

RAISING CLARITY

to cultivate abundance in noble causes, people and organizations

Participatory Self-Care Skillshare: An Experiential Opportunity
Money for Our Movements 2012
Facilitated Discussion, Saturday, August 11, 2012
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Fundraisers and organizers can lead by modelling self-care. In this hour, we will share with each other favorite bodymind practices which are for the most part both portable and free so we can practice them even on the road or in those moments after everyone has gone to sleep or not yet awakened. Such practices increase the love we feel for ourselves being human in challenging times, the love we have available to give others and our work, and the self-confidence we can experience peace and delight under our own power.

First 5 Minutes: Welcome and check-in to drop as much baggage as we can early on. (I actually introduce visualization right here, by offering a "baggage stand" to collect and hold folks' baggage safely for them to take up upon departure--if they want it).

6-10: Safe space co-creation, including: no teasing, respect for what may seem weird, interest in yourself, how you feel, how the practices feel, what you can learn and take with you (rather than how you look or how others look while trying the practices shared). Willingness to try what's new, to look foolish, and feel silly--if you dare! And if you don't dare, that it's ok to observe, and practice making what you observe your own, in your own way. Questions.

11-15: First practice--mindfulness meditation either sitting or moving or both (offering the choice to participants). This will be based on my May/June *Grassroots Fundraising Journal* article, "Bringing Mindfulness to Fundraising." Copies of the article will be available.

16-20: Brief debrief: how did it feel? This is the most important question--what did it do for you?

21-60: If there is time amid others' sharing, I will offer

- ▲ a guided visualization for problem-solving, and/or
- ▲ five-elements moving meditation, and/or
- ▲ silent meditation, and/or
- ▲ design-your-own chanting, nourished by Sufi, Tibetan Buddhist, and Christian mystical chants.

RAISING CLARITY was created to make fundraising a joy.

