

Mindfulness Monday Message #32 – 12 December 2016

Over this year we have been looking at the idea of the importance of a mindful practice. The art of being in the moment applies to everything we do. It's almost Christmas and one of the things we will be doing is thinking about friends and family. The pressure to buy gifts at this time of the year is great, so it is the perfect time to think about mindful giving.

Mindfully approaching gift giving is a way of showing love and gratitude. Mindful gift giving challenges you to think about the way you have gone about gift giving in the past. It encourages you to think of gifts that are not only meaningful to the person receiving, but your own personal process in selecting the gift.

At the end of the day, the only way of really showing love and gratitude is through sharing self. Gifts are tokens of that but your presence, in whatever way you can, is the most important thing. Mindful giving is a way of reconnecting with self.

Dr Annmaree Wilson