



*(Adapted for SusanJeffers.com monthly newsletter.  
Based on the writings of Susan Jeffers, PhD.)*

## GIVING GENEROUSLY

HAPPY HOLIDAYS! Just like that old Andy Williams song says, "It's the most wonderful time of the year." At least it should be... but for so many of us, the holiday season turns into a time of year to get through, or get things done and be glad when it's over. We don't get a chance to enjoy it. There are so many demands being made on our time, our wallets, and our patience. We have to buy presents, we have social and work obligations, we have family obligations, and then we are bombarded with requests for donations of money, food and toys. The most wonderful time of the year often becomes a burden fraught with pressure and anxiety.

Yet, there are always people who really seem to enjoy the holiday season. Those are the people who probably have learned the secret to genuine giving. The secret is this: they know how to see the abundance of blessings in their own lives. As Susan wrote in *Feel the Fear and Do It Anyway*, "The trick in life is not figuring out what you can get, but what you can give. There is so much power in this kind of thinking that it staggers the imagination." Taking the time to realize how many blessings we have is an amazing gift you can give yourself. Knowing that our lives are so full of abundance and then appreciating it can make the difference between giving out of obligation or giving out love.

Susan taught us that when we learn to see the abundance in our lives and feel gratitude for it, we can also see that we have plenty to give away. Whether it's money, time, effort, or patience, we all have enough.

**Whether you presently believe it or not, your life is already abundant. You simply haven't noticed it. Once you do, you truly understand the saying, "My cup runneth over."**

Giving is about the outflow - all those blessings that are overflowing your cup. Yet, Susan reminds us to give genuinely. According to Susan, giving is about letting go of your needy, withholding self and standing tall with outstretched arms. It is about getting to the point where you are happy to give because it makes you happy to share.

When you are giving of your time, effort, or money because you want to impress someone else, when you give because you feel obligated, when you give because you want to rack up karma points, you are not giving genuinely. Genuine giving is not a negotiation or a transaction with the prospect that you will receive something in return. Sure, you want your efforts to be appreciated, but by giving genuinely, you are sharing your abundance. That, in itself, will be sufficient, as it comes from a place of higher power. If you feel obligated to buy a present for a person that you don't really like or who doesn't treat you with respect or to go to a holiday party that you don't really want to attend, remember that giving a present or giving your time is not about the recipient. It is really about giving the best of yourself, regardless of the outcome.

Giving genuinely from your own resources of abundance can make all the difference during the holiday season. Susan is clear:

**When we give from a place of love,  
Rather than from a place of expectation,  
More usually comes back to us  
Than we could have ever imagined.**

Giving brings out the best in ourselves, so don't hold back. It doesn't have to be a physical gift, it can be a gift of time, support, patience, or, especially, love.

**Remember Susan's words this holiday season. For it is "the most wonderful time of the year," as we get to appreciate the abundance in our lives and share those blessings with others around us.**

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