

Wise Elder Love Wisdom ~ Project 1

How to Receive a Gift

Love is expressed in many ways. When a person is gifting, or receiving a gift, a deep and beautiful validation can be received on both ends of the gift giving experience by following these simple steps.

Gift Giver

1. Select a gift that is about the other, something they are interested in, something you have seen or heard them talk about, or something that validates who they are or the life they are working to create.
2. Presentation, a card attached with the gift with a thoughtful sentence or two about why the person is so precious to you, why you love or care about them or why you respect them.
3. Wrappings, a simple gift bag, or a finely wrapped gift box, what ever is your style, remember how much you relay you care about the other can show up in the loving way your gift is embraced or held in the gift wrap. If the occasion merits a gift, let it merit a lovely presentation also.
4. Present the gift at a relaxed time, not at the door where the receiver might be dealing with coats and welcomes, wait till the receiver is sitting or at least somewhat at ease to present the gift. Have a smile of mischief in your eyes and say, I've a gift for you! Go ahead and open it!
5. Stay with them with your eyes and enjoy the delight of giving.

To the receiver

1. When receiving a gift, reach out and take the gift and say, oh goodie! Thank you so much!
2. Either open it immediately, or if presented as you've opened the door, say: I'm so excited to see what you got me, let's go into the living room (or wherever) and I'm going to open this!
3. Look at the wrapping, if it's a special presentation you can say, wow the packaging it self is a gift to my eyes!
4. Take the gift out of the packaging and gaze at it, imagine why they got this for you was it something they love themselves or something they thought you might enjoy, comment, Oh I love this and I can see you were thinking about me and my (...love of painting) I'm going to really enjoy this (paint brush) Or I'm going to put this to good use!
5. Offer a hug and let them know how much you appreciate them and the love~ light ~joy they bring to your life