

"Keep feeling the need for being first. But I want you to be the first in love. I want you to be the first in moral excellence. I want you to be the first in generosity."

- Martin Luther King

GENEROSITY

Introduction

Take a moment and look all around you. Generosity is apparent everywhere your eyes take you, in fact, your entire being is the recipient and giver of generosity.

The natural world that has spawned the vast waters, rock formations, plant, animal and human life is the ultimate expression of generosity – an outpouring of love in rich and unfathomable forms. However we understand the unfolding of the universe, the stupendous result we experience in the gift of life is the product of generosity.

Could it be that generosity is not only an innate part of who we are but also our birthright? When we offer a helping hand to someone in need or, conversely, receive encouragement from someone who truly sees us, that instinctual upwelling of support is generosity personified. In fact, it seems to work both ways. Giving freely of our time, resources and attention not only affects others in positive ways, but also, provides nurturance to us.

Generosity to oneself can be the most challenging of all. By being aware of our thoughts, judgments and opinions of self and others, we are opening our hearts to allow new perspectives, feelings and responses to flow through - a generous act in the making.

As the root word of generosity, “gen,” means to give birth, perhaps the real question for you now is, “What are you giving birth to that is of generous service to both yourself and others?” Can you allow for the balance of giving and receiving, so that as a transformative leader, you are able to sustain your vitality, engagement, sense of purpose and joy?

What does generosity mean to you? What’s your definition?



Working Definitions of Generosity

- Characterized by a noble and energizing fullness of spirit
- Observing a need and filling it with no expectation of receiving something in return
- The balance of giving and receiving freely

“The best way to find yourself, is to lose yourself in the service of others.”

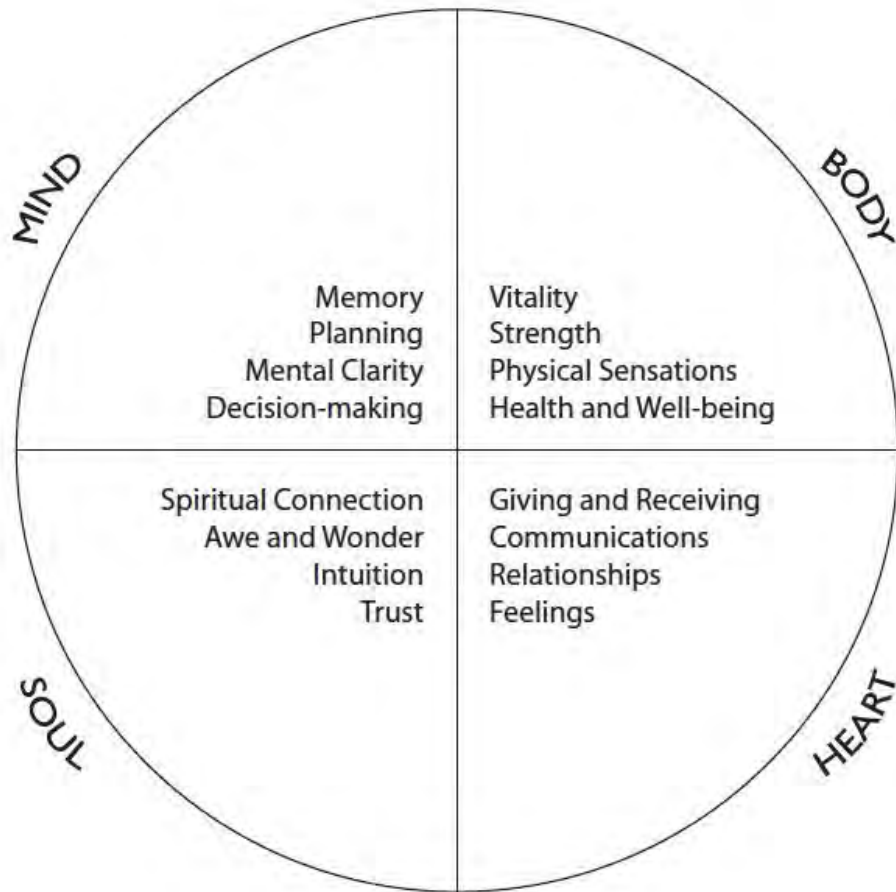
- Ghandi

INTRODUCTION TO INTEGRAL REFLECTION

The impulse to realize one's potential is a desire unique to humans. Through this leadership program, our intention is to focus on positive growth and healthy change using an integral approach that honors and cultivates all aspects of our being.

In the section that follows, you have the opportunity to assess how the attribute of **Generosity** shows up in all dimensions – body, mind, heart and soul. The aim of this process is to spark growth physically, mentally, emotionally and spiritually and to move towards full awareness of what is arising moment to moment.

The chart below offers examples of some of the functions of mind, body, heart and soul to prepare you to explore the series of questions on the following page.



*"You will discover that you have two hands.
One is for helping yourself and the other is for helping others."*

- Audrey Hepburn

INTEGRAL REFLECTION

How does *generosity* show up in your MIND?

Examples:

- Noticing when I feel the desire to be of service
- Making a decision to give my time and/or resources to others



How does *generosity* show up in your BODY?

Examples:

- Feeling relaxed and energized when in service
- The desire to give hugs and show affection



How does *generosity* show up in your HEART?

Examples:

- Warmth in my chest when I'm able to be of service to others
- Feeling tender when I see someone in need



How does *generosity* show up in your SOUL?

Examples:

- Feeling drawn toward action to help others who are in need
- A sense of fullness and delight when I'm helping others

