



THE ART OF
GIFT GIVING





CONNECTING TO OUR TRUE NATURE

Feng Shui is the art of living in balance with our surroundings so that we achieve the greatest benefits. This aligns us with nature, connects us to heaven and earth, and provides us deep contentment. The goal of *Feng Shui* is to live a life of connection and purpose; meaning those who follow its principles will find the promise of health, wealth, and harmony.

Through Ch'i, or *cosmic breath*, we become one with the ever present Universe. Ch'i is the source where you can feel peace, abundance, and health. When it's allowed to thrive, it accumulates and prosperity abounds in all areas of your life.

When it comes to gift-giving, running out to buy the latest gadget, toy, or thing in haste is not being thoughtful to the person who is receiving the gift. You're simply buying a new thing that will lose consideration in a short amount of time and also take up valuable square footage in an already cluttered home.

I should mention that it's not only about the item, but the process that goes into finding that item that can really elevate it's Ch'i.

Just like cooking in the kitchen with an upbeat attitude to drive delicious energy into your food, gift-giving is much the same. The ritual of seeking out a gift and then discovering the perfect item is both enriching and exciting. This is being thoughtful, and this is being mindful of you, the receiver, and to Mama Earth because that energy goes into the entire process.

WHEN IT COMES TO GIFT-GIVING:

- Is it an item the recipient will love?
- Is it eccentric and unusual?
- Is it appropriate?
- Is it fun and amusing?
- Is the item potentially useful?
- Will the item bring them lasting enjoyment?

These are important questions to ask yourself. Initial lust for an item can be fleeting, but a gift that brings real meaning to someone's life and enriches it is a gift worth giving.

HOW TO GIVE GIFTS:

Wrap the gift. Don't pay someone else to wrap it, even if you think you're the worst wrapper in the world. Gobs of tape, messy folds, and crinkled paper shows effort and charm, and elevates the experience into something fun and meaningful for the both of you.

Use recycled fabric scraps, ribbons or even a hair tie to wrap the present responsibly. Your excitement for not only searching but finding the perfect gift will elevate this gift as you wrap it with passion and love. Your adventures, journey, love, and light will forever be instilled into this gift. The **essence** of that energy will be palpable.

This, my friends, is how you give a gift.



WHAT TO BUY:

Learn to find inspiration everywhere you go. Shopping in an intentional way means staying mindful at every turn in your day. Slow down, be present, and really think about what you are doing. Here are a few of my favorite things to give that are thoughtful and gracious:

Baked goods

Handmade cards

Crafts

Poems

Old fashion board games

Antique linens

Homemade cleaners

Handmade jewelry

Custom clothing

Wellness; acupuncture, massages, yoga

Vintage picture frames

Books

Mismatched china

Vintage furniture

Antiques

Vintage textiles

HOW TO RECEIVE A GIFT:

This information would not be as intentional if I did not include on how to receive a gift properly. Our culture is so self-absorbed that in an effort to just keep moving forward, we often miss the point. Receiving a gift requires great responsibility. If the gift-giver has done it correctly, much time and effort has been placed in finding you the perfect gift. *Being thoughtful about someone should not be taken lightly.* Great energy has been expended to guarantee they got it right for you. This was not merely a means to an end to carelessly throw something your way. This item has joy, effort, and love attached.

Whether the item is something you truly adore, or it was a swing and a miss, do not devalue what went into that gift. Be kind, be mindful, and show that person reverence for their efforts. Thank them not only in person, but take the time to send them a handwritten note, not an email! The art of thankful behavior has become a lost art, so show kindness to those who have been kind to you.

To give is to be human. We were not put on this earth to hyper consume and be self absorbed, but rather we are here to exchange joyous, loving energy that supports us on our journey.

We are here to grow as spiritual beings, to further ourselves towards enlightenment, and through kindness help others along the way.

If given a choice to give or receive, almost everyone chooses to give. The joy of gift-giving shrouds the joy of receiving. It is an innate feeling of wholeness that I believe resonates to our soul when we give with purpose. So, whether that gift is a tangible item from a shop, a handmade good, or even your time, learn to be selfless and grow through the art of giving in an intentional way.



WHO IS AMANDA GATES?

Amanda is a professionally trained Interior Designer, Feng Shui Practitioner, podcaster and award-winning blogger. She has been seamlessly marrying interior design and Feng Shui for over seventeen years to help her high end clients create designs that are energy aligned, to give them the home and life they want.

Interested in learning more? Head on over to our website, gatesinteriordesign.com for additional free resources!

