

January 2000

*Keys for Living*  
**This month the key is: "Generosity"**

As many of you know, I planned "laughter" as the topic of my November 1999 newsletter. In meditation the Universe suggested otherwise. This month is no different! When I asked if I'd ever do "laughter" as the *Keys for Living* topic, I heard only laughter — and the word, "Eventually!" So, this month, "generosity" is the key!

The "holidays" are over. As we move through the new year, it is worth keeping the traditional generosity of the season alive and well! **Generosity can take on many forms:** *money, possessions, spirit, time, energy.*

**True generosity comes from an open heart.** There are no attachments or expectations, no hidden agendas to feel important or connected to someone through manipulation. **If we are giving to increase our own sense of esteem, then our heart is not open.**

**In Native American culture, generosity often takes the form of a "Give-Away."** In this ritual, a person gives away useful or loved possessions without attachment or regret. (In our culture, this might include money!) **The focus is to release things with a joyful heart, a humble attitude, and no expected obligations.** A Give-Away is never used as a means of controlling another person.

**One goal of a Give-Away is to honor the sacredness of the item itself.** Jamie Sams, a Native American healer, gives the example of a clay pot that sits on a shelf. If the pot is not used, the mission of the pot has not been honored as sacred; therefore, it should be given away to someone who will use it, to allow the pot to complete its mission of service. *The concept of "Indian—Giving" reportedly came about from not understanding the Native American tradition of honoring each object's sacred mission: if the recipient of a gift was not using the gift, it was considered unneeded, and open to being reclaimed and given to someone who would use the gift, and thereby honor the object's sacred purpose.*

I think of the many items I have in my life — vases, clothes, jewelry, books . . . It can be easy for many of the things we "have" to end up unused, sitting around gathering dust or being lost in the back of a closet. **Part of a Give-Away is honoring the role each thing has played in our life. Then we can consider whether or not it is continuing to be honored regularly, or if it may better serve the world by our allowing it to move on.** *What in your life could you honor as a Give-Away to a person or organization?*

*Fear and a belief in scarce or limited resources can often be a barrier to open-hearted generosity. However, if we find a place of belief that we all are One and that the Universe is unlimited and abundant, then we know we will have enough of all we need. From that perspective, generosity flows easily.*

As you know, a lot of the work I do in my practice focuses on energy. **To me, generosity is a way to energize our lives,** versus hoard and stagnate money, time, energy, or spirit. Allowing something to stagnate (be it water, food, or energy in general) means it often becomes devoid of life, joy, vibrancy, and health. *Noticing the ways in which we are generous (or not) can offer us insights about ourselves.*

**If we realize a tendency to hoard or withhold, it can be a wonderful opportunity to explore fears held inside.** *Getting acquainted with our fears, confronting them, and releasing them, can be a*

*powerful avenue towards generosity— towards our selves and towards others. (Generosity towards self is important also!)*

**For myself, I sometimes add discernment to the formula for generosity.** Does an organization do good work and use money wisely? Does an individual have money management skills or do they use the gifts and opportunities given to them? *Generosity without discernment can sometimes become a mindless lack of respect for our own resources and gifts.*

**So I encourage you to open your heart, make friends with your fears, honor and develop your skills of discernment, and cycle around the abundant and unlimited resources of the Universe -- all year!**

Wednesday January 12<sup>th</sup>, 7-9pm.

I will be presenting an informational reflection at the **House of Menuha on Spiritual Meditation / Native American Journeying.**

Call House of Menuha (816-444-2434), a place dedicated to rest, reflection, personal and spiritual growth,

to be added to their mailing list, so you know what is being offered.

**Be not anxious about what you have, but about what you are. --- Pope Gregory I**

— When we come to the last moment of this lifetime, and we look back across it, the only thing that's going to matter is "What was the quality of our love?" — *Richard Bach*  
**Valentine's Day is around the corner... Would a Healing Options gift certificate be the right gift?**

### **Healing Options Classes and Trainings**

**February 12 & 13 (8:30am-4pm)**

**Shamanic Journeying Training**

This form of active meditation uses a drum to facilitate an individual's safe journeying through non-ordinary reality. Through this method, a person can facilitate great personal understanding, growth and healing in the context of Love and The Greatest Good. Class will emphasize Shamanic Journeying of a Native American style. Must attend both days. \$222 (1/2 due one week before class).

**February 19, 20, & 26 (8:30am to 3pm)**

**Reiki I & II Class**

This spiritually-based form of energy healing addresses all levels of being: physical, emotional, mental, spiritual. Reiki can be used for yourself, other people, animals, plants, or the larger world. It is believed Reiki attunements alone stimulate cleansing and raise the vibrational energy level of the recipient. Class includes training, practice, and attunements. \$240 (half due one week before class).

Must attend all 3 days.