

Groups Kit



Planning

Thank you and congratulations on “being the change” by hosting conversations towards a new humanity. Beginning a group is really quite simple, and very rewarding. The only requirement is to put one foot in front of the other and follow through with patience. Your commitment to creating a new humanity will ripple through your community and spill into the world.

Making it all happen is as easy as following our simple steps to creating conversations that inspire harmony, change and transformation.

Conversations

The size of your group is not the key element in creating and sustaining a successful conversation. You may consider keeping your group quaint and small, and host gatherings in your home over tea, or perhaps a dinner party. Other group leaders have found success looking towards their congregations, clubs and schools. Whether you are creating inspiring conversations around your dinner table with family or friends or if you are connecting people in larger groups, you are creating an opportunity for everyone to grow, connect and share.

What to Expect

Creating a member base for your group can begin with talking to a few friends, or sending out an invitation announcing your new ANH Group. Your first gathering need not be larger than a handful of people and you will quickly discover that word of mouth will inspire more to attend.

When you feel comfortable enough to increase your attendance, you can begin posting notices in places like: yoga studios, libraries, community centers, and schools. Utilize our customize-able poster template [here](#). Simply add in your gathering location and time in the space provided.

Atmosphere

The atmosphere of your meetings is essential! Choosing a loud and busy restaurant that will not allow people to communicate will create tension. Look to places that will serve your purpose well, and consider the time of day you will choose to host. Try creating a reoccurring time of month, day and time so that your group members can plan ahead to attend. Some groups meet Friday evenings, Sunday afternoons and others meet over lunch.

Tools

We're committed to supporting you in your quest. The [Transform](#) section of the website has all the inspirational material needed to launch a group into conversation. You will find inspirational videos, tools and our Be the Change Program to help you create dialogue. Our goal is to inspire and support global conversations towards a new humanity.

In our Connect section, you will be able to [create an online group presence](#), so people in your community can locate your group. Look for Add a Group under the header. Include your location in the name of your group, so others may be able to locate you. For example: ANH New York Manhattan Group. Click [here](#) to access or step b step instructions for Setting up an Online Group

Whether your conversations are in person or online they all matter! Connecting with people globally online in our conversation network is one way to learn and discover new possibilities for your group and your own journey towards transformation. Clicking [Conversations](#) in Connect section will take you to our conversation network.

Attracting more members is also a simple as posting in neighborhood bulletin boards. You can also look online for local community sites and post an invitation to your gatherings in their forums.

If you require further assistance you may [contact us](#).

Sample Meeting Format

Opening

The facilitator welcomes the group, thanks everyone for attending and makes introductions, introduces the Alliance and its vision statement creates the intention for the gathering and also states when the meeting will end.

The Alliance Mission

Our mission is to connect people, who, through personal and social transformation, aim to build a just, peaceful, and sustainable world, reflecting the unity of all humanity.

Gathering Topic & Open Forum

The Group Cultivator introduces the topic for discussion. This topic or theme may have been inspired from a quote, excerpt or [inspirational video](#), Or [Be the Change Topic/Worksheet](#). The Group Cultivator invites everyone to share and dialogue, acts as a moderator keeping the conversation positive and heart centered. [Click here](#) for inspiration for topics.

Closing

Meditation or Reflection Period (10-15 minutes) (sitting in a circle if possible, invite the collective intention and energy of the group to be integrated.

This sample format is just that! A sample! Your groups may have an entirely different and unique format!

[Click here](#) to access samples of meditations you may use at your gatherings.

Promote Your Group

ANH delivers a monthly newsletter, if you haven't registered for it, [here](#) is where you can! The newsletter features information about groups, organizations and people just like you "being the change".

Once your group is established we can feature an introduction in our newsletter. Click here to access the procedure and guidelines for submission

This transformation of humanity is occurring through a change of heart, arising out of a recognition that there is only one humanity, one continuum of being. As this recognition ~ this loving consciousness ~ dawns within you, you find yourself spontaneously moved to action.

Please [contact us](#) to let us know of your local gatherings, and share with us the stories and examples of change within your community or abroad. These are the stories that will inspire others around you, and around the world, to join in fanning the flames of change.

Thank you for becoming part of this global constellation.