

♥ Snippets of Encouragement #256

Hello darlings

It is day 256 of Snippets of Encouragement, and today I'd like to encourage you to give generously.

When I speak of giving in this context, I mean giving everything you're capable of giving. That means your time, love, money, attention; anything that you're able to give, when you do, give generously.

My little nephew Elijah, who is one and a half years old loves sharing with others. From sloppy kisses to food, toys, laughs and tears, he loves to share everything he has with those around him.

He hasn't created the filters of mine and yours and therefore is lovingly openhearted with others.

I hope that throughout his life, he will remain as lovingly openhearted and generous and that I can be like him.

We spend so much of our lives learning to accumulate and hoard stuff and create guarded strategies to hold our possessions close at hand. We develop barriers that won't let others in, and we often see others as being unworthy of the gift we could give them.

One art that many have mastered is the art of obligated giving. Yes, it's a thing, trust me on this!

I challenge you to consider how often you've given out of a sense of obligation. You've given of your time, money, attention all the while feeling a sense of duty, rather than that exquisite sense of open-hearted generosity.

In my experience, that's one of the worst feelings to have. There's always this undercurrent of resentment flowing through us when we give in this manner. Sometimes we think the receiver is unworthy of our gift or that they won't appreciate it. We have a heightened sense of superiority and even fall into an attitude of long-suffering.

The good news is this – none of us is ever obligated to give anything, ever. Yes, I know there are family structures and societal paradigms that can create a high sense of duty and obligation. I've seen this often in close-knit communities or families where there is a high level of pressure to uphold the common values.

It is often necessary to establish boundaries in these situations. That seems like a contradiction when I've just said that we should have no limitations with one another. However, from an energetic perspective, we're talking about different energies.

The energies of obligation and generosity do not fit congruently together. If we are always placed in situations where we do not feel free to give generously with an



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open heart but rather are pressured into doing the expected, this is where we need to establish healthy boundaries for ourselves.

An honest no is always much better for all involved than a dishonest yes.

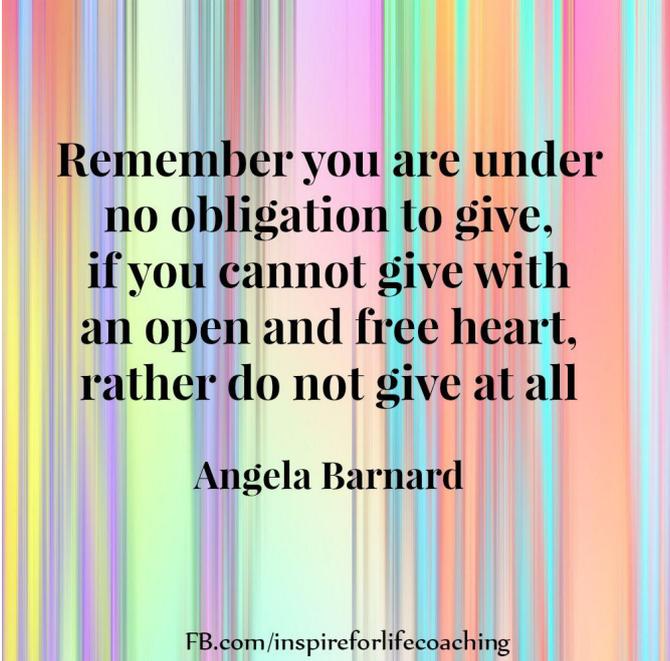
I would go so far as to say that if you can't give with an open and free heart, rather do not give at all.

I'm sure you've been on the receiving end of an obligated gift. You feel it, you know it, and it feels like shit. Although you may receive what the giver has gifted you there's an underlying sense of distrust between the two of you. Just as they've not given freely, you can't receive freely.

Of course, it might also be true that at times you've had the sensitivity of a plank and haven't realised this is the case, but nevertheless, there is not a free flow of energy in that transaction.

We often forget how much we have to share and give to the world and one another. There's no need for the barriers we create, so let's give generously with what we have.

If you've enjoyed reading this snippet of encouragement, there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. SIGN UP using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.



**Remember you are under
no obligation to give,
if you cannot give with
an open and free heart,
rather do not give at all**

Angela Barnard

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