

# The Flow of Receiving and Giving

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Life moves in pulses. The heart beats, the lungs expand and contract, blood circulates, and the body digests. These rhythms continue without pause, carrying us through each moment. The brain, too, has its own patterns, thoughts arising and passing, waves of energy moving through the mind. They are part of the same ongoing movement, natural and continuous.

## Seeing Thoughts as Creative Energy

The first step is noticing thoughts for what they are: movements of energy, alive and shifting, neither harmful nor permanent. They are not proof of failure, nor markers of identity. They are simply life in motion.

Recognizing this changes how we relate to our minds. Thoughts are safe to experience. Seeing them clearly as energy, rather than as possessions or threats, softens the mind. Simply noticing brings relief and opens a quiet space where tension can ease.

## Receiving Fully

Once a thought is seen this way, it can be fully received. Receiving does not mean holding onto it, storing it, or judging it. It is allowing it to pass through, noticing it without turning it into weight. In receiving, attention steadies and the mind feels lighter.

Receiving is not passive. It is active participation in the pulse of life, a conscious engagement with the rhythms that carry us, the same rhythms that sustain the heart, the lungs, the flow of blood, the processes of the body that move without our interference.

## Giving Back as a Natural Continuation

Energy that is received naturally seeks expression. Giving is the next step, the natural continuation of what has arrived. It is not a duty or a task. It is simply how energy moves outward once it has been noticed and held safely.

Giving can take many forms—action, reflection, creation, or expression. When we allow energy to move without clinging, it flows back into life, supporting both ourselves and the world around us.

Receiving and giving are inseparable. To receive fully is to prepare for giving. To give is to honor the energy that was received. Neither receiving nor giving is lost. Together, they form a continuous, regenerative rhythm.

## Life Experienced in Pulse

When this process is recognized, the mind feels lighter. Thoughts no longer weigh us down. They are pulses within a larger rhythm, alive, safe, and creative. The pulsing pattern of receiving and giving becomes a practical way to engage with life, noticing what arises, letting it move, and responding naturally.

In psychotherapy, this pulsing pattern can be explored safely. Reflection and guidance help people notice habitual patterns, recognize the energy of thoughts, and allow it to move onward rather than accumulate. The result is quiet, steady, and sustaining.

Receiving is not keeping. Giving is not losing. Together, they form a simple, natural process, a pulse of life moving through us, through thought, and onward into the world.

## **Author's Reflection**

This exploration of receiving and giving invites us to see life as an ongoing pulse. In recognizing the creative energy that moves through us, we can release the weight of holding on to thoughts and allow them to pass. In that space, we discover the simple yet profound truth: what we receive is never meant to be kept but to flow back, enriching the world around us. It is through this exchange that we find the deep rhythm of life, quietly sustaining us in every moment.

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