

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is "Gifting". As this is Christmas week, it was a given. So, according to the Christmas story and symbolized in every manger scene, the baby Jesus was visited by three Wise Men who gifted Him with Gold, Frankincense and Myrrh. Obviously, we know they were pretty smart guys as they were able to find the Baby Jesus by following a star, so....since they were so smart, then maybe we should take note of the gifting that was happening. What is so important in their gifting Jesus with presents that we follow this tradition to this day? Let's look at some ideas.

First, they were showing honor. Many times in our lives we meet or know someone whom we feel has honored us in some special way and we want to exchange / return / show them how wonderful we feel in response to their actions. And in this expression of feeling we emerge with a gifting of our self, either in a material presentation or of our own time, etc.

Second, the Wise Men were showing an awareness of the importance of this Child in the world. Additionally, they honored Sacred Space. Sacred Space is that space within each of us that recognizes Truth. I believe it is in this space that we recognize our ability to gift to others. Why? Well first, let's state clearly, we are discussing real gift giving; gifting from the heart. When one gifts / gives from the heart, the gift is a movement of energy based on one's recognition of truth. What truth? One's truth is that which balances and lifts our vibration. When we "feel" an increase in our vibratory rate in response to someone or an action they have taken, then we know truth. It is this truth that becomes our trust and respect and results in an increase in our level of awareness. Our increase in our level of awareness enables us to see that the proper, natural response to truth received is truth given and that truth given is our gift, given through the realization of the cyclic nature of the universe. What we put out we receive back to us eventually, if not immediately. This is not about giving in order to receive. It is about giving to fulfill.

Thirdly, the Wise Men were recognizing that one never goes to a sage or teacher empty handed. One should ALWAYS gift to those whom give so much of themselves to teach us, to encourage the finding or forging of our path. This leads us to the point of our giving our attention to others. Our attention is one of the few things that is truly ours to give. So when we really want to honor someone, give them attention. Really, presents are indeed great to give and to receive. However, being in the "present" and giving of ones' self is much more important in the scheme of things. Anyone can purchase a gift. Only a person of generous spirit and mood can gift us with the joy of their presence (presents), their attention. And as stated above, one's attention is a rare gift that is truly ours to give. So...if someone gives you their attention, know you have been blessed with the most exquisite gift of all.

So for this amazing season of caring and sharing and gifting to those in our lives and beyond, let's remember the reason for the season is Love. And in the expression of the love we contain in our hearts, let us shower those "present" in our lives with that same love. Shower those "present" with our "presence". And allow others to gift to you. Never stop a person who truly wants to give, as it will affect their ability to receive. In the exchange of presence(s), we find *Now*, we find our moment of togetherness, our being as one with those whom appear to be outside of ourselves. We find we are one, in the present. We realize we have found at-one-ment. And it is this gift of at-one-ment that we have been given through the recognition and realization of our being present in our self, in our love.

And this is why the Wise Men brought gifts to the Baby Jesus. Remember, they were wise and they understood that gifting to others through real love is a way to receive the ultimate gift of at-one-ment, a reflection of real love, realized through one's own heart.

Give a gift. Be a gift. Be the reason for the season by being *present* for those you love; your family, your people friends, animal friends and especially your Great Mother the Earth.

Question of the week: What can you suggest to aid in strengthening blood vessels, as in helping with varicose veins?
Answer: Products to consider are the herbs Horse Chestnut and Collinsonia as well as the supplements, grape seed extract and bioflavonoids.

Book of the Week: *Vegan Fusion, World Cuisine*; Reinfeld, Mark and Rinaldi, Bo; Beaufort Books; 2007

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Medical Intuitive, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at www.livingresponsibly.com or 406-892-1116.