



# VEIL *of* CHANGE

Learn The Art Of Giving

**DISSOLVING THE VEIL OF OVERWHELM**

## **Learning The True Art of Giving**

Giving is an art form in itself, how you give is as equally important as what you give.

**The Art of Giving** means that you give from the heart and you truly give without any expectation of return.

Giving is not all about money or gifts on birthdays but about what you give everyday in kindness, compliments, assurances, words of love, smiles and happiness.

**“Kindness in words creates confidence.  
Kindness in thinking creates profoundness.  
Kindness in giving creates Love.”**

**By Lau Tzu**

Everyone does have something to give, it could be the passing on of knowledge, a helping hand to someone struggling or emotional support in times of need, a smile to a stranger.

***Giving creates within you a feeling of happiness – giving and happiness are connected.***

There is a flow of energy related to giving, you give out and it is returned to you in one form or another. When you plant a seed it grows, when it is nurtured it blooms, flowers are created enjoyed and new seeds sown.

***When you are angry, upset and just ‘letting it all out’ and someone is on the receiving end, you are still giving.***

This will also return to you in one form or another, so be mindful of the words that do come out of your mouth, energy is energy, good or bad. Use the power of your words for goodness, truth and love not for putting others down.

**Plant a seed of doubt and it will grow**

**Plant a seed of encouragement and it will grow**

**Plant seeds of hope, love, laughter or despair, failure and rejection**

**They will all grow**

## **By giving happiness will find its way to you**

Weed out the bad, encourage the good, and watch the garden grow, your energies will soar, your happiness will improve and good things will find their way to you.

### ***The Art of Giving is simple:***

**If you want more give more**

**If you want happiness then give your smiles**

**If you want more money then give money**

**If you want more laughter in your life, then make others laugh**

**If you want love then give love**

**If you want friends then be friendly**

If you know what you want and don't have it, then learn to give it and it will return to you.

### ***Use The Greatest Tool You Have***

If you still struggle with these concepts then look inside, deep inside. Take the time to sit and ponder, open your mind. Your mind is the greatest tool you have, you can create all change from within.

***Lift the veils that cast a haze over clarity, your heart is opening, the flowering of a new outlook, a new life, a new understanding.***

At the beginning of each day, know what you want, then give out what you want. If you want love, then give love. If you want happiness, then give happiness.

***If you want to be strong then encourage strength in others. If you want peace, then allow peace in others.***

***Giving Opens The Way For Receiving***

***– Florence Scovel Shinn***

*The art of giving without receiving takes kindness to a new level*

