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True Gifts



By Judi Moreo

With the holiday season upon us, our thoughts turn to giving and receiving. It's time to start the list of everyone for whom we must buy gifts. There are people in our lives who want our "wish list" as well. It's all so complicated. The fear of offending someone because we forgot to put them on the list sends us to the store to buy generic gifts "just in case" we forgot someone. The holidays become more stressful than joyous. We dread the event and only celebrate when it's over.

There is another way. It requires a shift in our thinking. What if, instead of worrying about how much we are spending and on whom, we focus on giving kindness, love, joy, and peace to each other? There are many ways to do just that. The best part is that whenever we give the gifts of the heart instead of gifts from the store, we also receive.

As guests on this planet, we receive nature's gifts every day. The warmth of the sun, the air we breathe, and the stars at night all are there for us to enjoy. We tend to trudge along not even considering the wonder of the gifts we are given every moment. We have to be reminded to stop and smell the flowers. We can share those gifts with friends and family. We can be the ones who remind others of the miracles all around us. We can let people know how much they mean to us, how grateful we are to be a part of their families and how grateful we are they chose to be a part of our lives.

Instead of sending a pre-printed card, take the time to send a hand written note. Mass produced Christmas letters share the news of what's going on in your life, but have little personal significance to most people who receive them. Send a card on-line? That's really impersonal. E-mail is so easy to use, but can't possibly replace the joy of seeing a hand-written letter in the mailbox. Sending out a group text may reach people more quickly, but the sound of your voice on the other end of the line can be the best gift to a grandparent or good friend.



Take the time to make a call, pay a visit or write a note instead of spending your time hunting for parking places at the mall. Remember, give the gift of your smile when you meet people. Share a kind word whenever you can. Allow yourself to be calm and enjoy the beauty of the season. Practice forgiveness and

gratitude. Each of us was born with our own unique gifts, share those gifts and look for the gifts in others.

This year bring the gift of joy back into the holidays. Be generous in giving the true gift of yourself. *Q*



Judi Moreo is an author, speaker, and mentor. She is best known for her award winning book, "You are More Than Enough" and its companion, "The Achievement Journal." Judi's new book, "Overcoming Cancer: A Journey of Faith," can be ordered from Turning Point International at (702) 896-2228. Judi can be contacted at judi@judimoreo.com.