



About Giving

By Don Coyhis

The **Principle** for this Teaching:
An **Application** of this teaching:

What you're looking for, you're looking with.
Give to the Wellbriety movement and the healing of our people

If we want to know how we should live our lives, the old ones say, “just watch nature,” She will teach you everything you want to know. The Creator created a system of abundance. Inside of each apple seed is an entire orchard. It is designed to keep on giving itself. The abundance is hidden within the seed itself. If you were to analyze the seed it would be hard to determine its abundance. The Creator’s abundance is expressed through the design of each thing She created. So it is with the two legged, four legged, the plant nation, the stars, the food supply and all aspects of nature. We human beings are not left out of this design. We were created to access the Abundance System also. In order for us to activate the Abundance System, there are certain laws we must follow because the Abundance System will be expressed from the inside first, then will manifest itself to the physical world.

The design of a lake can model the teaching of how this works. Each lake will have an inflow and an outflow. The more the lake puts out, the more it is able to accept the inflow. So, the lake must first outflow to empty itself to make room to accept more inflow. The more it tries to empty itself, the faster the inflow. If it continues this process, the lake will get bigger and grow.

To access the Abundance System of the Creator, we humans need to become giving people. The more we give (outflow) the more the Creator sends us (inflow) to give away. If we continue to do this, we will live our lives in the Abundance System. If we withhold and become selfish and controlling, the inflow stops.

In addition, each time we give, we experience what it feels like to be a giving person. Each time we receive a gift, we experience the feeling of receiving. The feeling of receiving and giving is an identical feeling—therefore, maybe it is true that it *is* better to give than to receive. We cannot always control when we receive a gift, but we can control each time we choose to give a gift. The more we give, the better we feel. The law says, if we are constantly being a giving person, the Creator will express His/Her abundance through the person who lives this way...just like the apple seed, just like the lake. In this way, we access the Law of Abundance. Native people have always known about this law. We have ceremonies such as the Give-away, Potlatch, Blanket Dances and we always shared our food, even with strangers. Our culture understood the design of Creation and lived in harmony with the natural laws. (November, 2006)



Wellbriety Movement Teachings

White Bison, Inc. • An American Indian non-Profit Organization
6145 Lehman Drive Suite 200 • Colorado Springs, CO • 80918-3440
877-871-1495 • (719) 548-1000 • info@whitebison.org • www.whitebison.org

