

About Your Volunteer Work ...

Your Name and City and State of residence

Rev. Pat Palmer, San Rafael, CA

Favorite Organization that you volunteer and why.

Institute of Noetic Sciences

I find the work of IONS to really draw me because the emphasis is on enhancing and expanding consciousness. IONS research and support is in several fields, including Education, Science, Medicine, Spirituality, and Community. Since everything in life is sourced within, I am intrigued by greater understanding of how consciousness works.

Second favorite organization, if applicable, and why.

KPFA radio in Berkeley, CA

Open and honest communication seems to provide more opportunity for change and growth as a society, and I value the organizations that promote it.

Blessings/Gifts you receive from doing this type of service.

Enjoyment of being with people I respect and with whom I share values; satisfaction of contributing to projects that are in alignment with my interests; the excitement of seeing my own consciousness unfold into greater love and Presence.

How do you balance your busy daily life with this type of service

I don't volunteer for too many things, and am selective in the commitments I make to even these organizations. My priority is continuing to develop my own spiritual awareness.

Who or what inspires you to follow this volunteer path.

I was given great gifts by others when I began my own awakening, and since then it has seemed natural and vital to give back to life in whichever ways seem to call me.

Organization information:

Institute of Noetic Sciences

www.noetic.org

Global; based in Petaluma, CA

KPFA

www.kpfa.org

Berkeley, CA

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About Your Supported Charities ...

List the favorite organizations that you support donate/tithe and why:

Sierra Club – Love of the earth and to support those who help keep it healthy

Co-op America – To facilitate sharing of ideas for sustainability

YES; A Journal of Positive Futures – To support positive happenings globally

Who or what inspire you to follow this giving path:

I choose to have the forms of my life be people and experiences that are uplifting, healthy and expand the love and care in the world.

Supply the information below for **each** organization that you support.

Sierra Club

www.sierraclub.org

Global

Co-op America

www.coopamerica.org

National

YES: A Journal of Positive Futures

www.yesmagazine.org

National