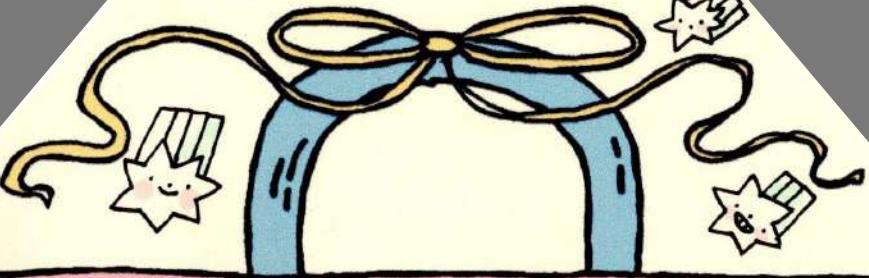


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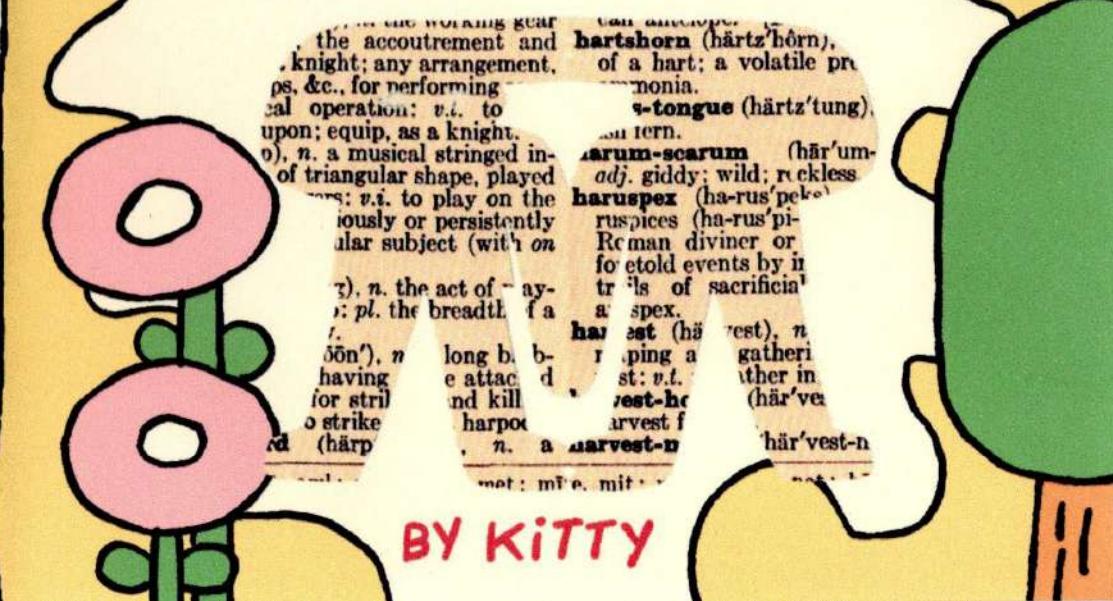
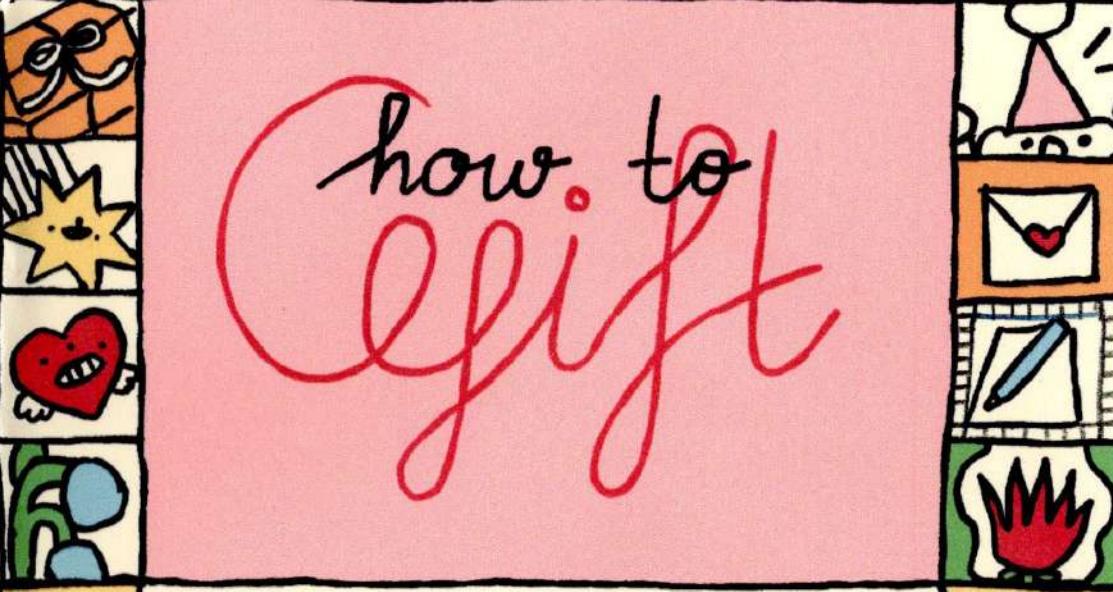
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how to gift



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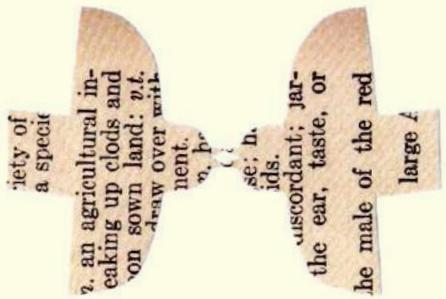
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BY KITTY



WHAT IS GIFT?

Wrapped presents and a picnic made, the fragrance of fruit or the ease of shared laughter are all gifts. What I mean in these pages, though, is a bit odd. I'm referring to *gift* in its verb form: the active process that which nourishes connection.

What many call art, passion, or creativity, I see as *gifting in reciprocity*.

Every act of making is a response to something that has once touched us. When we let that touch move through us, we create things that become a gift to others.

Gifting is the active reciprocity of a kindly aliveness.

creating (active verb)

+ feeling moved (passive verb)

+ a kindly affect (adjective)

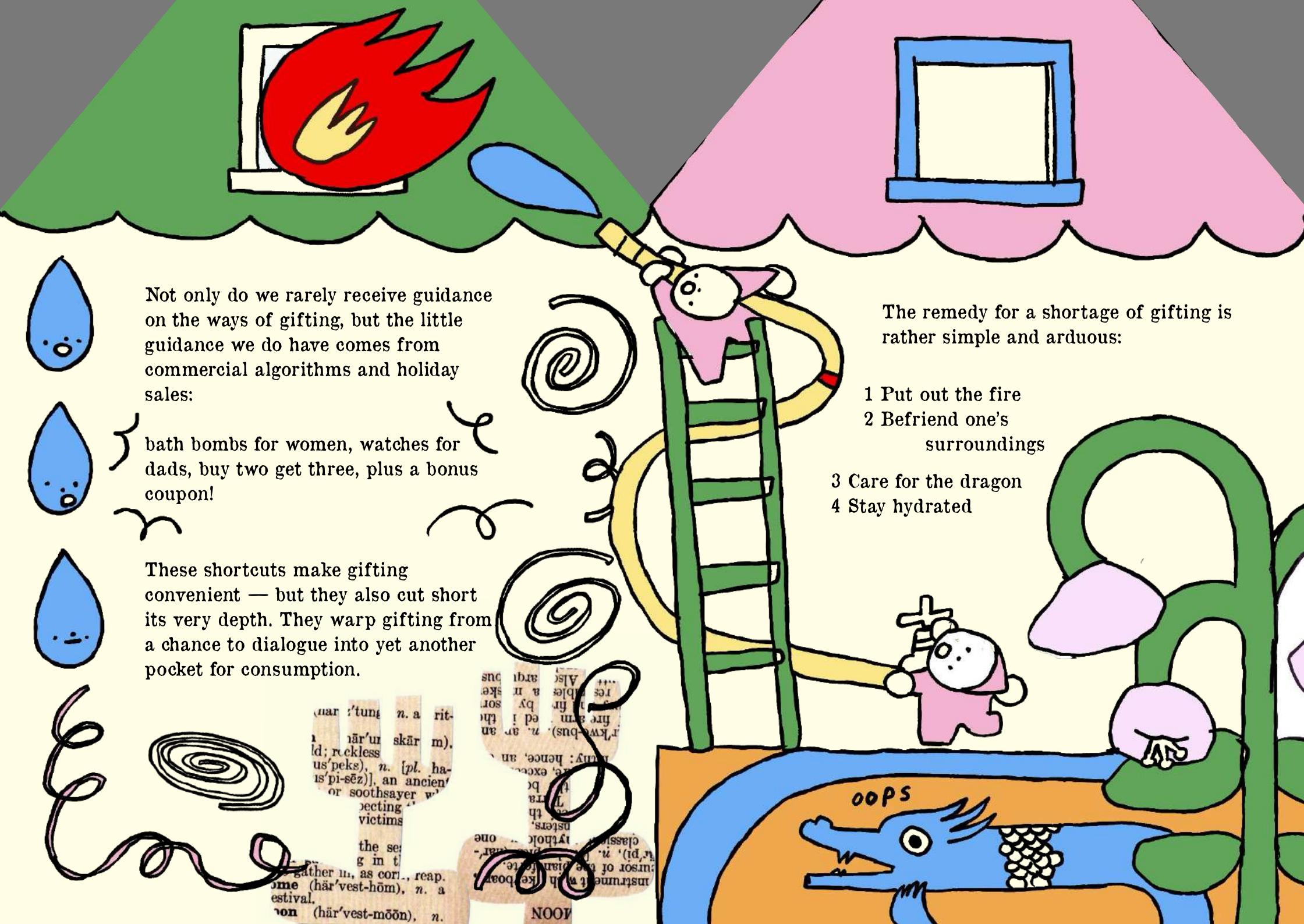
gifting



A gift naturally arises when we feel so abundant and loved that we want to give back and give forward the joy of being given.

Such desires don't come from scarcity. They cannot be forged, coerced, disciplined, or bribed; Such "gifts" are obligations, transactions, or rituals of debt hid behind moral doctrines.

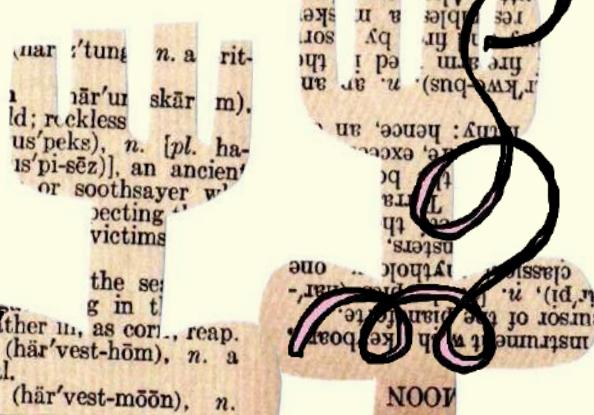
We also sometimes gift from the fear of losing love. Don't we all have a longing to feel loved and worthy? On days, or years, when we struggle to truly gift, it is often because we have been deprived of being moved and being given.



Not only do we rarely receive guidance on the ways of gifting, but the little guidance we do have comes from commercial algorithms and holiday sales:

bath bombs for women, watches for dads, buy two get three, plus a bonus coupon!

These shortcuts make gifting convenient — but they also cut short its very depth. They warp gifting from a chance to dialogue into yet another pocket for consumption.



The remedy for a shortage of gifting is rather simple and arduous:

- 1 Put out the fire
- 2 Befriend one's surroundings
- 3 Care for the dragon
- 4 Stay hydrated



1. PUT OUT THE FIRE

Cool the flames of urgency. The pace of modern consumption leaves little space for care. Do you remember the pace of time when you could truly give?

2. BEFRIEND OUR SURROUNDINGS

To befriend is to look with the eye of affection, not mastery to use, bend, or extract. The more we know the world, perhaps the less we can "consume" it. Step outside & learn Who lives in the cracks of your sidewalk?

3. CARE FOR THE DRAGON

The parts of us that feels unloved, unworthy, and not enough—they don't need taming; they need real nutriments. What do you truly yearn for and how to feed that to yourselves?

4. STAY HYDRATED

Stay watered by the abundance in our everyday life.

When I am filled with the awareness of my life, the urge to give and give back is irresistible—like the rush of a waterfall or the warmth of the sun rays

—and the boundary between giver and receiver ceases to exist.

Gifting is an art of empathy, to gift well is to enter a dialogue

with the receiver and
the conditions that
make giving possible.

It requires attentiveness and bravery
to look deeply and feel.

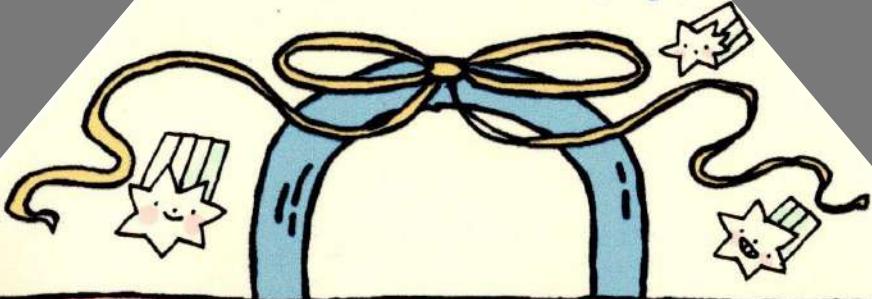
A real gift cannot happen without affect-ion — the capacity to be moved, touched, changed by another. Such an affect energises the gift. It intensifies the materialising gift to a state of liveliness and joy.

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