

Gift Giving Provides Uplifting Energy

By Pat Heydlauff

Is gift giving a high priority on your "to do list", or is it one of those things you dread because you don't quite know what to get or if you will have extra money to spend this year? Do you agonize for hours about what would be the perfect gift or do you just buy the first thing you see?

The answer is in the gift selection process. No matter what the occasion, great care should be taken in the selection process, as a gift is a direct reflection of your energy. If you are successful in your selection, the recipient will receive a gift he or she will love and you will receive abundant uplifting energy from the recipient.

Successful gift giving

The real key to successful gift giving is in knowing what type of gifts will provide the recipient positive energy. The ideal gift is something the recipient would really like, enjoy or use; not what you think they should have. If you are going to invest your time, money and energy in purchasing a gift, you should also invest a little of your time and energy into finding out just what that person would like.



The giving or exchanging of gifts should be a mutually enjoyable occasion. What should matter is that an uplifting, joy-filled event takes place...with each person receiving positive energy. The giver of the gift will automatically receive positive energy if the recipient loves their gift. The recipient will love their gift if you've done your homework.

If you are still not sure what to purchase once you've done your homework, consider a more neutral but very acceptable gift, the now infamous gift card. They work really well when family members and friends are miles apart because they still convey your positive energy through your thoughtfulness and the recipients can choose exactly what they want or need.

In the case of a store gift card, care needs to be taken to make sure the recipient will find something he or she loves in the store you've chosen. For example, do not give a female a gift card to a fitness center if she prefers long walks to working out in a gym. Do not give someone a gift card to an expensive chocolate shop if they don't eat chocolate or are on a diet. Gift cards may seem a little less personal, but are filled with the same loving positive energy as the gift that fits into a box and is wrapped with pretty paper.

Joy-filled gift giving

Give at least one anonymous gift during the holiday season. It doesn't matter if the gift is given to someone you know or a complete stranger. When giving an anonymous gift, the nurturing energy you give the recipient is 100 times greater than the value of the gift you gave. In addition, you receive much uplifting energy when giving an anonymous gift. Anonymous gifts can be given in many ways such as:

- Through your local church or synagogue;
- Putting money into one of the Salvation Army's red kettles;
- Sending a care package to a soldier overseas;
- Providing something for a lonely nursing home patient;
- Giving a neighbor a gift who is spending his/her first Christmas alone after losing a loved one;
- Helping a family who has just lost a job or home by providing them some holiday food and wrapped items for their children.

When it comes to gift giving, the basic principles of Feng Shui really apply. You want to use positive energy (the giving of a gift) to bring about a desired result (nurturing, loving and uplifting energy for the recipient). If they love, want or need the gift you have chosen, you have also given them real joy. You will receive genuine uplifting joy-filled energy in return.

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