. Finding your purpose is not a sign that drops from the sky or necessarily an instant revelation. It is a deeper knowing that comes from living with openness, humility and a fuller awareness of your self and others.

ingredients – of being, doing, and having.

However, every time we are not experiencing equilibrium in life, we tend to miss the mark, we stagnate in our growth and as a result our mission becomes clouded.

When we try to *give* something for nothing, or *receive* something for nothing, we create dis-equilibrium, which is called *unfair* or *unequal exchange*. Giving and receiving are examples of a form of exchange and transformation. When energy is exchanged in one form (giving), it will at some point be transformed and returned to the giver (received).

A universal principle in life states there is an equal and opposite force or energy to everything. The universe operates through dynamic exchange and the flow of energy. The flow of life energy is the harmonious interaction of all the elements and forces that are a part of this existence. Giving and receiving are different aspects of this flow. Since our body, our mind and the universe are in constant and dynamic exchange, stopping the circulation of energy is like stopping the flow of

## Knowing Your Purpose

Not everyone knows their purpose in life. Some know at an early age and others come to this at a later time. As you realize your strengths, gifts and talents in life, you will naturally be attracted to and engaged in activities that are aligned with your purpose, bringing you joy and benefit to those around you.



life. When this happens we become stuck and we cease to grow and be all we can be.

When we are in *flow* we are experiencing an equal flow of life energy that is exchanged through giving and receiving. Money is one of the symbols in our life of energy exchange – of money received in exchange for the service we provide to the universe. Self-mastered people in life maintain fair exchange in their lives and an equal flow of energy. Giving and receiving maintains this equilibrium.

John Demartini explains that a key to self-mastery is being present, being fully aware in the moment, and not living on automatic pilot or purely from our head. Being present is about recognising things about our self, others and our environment; to be genuinely curious about life around us, attentive and tuned to a higher frequency of awareness. When we are present we maintain a state of equilibrium, of energy flow and exchange. Whenever we feel out of exchange in an area of our life (spiritual, mental, vocational, financial, social, familial, or physical) we are no longer being 'present', and this can generate states of fear, guilt, stress or resentment. This will ultimately hold us back, stagnate our growth and diminish our wellbeing. When we invite ourselves to be present, moment-to-moment, we

invite our spirit, our core being, into our life. And when that happens we allow our light to shine from within.

Being out of fair exchange is not just limited to physical things, such as fair payment for services rendered. It is also related to our mind and our perceptions. It's important to be aware if we are not experiencing fair exchange in our life, because we accumulate baggage every time we have imbalance in our perceptions.

An example of fair exchange can be related to the perception of our self worth. If we do not value our self, then we cannot expect others to do so. The world around us (the life we are experiencing) is a reflection of the world within us. The value you give yourself, the value of your being, doing and having, is exactly what you will receive.

In business take for example if you set your fee for 'x' dollars and the client offers you much less for your service. If you accept their offer you are saying your true value is worth less than what you originally determined. However, if you stay with your amount because it is the true 'value' of the service, then you are maintaining a state of equilibrium, of fair exchange. When you do this your self-worth grows. If you do something out of fair exchange, this lowers or dilutes your self-worth as well as lowering the other person's accountability,

responsibility and eventual dignity.

In life, every relationship is one of giving and receiving. The Universe exists with this flow of exchange - what goes out, must come back; what goes up, must come back down. The more you give, the more you will receive, because you are keeping the flow of energy in the universe and the equilibrium circulating in your life. When the intention in giving and receiving is to create happiness, this is life-supporting and life-sustaining, and will generate increase for everyone as a result. The return is directly proportional to the giving when it is unconditional and from the heart. Understanding your true value is embracing this principle of fair exchange, of living a life of equilibrium.

In my life an example of equal and fair exchange may be in terms of what I have given someone that nourishes and supports them. At some point the value is returned to me, either by the same person or someone else at another point in time, and perhaps in some other form. When I have given a friend in need my full attention, a good listening ear, or support in terms of shared insights or some other tangible form of help, this is returned to me, sometimes by the same person, or from someone else.

# Living With Spice

Continued

It's important to recognize that the gift of our self to another person should not be seen in terms of what we are going to get in return. Or, that we only determine to give a certain measure if we know we are going to receive the same. This kind of conditional giving sets expectations that lead to disappointment and resentment that results from being out of fair exchange. The law of equilibrium, of energy flow and exchange, works in terms of transformation. What I give today will be returned to me, perhaps not straight away, but in another form by someone else. What's important is to notice the gifts that have been given to us each day, even the unexpected, and be grateful for these. It may be a kind word, the sun shining, a thank you from another car driver, or my son putting out the garbage without me reminding him.

Recently a friend helped me out in an embarrassing moment, of not having enough money to pay for my lunch. This friend very kindly paid on my behalf, with no hesitation. On that particular day, when I had no spare change, the gift of giving to me was very much appreciated and made me feel supported. Now I was not in a position to return the same gift to that person straight away. However the gratitude I felt in my heart opened me to feeling generous and appreciative. A week later, I took my mother-in-law out for afternoon tea at a local café. She very much enjoyed the time we spent together, primarily the opportunity to be heard and to

share some news. In that moment, the time I gave her was particularly meaningful and fulfilled her need for connection. When we finished I went to pay for the both of us. I did not expect anything in return, however she shared her appreciation for the time we had together, and dipped into her purse to pull out some cash to give my son as holiday money. It didn't matter that it was not for me – what is important is that the spirit of giving and gratitude is passed on and everyone is happy.

In life we can easily get caught up in expecting to receive something in return for what we have given. But this kind of spirit means we are no longer being present and we are unable to notice the gifts that come our way. When we don't come from a place of love or openness, we limit our perceptions and prevent the universe from giving back to us. But when we open our heart and mind we are able to recognize the gifts that are transformed and exchanged. I was recently reminded by my friend that it is just as important to be a gracious receiver, as it is to be a gracious giver.

For further reading:  
The Seven Spiritual Laws of Success, by Deepak Chopra, 1994

The Breakthrough Experience,  
by John Demartini, 2002



## The Law of Karma, or Cause and Effect

Every action generates a force of energy that returns to us in like kind ... what we sow is what we reap.

And when we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.

Deepak Chopra



What you plant today, you will harvest later