



Meditate for Tibet

How to plan your group event



WHAT IS MEDITATE FOR TIBET?

Now in its fourth year, this annual meditation sends positive energy towards Tibet as well as practical help to Tibetans in need.

Whether you are seasoned in practicing meditation or have never meditated before, we are so happy you will be holding your own **Meditate for Tibet!** Thank you.

Through your event you will raise valuable funds for Tibetans in need, while benefitting from a unique meditation session and connecting with hundreds of likeminded people.

This pack contains everything you need to organise your special group event, including four beautiful guided meditations recorded especially for Tibet Relief Fund.



Happy meditating!



Join us on
Saturday 6 July 2019 at 3pm
to Meditate for Tibet
and help Tibetans

HOW YOU ARE MAKING A DIFFERENCE

At Tibet Relief Fund we work with Tibetans at home and in exile to help them build a brighter future.

Today over 130,000 Tibetans live outside Tibet, mainly in India and Nepal.

Many of these Tibetans – as well as those inside Tibet – are in desperate need of access to education, healthcare and a sustainable future. You can help this become a reality.

We have been here for Tibetans since 1959 and we need your support to continue our work with Tibetans in the years to come.



A mother and child in Tibet. Both their lives were saved by a maternity programme which couldn't exist without your donations

Photo: Allan McNally



You can make a real difference for Tibetans in need.
As a guide, this is how your support could help...

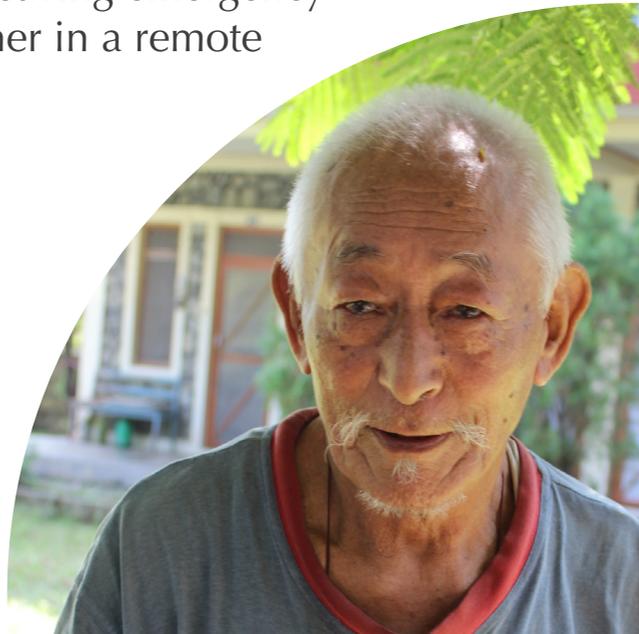
♥ **£15** pays for a month's food for an elderly refugee

♥ **£30** buys 60 earth bricks to help rebuild a home, devastated by the 2015 earthquakes, in Bakhang village, Nepal

♥ **£60** helps keep Tibet alive by teaching children their Tibetan language and culture

♥ **£100** provides life-saving emergency aid for a new mother in a remote area of Tibet

Lobsang is 90 and lives in exile in Nepal. Once a freedom fighter for Tibet, he now faces a difficult life on his own in his old age and needs your support





PLANNING YOUR EVENT



Decide the time and date

This year's national event is on Saturday 6 July at 3pm. You can choose another time and date if this doesn't work for you.



Choose a space

Ideally you want somewhere with good natural light where you won't be disturbed. If you want to decorate, check out our shop for prayer flags and incense! enlightenedgifts.org/MeditateForTibet



Invite your guests

Suggest a £10 donation on the door (or an amount of your choice). You might choose to sell tickets in advance to guarantee a good turnout.



Go online

Set up a Facebook event or a JustGiving page to collect donations.



Make the event your own!

Provide tea and cake afterwards, or ask someone to lead the meditation session in person. The meditation could be part of a larger event, for example a film screening or picnic day. Don't forget to take photos to share online and inspire others.



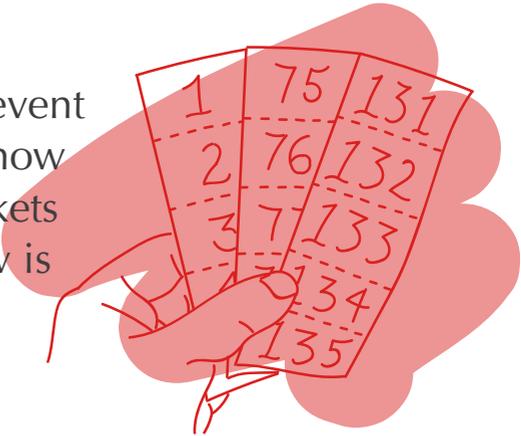
HOW WE CAN HELP YOU

Contact Caroline for help with any of the below:
caroline@tibetrelieffund.co.uk or 020 3119 0041



Request a collection tin from us

Sell raffle tickets at your event to raise more. Just tell us how many you would like. Tickets cost £1 each and the draw is on 31 July 2019.



Use social media if you have it.

Set up a Facebook event, and join our **Meditate for Tibet** group for inspiration and idea-sharing:

facebook.com/groups/763458354036472

Ask us to promote your event!

Let us know the details and we can tell other local supporters.



Use our appeal leaflets, website and short films on **YouTube** to show why Tibetans need support:

youtube.com/tibetrelieffund
tibetrelieffund.co.uk

With your help, last year we worked with thousands of Tibetans in India, Nepal and Tibet. Elderly people, children, students, mothers and patients all received life-changing help through our projects.

Thank you





WHAT TO DO AFTERWARDS



Thank people personally for taking part and keep them updated afterwards.



Send us your fundraising proceeds within two weeks to **Meditate for Tibet, Tibet Relief Fund, 2 Baltic Place, London N1 5AQ**

Please don't send cash in the post as it can go missing.

You can also pay your fundraising in online at:

tibetrelieffund.co.uk/donate



If you did all your fundraising through JustGiving, then you don't need to do anything else - we'll receive the funds automatically.



We'll send you a thank-you letter and certificate to show how much we appreciate your efforts!





WHAT OTHERS HAVE SAID...

"It was a beautiful walk and meditation, and next year we're adding a peace picnic to follow."

Catherine M.

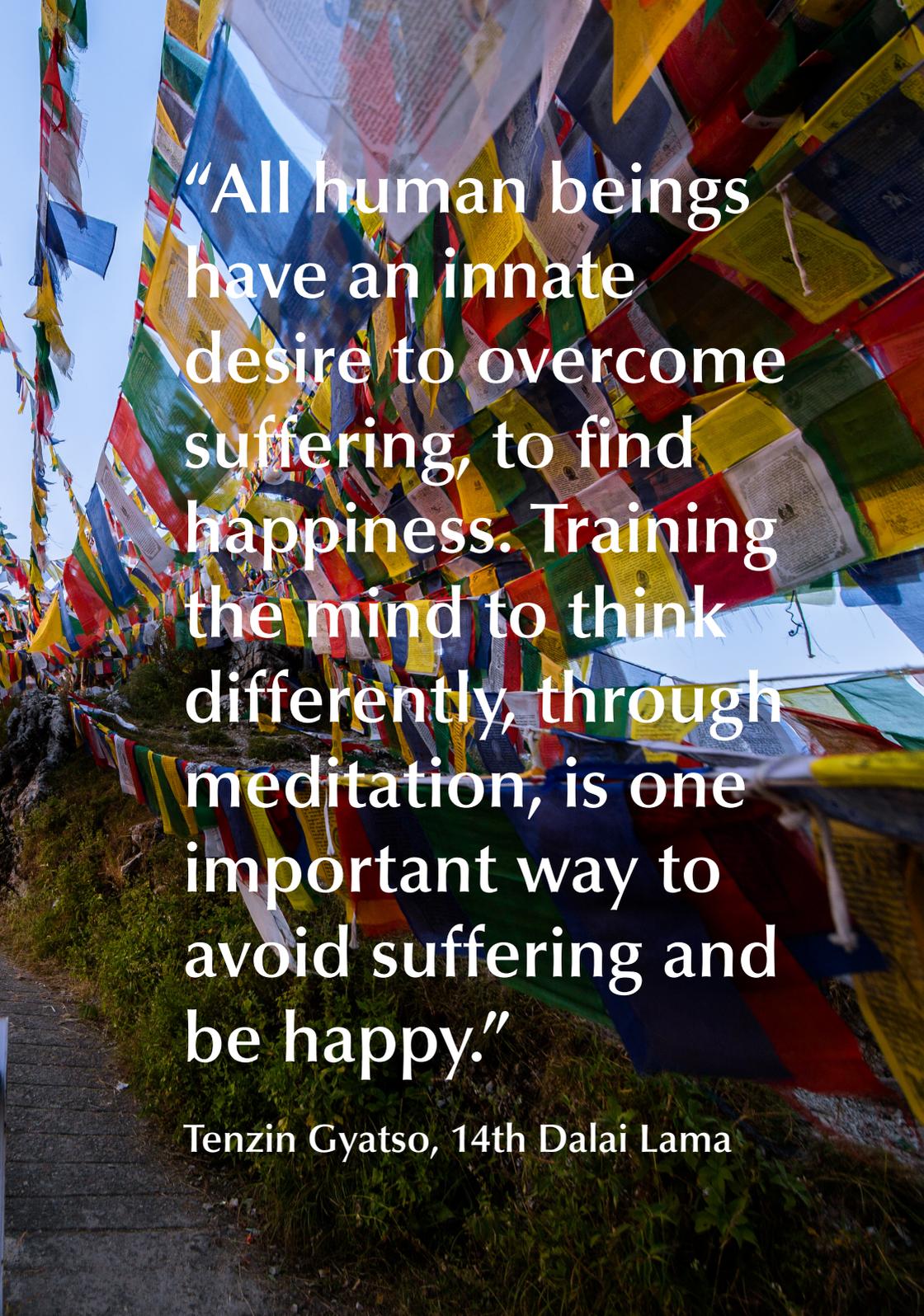
"I hope that Tibet felt all the love sent to them."

Val O.

"Harewood House are very supportive and waive the normal entrance fee to allow us to do the meditation for Tibet at the stupa. We have a picnic in the grounds beforehand so it's a lovely social event too. I think it will definitely become an annual event."

Rowena F., Tibet Support Group York





“All human beings have an innate desire to overcome suffering, to find happiness. Training the mind to think differently, through meditation, is one important way to avoid suffering and be happy.”

Tenzin Gyatso, 14th Dalai Lama



Thank you for
bringing people
together to
Meditate for Tibet!

Don't forget to tell us how your event went and
send us your photos:
caroline@tibetrelieffund.co.uk · 020 3119 0041

www.tibetrelieffund.co.uk

Tibet Relief Fund
2 Baltic Place
287 Kingsland Road
London
NI 5AQ

Registered Charity No. 1061834

