

Notes from 7/30/23 Express Spirit in Action

From *Essential Spirituality* by Roger Walsh

Love in the heart lifts us out of the time limits of sense consciousness into the joy of the eternal present. When we forget ourselves in the service of love, the selflessness of God takes possession of our being." *Charles Fillmore*

"and if anyone wants to sue you and take your shirt, give your coat as well, and if anyone forces you to go one mile, go also the second mile. Give to the one who asks of you, and do not refuse anyone who wants to borrow from you." *Matthew 5:40-42*

Three Stages of Generosity

1. Tentative giving
2. Brotherly or sisterly giving
3. Royal giving

"The value of all service lies in the spirit in which you serve and not in the importance or magnitude of the service. Even the lowliest task or deed is made holy, joyous, and prosperous when it is filled with love." *Charles Fillmore*

How to Develop a Generous Heart

1. Seek inspiration from others
2. Find how you would like to help
3. Have the right motivation for giving
4. Start small
5. Release attachments
6. Learn from the experience

Exercises in Generosity and Service

1. Turn work into service
2. Use the power of dedication
3. Change pain into compassion
4. Practice all-embracing kindness
5. Awakening service
6. Helper's high: give anonymously
7. Take time for awakening service

"True giving is the love and generosity of the Spirit-quickened heart responding to the love and generosity of the Father's heart. Without giving the soul shrivels. When giving is practiced the soul expands and becomes God-like in the grace of liberality and generosity. No restoration to the likeness of God can be complete unless mind, heart, and soul are daily opening out into the large, free, bestowing spirit which so characterizes our God and Father." *Charles Fillmore*