

# SUMMONED

TO

# LOVE

*A Spiritual Blueprint For Rediscovering  
Inner Peace, Unconditional Love, And  
True Happiness*



*Sneak preview*

# BARRY FERGUSON

**Summoned To Love – A Sneak Preview**

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Dear Reader,

What you have here is a sneak preview chapter from my book, ["Summoned To Love"](#) and I hope this small sample will inspire you to go out and change not only your life, but another person's as well.

Sincerely,

Barry Ferguson

## THE JOY OF GIVING

One of the most powerful ways to learn the art of love is based on the ever present need to give back to others. Before you can receive love you must start giving it first. Love is not about how much you get but how much you give in return.

How you choose to accept love goes a long way in how you receive it back. According to Dr. **Gary Chapman** from his book “**The Five Love Languages**”, “*Most people give love the same way they received it.*” This may not always work out in the end but if we feel someone has mistreated us, then we seem to treat them the same way in which we were first treated.

That is the main problem with humanity. You must think differently if you are going to bring more love into the world. No one likes to be mistreated but if you can look at it from the point of view that you are doing your part and focus on what you need to do in every type of relationship you encounter, you then, are in complete control of how you act not the other way around.

That’s the secret here. You control how you act. The more love you ultimately give, the more you create positive vibrations in the universe. Don’t be so concerned with how others give, just focus on how you are giving to others and love will take care of itself.

You would think it would be easy to give love to others but that is not the case in most instances. Many times, we shy away from actually making the attempt to help others. Whether it’s because we don’t want to get involved, feel like we can’t make a real difference, have been rejected before, or are just plain selfish, loving others is a hard commitment to make.

When you begin giving yourself to others, sharing what you have with them such as your time, talents, treasure, and making a firm commitment to be a giver not a taker, it changes you in

ways you will not automatically see or feel. It changes you from inside out and what you do is a direct correlation to what you are feeling inside.

Giving helps you appreciate what you have and real service to others comes from the gift of yourself. Giving is personal in a way that charity can never be. We call this philanthropy.

Philanthropy tries to solve a problem that charity can never do. Research has found that this type of giving, giving that makes a difference, is one of the keys to a happier life.

But why choose philanthropy over charity?

Making that subtle mind shift can have huge implications in how you help others. Doctors have found that people who regularly give from the heart have less symptoms of pain, sleep much better at night, and have a more positive outlook on life. Isn't that something that can inspire you to start giving of yourself?

Until I made giving an integral part of my life, I never felt worthy enough to accept love from others. But now, I am bubbling over with so much love and all I want to do is give it away for free. That's what love can do for you if you let it!

Giving from the heart to make a difference in the world is a major building block for creating strong relationships and strengthening your own self worth. This is a pathway to personal fulfillment.

We see this in **Philippians 2:4-11** as we read: *“Not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature[a] God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death - even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above all names. If you practice the art of giving heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.”*

By shifting the focus away from yourself and on to others, you start caring about the needs of others instead of your own selfish needs. That type of interest fuels the need to consistently give back. It pushes you to fill a void in the world... a void that brings real service to others.

MasterCard has set-up a special foundation for college scholars from around the world and when asked about their involvement in the International Day of Service, the students had some very personal thoughts on what giving really means to them.

**Shanen Ganapathe**, who hails from the island nation of Mauritius and attends Duke University, commented: *“I came into world as a mere vulnerable baby and I am lucky to have a community that nurtured me for all these years into the adult I became. I give back because I have been given so much.”*

**Maame Kwamah Otsieku Baah**, who was born and raised in Ghana and attends Kwame Nkrumah University of Science and Technology remarked: *“I am giving back to my community because it substantiates my purpose on earth. It is imperative that every man fulfills his purpose in our global community – only when this is done will the earth remain livable.”*

Finally, **Soji Adeshina**, a native of Nigeria who attends UC Berkeley, spoke from the heart when he said: *“In the eternal words of Gandhi: “The best way to find yourself is to lose yourself in the service of others.” We give back because it teaches us find compassion within ourselves and to stay attached to values that are linked to the common good.”*

These values are what makes giving so important in our lives. Our true purpose is to give from heart so we can make the world a much better place to live in. High ideals for sure but are they just empty words or do we have a firm commitment to them in our own lives?

In her groundbreaking book **“Honor Yourself – The Inner Art Of Giving And Receiving”** author **Patricia Spadaro** talks about why giving from the heart is so important.

*“As we delve more deeply into the inner art of giving and receiving, we come to see that we don’t just honor ourselves by stepping back from the busyness that surrounds us to attend to our own needs. We also honor ourselves by doing the opposite—by not holding back and by giving all we can give. To understand why this is true, we must dissect our long-held beliefs around gift-giving, many of which block us from giving the most important gift we can give - the gift of our heart. Through a creative, heart-centered approach to giving, we discover our essence. We discover what we are capable of giving. And we learn that it’s not just what we give, but how and when we give that can make all the difference.”*

This is important to remember. It’s not just about giving but how and when we give. Anyone can give but you must pick spots that do the most good. You still must help others but do it for the right reasons and when it is most appropriate.

Sometimes, people may not want your help. They may want to figure things out for themselves so learn to offer first and be ready to serve if and when you are needed.

**Albert Einstein** once said this about giving: *“It is every man’s obligation to put back into the world at least the equivalent of what he takes out of it.”*

What are you putting back into the world?

Are you a giver or a taker?

When you discover your purpose on earth, only then are you able to put back in as much as you take.

It is your duty to make giving a priority in your life. Look beyond your own needs and serve God through your service to others.

## Other Books By Barry Ferguson

[Collision Course – How To Harness The Power Of Love To Heal Your Broken Life](#)

[Warning! Your Healthy Diet May Be Killing You – Why The FDA, The Giant Food Manufacturers and Big Pharma Are Purposely Sabotaging Your Food](#)

[How To Eat Healthy In An Unhealthy World - 17 Proven Healthy Eating Strategies To Help Cleanse And Detox Your Health](#)

[How To Lose The Freshman Fifteen - Serious Weight Loss Advice To Help Incoming College Freshman Lose Weight Fast](#)