



A Meditation on Giving

Guidance for donation

I believe that everyone should have access to techniques that bring deeper self-knowledge and inner growth. Can you envision a world living in peace, with the undeniable truth of interdependence? This is truly possible if we look at things in a simple manner: everyone receives the support they need, and everyone gives what they can. It is an honour for me to be a nexus of service in this energy exchange, and I am beyond grateful for your support.

I leave it up to you and your own heart if you donate. Sometimes people ask for a suggested amount. Instead, I can offer that I trust you, and I trust your heart and know that you will offer the amount that is right for you.

Here are some questions that may serve to deepen this inquiry:

- 1. Gratitude:** Open your heart. Contemplate how much - or little - you have benefited, and connect with whatever sense of gratitude arises. If you tried to put a value on it, what comes to you? Have you paid for things that have provided a similar benefit? How much did you pay for those?
- 2. Impact:** Imagine the good that this money can do. Each euro you give allows us to expand our service, enabling us to develop our online community and offer live retreats for all. These offerings enhance clarity of mind, healing and inner strength, leading to the change that is needed to heal the world. Whatever you have gained, imagine others being able to experience the same.
- 3. Feel:** Whatever amount you give is worthy. Notice how your choice makes you feel. Check in and be sure that you give an amount that works for you. Pick a number and imagine giving that much money. Are there regrets in a few days or weeks? It is important that you give an amount that is accurate for you and within your means.
- 4. Joy:** Donating shouldn't feel like a heavy burden. Is there an amount that feels... just right? Joyful even? Know that there is not an expected amount, and what you give will not affect how I feel about the value of the Friendly Eyes courses or the effort our team has made to provide the courses and guidance. All has been and will be given from joy.

Adapted from 'A Meditation on Giving' with permission from the [Sacred Community Project](#)