



A GIFT ECONOMY

A gift economy is based on **trust, generosity, and community**, instead of just money and transactions.

You give because you want to support others. You receive because you're part of a community. Over time, it balances naturally. **A gift economy is when people share their gifts freely, trusting that everyone will both give and receive over time.**

What this looks like is when you decide to join a community I facilitate and use a gift economy, you choose the financial amount you feel called to give based on your needs, your time, your commitment, supporting the sustainability of the community, and/or supporting my basic needs to facilitate this membership.

I will give some suggestions to those who have that need for guidance, though you ultimately get to decide by checking-in with yourself, what giving meets you, your needs, and your participation in the community.

You may be in a position to gift a sustaining amount, that allows the community to stay solvent and be supported by me. Or, you might find yourself in a position to gift enough to support community members who aren't able to currently give financially in addition to supporting your membership. The idea is that those who have less to gift financially still bring other valuable gifts to the community that you will receive.

The gift economy is an invitation to practice self-awareness, taking responsibility, showing up in a way that meets your needs and needs of the whole. It isn't fixed but ebbs and flows. Decisions within the group are also made together, rather than just by me exclusively. So it invites inclusivity and participation open for all to share their gifts.

I know it can feel uncomfortable at first because it is different. It took me a bit to wrap my head around it despite it resonating with me. Feel free to reach out to me with any questions or concerns.

WHY TWYLA IS EXPERIMENTING WITH A GIFT ECONOMY

I have participated in 4 marketing programs over the past ten years and I keep coming back to the same conclusion - the work I do through Samya Yoga Healing is best 'marketed' by networking and through the experiences of clients and students.

No matter the tools and tricks of the modern 'marketing gurus' that I used, the above organic method was how women found me. I was left feeling conflicted after these programs because I was trying tactics that created lack while my business was about supporting women to connect with the abundance within. It wasn't 'working.'



I have finally accepted that I am done listening to others tell me what to do and listen to what I know I need to do from within. Exactly what I teach women every week!

I am not in business to make lots of money. I am a self-employed business woman because I want to support as many women as I can to learn how to find all they need within and take action from that place.

The Yoga principle of Ahimsa (non-violence) is one that guides me both personally and professionally. I have been exploring options around payment of my offerings that include the principle of Ahimsa and accessibility, while also knowing I need to pay my bills and enjoy life too.

With some of my offerings, I am experimenting with a gifting economy because it includes both of these principles. Gifting economies have existed forever. They are intentionally practiced in many indigenous cultures that are matriarchal and focused on supporting the whole instead of benefiting the few. The wisdom is that when everyone's needs are met, we all benefit.