



The Green Garden Earth report  
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# THE ART OF CONSCIOUS GIFT-GIVING

**5 Secrets to Finding Useful Gifts  
which are Appreciated**



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**We tend to see the process of “gift giving” as work, and often have taken away the creativity from this amazing opportunity to show your love and appreciation.**

When we are looking for a gift for somebody you love or care about, we intend to give something special. Too often, though, our intentions are buried under everyday tasks and worries and we end up buying something sweet, bright and advertised on each corner. But a present CAN be not just “the thing that you bought last minute”, but a special gift, which can actually brighten the receiver’s life and cause a positive shift.

This report will provide you with guidelines on how to select a gift, which will be well appreciated and remembered, and to change life for the better. First, we will analyze what causes some gifts to be remarkable and others – to rest peacefully on a shelf covered in a layer of dust. Then I will share a list, which I started as my own, but then further broadened to include more categories of people. In this list I collected some interesting gifts and describe the matching categories of people to enjoy them.

So, how to find that “wow” gift for each person on your list? Here is a list of 5 characteristics of a good gift:

## **1. DOES NOT CAUSE HARM**

The best example of this is giving chocolates or a cake to a person who has diabetes or is trying to lose weight. But also, think of a movie or a video game given to a child. What will be the results? More time in front of a computer or a TV, and as a result, the following consequences:

- vision problems in the future
- less exercise and active games
- getting used to being entertained, getting glued to the TV
- violent influence on the child’s lifestyle and worldview
- less time spent engaged in creative activities

Gifts such as alcohol and cigars fall in the category of harmful also, since they cause serious health problems and addiction.

## **2. SHOWS THAT IT WAS CHOSEN SPECIFICALLY FOR THE RECEIVER**

Being a vegetarian, I once received the whole Black Forest Ham as a Christmas gift. I had no idea what

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to do with it, not mentioning that I felt a little dizzy by the sight of it. That's my personal worst experience, but I think everybody can think of a similar awkward situation from the past. We tend to see the process of "gift giving" as work, and often have taken away the creativity from this amazing opportunity to show your love and appreciation.

Avoiding this is really easy though, we just need to care about that somebody you need a gift for. This is about what he or she likes, would benefit from or has interest in. If you do care and concentrate on the interests of that person, your gift will be truly special. And also, you will enjoy the process of looking for the gift, and the gift giving itself.

### **3. IS USEFUL AND/OR INSPIRING**

You don't want your gift to be thrown on a shelf and forgotten in a few days. But even more, you want to give something, which will change the life of the receiver for the better and be useful.

Wise people say: "I can give you some fish, or I can give you the tools to catch fish. You will eat the fish soon, but the tools can help you sustain yourself".

### **4. IS GREEN & FRIENDLY TO THE ENVIRONMENT**

If your gift is green, then it is not just a gift to that special person, it is a gift to the planet and your grandchildren also. Try to avoid things that:

- are plastic,
- are actually unnecessary,
- require or contain plastic wrapping
- will not last for a long time
- require batteries
- require dangerous chemicals for production or maintenance.

Instead, choose a gift that:

- inspires others to be green ([click here for some great ideas](#))
- helps to be friendly to environment ([click here for some inexpensive ones](#))
- are made locally (not brought to United States from over the sea, China or Taiwan!)
- hand-made
- organic

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## 5. EDUCATES AND INFORMS INSTEAD OF ENTERTAINS

- “- What should I give him as a gift?  
- The best gift is a book.  
- But he already has one.”

An old joke

Why give a gift, which promotes unhealthy lifestyle, relentless waste of time and in addition causes damage to the earth: alcohol, DVD blockbusters, new and latest TVs, computer games and players. All these provide short lasting pleasure and have negative effects. Watching TV and playing computer games leads to less active lifestyle, obesity, health and vision problems, especially among children. Alcohol also develops addiction and health problems. Do you want to give these problems to your loved one along with your gift?

In addition, these things are very addictive, and people buy too many of them anyways without getting them as presents.

Instead, you can present something that can educate on a subject interesting or useful to the person. For instance you can give:

- o An excellent exercise program book to somebody who wishes to lose some weight, become healthier and more active.
- o A brilliant DVD on how to overcome diabetes to a person with this problem.
- o A documentary featuring advices on how to raise a talented child to a mother, who takes education of her child seriously.

A list of such gifts and many more you can find on the next page.

To be honest, I am always hesitant to give the items which clearly show that I noticed the problems of my friends, being afraid to make them embarrassed. However, my experience had shown that such gifts are well received despite my fears.

I once gave a book on how to improve vision naturally and get rid of the glasses by doing simple exercises to a gentleman with strong belief in conventional medicine. I worried that he would not appreciate the book or even react with anger. On the contrary, he was amazed that such book exists and was thankful for bringing it into his life.

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I also presented a raw food recipe book to a friend, who is a meatarian (eats meat), fearing some misunderstanding and disapproval. However, my friend really enjoyed the book and was grateful, since she has learned to cook really easy and tasty dishes, which helped her enrich her diet and feel so much better.

And finally, here is a list of useful gifts, which we recommend. It was developed to give you some ideas and help you save some shopping time, and to spend it with your family, friends or doing what you love. And to help you find that perfect gift you might be looking for. Enjoy this holiday season!

### **Recommended Gifts:**

(Click on the title of the product to see more details!)

#### **For Her:**

- **Motherhood Essentials:** If she is a mother with little children or future mother, why not give her these great tools to raising a healthy and happy child and avoid tears, punishment and stress?

- o **Continuum Concept**, by Jean Liedloff, available on [Amazon](#) ([Amazon Canada](#))

- o **Kin's School Academy** – Inspiring documentary about a Kin's School Academy, organized and run by academician Dr. Shchetinin in Russia.

- **Natural Cosmetics:** Every Woman will appreciate and enjoy these beautifying treats, which are free of chemicals, animal products and are so great!

You can find all the following items and many more [here](#):

- o **Coconut Body Milk, A de-Light-ful Moisturizer** - This moisturizer is quick to penetrate the skin making your skin soft and supple. This is lovingly made, with a high attention to the best ingredients and with a very special addition, it is energized with Reiki.

- o **E3 LIGHT CREME** – it is a highly concentrated, nutritious and regenerative powerhouse for the skin. This revolutionary blend of only the purest, most natural and beneficial ingredients is the skin's powerful ally in the daily defense against environmental stress. E3 LIGHT CREME gently assists the skin's own process of rejuvenation without the use of harsh chemicals, peeling agents or preservatives, making it the perfect cream for the entire family. The anti-oxidant rich formula helps to dramatically reduce the appearance of fine lines and wrinkles and improve skin's smoothness, tone, and texture.

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o **MSM Rose Water Body Mist** - an all natural body mist product containing MSM (organic sulfur) and essential oils from rose petals. This Rose Water Body Mist is beneficial after bathing, after sun tanning and is great for rehydration of the skin.

Go here for more details on these products.

• **Health and Cooking Books:** I don't know a woman who does not want to be beautiful, young and healthy. Moreover, woman is happy when her loved ones are healthy and full of energy. The following books will be the perfect resources to reach these goals.

o **Green for Life by Victoria Boutenko** - This book is written in a clear style, illustrated with anecdotes, diagrams and pictures. The results of the Roseburg study conducted by Victoria and Dr. Fieber, reveal the unique healing potential of green smoothies. It includes 23 delicious recipes of green smoothies and testimonies of her research subjects.

o **DVD - Greens Can Save Your Life** - An Inspiring and Informative Lecture with Victoria Boutenko. This DVD is saturated with ground-breaking new information, presented in a clear and simple way!

o **Quantum Eating: The Ultimate Elixir of Youth - by Tonya Zavasta** - Here are the ready-to-use secrets on acquiring superior health and a youthful glow, while avoiding the unattractiveness of aging. Quantum Eating is the gate to health and longevity. Questions about aging which have baffled thinkers and scientists for centuries are answered in clear, straight talk mingled with attainability and hope. This truly mind-energizing book is filled with fresh insights that challenge our most basic assumptions.

## **For Him:**

• **Rebuild Your Vision Program** - Correcting your vision naturally to 100% perfect eyesight is possible through a set of simple exercises. This program includes the training routine of eye exercises, which best describe your vision problems. The package includes a Manual with step-by-step instructions and illustrations, and all the tools and charts required for you to start working on correcting your vision naturally.

• **Creating an environmentally conscious habitat** - books, videos and other information about green technologies, sustainable houses, gardening and more. For examples see the lists of the following publishers:

- [www.NewSociety.com](http://www.NewSociety.com)
- [www.StrawbaleCentral.com](http://www.StrawbaleCentral.com)
- [www.EarthShip.org](http://www.EarthShip.org)

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## For Children & Teenagers:

• **Crafts Tools and Literature:** Working on different craft projects, such as knitting, pottery, painting, jewelry, children express their creativity, develop talents and skills, learn to appreciate and enjoy life. While doing something useful, working on real project, children learn to be responsible, confident in their abilities, as well as respectful of others.



o **Make Your Own Handmade Healing Soap Instructions** – here you will find the detailed procedure and the list of tools and ingredients required, so that you can buy and prepare everything for the children to make their own handmade soap together with you or on their own.

o **Make Your Own Natural Lipstick Instructions** - here you will find the detailed procedure and the list of tools and ingredients required, so that you can buy and prepare everything for the children to make their own natural lipstick together with you or on their own.

o **Visit your local Crafts Store.** They have wide selections of tools, materials, literature and even starters kits for all kind of crafts.

• **Healthy Lifestyle Inspirations:** These books and DVDs were made by two young experts in Healthy Nutrition, Valya and Sergei Boutenko. The brother and sister have become successful chefs, and lecturers, developed great talents and skills and lead a vibrant and active life. They managed to overcome the peer pressure and influence of media to lead a healthy and active lifestyle. In these books they share their own experience and tell how great the life if you are doing something significant in your life.

o **Eating without Heating Book** - A fun book for all ages that contains over 130 separate spectacular recipes! The authors also share their experience and knowledge.

o **Interview with Sergei Boutenko - DVD** - This movie was created spontaneously from scratch, without any scenarios, or rehearsals. Watch Sergei being funny, serious, goofy, smart, at play, at work, and, of course, preparing and enjoying delicious raw food.

## For Everyone:

• **Inspiration and Art**

o **Ten Steps to Healthy Life** - Ancient Chinese knowledge with 10 simple yet powerful ways which guides your to a healthy life.

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o We have prepared a special products for you for the New Year 2009: calendars and greeting cards.

**Green Garden Earth Calendar 2009** will brighten your loved one's year with inspirational drawings and quotations.

o **Solar Power Items** - T-Shirts, mugs, and many other items with designs inspired by the Solar Power movement.

o **Greeting Cards:** Unique and inspiring, these cards will be a nice touch to any present. The drawings were made by two talented children, six-year-old Nadine and ten-year-old Daniel, who wish you lots of joy this holiday season.

o **Simply Raw: Reversing Diabetes in 30 Days** - an independent documentary film that chronicles six Americans with diabetes who switch to a diet consisting entirely of vegan, organic, uncooked food in order to reverse disease without pharmaceutical medication. Truly touching and inspirational, it will be a great gift to anybody who has diabetes.

o **The Busy's Person's Fitness Solution** - book, audio CDs by Kevin Gianni – a complete step-by-step health and wellness system that will get you motivated, in shape and feeling awesome! This book explains the reason why what you've used before doesn't work and what you can do to get the results you've always wanted. It is a fabulous book for making holistic lifestyle changes for optimal fitness and health. The authors cover a wide variety of topics from exposing exercise and health myths to ideal nutrition to detoxification and mental emotional support.

Online shopping has certain advantages, especially when all the shopping centers are so crowded: you can find exactly what you want faster, you don't need to stay in lines, you can order unique items, which are not readily available in all the stores.

However, the items you order will take some time to be shipped to your house. And before holidays, it is wise to allow even more time for your gifts to be delivered as many people use these services. So one last piece of advice is to order your gifts early to make sure that you have a gift on time for your loved ones. You can order them now and save the time that you would spend shopping for your family and loved ones.

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