

Instructions Prior to Online Practical Application Class

1. Download Zoom to your computer, the free version. <https://zoom.us>
 - a. If you're completely new to Zoom, their help center has start up help and training [Getting Started – Zoom Help Center](#)
2. Plan to attend one of our Zoom check-in/training sessions. We will review the basics of Zoom and make sure your internet connection is working well prior to class. Attend this session in the location of your home where you will be attending class. We will practice the basics of Zoom but also practice going in/out of Zoom breakout rooms.
3. Please enter the Zoom classroom at least 5 minutes before the class start time
 - a. Check your schedule for the dates and start times for the online Practical Application portion of this class.
4. You must have a reliable high-speed internet connection.
5. Know how to use your technology.
 - a. When joining the class, identify yourself with your first and last name on the screen. Click on right upper corner of your picture to change your name.
 - b. Know where your control is for your microphone and how to mute and unmute yourself (keep background noise to a minimum so as not to disrupt your fellow students).
 - c. Know how to turn your video on – we must be able to see each other.
6. You must have completed all of the requirements for the online class and attend every day of the Practical Application class sessions to receive a Certificate of Attendance for this class.
7. Have your complete Esoteric Healing manual with you. You will want to be able to look at the pages we are working with and take notes.
8. Dress comfortably, yet appropriately as if attending a class in person. Don't be that person who accidentally stands up and is wearing their underwear. 😊
9. Plan to keep your cell phone on silent or off completely and place it on something soft so we don't hear it vibrating. If you must look at or reply to a text message, please step away or do so very discretely.
10. We will have short morning and afternoon breaks each day. Prior to class collect any snacks and beverages that you'll want until the next break. Feel free to snack and drink throughout the class as desired.
11. You will have approximately 1 hour for lunch. Time will flex, based on how quickly we move along in class.
12. We will have a morning, after lunch and end of the day meditation, ranging from 5-20min.
13. Cut scrap papers and bring a special bowl/basket to class. You can write prayers on your papers and add to your prayer basket throughout the class. At each closing meditation, we will "combine" our baskets for a group virtual prayer basket.
14. Please come prepared to give and receive distance Esoteric Healing sessions. Here are a couple suggestions to keep your energetic vibration high: Limit red meat, no alcohol, drink plenty of water, be well rested, and remember to breathe!