

Introduction to Sacred Gifts

Sacred Gifts are abilities that everyone has access to but that few actually tap into.

Some people don't need to be told they have gifts. They know them and they are using them. Some people have no idea that they have gifts. Many people go through their entire lives with their gifts asleep, unopened and unused and this can cause them to miss out on experiencing some of the most fulfilling and rewarding aspects of their life especially during the very busy holiday season.

It can be so much more fun and less stressful to choose meaningful activities that align with your gifts. The purpose of these recordings below and our interview is to give you a glimpse and a basic understanding of Sacred Gifts and how they can play a part in offsetting overwhelm and anxiety and stress particularly at this time of year. Some of what you learn may be a confirmation to what you already see evidence of in your life while other aspects may be completely new to you and give you new insights into yourself.

Sacred Gifts are like a set of power tools. They show you what you are equipped to do naturally and most effectively. This is important information at stressful times like the holiday season. When you combine these natural gifts with activities that are really meaningful to you and that makes you feel on purpose, the results can be an experience of happiness. This month more than any, you want to know what power tools you have in your tool box and how to use them.

Please listen to the following audio files recorded by the program creator Monique MacDonald before listening to our call. It'll give you the context needed to get the most out of our interview.

[Click here to listen](#) to Audio #1 Humanness vs. Beingness - 8 minutes

[Click here to listen](#) to Audio #2 Characteristics of Sacred Gifts - 25 minutes

[Click here to listen](#) to Audio #3 Signs of a Gift Being Present -9 minutes

For more information on discovering and activating your gifts you can go to www.yoursacredgifts.com