

SUGGESTIONS FOR STARTING AN EH STUDY GROUP

- Can be in-person in someone's home or a private meeting space or online via Zoom, or a hybrid of both.
- If online, you will need a platform to meet (e.g., Zoom, Skype, GoogleMeet, WhatsApp, Teams)
- You will need to decide frequency of meeting, length of meeting and time of meeting.
- Do you want to establish the same time each meeting, ex.- 4th Sunday of each month or do you want to set a date based on members in attendance?
- Create an email list with interested members or advertise for members via the NAEH website

Group meetings may include:

- "Meet 'n Greet", getting to know folks or just catching up or a meal or snacks if you are meeting in person.
- Drawing an Angel card
- Group meditation using Angel card
- EH discussions or member questions
- EH sessions with group members
 - If you are using Zoom you can put folks in breakout rooms to do EH trades
 - If you have an odd number, you can do sessions in a "round" where each person works on the other, like chasing your tail. You would all do the work at the same time
 - Remember to leave some time at the end to discuss findings.
- Closing meditation
- Planning for next meeting