

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 never quite know what to get? Do you agonize for hours about what would be the perfect gift or do you just buy the first thing you see?

Whether purchasing a gift for the holidays, a birthday or some other special occasion, great care should be taken in the selection process as the gift is a direct reflection of your energy. When you give a gift, part of your energy goes with the gift to the recipient therefore the gift not only needs to be the right gift but also impart your positive loving nurturing energy. If you purchase a gift out of great frustration or even resent having to give a gift that is exactly the type of energy you are conveying and will receive negative energy back from the recipient. If however, you are successful in your selection process, the recipient will receive a gift her or she will love and you will receive abundant uplifting energy from the recipient.

Successful gift giving

This process is really much easier than it sounds. The real key to successful gift giving is knowing what types 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 do not know the family member or friend well enough to give such a gift, take time to learn more about the person. Find out what they like and dislike. If you are going to invest your time, money and energy into purchasing a gift then 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. It should not matter whether you are simply giving a person a gift because they are special or if there is a gift exchange happening. What does 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. And, the recipient will love their gift if you've done your homework.

If you've done all the homework you could possibly do and you are still not sure what to purchase, consider a more neutral but very acceptable gift, the now infamous gift card. Gift cards work really well when family members and friends are many miles apart because they still convey your positive energy through your thoughtfulness and are practical. 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. Or, do not give someone a gift card to an expensive chocolate shop if their diet has changed and they can no longer eat chocolate or they are trying to lose weight. 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 you give an anonymous gift, the nurturing energy you receive by giving this gift is 100 times greater than the value of the gift you gave away. Your heart and soul receive very rewarding joy filled energy when you give an anonymous gift which provides another uplifting positive energy.

Anonymous gifts can be given in many ways such as:

- Through your local church or synagogue
- Putting money into one of the Salvation army red kettles
- Sending a care package to a soldier overseas
- Providing something for an elderly lonely nursing home patient
- Giving a neighbor a gift who is spending their first Christmas alone after losing a loved one

When it comes to gift giving the basic principle of Feng Shui really applies. 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 and at the same time will receive genuine uplifting energy in return.

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Feng Shui classes and Finding your Spiritual Path through Painting will be available at the Jupiter Community Center in January, 2007. Pat Heydlauff is a Feng Shui consultant, public speaker, columnist and artist. She has been a Feng Shui specialist consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations, speaking engagements and energy design work in the home, office or for self, call Pat now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

Pat Heydlauff

Speaker, Author, Artist

"Everything you say, think and do matters."

Energy Design

580 Scrubjay Lane

Jupiter, FL 33458

www.energy-by-design.com

561 799-3443 - telephone

561 745-3871 - fax