

THE DONATION MEDITATION

Note to Group Leaders: *Until we have explored this issue more thoroughly in a Wisdom Council, please don't ask people how much they've given or whether they've followed through. This exercise is a training exercise, and its value is in how it helps people to stay in touch with their higher selves throughout every day. If you ask questions about it, you may trigger issues that arise from their family of origin conflicts, from their poverty mentality, or from abuse that they have suffered. Let group members handle their own relationships with their own higher selves.*

When you complete the intentions round of the Chrysalis Wisdom Council, or when you completed the last phase of a class, do this immediately, without any preamble. Just start with the first line below. You may want to memorize the key words (or jot them on a 3X5 card) so that you don't need to read the script.

Script: The donation meditation provides you with a way to **acknowledge the value** that you received from this group by **donating to IONS or by volunteering** your time for IONS, for the Global Wisdom System, or for some other cause in your community. (**Future addition:** There are links on the main Website to ways that you can acknowledge what you've received by donating or volunteering.)

Please close your eyes. Tune in to your higher self, in **whatever way works** for you to contact it. Be **inwardly silent** as you tune in.

(Pause for four breaths)

Now ask your higher self to identify for you the **most important thing for you to learn** from this session. When you have an answer, say yes.

(Wait until you have heard a yes from most participants. Don't expect it from everyone. Make sure that you have also tuned in to your higher self. Your mind is entangled with theirs, and you can lead them psychically to their higher selves.)

Now ask your higher self to give you very, **very specific advice** about how to bring that lesson **into your actions** or into your daily life. When you have an answer, say yes.

(Wait until you have heard a yes from most participants. Make sure that you also receive an answer from your higher self.)

Now ask your higher self if it is **highest wisdom for you to acknowledge** the value of this session in any way. When you have an answer, say yes.

(Wait until you have heard a yes from most participants. Don't discount an answer from your higher self just because you led the group. You gained something from the experience, too.)

Now if it's appropriate, ask your higher self to give you a **specific dollar amount** or a **specific volunteer task** to acknowledge what you've received. When you have an answer, say yes.

(Wait until you have heard a yes from most participants. Do not assume that everyone gained something from the experience or that everyone will be told to donate or volunteer.)

Thank your higher self for being with you at every moment of your life.

(Pause for two breaths)

Be sure to **keep your commitments** to your higher self, because that will improve your relationship with it and make **your ability to receive advice** stronger.

Now open your eyes, and let's discuss **what happened during the group**.

(IMMEDIATELY drop the donation meditation without comment, and go immediately into any follow-up discussion of the session that anyone wants to do. Alternatively, ask the participants to do Ujjayi breathing and send heart chakra energy to one another through their palms before ending the group or class.)