

Today, we explore the powerful lesson of giving and receiving spiritual nourishment, drawing inspiration from Frida Kahlo's life and Jesus' miracle of feeding the 5,000. Frida Kahlo, born in Mexico in 1907, faced immense physical pain after a near-fatal bus accident at 18. Despite her suffering, she began painting while bedridden, transforming her pain into vivid, powerful self-portraits. Her art, which started as a personal healing outlet, became a profound act of giving that has inspired millions worldwide.

This talk is the third in our series, "*The Miracles of Jesus: Metaphysical Lessons for Today*." We aim to discover how, like Frida and Jesus, we can offer our gifts—no matter how small—trusting that Spirit will expand them to nourish ourselves and others.

In the biblical story, Jesus feeds 5,000 people with just five loaves and two fish. When the disciples express doubt, Jesus blesses the food, multiplying it to feed everyone with plenty left over.

Metaphysically, this story teaches us that:

- The loaves and fishes represent our small talents, resources, or gifts.
- Blessing what we have aligns us with divine abundance and opens the door for Spirit to expand it.
- The multitude symbolizes the vast needs we have, emotional, or spiritual.
- The twelve baskets of leftovers represent the overflow of spiritual abundance, showing that divine provision is limitless.
- The disciples' initial doubt reflects our own when faced with limitations, but faith combined with action allows Spirit to work miracles.

To give and receive Spiritual Food for the Soul, we can practice these five steps:

1. **Identify Your Spiritual Gifts:** Reflect on what brings you joy and purpose. Like Lee Shapiro, a Maui artist who freely shares his talent by teaching painting classes, recognize your unique abilities that can benefit others.
2. **Give with Intention and Love:** Offer your gifts with heartfelt intention. Consider the story of 81-year-old Choi Soon-hwa from South Korea, who entered a beauty pageant after receiving loving encouragement, showing how small acts of kindness can empower others.
3. **Practice Gratitude for What You Have:** Focus on abundance, not lack. Maya Angelou exemplified this by staying thankful despite hardships, which fueled her inspiring writing and activism.
4. **Trust in Spirit's Expansion:** Believe that your small offering will be multiplied. Nelson Mandela showed this during his 27 years of imprisonment, trusting that even small acts of kindness towards his correctional officers could sow seeds of change.
5. **Open Yourself to Receiving:** Allow others and Spirit to nourish you. Like the housekeeper who initially refused payment for bringing bedding but joyfully accepted when encouraged, practice saying "yes" to support and kindness.

In conclusion, like Frida, who continued to create and share her art even in her final days—having a bed brought to her first solo exhibition in Mexico when she could no longer walk—and Jesus, who fed thousands with a small offering, we always have something to give. Spirit expands beyond our imagination when we offer our gifts with faith and love.

Call to Action: This week, find one small gift you can share and offer it with intention and love. Trust that Spirit will multiply its impact.

Affirmation: I embody abundance and share my unique gifts with the world.