

THE GIFT OF GIVING



When I sat down to write this article I had no idea of what I wanted to write about. So I consulted the Universe—the knowing of Spirit within me— and the title is what presented. It certainly is the time of gift-giving and receiving, and over the years I’ve learned a lot about the different energies, belief systems, motive and such that we attach to giving and receiving of assistance, gifts, guidance etc.

Many, many years ago I experienced a new perspective on how it feels to give unconditionally and to have that helping hand denied. I also experienced the mirror effect of denying someone the pleasure of the gift of holy encounter within the exchange of giving and receiving, of the learner and the teacher, of ‘common-garden-variety’ needing help and not being gracious enough to accept that which was unconditionally offered. When the exchange was denied, separation was created.

I was so used to being independent and having to fend for myself, the words came out of my mouth without even thinking, “Oh no thanks, I’m fine”; “you didn’t have to do that;” yet secretly wanting their help and feeling more than ever alone and ungrateful especially since I knew how much this genuinely meant to this person or how much they’d given up or organised to be there for me. I have since learned that I am not invincible and I am truly grateful for any exchanging of ‘gifts’ in whatever ‘disguise’ it may be present; this can be a physical, emotional, mental or spiritual gift.

It is a joy to give, and experience gracious acceptance with true humility and appreciation radiating from the giver and receiver. When given from the heart, the ‘gift’ also carries wondrous messages of love and healing which come directly from Spirit, yet are often ignored. Then, in our arrogance, we may deny ourselves the beauty, lesson and gift of love. Therefore, gifts as an exchange of love and appreciation honour the giver and the receiver and it is vital

that we choose exactly the right gift for that special person or for that particular occasion. So much thought and feeling goes into creating the ideal. And as it has been recorded, the gifts that the three wise men offered all those years ago had special properties, not just symbolic ones.

So as we participate in and contribute to this sacred festive season and the transition into the new year, let's be aware of our motives, where we are limiting self, what old belief systems are still creating separation rather than holy encounters, unconditional love, compassion and the wisdom to know and acknowledge this. Let's allow our hearts to expand with these very gifts that were bestowed upon us so long ago and carry this momentum into and throughout the new year creating upliftment, harmony and unity for all in service to All That Is.



MAY LOVE RESTORE THE BALANCE



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Kay Webster has enjoyed a multi-faceted career in the entertainment industry as a dancer, actress, singer, choreographer, teacher and tour manager. Her expertise ranges from classical ballet, tap, folk dance, Oriental and Asian to Afro-Cuban and African dance, having appeared in revues, theatrical productions, film and television. She has held a variety of theatrical positions.

From an early age Kay competed in calisthenics and performed in the world-renowned Wirth's Circus complex. Kay's passion for dance continued through her school years. She competed nationally and passed ballet exams to teacher's level with the Royal Academy of Dancing and then studied with the Borovansky Ballet Company (the forerunner of the Australian Ballet Company).

Kay travelled to many countries, particularly with her solo act and as a Social Director and choreographer on cruise ships. She gained insight into diverse cultures and exposed thousands of people to the joys, beauty and upliftment of the performing arts. Kay has also presented, facilitated and co-ordinated spiritual events and workshops, worked as a customer service co-ordinator and receptionist for corporations and government companies.

Kay has also pursued her lifelong interest in spiritual studies. For the past eleven years she has embraced her service work as a healer, teacher and facilitator fo several metaphysical modalities and holds certifications in psychotherapy, mind development, colour therapy, massage and meditation.

Kay also offers crystal and intuitive healing sessions and is a co-ordinator of the Spiritual Cinema in Melbourne. As a Branch Leader of the Insight Foundation, Kay offers weekly ascension classes.

Kay's mission is to create harmony, balance, beauty and serenity, merging Spirit and matter, creating a joyous flow into the Aquarian Age in gratitude and compassion whilst assisting others to achieve their highest God potential.

Kay loves walks along rugged surf beaches and hinterlands, inspirational movies, the visual and performing arts, reading and ethnic music.