



Giving is Receiving



Practice offering positive regard to everyone today, and see how quickly peace returns to you. It will make clear how giving and receiving are the same.

Here's how:

First, tell yourself, *I will receive what I am giving now*. Then think of what you would extend to everyone in order to receive it yourself.

You might say silently, *To everyone I offer peace and the wish for happiness*.

Afterwards, notice what happens to your own peace of mind and well being.