



A Meditation on Giving

We believe everyone should have access to contemplative and devotional teachings, and our core logic model is *Sacred Community*. It envisions a world in alignment with the truth of Interdependence, and it is based on a simple idea: everyone receives the support they need, and everyone gives what they can. It is an honor to be a nexus of service in this energy exchange, and we are beyond grateful for your support.

We leave it up to you and your own heart if you donate. Sometimes people ask for a suggested amount. Instead, we can offer that we trust you, and we trust your heart. We 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:** Feel into your heart. Contemplate how much (or little) you have benefitted, 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 dollar you give allows us to serve others with less means. Whatever you have gained from this, imagine others being able to experience the same.
- 3) Sacrifice:** What are you willing to give up? Any amount you give, no matter how small, is a sacrifice, even if it's one less cappuccino. Really check in and be sure that you give an amount that you can live without. Now, pick a number, and imagine giving that much money. How do you feel? What about in a few days? What about in a few weeks? Months? Are there regrets? It is important that you give an amount that is within your means.
- 4) Regeneration:** Do you see yourself needing support again? If you did, would you feel pressure to donate the same amount? If you donate too large of an amount, this may dissuade you from reaching out the next time you need support. And we don't want that! What amount of money feels regenerative to you?
- 5) Just Right:** Donating shouldn't feel like a heavy burden. Is there an amount that feels... just right? Joyful even? Know that we don't have an expected amount, and we won't rate our value on your donation.

You can make a donation at: <https://sacredcommunityproject.org/donate>

With gratitude,

Sacred Community Project