

# RAISING CLARITY

## Not for the Meek: Fundraising as a Contemplative Practice Money for Our Movements 2018

This workshop will demonstrate and teach how to improve your fundraising by

- observing and possibly changing your self-talk about money and fundraising
- using visualization to get over personal hurdles in fundraising, and
- helping others within your organization do these things.

Participation is **voluntary** at all times, including in exercises or in sharing results of exercises.

### **First 15 minutes**

**Who are we?** Introductions.

**Why is this a good idea?** The intersection of contemplative/intuitive practices + fundraising.

### **Second 15 minutes**

**Guided visualization & “unpacking” what happened/didn't happen.** Was it like/unlike what you expected?

### **Third 15 minutes**

**The voices we hear in our heads around money.** The eight money-coaching "archetypes." These shape our self-talk around money, fundraising, and our views of donors and ourselves.

### **Fourth 15 minutes**

**Explore your inner voices in pairs using scenario prompts.** You'll be invited to suggest a scenario.

### **Fifth 15 minutes**

**Share what you discovered: *what did you hear yourself say?*** Were you surprised? What did you learn about yourself during the exercise?

### **Sixth 15 minutes**

**What would you *like* to hear yourself say?** What words, phrases, and thoughts do you want about money, fundraising, your donors, and yourself? You can make notes or just practice this “in your head.” This is a chance to rewrite, rephrase, rethink, and invent new language and thoughts that reflect new and more powerful possibilities. Share your new words, phrases, thoughts.

### **Seventh 15 minutes**

**Return to the guided visualization we did at the beginning: practice your new language and thinking.**

### **Eighth 15 minutes**

**Discuss changes you noticed in your experience of the meditation. Identify anything you'd like to share in your organization, and how to go about that.**

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Not for the Meek: Fundraising as a Contemplative Practice  
Tips for Taking This Workshop Home

## MAKE IT YOURS

RESOURCES FOR FURTHER READING:

<http://www.raisingclarity.com/category/other-resources/money-archetypes/>

<http://raisingclarityhealing.com/2018/07/14/how-to-hold-a-council-of-selves/>

<http://www.raisingclarity.com/wp-content/uploads/2012/06/Bringing-Mindfulness-to-Fundraising1.pdf>

<http://www.raisingclarity.com/wp-content/uploads/2012/05/Soul-of-Money-Meets-the-Grassroots-Fundraising-Journal.pdf>

*Money Magic* (book by Deborah Price)

Email us for contemplative practice suggestions that resonate with you.

Tip: Research, write and share your own resources!

## Do It Often

(1) Practice listening to these voices in your head around money:

- |             |                   |
|-------------|-------------------|
| 1. Innocent | 5. Fool           |
| 2. Victim   | 6. Creator Artist |
| 3. Warrior  | 7. Tyrant         |
| 4. Martyr   | 8. Magician       |

Tip: Strengthen the strong voices (Magician, Creator Artist, Warrior), don't weaken the weak voices.

(2) Prioritize *your* contemplative practice, whatever it is. Remember: it matters in more ways than most people realize.

(3) Practice using your intuition first with low-stakes decisions, then with higher-stakes decisions as you become more confident. Self-trust is a muscle.

(4) Your intuition goes and grows together with contemplative practice: a clear mind can hear intuition much more easily.

## Work It

Listen to your self-talk about money, yourself, your donors, and fundraising.  
Design and re-design it to your liking.

Share what you know and use.

Be willing to teach others.

Act on what you know.