



True Natural Abundance © Carrie Triffet 2021

**Written Transcript of video lesson three:
A CLOSER LOOK AT FLOW – THE TECHNOLOGY OF GIVING AND RECEIVING**

Giving

We talked a little bit in the last lesson about the need to develop deep trust in your Source, and also deep trust in your own eternal safety, if you want to be able to live fulltime, in the flow of natural abundance. All of this is obviously a learning journey, in how to do this fully for ourselves. And that journey will look a little different for each one of us, according to our own history, and our own life experience.

So here, in this course, we're really just highlighting the prerequisites, of which deep trust is one. And then dipping our toes into having an experience of each one, and exploring the 'why' behind each of these requirements.

So now, here we are, with yet another trust-related, and safety-related prerequisite, to look at. And this one is also a biggie: It's the letting go of, or the giving freely of, whatever resources you have to share right now—meaning, whatever is more than you yourself need in this particular moment.

It's the knowing that it's safe to freely give what you have, because you know and deeply trust, that your Source of infinite supply, will replenish you beautifully and continually and automatically and miraculously. And this endless replenishment happens precisely because you're unafraid of lack, and you're freely sharing what you have in each moment--which is an attitude that harmonizes, or aligns, with the way your Source operates.

It's also in alignment with your Source for another very important reason-- because you giving freely to all others, also takes into account the interconnectedness of all beings. It's not an attitude

of *'me against the world.'* Which would definitely not be in alignment. It's an acknowledgement that the wellbeing of others matters. It's you seeing a hungry stranger, and offering them food, in other words. Or whatever it happens to be.

Your Source knows the truth of oneness of all that is, and when your attitude of giving acknowledges the importance of others, that puts you into energetic alignment with the truth of oneness. That truth of your Source. And it's your ongoing efforts to stay in alignment with the truth of your Source, that guarantees your ability to access that eternally abundant flow.

So, yeah. The personality self will probably struggle with this one. It will whisper that you'll be the one left with nothing, if you give freely. Because other people will grab it all, the bastards. And you'll be the penniless, other-cheek-turning sucker, if you give it all away. Right?

But let's be real, here. It's not that you're forced to give everything you have in every moment, in order to stay in the flow. Like, *'ooo, I'd better give it all away, otherwise it won't work.'* Like, even though you might really secretly prefer to hang onto more of what's yours, you have no choice but to give it all away—even though you don't want to—because if you don't, you'll be doing it wrong and you'll fall out of flow. But that's so totally not it. Completely not it.

Again, think back to the mudpie parable. The giving is pure joy. The giving is a spontaneous outpouring of who and what you are. So it feels really good to give. But having said that, in the here and now, the giving also comes with a healthy dose of common sense.

Because your life is not a parable. You live in the world. And you're absolutely not meant to be a hapless victim of your own desire to give. You don't give what you yourself need, in other words, if you need it. And we'll take a look at an example of how that kind of common sense giving, might work, in a few minutes.

But anyway, I just want to emphasize again that learning how to master all of this is a process. Baby steps, some of it. It takes time, and it takes the noticing of what puts you into, and also what pulls you out of, that divine flow. And then adjusting your approach, for the next time. That's how you learn.

But overall, what happens when you experiment to the best of your ability, with trying to stay in flow, is that your life will start to accrue random examples of magnificent abundance all over the place—which tend to collect up, and gradually start to improve all areas of your life.

Life just tends to get better and better, overall. So you're living a very rich experience of life in all ways--and a big part of that richness is the freedom to give--the pure joy of giving, which inspires authentic gratitude in you. Gratitude for the limitless, effortless supply, that you, yourself, are a living, flowing part of.

It's that magnificent infinity loop again, of giving and receiving. Where giving and receiving becomes all the same one, unbroken activity, energetically speaking. The perfect, effortless, dynamic flow of giving and receiving. Experienced by you, as being all one seamless, beautiful expression of your own true identity.

I should state here for the record: I'm not in that flow all the time—very few humans are, at this point in our evolutionary history. Hopefully more and more of us are learning how to enter and stay in that sacred flow. But even just being in it for short periods, just riding that glorious wave even briefly, is unforgettably beautiful...and it holds an amazing feeling of...rightness. Of... *“oh my God, this is how it feels to be seamlessly in communion, and in flow, with the God-Self.”*

You know, because that's the thing. The flow of natural abundance goes so far beyond our usual limited ideas about abundance, that it's not even in the same universe as that kind of egoic understanding of what abundance is. It's so far beyond all of that stuff.

The kind of abundance that we think of as abundance--nice house, plenty to eat, good health, good friends, happy family, whatever--those are actually just pale, symbolic placeholders for true natural abundance. Or maybe you could say, they're incidental side effects of it. Side effects that come from being in flow with your own true identity and purpose. From being in that majestic, spectacular flow, where giving and receiving are the same thing, and you are the sacred fulcrum through which that endless, perpetual flow happens.

It's hard for most of us to even conceive of it, much less actively occupy that wonderful mind-body-spirit-energy-field space, where giving and receiving are one. And we are the giver and receiver. Or I guess you could say, the transmitter and receiver...of the God broadcast.

The ability to give fearlessly also hinges on your trust in God, like we talked about in the last lesson. Because it's the trust that your Source of supply will be continually replenished, in the moment that you need it—thereby making it safe for you to give freely to others. And of course that endless giving is the front half of the infinity loop, that endless effortless loop of giving and receiving. The act of fearless, joyful giving is the engine that makes it all go. Underline that.

And it's not always about money, by the way. Often it's the gift of your talents. Your care. Your attention. Giving becomes an attitude that colors every moment: It could be you, doing your very best at whatever the job happens to be right now. Washing out the coffee cups, and putting your whole heart into that. Or whatever it might be. Offering all of your care and attention to your mundane daily tasks, is a very beautiful form of giving. Doing your best, is the same thing as giving back, energetically speaking.

And what you do doesn't have to be perfect, or superhuman, free of mistakes. That's not the point. It's not an inflexible standard to hold yourself to. It's simply the intention, the desire, to always give your best. And to be very loving and patient with yourself, in those times when it inevitably doesn't work out that way.

The energy of value

Think back to the mudpie story again. Energetically speaking, the gold and rubies had no worth, because they were offered in a spirit of competitiveness; of greed; of envy, of strategizing for influence and gain. None of that is aligned with Source. All of that vibrates in a low frequency bandwidth.

The mudpie, made from materials of zero monetary value, was crafted with love, joy, and gratitude. And it was made with an intention to create the very most beautiful mudpie ever. The kid did his absolute best, and he offered it with deepest humility and thankfulness. And so every bit of that gift was an expression of true value. Because it is all beautifully aligned with Source.

So there are multitudes of ways that giving can express true value, without actually being about the giving of money, in other words. It's very much more about cultivating a daily life attitude of expressing appreciation and value, in all that we do.

But, hey... on the other hand, sometimes it IS about money. Mainly because you really do need to have complete trust, that you are an endless conduit for divine abundance, and that your needs are always met as you operate in that flow.

So it wouldn't really work to give freely of everything else, but to hold back on the money. Because that means you're still operating in fear of lack. And that energy of fear and lack, guess what: Will stop the flow. Which will undoubtedly then bring you tangible evidence of lack. Self fulfilling prophecies, here. So. No strategizing as if lack is real. So, there's no saving for a rainy day, in other words. No hoarding. If you have more than you need right now, and someone else is in need, you give.

So we touched on all this a little while ago--About how the personal self will regard this as sacrifice of your own safety and comfort and happiness. But sacrifice is not a vibration that aligns with your Source. Like, at all. So let's talk in some more detail, about why it's never about sacrifice, and is absolutely NOT about being a martyr.

Let's take a money example. If you have \$20.00, let's say, and out of that money you need to buy an \$8.00 bus ticket to get where you're going, you buy the bus ticket, before giving freely to others. Because you live in the world. You don't give it all away just because you think you're supposed to, and leave yourself stranded on the streetcorner. This is important, to take responsibility, and take care of your own needs. And not go, like: *Oh, lah-lah-lah-lah-lah. God will provide.*

Because, it really doesn't work that way. You're not earning some kind of brownie points to impress a capricious deity, here, by putting your own needs last. That's so not it. Your needs are exactly as important as everyone else's, energetically speaking. Because you're a divine being. And Self-sacrifice is not a high frequency concept. It's an egoic idea, not a divine principle.

Egoic ideas will always tend to pull you out of that high frequency bandwidth...which means you'll no longer be in divine flow. So yeah. In that lower frequency bandwidth, practically speaking, your experience will probably be that God won't provide. And you'll have to walk home. So, to recap: always respect your own needs, generally speaking. And then give freely of whatever else you have.

Receiving

(Peeling away the false programming of unworthiness)

The infinity loop of energetic flow happens as you join in divine partnership, expressing as your Source. That happens when you are so aligned with the high frequencies of Source, that a kind of merging, and a kind of entrainment takes place. And your mind, body and energetic field begin to radiate AS the energetic flow of infinity. It's not really you that's doing it--and yet you're a full partner in the proceedings. Infinity couldn't do it without your mental, physical, spiritual and energetic participation.

So worthiness is a big deal, here. Because we all have very deep misperceptions about being unworthy of our Source. Or, being unworthy of infinite goodness. Some of us more acutely than others, but all of us carry those deeply ingrained subconscious ideas. But if you're going to be open to receiving the flow of infinite goodness, even just a little bit, now and then...you absolutely need to recognize that you're worthy of it. And then especially, if you're wanting to act in full partnership with the divine – humbly, but in full partnership – you need to be able to deeply trust that you're allowed. That you have the right, to be what you are.

What are you really worth?

It's another basic necessity, for being able to experience the true, beautiful flow of natural abundance: That you know, like, really know, your own true worthiness—because if left to its own devices, your divine Source will shower you with such brilliance, way beyond what you can even imagine is possible.

But if you're placing limits on that, (which we all do), squeezing down what you believe you can receive, or ought to receive, well that action of trying to limit the unlimited flow of divine goodness, doesn't just slow it all down. It actually blocks the entire thing from happening.

Because your Source doesn't do limits. This is an energetic alignment thing. So you fall out of alignment with that beautiful divine flow--and once again, that fall from alignment, is the very thing that blocks off your ability to experience it.

You can think of it sort of like the zeros and ones, the binary code of a computer program. In much that same way, your energetic field is giving the instruction of yes, or not-yes. Open or closed. On

or off. So when you've fallen out of alignment, energetically speaking, you've flipped the on-off switch, to the off position. And then there's no more flow. Or I suppose technically, the flow is always still there, but you're not receiving it. You're not participating in it.

So we're peeling back to examine the layers of unworthiness. The erroneous beliefs about our own guilt or inherent imperfection. That we should quake with fear, before the pristine spotless perfection of a capricious, judgey God.

If God was even able or willing to judge you, guess what. It would fall out of its own divine flow. Because judgment is completely out of alignment with what God is. So can you see how this deep-seated unconscious stuff we believe, makes absolutely no sense whatsoever?

And again, this ties in very strongly with the need for developing ever deeper trust in your Source. The more quality time you are willing to spend in the heart of God, so to speak, the more you will gain firsthand recognition, not only that God is trustworthy, but that you are so deeply loved, by love itself.

Remember once again, that we're not talking about a deity with either the ability or the desire to find you somehow lacking. God recognizes only itself in you. Your flaws and mistakes are divine, just as your shiny bits are. To God, they're ALL shiny bits. Shiny God bits, currently operating at different frequencies. Some higher than others.

So it's a gradual process, of coming to accept and trust that you are intimately known and adored by your Source. Exactly as you are right now. That you are loved by love itself. And gradually the misperceptions about yourself fall away, bit by bit. And as that happens, one of the beautiful byproducts is that you naturally begin to know you deserve infinite goodness.