

Life Lessons: A Box of Chocolates
Willow Healing Arts Newsletter – February 2014

Several life lessons have presented themselves for consideration and integration over the last two months or so, and I thought it might be helpful to share some of these lessons with you in my monthly newsletters, in case you can glean some benefit from them too. The life lesson featured this month relates to abundance, or rather, it relates to the ability to see ourselves as worthy to receive the abundance that is all around us all the time. Here is my story...

It all happened over the Winter Solstice weekend. It was a potluck, and someone brought a fancy box of hazelnuts covered in dark chocolate to share. I love dark chocolate and nuts, and was tempted to take two as I sampled each dish, but I only took one, knowing others would enjoy them too.

I went back to the box after everyone was served, hoping there would be one piece left, but it was empty. A couple of friends were standing there, and I shared my desire for one more of those chocolates, praising their deliciousness. A friend held the box up and open to the universe, asking the universe to provide more chocolate, and someone from the kitchen came over to the dining room and returned their piece to the box. Just like that. And that piece of chocolate was then offered to me.

At first, I tried to refuse and suggested that someone else take it. Even though I wanted it and had voiced my desire for it, I felt it would be selfish or greedy of me to take a second piece when everyone else had only had one. I didn't feel worthy of the last piece, even though the universe had answered my call for it very clearly. My friends insisted that I take it despite my resistance, so in the end, I did, still feeling a bit guilty about wanting more for myself.

On the way home, I thought carefully over how I had reacted in the situation. I realized that no matter how much abundance is in the universe, abundance will only be mine if I am open to receiving it, and see myself as worthy of receiving it. I realized that to integrate a new core belief system (that there is more than enough in the universe to take care of all my wants and needs), we may need to examine, address and remove other beliefs that inhibit our ability to do so (that I am not worthy of receiving kindness from others, and that I had to create my own abundance versus receiving it from others). It was an eye opening revelation.

The very next day, a kind man I barely know offered me a \$100 bill after I had jokingly offered to "help take it off his hands." It was an extremely generous act, and I felt overwhelmed by his act of kindness and the message I was receiving from the universe: You are worthy of receiving kindness and abundance, and it is OK for you to receive this from others. I broke down crying as this realization sunk in, and I was filled with gratitude. I didn't have to do it all on my own any more.

The gift I received far exceeds the financial assistance that is inherent in it. The true gift is further evidence and confirmation that the universe will take care of all our wants and needs as long as we see ourselves as worthy to receive, and we are open to allow the gifts to come in.

It seems so simple, especially when the reward is so great, but changing belief systems that stem from the root of our being takes awareness, intention and time. It is a journey. I hope you will join me in this journey, and seek out the assistance you need to examine and integrate the life lessons that present themselves to you along your journey too.