

SOUL LIGHT - Six CHRISTMAS GIFT GIVING

Once again the merchants are promoting all manner of gifts for the festive season. May I suggest my own finest selection of gifts for ensuring satisfied and grateful recipients...

Firstly, the Gift of a round Tuit.

During the year many of us have said "I must get a round tuit" – most often when bemoaning the lack of time to do the thousand and one things on our 'to do' lists. Now with Christmas public holidays here there's no need to wait a moment longer. Welcome the neighbours from across the road who moved in some months ago. Call up an interstate or overseas friend and remind them how much they mean to you. Invite a close but distant relative to share some quality time with you.

Get a round tuit – and you're sure to find the New Year more enriching than ever!

Secondly, the Gift of Gratitude.

Sometimes we just don't seem to have the energy to say "thankyou" for everything we receive. We reserve our thanks for the seemingly important things. Well, the truth is everything is important, nothing's ultimately more important than anything else. So when we thank someone for returning our call, replying to our email, sending us a 'hello" card, looking after our bird or cat, watching the house for us, buying us something at the shops.... we're really sharing the gift of sincere and meaningful gratitude. Everyone would be grateful for a million dollars – but what about a flower left on the porch? The flower may well be the greater gift in the moment.

Who have you taken for granted and forgotten to say "thankyou" to.....?

Thirdly the Gift of Presence.

Too often we give our presents rather than our Presence to our loved ones. It's the gift we give when we don't give ourself. Sometimes we catch ourselves half-heartedly responding to the spoken needs of our family whilst our mind is already racing ahead to our next personal project.... At other times we place our closest family farther down our "respond now" list than those who mean far less to us (but who may be the focus of a momentarily more profitable transaction). Christmas is an ideal time to correct any such imbalances. Play with 100% attention with your children. Bring that special person breakfast in bed. Take the family out for quality time together. Visit that lonely relative in hospital or in the nursing home. Play a specially loved piece of music. Write a love poem. Above all, show you care by sharing your presence.

In life it is the small, simple things that matter most.

Our thoughts create our acts.

Our every act helps create our attitude.

And our attitude helps mold our society.

Let us gift one another a new, healthier society for the new year.

We can do so by consciously creating our each and every act as the harmonising thoughts of a divinely-guided Being of Light.

That's the ultimate gift – the Gift of Love.

It's perfect for Christmas – and for every other day of the year, too!

Trudi and I sincerely wish you a love-filled Christmas!

Love and Blessings,

Les