

Meaningful Holiday Gifts



I have always LOVED giving gifts and tend to put a lot of thought into finding just the right ones for the right person and occasion. But after tragedy struck in my life, I became even more intentional about giving gifts that have the potential to nourish the heart and feed the soul.

NOTE: If someone you know is suffering from loss and extreme grief, refer to [10 THOUGHTFUL & UNIQUE GIFTS TO GIVE ADULTS WHO HAVE LOST](#) for recommended gifts especially for them.

If you are looking for a unique and heartfelt gift for a friend or family member on a journey of healing and transformation, here are some of my current favorites:

#1 Betsey Carter Mugs (\$45)

It may sound boring to give a mug, but not a Betsey Carter mug! These gorgeous ceramic mugs are handmade with a ton of love, clay, AND a custom engraved word. Sometimes I give these mugs to friends who are calling in something specific, like “Abundance” or “Love.” Other times I engrave a favorite word (like “PLAY” or “GRACE”) or an emotion that I know the recipient wants to feel (like “TRUST”). I’ve even been known to put the name of a recipient’s passion project on them. Every time I gift one of these mugs, the recipient has ordered more for themselves and their friends! Also, whenever guests come over, I let them choose their mug from my Betsy Carter collection, and as they drink their coffee or tea it becomes a conversation piece.

#2 Wishwork Book & Wishbeads Bracelets – by Alexa Fischer

I recently discovered these clever items a few months ago, and I LOVE the meaning and intention behind both.

The Wishwork Book (\$14.99) is a 21-day step-by-step journey that invites readers to “Make a Wish, Do the Work and Watch it Come True.” This relatively small book (both in size and the number of pages), is full of hope, inspiring messages, and simple steps to form the positive mindset and habits essential in making our wishes come true.

The Wishbeads Bracelets (\$48 adults; \$30 kids) are beautiful and feel magical. You write your wish on the small piece of paper that's included and stick it in the gold cylindrical clasp so it travels with you wherever you go. This idea is, as Tony Robbins says, "Where focus goes, energy flows!" There are different stones to choose from that have certain healing powers, but you can also just choose the color you think the recipient will want to wear. Sizes are available for men, women, and children!

#3 Winning- by Tim Grover (\$14.89 Hardcover)

Doesn't everyone want to win at their own life? Author and Performance Coach Tim Grover knows what it takes to be a winner. He trained Kobe and Michael Jordan- need I say more? It's not that we all want to be superstar athletes (I mean we kinda do but know we can't ☺), but the same principles required to win at sports also apply to life. This book is incredibly blunt. It's surprisingly funny. And for those who want to get real and see what it takes to really be your "all-in" best, it has a lot to offer. This book is great for adults, late-teens and young adults, as well as for athletes and anyone committed to a journey of human transformation.

#4 Zero Negative Love Tote (\$139) (Clutch \$39; Heart Crossbody bag \$79)

Zero Negative is a charitable foundation on a mission to "Heal cancer in style, one bag at a time." Its founder survived Stage 4 triple-negative Breast Cancer and designed these bags to give hope AND to give back. There are three different styles. All are vegan, super light, and come in a variety of fun and practical colors. I wear the LOVE tote in red and get compliments everywhere I go. More importantly, a



percentage of sales from every bag is donated to cancer research. I have been giving these bags as gifts for the last couple of years and know how well-received they are by women of all ages. These bags are sure to please animal lovers and women who appreciate gifts with heart.

#5 Rose Theodora Astrology Reading (\$280-\$500)

If you don't already know how fun and valuable a professional astrology reading can be read about this alternative healing modality in my (free) Healing Toolkit, available at *NikkiMark.com*. Giving someone the gift of an hour to explore themselves, evaluate their relationships, and learn what the planets and stars have to say about their purpose in life is fun and meaningful, and not something a person typically buys for themselves. It's perfect for the friend who has everything; for anyone who is spiritually curious and going through difficult times; and for those on their own healing journey. Each reading requires a birth date and time (found on birth certificate). Yes, it's pricey, but think of it as a therapy session for the soul and an unforgettable gift that a couple friends can go in on. If you are looking for a specific kind of reading, psychic or otherwise, ask your community for recommendations and you will find the right person in the right price point for you. There are so many options, Rose, just happens to be a talented one who I feel confident recommending.

#6 A Gift Card for the body, mind or spirit (\$10+)

I know a gift card may seem obvious, but they can be incredibly thoughtful and fun. For the health nut, I love buying \$10-20 gift cards to fresh juice and smoothie places, like [Kreation Organic Juicery](#) in Los Angeles. For the fitness buff, I am known to buy \$20 gift cards to a favorite yoga, Breathwork or Soundbath class because people love trying out new instructors and classes. And for the consummate learner, I have been known to go in with friends to buy a “Master Class” subscription for a few months and give the gift of knowledge.

#7 A Gift from Your Ancestors: [Ancestry.com](#) / [23andme.com](#) etc.(\$45+)

Even though most of us don't know our ancestors, they are still family. Not only do family members pass on their DNA, they also pass down their talents and interests, and traumas and wounds. It is incredibly enlightening and healing to learn about our ancestors and better understand why we are the way we are. The gift of [Ancestry.com](#) or [23andme.com](#) impacts not only the receiver, but also their entire family. For example, I have a friend who was searching for her brother who had been adopted at birth. She found him after a decade long search simply because her adopted brother had a family member who received a 23andme.com gift card as a holiday gift and actually used it. Family histories and secrets get passed down whether you want to know about them or not. And creating a custom of remembering your family ensures that one day you will be remembered too! To learn more about the possibilities of Ancestral Healing please refer to this [Ancestral Healing Resource](#) I created for you.

#8 Wentworth Custom Wooden Puzzles

(\$66-\$238)

Wentworth custom puzzles are not only a quality gift, but a thoughtful one. Upload a picture of a favorite pet, place, or family photo and turn it into a playful activity that reduces stress and releases a nice dose of dopamine every time two pieces fit together. I took a picture of my pit bull, who my mother loves, and watched her eyes light up when she realized that the puzzle she opened for Christmas last year had my precious Ginger sitting front and center on the box. My mom had so much fun putting her together. This past Thanksgiving, my mom gave the puzzle back to me, and my husband and I spent time over the holiday weekend connecting my dog's paw with her arm, and her ears to her head. These wooden puzzles are really clever and more substantial than regular cardboard puzzles. How much heart you put into the image is up to you.

#9 Rose Thorn Healing Necklace Charms

(\$350+)

Rose Thorn charms are beautiful medical grade jewelry at different price points that empower women to heal themselves. These stunning charms are designed in solid gold and silver with pellets on the back made to be pressed into acupressure points on the body! Each piece comes with different acupressure point prescriptions based on the healing you need. For anyone suffering from loss and grief, I find these charms especially thoughtful because as they lay around the neck, the backs of them can be manually pressed into the grief channels located on our chest. The charms are super clever. Super edgy. And super purposeful! If you want to splurge for a woman in your life, this special item merges beauty and spirituality, and says you care about her heart



both inside and out.

Rose Thorn is graciously offering a 25% discount for online orders on certain collections through December 31, 2023. The discount code is NIKKIMARK and here's the discount link: [item merges beauty and spirituality, and says you care about her heart both inside and out.](#)

#10 Donations to a charity in the recipient's name (\$5+)

Everyone loves to open a special tangible gift, but people on a genuine journey of healing and transformation find purpose and meaning in serving others. It's instinctual, and believe it or not, for many, it's survival.

There are an endless number of charities from which to choose. What matters is you donate to the one supporting a cause that the recipient of your gift cares most about- especially if they have their own.

Anyone who starts a charitable foundation for a cause they deeply care about will always prefer the gift of a donation in any amount. It doesn't matter how small.

For example, soon after my son passed away, my family started the [TM23 Foundation](#) to build athletic fields for children to play on and brighten the world with my son's spirit of play. We fundraise per project, so you know exactly where your donation is being spent and what it will produce. [Donate](#) whatever amount feels right to you and help build an athletic field that benefits children of all circumstances and abilities. It is through play that children learn about themselves, make new friends, and also heal.

If you have questions or would like additional recommendations, direct message @HealingwithNikki on Instagram.



TM23 believes the world needs more of it! For donations above a certain amount, we sometimes include a Betsey Carter Mug (see #1 above) with the word "PLAY" on it. Other times, we offer a chic TM23 cap.

Donations to smaller local charities like mine are often willing to work with you to give some kind of tangible item, special card, or gift receipt to personalize this gift even further and make it even more tangible. Bottom line, money is energy and putting it toward gifts that serve your local community is extremely healing and meaningful to those on a journey of transformation inside and out.

From my heart to yours,

Nikki



Visit NikkiMark.com for more free resources!



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If you have questions or would like additional recommendations, direct message @HealingwithNikki on Instagram.