

Gift of Giving is Good for Wellbeing

Rajesh was academically brilliant and studied in the best B school in the country. His education got him a lovely job in a huge multi national company. He got married to a girl who was educated but was not working. Three years after a difficult marriage a daughter was born. Rajesh was a miser and spent his money after counting it at least 3 times !! His wife was a pampered daughter of an entrepreneur who had just then lost all his money since his debtors had defaulted. Due to the psychological pressure, his wife had a stroke. Father in law, now broke and mother in law indisposed, Rajesh felt irritated and insecure; the little harmony in the house began to wither further since he thought he had to shoulder all the financial burden of his father in law's family also. Instead of trying to be a source of support during this critical juncture Rajesh was behaving erratically and was throwing huge tantrums – all because his father in law was broke and his wife was a spend thrift. He fought with his wife for trivial issues and although his parents tried their best to mitigate the suffering he went on to divorce her. He paid very little alimony since his wife did not have proper resources to fight it out. This is an other instance to prove that academics alone has only theoretical interest and not of practical relevance !!

Rajesh's parents were helpless to see the plight of his son who was so naïve and to see their daughter in law and their daughter suffering without a proper house and money. Rajesh would not permit his parents to pay his ex wife also; so much of a tyrant, he was. All this resulted in his mother getting sick. Her BP was high, had dementia, arthritis was severe, she fell down and had a hip fracture. In the meantime his father died due to a massive heart attack. Another 4 years passed and his wife had got into a job after equipping herself and was educating her daughter in one of the best schools. Rajesh's favourite pastime was to count his gold coins of 1 sovereign each. He had about 400. 1,2,3,4 ... up to 400 and back !!

Someone told his mother that if only she would give a sizeable portion of her assets and money to her daughter in law her ailments would vanish. After some thought Rajesh's mother decided to give a sizeable amount of money and her jewellery without Rajesh coming to know of it. When she parted with her money and jewellery almost within a month's time she got better. Her dementia was something of the past. She had a spring in her step. Now both Rajesh's mother and his ex wife and are very comfortable and happy.

One of the most essential Spiritual qualities is the "***Law of Giving***". You will get whatever you want in life if you would help many people get what they want in their lives. What goes around also comes around. Without giving there is no true life. For Success, Good health, Well Being, Happiness, Peace, Inner Growth (Spirituality) and Outer Growth (Materialism) the law of Giving comes in as an engine with mechanism for achieving Inner Peace, Deep Relaxation and Self Realization. As we give we receive. Giving and receiving are different aspects of the flow of energy in the Universe and flowing is the Law of nature. Trying to stop the circulation of energy is similar to stopping the flow of blood. Keeping everything in circulation like blood sent to different

parts of the body naturally (otherwise blood will clot) Exchange of gases in our lungs (Respiration), the flow of money also has to be an integral part to keep the money (Life energy) to flow.

It would be in our own interest to give but giving without expectations would enable us maintain the flow which comes back to us in multifold. The return is directly proportional to the giving if it is unconditional from the heart. The intention should be to generate happiness for the Giver and the Receiver since Happiness is Life supporting and Life sustaining. Anything that has value in life only multiplies when it is given. Giving is just not money or food or clothes or belongings a person needs but also things that cannot be seen such as a kind word, advice and reassurance, a smile or even a prayer. One of the best ways to Give is to Give Hope. We all live on hopes.

“THE ART OF Helping and GIVING - One of the greatest gifts you can bestow upon another is If someone is in need lend him a helping hand. Do not wait for a Thank you. True kindness lies within the act of giving without the expectation of something in return.

A month back the residents of our Building association assembled in the house of one of the residents who is a very senior and a respectable gentleman. Our apartment block is on the main road. When we were talking about some of the maintenance issues in our building an ambulance went past with the wails of the siren loud enough to interrupt our talking. When we were waiting for the ambulance to pass the gentleman brought his palms together closed his eyes, directed his eyes towards the source of sound and silently prayed. Sending a silent prayer spreads love and peace. This noble person was sending healing and loving thoughts to the person being taken to the hospital. I felt good like everyone else present there and for the rest of the meeting there was better Connectivity amongst us. Truly **giving** something from the heart is an action which would fill our life with joy and true giving without expectation of anything in return is as effortless as breathing. Just shows that deep down we are all connected although it might seem from the surface like the 2 banks separated by a river that is flowing in between.

Buddha said that before giving the mind of the giver is happy. While giving the mind of the giver is made peaceful and after having given the mind of the giver is uplifted. Giving is love in motion. The practice of giving has to be inculcated in the children who are going to be the architects of the world in future and they have to be taught about kindness, generosity which are all other words for love. Wherever you go whomsoever you meet give them a gift. It could be a flower or a book or sweets or prayer or hope or a kind word or appreciation or your valuable time or a compliment. Love people and use things and not otherwise. The Art of Giving is to Give Now, Give as much as you can, Give it with all your heart, Give quietly without Judgment, We rise by Giving others.

The benefits of giving

Researchers suggest that one reason **giving** may improve physical health and longevity is that it helps decrease stress, which is associated with a variety of health problems. But one study found generosity actually reduced **blood pressure** as much as medicine and exercise. And it's not just **blood pressure**. Generosity also lowers the risk of dementia, reduces **anxiety** and depression, improves chronic **pain** management, and more

Lord Jesus himself said: 'It **is more blessed to give than to receive**' which teaches that there is joy in the act of giving when it is done with no motives.

Helping **others** is not only good for them and a good thing to **do**, it also makes us happier and healthier too. Giving also connects us to **others**, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - **we** can also **give** our time, ideas and energy.

Giving makes us feel happy. ... Scientists also believe that altruistic behavior releases endorphins in the brain, producing the positive **feeling** known as the "helper's high." **Giving is good** for our health.

No one has ever become poor by giving. The happiest people are not those getting more but those giving more.

We make a living by what we get. We make a life by what we give...