



*Everything
is a Gift*

A SELECTION OF SPEECHES
BY

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EVERYTHING IS A GIFT
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Everything is a Gift



The best way to look at life is to see everything as a gift. If you look at life from this viewpoint, you will be amazed to realize that everything existing around you offers you so many surprises. And because of these millions of surprises that enter your life, you will easily be grateful and happy with your life.

Being grateful will allow you to perceive what is around you in a very different way

than you usually do. If you can step outside your skin and observe yourself from the position of a third person, you might notice that, like most people, you seem to think you never have enough. From this attitude of lacking something and needing to have more, you might develop the view -- 'It is my right to have it, I deserve it' -- and feel you should be given everything. Perhaps someone even taught you to think this way. But if you cannot get what you consider is your right to have, you will be negative and find it impossible to be grateful or happy.

Another kind of thinking that you might observe in yourself is that everything and everyone must revolve around you. This view will block you from perceiving what comes to you as your friend. Rather, you will perceive

things as your enemy since they do not automatically revolve around you, and you will not be able to welcome new events, new words or new people, leading you to become antagonistic and to feel that the world is against you.

From where did you get the idea that everything must come to you? Most of you have a strong sense of self-value. You perceive yourselves as good people, and think it is therefore normal to receive good things. And because, regardless of your attitude, you do receive good things most of the time, you don't feel the necessity to check if your attitude is good or not.



Usually children like to receive things but do not like to show appreciation to their parents or be grateful to them. Projected to a global scale, humankind looks very much like ungrateful children.

*Giving starts from
your mind, from thinking
that everything is a gift.*

But isn't it painful to have a child who is not grateful to you? Indeed, it must be painful to the One who created us. But because we do not know what He feels, we continue to carry the attitude that it is normal that we receive because we are good, since we think that if we were bad, we would not receive anything.

Become The Most Beautiful You

Don't we wish every day could be approached with the enthusiasm of a holiday or a birthday? How can we be successful in long-term relationships and keep love alive?

The author offers a fresh and soul-penetrating viewpoint on how to prevent our lives from turning into a routine and how to create ourselves into living masterpieces of love.

"Loving God means loving people with all your heart, soul and flesh. When you do so, you will become the gift of God for all those who have the honor to live around you." (Excerpt)

Mr. Jean-Jacques Trifault has spoken extensively to audiences about personal growth and having a loving relationship with God. A native of France, he has resided in the United States since 1979.



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