





Week 3

G-GIVE to others. Give to yourself. Give, Give, Give!

This week we will be talking about how we can only give what we acknowledge we have, or is already within ourselves. One of most powerful universal laws is the law of reciprocity, which means that when we give we get. It can also be summed up as the “golden rule” which says to do unto others as you would have them do unto you. All the great spiritual texts talk about this idea because it is the basis of how the flow of the Universe works. There always has to be a give and take, output and intake, and expansion and contraction. As we begin to see that the only things that we can share or give to others is what we can see or know that is within ourselves, then we naturally begin to give that out. On the other hand if we are in a state where we can’t see all of the “gifts” that we have to offer our brothers and sisters then there is no way that we can have a kind of symbiotic relationship with the world and ultimately the flow with life.

One of my favorite quotes and lessons in *A Course in Miracles* says: “Relationships are the temple of God”. And so it is, because it really is only when we give and receive from others that we can truly experience this law of reciprocity and begin to experience the natural ebb and flow.



Think of how joyful it makes you feel when you are able to truly give from your heart with no expectation of getting anything back. Really, think about that - a time in your life when you were able to give to another because it just felt right and good to do so. That's it. The kind of giving that had no strings attached, when your spirit truly reached out to the other person out of love, compassion and support.

I can guarantee that whatever you gave to that person was something that you, in that moment, knew on some level that you already had within yourself. If you didn't know that you had it to give, then you would not have had been able to give without expecting something back.

You are as Source created you and that creation, which is you, is naturally abundant with love, compassion, grace, strength, beauty and many more qualities.

Many of these qualities are our gifts that we bring to share with the world. We have just finished working with Archangel Michael who reminds us of some of these qualities which we share with the Source and reside within us.

As we work through the *Creating Heaven on Earth* course we will be uncovering, little by little, all of these things that we have deep within us. It is just a matter of acknowledging them so that we can then "see" them. The Angels are a direct line to connecting with these qualities in order for us to live our true nature and from our Spirits and not from our ego.



The Archangel that we will be working with this week is Archangel Jophiel. Archangel Jophiel's name means "The Beauty of God". Along with helping with creativity, Jophiel is the Archangel that helps us to see and connect with the beauty within ourselves and in the world.



"Beauty does not linger, it only visits. Yet Beauty's visitation affects us and invites us into its rhythm, it calls us to feel, think and act beautifully in the world: to create and live a life that awakens the beautiful"

-John O' Donohue

Archangel Jophiel will help you become more conscious of beauty, and when you become more conscious of beauty, you deepen the connection to your

Spirit.

When I say beauty I mean anything (a thing, experience or person) that is in your life already or something that you happen upon during your day that you deem beautiful to you. The idea of beauty is very subjective, but when we experience beauty, we know it. It is in those



times of recognition that Archangel Jophiel is guiding us and encouraging us to re-connect with beauty.

Being deliberately conscious of beauty does a number of things. It signals the Universe that you want a more beautiful experience of your life and once you begin to focus or refocus on what your soul tells you is beautiful, the more beautiful things, experiences and people will be attracted into your life. When your life begins to become more and more populated with beautiful experiences, things and people, then your vibration will continue to rise and your connection to the Divine will become stronger.

It is literally impossible to be consistently focusing and inviting beauty into your life and have the contrary be true. Think about what you find to be beautiful. Once you consciously identify these things, experiences, moments and people that are beautiful, you will not only create more of them in your life, but you will begin to see the same or similar qualities within yourself. Once these kinds of experiences begin to happen for you, will know that Archangel Jophiel is watching over you and helping you expand the beauty in your life.



Your Assignments for Week 3

As said before, we can only give what we have. This week we are going to find all that you have within you and then give some of that to others.

When we live from the ego we tend to live in lack, so we believe that if we give something away, we will then lack that thing or quality, which leaves us deficient in some way. Instead, there is an alchemical occurrence that takes place when we make the decision to give or share what we have to and with others from our Spirit.

Metaphysically, what really happens when we give it away is that we get it back in one form or another, but it always returns to us and usually in a much greater quantity and quality.



The worksheets for this week are below and will help you to really look and find the gifts or qualities that you possess, in order that you may share them with the world.



These weeks' worksheets are:

1. Taking Stock of You (which will help you with *Discover Your Gifts*. In fact some answers may be the same)
2. Discover your Gifts
3. Share your Gifts
4. See the Beauty



✦ Taking Stock of You!

1. List at least twelve things that make you special

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



2. List at least 10 personal achievements and successes – even if it's learning to tie your own shoes!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



3. List at least ten things that you are good at or can do well – maybe including cleaning your teeth!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



List ten exceptional qualities or unique things about you

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



4. Write down at least three particularly **attractive** physical feature - even a cute pinkie toe or particularly shapely ear lobe!

1. _____
2. _____
3. _____





✦ Discover your Gifts

All of us come into this life with many gifts that we have to share with the world while we are here. These gifts are the qualities, specialties and abilities that lie within us. Many of these gifts are things that we take for granted such as the gift of kindness, the gift of independence, the gift of humor, the gift of compassion, the gift of curiosity, the gift of analysis, the gift of spontaneity and many others.

When we can acknowledge and name these gifts, we can then begin to share them with the world and align our Spirit with Source. When we do this we claim our unique powers and attributes which we can then bring to people, situations and the world as a whole.

Take time to record as many gifts as you have. There is space for 10, so challenge yourself to fill at least all of those in if not more 😊

When you name it you claim it and when you claim it, you will become free to live a life full of peace, purpose and power.

Remember, that the number 1 gift that you have is: The gift of YOU....
Here's to your Gifts!!!

1.

2.



3.

4.

5.

6.

7.

8.

9.

10.



Share your Gifts

Now that you have identified some of the amazing gifts that you have, your task will be to feel where you can share or give those gifts in the world.

Sharing your gifts can be as simple or as complex as you want it to be, but the point here is to be conscious of what gift you are sharing and how you are sharing it. For example, you may have the gift of oration and you may choose to go read to senior citizens or you may have the gift of organization and offer to help a friend clean out their closet or you may have the gift of humor so you choose one day to bring a smile to someone through your humor. It can be almost anything that your Spirit moves you to do.

These moments of giving your gifts to the world are ways of getting in touch with the beauty and grace of how we can experience the divine through our brothers and sisters.

The point here is that you connect with others through your unique gifts. Now, I know that this may be hard or even scary to do, but don't let yourself down by not doing this powerful exercise. If you need more courage or strength to do this, then lean on Archangel Michael and ask



him to be at your side so that you can accomplish this. I guarantee you that once you begin to do this consciously, it will feel so good that you will want to do it again and again, and remember to have fun!

List at least 10 ways in which you will share your gifts with the world this week:

1.

2.

3.

4.

5.

6.

7.

8.



9.

10.



See the Beauty

Archangel Jophiel is the Angel that helps us to see the beauty in ourselves and in the world.

Allow yourself to be conscious of the beauty that is all around you. When you see or experience something beautiful, stop, take it in and give it reverence.

Since beauty is a subjective judgment in a way, it doesn't matter if anyone else agrees with you. For our purposes, here are some guidelines that will help when choosing what is beautiful;

1. Does this thing/experience/ person make you feel a sense of happiness?
2. Does this thing/experience/person make the world is in some way a little better place because of it/them?



3. When you see/experience this thing/experience/person do you have an inner sense of relief?

List at least 10 Beautiful things, people and/or experiences:

1.

2.

3.

4.

5.

6.

7.

8.



9.

10.



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