



True Natural Abundance © Carrie Triffet 2021

**Written Transcript of video lesson one:
THE SPIRIT OF GIFT**

Mud pies for the Buddha

So there's this old Buddhist parable. One day the Buddha comes to visit this town. And everybody turns out for it. Big exciting event, right? This very famous wonderful person visiting. And all the local dignitaries turn up, and they're all in their finest ceremonial robes. The Buddha, meanwhile, is just dressed like a normal guy. But they're all draped in all their very impressive finery.

And they all bring offerings to the Buddha, to show their devotion. Because that's considered good form, for these important dignitaries, to be seen by the populace as being properly devotional. Plus, it never hurts to be on Heaven's good side, right? To sweeten the pot a little. So they all bring offerings. And so they're waiting in line to give their offerings, and they're all eyeing each others' gifts. Like, *"damn, I only brought this much gold, but there you are, showing off, bringing twice as much gold AND rubies. The Buddha will be way more impressed with you than with me."*

And the one who brought the rubies is all satisfied with himself, like, *"Everybody will see from the size of my offering, how much more I revere the Buddha than they do. And when the Buddha sees all the gifts I brought for him, he'll bestow tons of extra blessings on me."* And so they're all thinking along these lines. And you know, the Buddha is not being rude to any them, he's being patient and he's accepting what they offer. But... these are not gifts that he values.

And the commoners, meanwhile, the regular people in the crowd, are all just agog, with all the pomp and excitement of seeing so many rich and important people here together in their town. Because, y'know, this great, once-in-a-lifetime event puts them on the map. They have some serious bragging rights, now, over all those other towns that didn't get a visit from the Buddha.

So meanwhile, in amongst the crowd, are these two filthy little beggar boys. And they're watching from between the legs of all the grownups. And the grownups keep shooing them away, of course, because they're smelly and embarrassing, and generally unfit, to be in the presence of all these important people. But the boys don't even notice the grownups-- because they are completely blown away by the Buddha himself. They can feel his exquisite purity, and the power and majesty of his divine presence. And because they can feel his great beauty...they can also feel their own.

Because that's how it works. The oneness automatically kicks in, anytime you're authentically in tune with the divine in another. You recognize it as your own identity, too. Which must've been a pretty mind-blowing new thing, for these kids who have only known themselves as the lowest of the low, before this. And so, these 2 little kids, their hearts are just bursting with joy and wonder. And most of all, with gratitude. They are totally awash with gratitude.

And one of the kids is just completely overcome with this pure desire to give something back, to the Buddha, who is here sharing the sweet essence of his own divinity, so freely with all beings. Gotta give something--but what? Y'know, really, what could he give? He's a beggar. He very literally has nothing. And yet, he really, really wants to give.

So he scoops up some dirt from where he stands, and adds a little water, maybe a little spit, I don't know. And with the most incredible reverence and tenderness, he crafts this little mudpie. And of course all the onlookers are absolutely horrified, as he is invited forward, to present it to the Buddha. And his little friend is looking on from the sidelines, with tears of joy and gratitude streaming down his face.

And the Buddha smiles at both of them, this really beautiful smile. And he graciously accepts this most precious gift, that the two kids are giving him.

And then, as in all good parables, there's a clear karmic punchline to the story. A clear karmic reward. The little mudpie maker is reborn in his next life as King Ashoka, who was the wisest and greatest of India's ancient rulers. And the one who looked on with tears of joy and gratitude, is reborn as Ashoka's spouse.

Giving and receiving in the flow

So this first lesson, is all about the spirit of gift. And the true spirit of gift is actually a tremendously important factor, when we are retraining ourselves for how to be in the flow of natural abundance.

When you're in the flow of natural abundance, giving and receiving are all the same thing. It's one beautiful unbroken, continuous flow of divine energy. And you wouldn't ever have one without the other. You wouldn't ever have all giving, or all receiving. It's always a balanced movement of flow, that contains both actions within it. And from an energetic standpoint, those two balanced movements are identical. There's no difference between them.

And when this flow is going, and you're in the process of giving, nothing is ever held back. The quality of the giving is total, and done with a completely open heart. Like that kid with the mudpie. That's the spirit in which you're giving...of your time, or your money, or your expertise, or your creativity...whatever it is, that you're giving. You're giving without expectation of what you're going to get back. You're just giving, as a pure expression of the incredibly abundant joy of your own true identity. Ideally.

And in the exact same way, the receiving is just as important, and just as wide open and pure. That's why the energy of one is identical to the energy of the other. The receiving is every bit as filled with purity and joy, as the giving. There's no secret unworthiness stopping you from receiving gladly, all the gifts that might be showered upon you. There's no fear-based anything, no old outdated ideas about yourself, that might be causing you to block the goodness, or slow it way down. You're not getting in the way of the flow.

So when this flow of open-hearted giving and receiving is balanced, with the floodgates properly open in both directions, it becomes like a perpetual motion machine, of beauty and miracles. And it's only when you pull yourself out of that flow, for whatever reason, that the momentum of it comes to a halt.

So what we want ideally, is to cultivate both ends of that infinity loop: As the exquisite beauty and purity of divine truth flows into you, and you receive it open-heartedly, you very naturally and seamlessly respond with the pure and uncensored spirit of gift. Which brings yet more goodness for you to welcome in and receive, and so on.

And you know, it's experienced by you, as being all one thing. Mentally, physically, energetically and spiritually, that flow of giving and receiving really is all one thing. And it isn't just what we give and receive in physical manifestation that counts, nor is it just what's in the realm of the emotional-spiritual, when we give and receive gladness and gratitude, and etc. Because all of it

counts. All of it becomes one great flow, and it's indivisible. And when it's happening, all of life flows effortlessly within it.

So we all have a ways to go, to get into that pure zone of balanced flow. And to learn how to stay there! We each have our own personal dance with limitation, to overcome. Because we are incredibly well trained, all of us, in the spirit of lack. Not the spirit of gift. And of course it's the lack belief, and all the fear-based stuff surrounding it, that causes us to...be less than spontaneous, and less than 100% open-hearted, let's say, in the areas of both giving, and receiving. So that's why, there's one whole lesson coming up a little later in this series, lesson five, I think it is...that is entirely about the exploration of lack belief. The twin ideas that, A, I don't HAVE enough (which limits how generous and spontaneous I can afford to be)... and B, that I AM not enough, in one way or another (which limits the amount of goodness I'm allowed to accept.) These ideas run very deep in our world and in ourselves.

And this stuff is not just yours or mine, obviously. Lack belief is the foundation that human civilization is based on, and it influences just about everything we do. Think. Feel. And believe.

And of course it isn't true. We know it isn't true, intellectually at least. Lack absolutely is not a true thing. Infinite plenty, in that endless flow of giving and receiving, is what's true. That's really how the natural universe operates. Whether you're a 'spiritual' person or not. So by looking into all of this all-pervasive lack business with fresh awareness, seeing it with fresh eyes, and examining our own attitudes around it, we can start to free ourselves from lack belief...and then eventually from lack, period. And the spirit of gift plays a strong supporting role in helping us do that.

And the role it plays, goes right across the board. Because just like natural abundance itself, the true spirit of gift happens on the mental, physical, energetic and spiritual levels. Just as lack belief takes its toll on all of those same levels.

When the spirit of gift is firing on all cylinders, so to speak, you can feel how natural abundance swings into action, all by itself, to carry you in its beautiful divine flow momentum. You feel it throughout your mind, your body, your energy field and also throughout your spiritual self. You recognize it as your own true identity. The divine flow of natural abundance has a particular frequency, and when it's happening, you feel it throughout your whole being.

And natural abundance, when you're in it, IS truly effortless.

But releasing our old blocks, and retraining ourselves to stay in the flow isn't. It isn't effortless. It takes conscious intention and willingness, to become aware of all the ways that we block our own infinite goodness. And then it takes the willingness to change those patterns of thought, feeling and behavior.

So I'll be giving you different kinds of exercises at the end of each lesson, to help you go deeper, and put it all into practice for yourself. So you can begin to change your old habits of thought, feeling and behavior--and start to experience effortless flow for yourself.

Exercise – Lesson one

So. Here we are. As you've seen, this natural abundance course is offered to you on a 'pay what you feel' basis. And the reason for that is, this payment model invites you to dip a toe, for yourself, directly into the spirit of gift.

Not in the same way as in the parable. You don't have to try to get yourself to that transcendently divine place where you're having joyful tears of gratitude—unless that happens spontaneously for you, which is great.

But we're really not trying to emulate the mudpie story here. That story presumes you're already 100% innocent and free of your egoic stuff that holds you back. In fact, the name of that little mudpie kid translates as '*Virtue Victorious*.' Because there's nothing subtle about parables. So yeah, we're not trying to emulate the pure openness or innocence of that kid's spontaneous desire to give.

But we ARE looking to shed some very clear, and very gentle light, on all the stuff that blocks you from being as free, and as pure, and spontaneous, and joyful in your giving and receiving, as that mudpie kid. So for us, right now, it's all about the noticing what arises in you, as you contemplate what, if anything, to give, in exchange for receiving this course.

You'll be able to download a worksheet that you can have at the ready, as you engage with the 'pay what you feel' process, where you can really take note of whatever the question of giving brings up in you. So you can directly notice your own interaction with the spirit of gift, and also with the lack beliefs that are so deeply wired into our minds, bodies, lives and societies.

The true spirit of gift

The true spirit of gift is never transactional. Even though a transaction of sorts IS taking place, here: I offer you this course; you decide what to pay for it. That exchange is itself a transaction.

But here's the important difference: The gift I'm offering here, is given freely. In my mind, and in my heart, there are no transactional strings attached to the offering, if that makes sense. I'm only concerned with the pure spirit of how I'm offering it: Which is, that the gift is already given. That's my focus. How it is received by you, is actually not my business. How you choose to value it is not my business. Energetically speaking. And that's what I mean, by saying it's not transactional.

Now, having said all that, I'm just as open to freely receiving, as I am to the freely giving. So the receiving of money in acknowledgement of the gift, will also be gratefully welcomed. Gratefully. Because this little exercise is all about demonstrating pure flow in action. Where I'm modeling for you the correct spirit behind both halves of the infinity loop of giving and receiving.

And you know, FYI, This is not the way any of us have been trained by life, in our financial dealings. Me included. It's kind of a whole new way of interacting. And a whole new deeper level of mutual trust. And respect.

Anyway, this exercise is not about radically changing your own attitudes around money. It's more about you simply being aware, and noticing all the thoughts that go through your head, all the feelings that arise in your body, as you decide what, if anything, that you're going to give in exchange, for receiving this course. And that decision-making process, itself, IS the exercise that you'll complete for this first lesson.

Because it will take today's lesson out of the realm of theoretical bla-bla-bla... and it catapults you right into some authentic, realtime interaction with your own underlying beliefs about life.

So Just be curious to explore...just notice and observe. Not judging yourself (or anybody else). This definitely isn't about judgment. Just noticing. Just bringing the shadow of lack belief, and all its little friends, into the light of your awareness.

So download the worksheet now, on which you'll record all the thoughts, emotions, ideas, memories, attitudes or feelings in the body, that arise as you calculate your payment. And then go ahead and register for the rest of the course. And I'll See you next time.