

# How to prepare for an online seminar with Ananda

It is important that you make a commitment to yourself to make time for the course without interruptions and that you prepare your environment before the start of the course to make it as comfortable and functional as possible.

- ✓ If possible, choose a place in the house where you can isolate yourself. If you have small children or pets, make sure they do not distract you.
- ✓ Tell those who live with you not to disturb you. Try to disconnect from the outside world for the duration of the course, just as if you were in a classroom or in the Temple of Light at Ananda.
- ✓ Consider using a computer, so you can switch off your mobile phone. If you use a tablet, disconnect all social media.
- ✓ Air the room before the seminar, burn incense, prepare a comfortable chair and pleasant lighting. If you wish, you can also light a candle to create a sacred space and, place a picture of your Master next to you.
- ✓ Also make sure that the room temperature is appropriate and provide yourself with the necessary equipment (blanket or other) to avoid being uncomfortable and having to look for things after the course has started.
- ✓ Keep a pen and notepad handy, or a digital medium on which to write.
- ✓ If you need glasses, make sure you have them with you.
- ✓ Prepare a bottle of water or a thermos of herbal tea, because it is important to be hydrated to maintain concentration.
- ✓ Resist the temptation to get up to make yourself a snack, herbal tea or coffee, and even to use the bathroom try to wait for the breaks during class.
- ✓ Open your heart and mind to co-create with your energy and consciousness a beautiful experience of inspiration and Light!

It will be a great adventure and we look forward to having you with us!

Your Ananda Online Team