

Spotlight News Magazine, Spotlight News Media, Spotlight Media Productions

Spotlight Media Productions



Give Generously and Let Go!

[New Age / Science](#)

Tags: [adrienne papp](#), [atlantic publicity](#), [Atlantic Publicity Productions](#), [Atlantic Publisher](#), [Robert C. Jameson](#), [Spotlight Media Productions](#), [Spotlight News Magazine](#), [Spotlight News Media](#), [Spotlight Walking the Walk](#)

June 5, 2014 [0](#)

1
Tweet



[By Robert C. Jameson](#)

“What does that mean and why should I give at all? I don’t have any money to give away. Money’s tight these days. Haven’t you been listening to the news?”

It’s interesting that when we think about giving, we think we have to dig into our wallets and give someone our hard earned cold cash. Cash is nice and it is important to share our abundance; however, that is not the

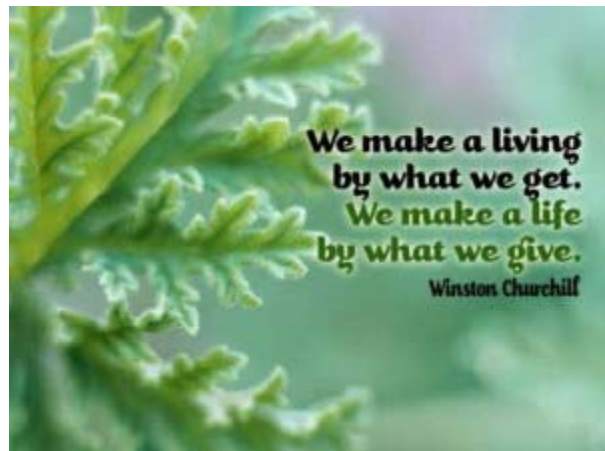


type of giving I am talking about.

There is something interesting about us humans — we enjoy the process of giving. It makes us feel good. In fact, the act of giving and receiving is a core part of life on a very basic level. Each time we inhale we receive

and each time we exhale we give. If we just received and didn't give, we would die. In the breathing analogy, a natural balance is maintained for life and health to be present. The same is true out here in the world. It's important to maintain a balance between our giving and receiving.

We also have let go of what we give. However, can you imagine trying to hold onto your last exhale? The universe does not hold on either as it gives us our next breath. There's a continuous process of letting go on both sides of the equation.



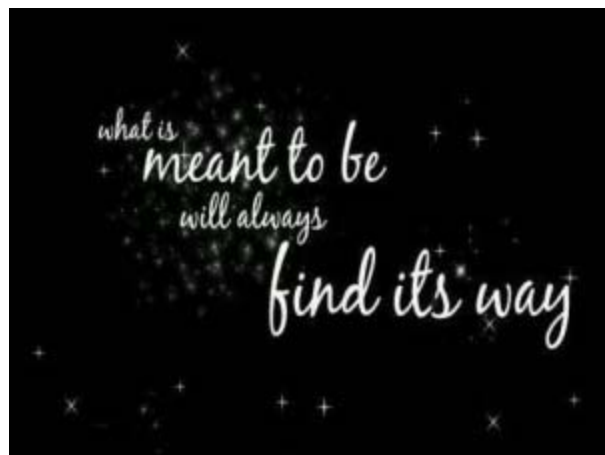
Do you hold onto your giving? Are you afraid to receive from someone because they hold onto their giving? Unfortunately, most people don't know how to let go. So, let's explore the actual process of giving and receiving.

When you receive something from someone your job is just to receive it. When you receive it, it's nice to be polite and say, "Thank you." Then, after you receive it, I would encourage you to cut any strings the person might have connected to their giving. Just put the item or compliment aside for a while and claim it. It's now yours. At this point, you can cherish it forever, give it away, trash it, sell it, or use it however you choose to



use it. It's yours.

The person who gave you the item or the compliment might have expectations that you now owe them something. They might want you to clean out their closet. You just might love cleaning out closets and it's something you would love to do, so go ahead and have fun. However, you're not required to give back. When you received the item or compliment you completed the action for the giver. If you didn't receive the gift, the giver would have felt cheated, insulted or slighted some way. "How dare you not take my gift?" Or, "There must be something wrong with me if you don't want to receive a gift from me." It's important to receive and your receiving completes the action.



Live Generously

When you give, it's important to give freely out of your overflow. When we give out of our overflow, we usually don't have any expectations. The gift is just given freely. However, if we do not give out of our overflow and give out of our essence, we are tired and yet, we are still giving, then we do have expectations. And, rarely are our expectations fulfilled. When we give out of our essence we give with strings attached and we often end up walking away from the situation feeling resentful and bitter.

Being aware of staying balanced in our giving and not giving too much, helps keep us in a loving and centered place.

Okay, so now you're balanced in your giving and receiving, you're not holding onto your gift, you're not having unrealistic expectations, and you're not building up resentments. So what do you give — if you're not



giving money?

How about giving your loving, your peace, your joy, your smile, your compliments, your time, your words of appreciation, your touch, your sharing and your caring. And give generously! The act of giving becomes your reward. Best of all, your life will be joy-filled and full.

Follow Robert C. Jameson on Twitter: www.twitter.com/robertcjameson

About the Author of This Article: As a licensed marriage and family therapist, [Robert C. Jameson](http://www.twitter.com/robertcjameson) focuses on helping clients understand and overcome issues, such as anger, hurt, depression, anxiety, love, relationships, boundaries and limiting beliefs, to name a few. During his years of private practice, Mr. Jameson found it useful to give many of his clients “homework” in the form of handouts to support their work while in session. [The Keys to Joy-Filled Living](#) was born from his handout of tried and true exercises and techniques. Mr. Jameson is also the author of [Thoughts of Pomery](#), an entertaining book of pictures and

thoughts that guides the reader to expand their perceptions of life and relationships with others, [Don't Lose Weight – Give It Away](#), which explores the emotional aspects of weight loss, and [The Pocket Oasis](#), a fun and useful pocket-sized book that can be used as a tool to help center anyone during a hectic day.



In addition to his work as a therapist and writer, Mr. Jameson is an accomplished musician. He produced and released, "[Ani Hu – Empathy with God](#)", an hour-long CD, which helps the listener to meditate, relax, or sleep. Recently, he released "[Healing Affirmations & Positive Self-Talk](#)", an hour-long CD, which encourages the listener to create positive thoughts and feelings. He is frequently featured on [The Huffington Post](#).

-

Share the knowledge!

You may also like:

New Testosterone
Booster Takes GNC by
Storm
ForceFactor

Be Who You Are and
Stand Above..., By
Robert C. Jameson |
Spotlight Media
Productions

What are these thoughts
in my head, where do
they come fr? | Spotlight
Media Productions

Entertainment And
Media Mogul, Adrienne
Papp, Honored |
Spotlight Media
Productions

New Fat Burner Takes
GNC by Storm
ProbioSlim

November, 2014 |
Spotlight Media
Productions

An iPhone for \$17?
MadBid

New Sleep Aid Takes
Walgreens by Storm
PeakLife

Be Sociable, Share!

+ MORE

Tweet 1 Like 3 g+1 1 Share 1

Share This Article:



Comments are closed.

• Live Search:

Go

• RECENT STORIES

- [BIG SKY DOCUMENTARY FILM FESTIVAL ANNOUNCES 2015 LINEUP](#)
- [The International Press Academy Applauds the release of ‘THE INTERVIEW’ and George Clooney](#)
- [Nine Foreign Language Films Advance in OSCAR® Race, By Adrienne Papp](#)
- [323 FEATURE FILMS IN CONTENTION FOR 2014 BEST PICTURE OSCAR®](#)
- [79 ORIGINAL SONGS VIE FOR 2014 OSCAR® By Adrienne Papp](#)

• Spotlight Media Productions

- [About Us](#)
- [All Articles](#)
- [Archives](#)
- [Contact Us](#)
- [Have you Got a Story For Adrienne?](#)
- [Privacy Policy](#)
- [Staff](#)
- [Terms of Use](#)
- [TWITTER](#)

• Archives

- [January 2015](#)
- [December 2014](#)
- [November 2014](#)
- [October 2014](#)
- [June 2014](#)
- [April 2014](#)
- [March 2014](#)
- [February 2014](#)
- [January 2014](#)
- [September 2013](#)
- [August 2013](#)
- [June 2013](#)
- [March 2013](#)
- [February 2013](#)
- [January 2013](#)
- [December 2012](#)
- [November 2012](#)
- [October 2012](#)
- [September 2012](#)
- [August 2012](#)
- [June 2012](#)
- [April 2012](#)
- [February 2012](#)
- [December 2011](#)
- [October 2011](#)
- [September 2011](#)
- [August 2011](#)
- [June 2011](#)
- [May 2011](#)
- [April 2011](#)
- [March 2011](#)
- [February 2011](#)
- [January 2011](#)
- [December 2010](#)
- [November 2010](#)
- [October 2010](#)
- [September 2010](#)
- [August 2010](#)
- [July 2010](#)
- [June 2010](#)
- [May 2010](#)
- [April 2010](#)
- [March 2010](#)
- [February 2010](#)
- [January 2010](#)

- [December 2009](#)
- [November 2009](#)
- [October 2009](#)
- [September 2009](#)
- [June 2009](#)
- [May 2009](#)
- [April 2009](#)
- [March 2009](#)
- [February 2009](#)
- [January 2009](#)
- [December 2008](#)
- [November 2008](#)
- [September 2008](#)
- [August 2008](#)
- [July 2008](#)
- [June 2008](#)
- [May 2008](#)
- [April 2008](#)
- [March 2008](#)

Spotlight Media Productions is proudly powered by [WordPress 4.0.1](#) | [Entries \(RSS\)](#) | [Comments \(RSS\)](#).

Built on [Equilibrium Theme](#) by [Atlantic Publicity](#).