

Conscious Christmas

Soulful giving for soulful relationships

By Henrike Schreer

Christmas has become the epitome of commerce – the annual peak of the hunt for the next shiny object. Glitter, glamour and gloss, covering the decline of meaning of what used to be the most sacred of festivals in the Western calendar.

So what if we could consciously reinvigorate the spirit of Christmas? Reiterate the idea of true contribution, beyond the elusive joy of material gifts? Truly contribute to our loved ones, beyond the material exchange? Something to make their heart sing and light them up from the inside – ideally in a way that lasts beyond Christmas day...

The most powerful thing to give someone is the notion that you truly see them. That you understand their heart's desire and are making an effort to contribute to them on a deeper level. Giving inner growth instead of external beautification, soul expansion beyond material excess. So what are your loved ones most passionate about? What is their true nature? When are they at their best, and how can you help them ignite it? How can you help them grow and step into their best, most radiant self?

A small hint: On the last day of our lives we remember special moments and loving relationships, not bank statements, TV sets and fancy jewelry. So what kind of 'special moment' could you facilitate for them? What would help them expand who they are and increase their ability to learn, love, give or grow?

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