

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

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The Perfect Present

It seems that every magazine and newspaper this time of year has at least one article devoted to helping you find the perfect present. Headlines such as “Great Gifts under \$20” and “Gift Ideas for Everyone on Your List” promise to provide shopping solutions for every gift-giving dilemma. Rather than luring me into my local mall, however, I’m finding these gift guides have me thinking about the most precious gift we can give ourselves and others: our full presence.

With the myriad of holiday to do’s (decorating, shopping, baking, entertaining, attending parties, religious services, school, and community activities) you may find your attention is drawn to making a list and checking it twice rather than to an actual task at hand. One of the best ways to minimize holiday stress and maximize the joy of the season is to focus your full attention on the present moment. This means accomplishing one thing at a time and resisting the urge to multi-task. It also means giving others your undivided attention.

It takes disciplined practice to become mindful of your thoughts and actions and fully present. An interesting exercise is to check in frequently with where your attention is going. Notice if your thoughts are in the past, perhaps replaying an emotionally charged interaction, or if they are in the future, perhaps planning things yet to be done, or if they are in the here and now. If they are anywhere but in the present, gently pull them into this moment, just as a shepherd would guide a wayward sheep.

Focusing on your breath is a powerful technique for anchoring yourself in the present. Use everyday interruptions such as ringing telephones, long lines, or red stoplights as reminders to take full, deep breaths. Stress makes your breathing quicker and shallower. Taking slower, deeper breaths will make you feel more peaceful and balanced, while the extra oxygen will provide needed energy.

“Yesterday's history, tomorrow's a mystery, today is a gift- that's why they call it a present.” This quote reminds of the perfect present that each moment is. Be grateful for the present, embrace it, and squeeze every last juicy drop from it. If distractions creep in or you feel that you’ve squandered the gift, forgive yourself and move on because, like a gift subscription that never runs out, the next moment has already arrived.

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Recommended Resources:

*The Power of Your Presence*, by Alan Seale

*Practicing the Power of Now*, and *A New Earth*, by Eckhart Tolle

[\*Balance with Grace: Celebrate the Kaleidoscope of Life\*](#), by Grace Durfee—A perfect gift to help you and your loved ones find greater joy and fulfillment in every season.

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I'm excited to share with you this amazing holiday catalog with products you have never seen before. It's called the Spirit of the Season Catalog, a transformational way of gift giving. www.spiritoftheseasoncatalog.com

For those of you who are tired of trinket-filled catalogs and are looking for special gifts that change people's lives, the Spirit of the Season Catalog is just for you.

Take a look at <http://www.spiritoftheseasoncatalog.com>.

For the first time ever, this online catalog offers a life-enriching shopping experience and features bestselling books, unusual and personally empowering, self enriching products and services in a varied collection from amazing authors, coaches, gurus and mentors.

You'll find gifts in the Spirit of the Season Catalog in the following categories: art, inspirational, motivational, business opps, success & wealth building, health and energy healing, Law of Attraction workshops, intuitive healing, all genres of fiction and a variety of non-fiction to empowering products that will light anyone's life and many more too numerous to mention.

Many sellers are even giving a portion of their earnings to charity helping others around the world like the women of an African village (who actually make the jewelry we are selling) and the children of St. Anthony's Orphanage in Italy.

The brainchild of Denise Cassino and Dr. Anna Maria Prezio, the Spirit of the Season Catalog will be issued seasonally. The unique aspect of the catalog is that the founders take no profits but offer joint venture partners an opportunity to showcase a vast array of internet based products and their amazing artistry often overlooked during the holiday shopping experience.

It's the catalog that keeps on giving throughout the season(s). Please share it with your friends, family and contacts! Thanks so much.

<http://www.spiritoftheseasoncatalog.com>

Best Wishes for a Happy Holiday Season.

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