

Focusing on (Essential) Self before Others

How to Get to True Giving (and Receiving) in Your Life

Introduction: The Dilemma of Focusing on Self

Are you the sort of person who gives without hesitation; one who automatically defaults into kindness, sometimes even before anyone asks for anything? Do you periodically find yourself giving out in a way that seems one-sided, wondering why or how you got into that position? Do you routinely notice, however subtly, that whilst you seem to give to others as best you can, few seem to reciprocate to the same level?

At work or in private life, the weight given to satisfying the needs of others as opposed to our own can be a challenge even if “all” it involves is finding a good work-life balance. With people working longer hours, formally and informally, how to look after the engine that is one’s own mind and body whilst simultaneously meeting outside demands seems an ever-increasing art form. At what point should we put the needs/demands of others - individual, societal or organisational - above our own? When does looking after one’s own interests become “selfish” or “indulgent” as opposed to healthily keeping mind, body and spirit well-oiled?

Pressure to give to others can originate from many sources - religious, societal, financial, familial and more. In some creeds and philosophies, there can be strong emphasis on putting others first, turning the other cheek, forgiving or giving in a way that can be misapplied. Forbearance, patience, generosity and forgiveness are great qualities but they can be over-done and over-promoted at the cost of (essential) self, with the giver ending up being incapable of giving anything fully or genuinely to anybody over the long term.

The problem with a position of give, give, give is that it can cause depletion - the giver runs dry; there’s no more petrol in the tank to keep her/him going. Physically, emotionally or mentally, s/he starts to break down; there’s been too much spent on taking care of others; not enough taking care of self. The trouble is that, by the time a person starts to realise this, s/he can feel as if s/he’s less energy/ability to challenge the situation. This can be tough, especially if third parties aren’t willing or able to help remedy things. Too much giving can be a very bad habit, encouraged and exacerbated by some perspectives.

This article looks at the energetic reality of over-giving, excessively putting other people first and how it can damage physical, emotional, mental and spiritual health. It discusses the spiritual ramifications of over-giving; what happens on the energy level when too much is put out for too little in return. Exercises are provided to help the reader test his/her current positions and, if necessary, move to a more balanced give-take platform. Yes, today’s world can encourage people to give, do or be more, more, more, but benevolence and generosity must be balanced if they’re to last genuinely and healthily into the long term.

Why Giving to Self is Important - Making Sure Your Engine is Well-Oiled

Giving to (essential) self is an absolute baseline in successful living, irrespective of how “success” is defined. An engine isn’t going to last long if it’s never serviced. A person can’t continue to give of themselves if his/her own needs are unmet over time. Most (if not all) people who spend their lives working successfully (energetically speaking) as carers or givers are only able to do so because their

needs are well-supported. Going beyond the physical ramifications of being too generous, there are very good reasons to honour (essential) self in spiritual and energetic terms.

Spiritually, the concept of conditional versus unconditional giving is implicit in self-valuing.

“Unconditional giving” means there are no hidden agendas or expectations – i.e. no “if I do this, s/he (or life!) will surely be, give and/or do x, y, z to/for me”. This is a continual challenge; no matter how well we may believe ourselves to operate unconditionally, there’s always another moment when we can sense that our actions are loaded with self-interest. Even if all that’s expected is “thanks”, “common courtesy” or “fairness”, any giving that’s performed with expectation is also, in the truest sense, conditional, loaded and selfishly done.

The above said, unconditional giving is an outcome - the end of a process not the beginning of one. Its opposite (conditional giving) occurs because there’s something the individual has yet to obtain that s/he considers necessary. So, the ‘need’ for an exchange is created: “I expect/need you (or the experience of me giving) to give something to me because I believe that, somehow, it’s the best or only way I can get what I want/need now”. What would happen however if “I” began to understand that “I” could give it to myself or that Source could deliver it – i.e. that I didn’t need a specific “you” (i.e. a horizontal world/source of supply) to fulfil my needs/demands at all?

Energetically, unconditional giving comes out of a state of natural overflow. Take a watering system: one can only water a garden efficiently when there’s enough liquid in the pipeline. If the pipeline isn’t full, the pressure and flow will be compromised and a less-than-100%-efficient supply results – i.e. there’s compromise on what would occur if the water supply was well-stocked. In the context of humans giving to one another, the same occurs. A full, overflowing tank never worries about its levels and doesn’t have to think about rationing. A full tank just gives because it’s happy, balanced and healthy with no pressures upon it. A tank that’s less than full always watches its levels: it’s more aware of how much it spends versus how much it receives, and whether its exchanges are balanced or fair. It starts giving in fear, conditionally, with a heightened self-focus (however subtle). It knows that its health is dependent upon continued supply and that it won’t be much use if it runs dry. Being a human water tank, it’s also very aware of the relativities that exist between it and other tanks nearby!

As with water tanks, so too with humans. True giving, real benevolence, can only occur when a person looks after him/herself on all aspects essential for his/her health and well-being. When these levels are compromised, the individual begins to operate with an increasing amount of watchfulness, guardedness and self-interest/-focus. To truly give, without condition, it’s essential that we take care of our essential selves and our energy levels as a first step (not a last one!).

Honouring Self Determines the State of Your Energetic, Emotional and Physical Being

Honouring (essential) self also directly influences the strength and state of an individual’s aura and, in doing so, can influence one’s physical, mental and emotional health.

The human aura can be described as an energetic force field through which everything that comes from the outside must pass before connecting with a person physically. Likewise, every thought, feeling, belief, fear and deed that a person has/does passes through the aura on the way out to the greater world. In this sense, the aura acts as a buffer zone, protecting the person from over-exposure and harm. Everything we feel, think or sense is experienced first at auric level and, perhaps more importantly for this article, filtered by it. It’s often said that physical ill-health manifests first in the aura given this buffering and filtering role.

On the energetic level, where manifesting one’s reality truly starts, honouring your essential needs directly affects the degree to which your aura protects and buffers you from outside forces. To the degree that you dismiss your own requirements, you energetically sell out on or abandon your

(essential) self. On the energetic level, this can result in a weakening of the aura from the inside (i.e. from you!) and a change in the resonating frequency of the atoms within your energetic being in a way that they begin to announce your lack of self-support to the greater world. This is no exaggeration (albeit a simplistic portrayal) and can see an ensuing grab for freebies by other people on both physical and invisible levels, affecting interactions, intuitive experiences and exchanges of all sorts. Self-attack or -devaluing, no matter how subtle, impacts the aura's ability to buffer and protect the body from negative or harmful energies from the outside world. It blows holes in your aura from the inside out, leaving you more sensitive and open to the outside world than you were before (including telepathic and astral frequencies). This can create chaos as lower level energies can help one's thoughts and feelings spiral out of control (i.e. into egoic patterns, lack of faith about one's purpose/life path, and negativity). Self-value, honouring your essential/soul-level needs, plays a large part in body-aura health.

Honouring Self Directly Influences the Type of Reality You Experience

Honouring (essential) self is also important for balanced living because, as an energy bubble, you're only going to get to the life you want if you do unto yourself (and others) that which you'd like others/life to do to you.

What you put out to the world on the invisible level – your thoughts/beliefs about yourself, other people or life in general - is that which you too are likely to experience and receive in one way or another. If you never take care of your own requirements, how do you expect other people to acknowledge or accommodate you? Like atoms attract like atoms. If you, as an energy bubble, see/conduct yourself in a way that subtly infers to the rest of the world that you're second in line or less important, the world will unconsciously and energetically take your word for it. What you think and believe about yourself can influence how the world will operate around, for and to you: it's often an absolute mirror of how/whether you value you.

Like attracts like in the world of manifesting: discount yourself and pay the consequences. A person must understand this properly if s/he hopes to experience a world that supports, gives equally, respects and honours (even then, positive/enjoyable experiences are not a constant given). If you're not happy with your reality at this time, if you believe yourself to be more of a giver than a receiver, your situation can only evolve by examining what you're saying to/of yourself about you and your life, and by making the appropriate attitudinal and spiritual adjustments. It's you who shapes and determines your reality, no matter how many people may need or distract you. All else flows from this. Only when you listen to your inner self, hear its needs AND support them will you begin to see life start to be what you know it can be. Support from others and success in the physical world aren't just about luck and networking. These states can only exist in a person's life long term when s/he's fully self-knowing, -honouring and -valuing.

Ways to Test the Calibre of Your Give/Take Experiences - Exercises that May Help Rebalance Things

The following are five exercises that can help you work on your self-support.

a) Examine Your Current Positioning - Do You Currently Self-Value?

First of all, examine what you're doing and why so as to understand why you're in the situation(s) that are before you. This can be done by going into the feelings you have about an issue/situation to find out what it's here to show you and how it can help you grow. Sit quietly; focus on the issue at hand; use your out-breath; allow the tensions to build in the body; then allow these tensions to tell you the

story they carry. A great guide for this is Dr Eugene Gendlin's book, *Focusing*, which is available at focusing.org.

Alternatively, ask the universe to show you what's going on. Having asked your question fully, hand it over to Source and allow yourself to be shown.

A third way is to sit with pen and paper and write out/explore the subliminal statements you make about yourself (or life) and whether they're self-affirming. Look for subconscious patterns that work from beliefs such as "no one can do it as well as I can", "It's my job to give here" or "no one else will do it so I have to". The minute you say something like this to yourself, you effectively tell everyone on the energy level that their job is to be non-giving, ever-taking, even 100% couch potato. Also, look for behavioural platforms that are ultra-competitive, overly acquisitive or seek approval or attention from others. These types of stances can energetically nominate you as the only person in the world who can or will do/carry things. Is it any surprise then that they can result in continual use of you in a way that can seem forever one-way and energetically depleting?

b) What It Is You Want versus What It Is You Don't Want

Sometimes, to get fully onto your path, it helps to understand (or remember) where you're placed relative to your values and objectives. One exercise is to draw up a list of what you do want in your life versus what you don't want.

Take a piece of paper and rule a vertical line down its centre. Label one column "What I Do Want in My Life"; the other "What I Do Not Want in My Life Any More, At All or Ever". Allocate to either side of the page the states, behaviours and atmospheres that belong in each category. Don't think too hard about what you're writing down and don't, in any way, attempt to censor it. Your essential self, your inner voice, knows its lists and they don't need to be vetted. More importantly, things won't shift fully if you don't release all the words that lie behind your feelings. Also, don't focus on physical and material 'things' alone - these are, in energetic terms, the end result of the creative or manifesting process and come out of what you think, fear, value and believe life can be. Don't not write them down either, if you feel you need to include them.

This exercise is all about getting you to announce to yourself the states, behaviours and atmospheres that you want to see, hear, witness and experience in your world (or not!). The two lists will show you - as you write them - where you're accepting less than you should; whether you're in the right "place" in life; and what you may need to start doing if you're to reach your goals. They'll also start to develop in you an inner alarm system that will call out every time you contemplate something less than you could (or should) be accepting. These two lists are very important - only by getting in touch with your inherent likes and dislikes consciously will you begin to create and attract the states that you sense are attainable. As a hint, focus more on completing the list of Don't Wants because this is usually better known and easier to do. The list of What You Do Want is also important but often falls short of completion.

This activity can offer enormous benefits no matter how simplistic it seems. The more you know what your goals and values are, the better focused your efforts outwards (i.e. life) can become. The aim is not to write a list that's acceptable to anybody other than yourself so don't write it to please others or try to be politically correct. Do it from the perspective of what you know is right for you (or not) - what really fits. This knowing will come from within your being; your "gut" (i.e. intuitive sense) will tell you every time. You know what's right for you; what values and behaviours sit right. It's just a matter of whether you've allowed your (essential) self to tell you that - or not! - and then honoured it.

This exercise is a great help in attracting/co-creating the reality you know is possible. The universe is like a pizza delivery company: it knows you want a pizza but, until you say "hold the anchovies but give

me mushrooms”, it often somehow withholds. This exercise is about getting you to the point where you can place your order - your REAL wish list of dreams, essential requirements and desires. Only by getting in touch with them at a conscious level will you begin to understand the type of world you truly belong in. Only then will the universe be in a position to help you make and attract it as a reality.

c) The World Is Full of Districts - Which One Do You Belong In?

Another exercise invites you to allow the world to be more than one dimensional, with more than one way of thinking, being and doing. This might sound obvious but we can often feel trapped by our circumstances, unconsciously believing/assuming that the world ticks to one moral, attitudinal or behavioural code. In thinking this, we can feel as if we have to put up with things as they are, that there's little incentive or ability to change them. We can see moving to a far-better-fitting part of the world (physical, attitudinal or energetic) as being impossible and stay put in ill-fitting settings perhaps longer than we need to.

To test this theory, allow yourself to entertain the notion that the world is full of many “neighbourhoods” or “districts”, each representing a different set of attitudes, codes and behaviours. At least one of these “districts” is just like you, with the same codes, desires and value systems as you have, and truly fits with you easily, naturally and genuinely. As you allow the world to become segmented in this fashion (in your mind's eye), allow the universe to start moving you to this neighbourhood. You can visualise this as an arm that comes down from the sky; lifts you up out of the “district” you're currently in; moves you up and over in the air; and puts you down into the “right” one, whether you've ever been there before or not. The trick here is to not know where the right “district” for you is, what it's called or whether you've already been there. Allow Source/the Divine to know these things and trust in Its capacity and willingness to help you get there. Allow yourself to connect to Divine intelligence and to be lead and guided in the physical world to these new platforms via the use of your spiritual connection and intuitive senses (including gut feel). Source never abandons a person – it's us who let go of the connection point – one's intuitive senses never lie (it's just a matter of whether we trust them). Allow the world to be multi-dimensional; allow the places/groups you truly fit in to exist (now); and let the universe help you get there. Don't only affirm negativity, impossibility or stuckness because, if you do, you're more likely to stay there.

This exercise can actually start working overnight. You can do it in meditation or at busier times - whenever you feel the urge. The universe is an interesting mechanism: once you start allowing for possibilities, all sorts of things can occur in the physical world with little extra physical effort on your part. People and/or things can move, change, disappear or enter your reality in such a way that the world starts taking care of you more solidly (as you've probably always known it could/should).

d) Resign from Your Position of Automatic Giving

Another useful exercise (in your mind's eye) is that of resigning from the position of giving too much, too readily. Sometimes we're so prepared to be a good person that we nominate ourselves as the giver before people even turn up! The moment another human being surfaces, the over-giver automatically steps in to care for, feed or cater to them. Energetically, this stance declares to the rest of the galaxy that it's more your job to give and no one else's; AND that it's more everybody else's job to only take.

Envisage yourself quitting from the post of automatic carer or giver (no, that's not the same as becoming cold, uncaring or selfish). Affirmations such as “I don't have to give in this moment” or “I'm not/no longer an automatic giver” can help to reposition you (as an energy bubble) into the stance of

giving with awareness. This is crucial for better receiving-giving exchange. Only when a person knows that they must give AND take, can s/he begin to participate in fair, conscious and healthier exchanges.

By resigning from the position of automatic giver, a person moves his/her giving into a different zone, where giving is seen as a valued gift by everyone (including him/her) rather than an undervalued or assumed role. Giving can become more solidly valued for what it is by all parties and, interestingly enough, the outside world can also start to appreciate it. Resigning from the role of automatic giver also allows you as an energy bubble to permit others to give too (which is something that many people actually enjoy).

This activity alone can result in people starting to recognise and support you more than before, even offer you encouragement and help. Once you begin allowing yourself to receive by getting out of the "I am the giver" role, amazing things can happen. The world may just begin treating you as it should have all along!

e) Prepare Yourself to Receive

Sometimes we've yet to receive because we've yet to move into a receiving position. This is quite common. Western belief systems (at least) can be very good at stressing the importance of giving yet not focus on receiving at all. How can one expect to receive if s/he isn't positioned to do so?

On the energetic level, over-emphasis on giving creates a one-way flow; a person's so preoccupied with putting energies/stuff out that s/he never allows his/her (essential) self the opportunity to receive. In this state, all energy flows are from the individual; less energy flows in to him/her as it could if s/he was more balanced. If one can't receive as a vessel, how can one expect to ever truly, unconditionally give? An ever-giving system doesn't want to receive - that's not its job. Human energy bubbles that resist receiving, irrespective of their rationale, will only ever give falsely, setting themselves up for abuse, resentment or lack of support from others. Real giving means learning to receive help, support, love, etc proudly, willingly, humbly and well. The more you allow yourself to be a receiver/recipient, the more you're actually allowing yourself to give well.

Addressing receive-give imbalances can be "as easy" as visualising yourself receiving in your mind's eye. Allow yourself to receive energy in from the Divine (vertically, from above) and allow that energy to contain all your system requires. Visualise yourself receiving money, love, recognition - even plain old healing energies (it's best to keep things generic and all-inclusive). The more you get used to the sensation of receiving and the more you open up to do so, the more ready you make yourself to receive in the physical realm.

f) Past Life Work, Childhood Patterning and Rebirthing

Self-value issues can often stem from the past, be it this life or another. Allow yourself to focus upon the issue you want to work through. As you do so, tension's likely to start building in or around the body to such a level that it can begin explaining itself (i.e. talking itself out or just releasing). In doing this, you may experience flashbacks to situations or people from previous times/moments (this life or past ones). Let the story play out in your mind's eye and see what's revealed. Once the story's told in full, you'll understand the patterns that have created your present and how they can be reviewed. Make sure that you give yourself the time and space to get to the heart of the matter and, if it's a "big" subject, consider engaging a counsellor or therapist to help/support you.

By working to release past conclusions and issues, we can often release things that prevent self-value from truly manifesting. Once these obstacles are released, they can move away from/leave us as a pattern, creating room for more beneficial flows to/around everyone. It's often invaluable having

third party help/support whilst you process past events/traumas so, if you sense you've sizeable things to process, find a qualified health practitioner (western, eastern or alternative), to do so.

g) Get Clear

In one sense, this is the exercise to always do first, whenever we find ourselves in negative stances (or, at least, before we act on what we're thinking). From a psychic and energetic viewpoint, any form of negativity is a signal that a person's energetically (and spiritually) out of balance. That doesn't mean that any of us escapes the egoic realm – being human we're part of it and ego's a part of us. Where this observation becomes an important tool for resolving things is that our perspectives in egoic overload can differ markedly from those at other times. When we're in imbalance, out of kilter with our spiritual connection, we can become more reactive and reduce the calibre of our decisions. We can also become myopic about the range of options in front of us and how we might go about solving things. Decisions made in energetic imbalance (often, reactively) regularly require review later on. As such and before one starts making any decisions about things or drawing any conclusions about his/her current situations, it's highly recommended that s/he clear first of all egoic frequencies that may be affecting/influencing him/her/things.

A person who's excessively in giving mode or in situations that drain/oppress him/her, can often benefit greatly from a few moments of rebalancing. The use of breath to aerobic level and a meditative practice can serve a person very well in helping him/her come to understand all s/he possibly can (about anything). Often we can find ourselves in stuckness in a way that seems unending or unchallengeable (i.e. without experiencing personal loss or trauma). The trick here is to shelve any conclusion about this initially and to get energetically clear first to blow off all your "cappuccino froth" and test whether envisaged (and negative) outcomes are really inevitable. Only by taking the time to spiritually and energetically clean off (and inherent in this is the act of releasing all ego – yours, mine and everyone else's), do we come (in times of stress, loudness or busy-ness) to the full list of possibilities that are in front of us. As such and whenever you find yourself in imbalance, you're strongly advised to first come back to your spiritual centre. In your mind's eye, let go of the horizontal world and all of your stances towards it, and use your out-breath to help you come to zero.

h) Go Forth and Insist Upon It!

Having done any of the exercises above, you may be ready to begin releasing undervaluing concepts and negative life experiences. That's the way healing works - the minute you get to the truth as your essential self sees it, things shift, understanding kicks in, as does compassion and healing. Things can change; life can do a 360° turn without you saying a word.

As such, don't go back into the world of other humans assuming that things are exactly where you left them before you began the exercises above. One of the benefits of energy work is that issues can get resolved in ways that don't always require more action in the physical world. People's dispositions can often change, somewhat magically, without any influence from you. Having emerged from your piece of energy work, let the world reveal itself to you anew. Assume initially that others who are involved have also evolved and healed – i.e. don't assume blindly/naively that you're in nirvana now but don't be closed to newness either. If you've truly released an issue, things pertaining to it may well manifest differently in the next second (even people). Test the water therefore before launching in to do, say or confront things.

That said, you may still need to go forth into your world (work, family, social, relationships, etc) and make some adjustments. Obviously, this can be confronting so take it slowly, test the waters and bite

off chunks that you can manage (and get support from a health practitioner if you sense you'd benefit from that).

These exercises are great ways of getting a person in touch with her/himself as s/he really is; helping him/her understand what s/he's accepting that s/he shouldn't; and highlighting where things could improve. There's no doubt that, as you perform these steps fully, you'll be shown how it is that you're attracting your current experiences and, often, this information is enough to help things evolve! Self-value begins with self-honouring and a willingness to receive as well as give. Having attended to these aspects, you may start experiencing things as you've always known they can be.

Conclusion

Self-value is an essential part of balanced and spiritually productive living. Without it, we can find ourselves being a giving vessel without any real ability to take in and receive. So many of us can wish for more sometimes but how can we expect to receive it if we're too busy self-attacking, self-abandoning or over-providing? To the degree that one puts others overly first on a regular basis, never quite taking care of "me", that individual's helping to create her/his state of depletion. Being consciously/openly valued and supported this life requires one to develop and maintain a healthy respect for self and a balanced give-take discipline. Only when we honour our essential selves - our own needs and requirements as well as those of others - can we expect the world to be as kind.

Self-value can benefit from self-analysis and a review of how a person interacts with the world. It requires you to allow your (essential) self to feel and speak (to you first!) and may involve a degree of discomfort as you realise some things. You can do this alone or with a healing practitioner. Having done this work, you may start experiencing a world that cares, honours and gives back to you more. To the degree that you find your world less than considerate, have a look at the degree to which you value you. It may be that this is the key you've been looking for.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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