

STEP 1

# The 8 Revolution: Getting Started



A STEP-BY-STEP GUIDE



# 1: FORMING YOUR GROUP

The first stage is to form or join a Power of Eight® group if you don't have one yet.

For those already with a Power of Eight® group

If you already have a group, have them all join my Community site (<https://lynnemctaggart.com/community-rules/>) and create a subgroup page specifically for your group.

Here are the instructions for joining the community pages:

## Register to the community site

- 1) Register here (<https://lynnemctaggart.com/community-rules/>) to the Community site
- 2) Fill in the required fields (username, e-mail, password)
- 3) Login

Copy or click this link to watch the video instructions:

[https://youtu.be/oRp\\_7gQMMsw](https://youtu.be/oRp_7gQMMsw)

Then, join The 8 Revolution group on our community site:

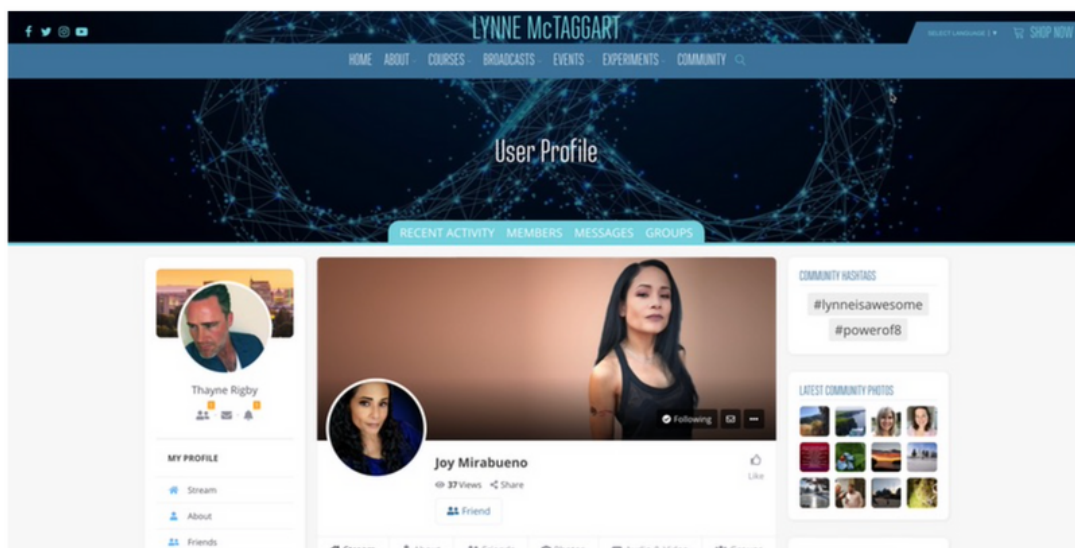
- 1) Login
- 2) Open a new internet tab
- 3) Visit: <https://community.lynnemctaggart.com/groups/?the-8-revolution/>
- 4) Click 'join'

Copy or click this link to watch the video instructions:

<https://youtu.be/m1eZGOyRYQI>



JOIN OUR COMMUNITY OR LOGIN TODAY



## 2: CREATE A PRIVATE GROUP ON THE COMMUNITY SITE

Now, use our community site to create a subgroup for your own Power of Eight® group.

Once you have a registered account, you can create your group by following these steps:

- 1) Click: 'groups'
- 2) Click: 'create group'
- 3) Enter your group's name
- 4) Enter your group's description
- 5) You will have the following options to choose for group privacy

**Open** – Non-members can see everything in the group, but they can't post.

**Private** – Users need to be invited or request the group membership. Non-members can only see the group page.

**Secret** – Users must be invited. Non-members won't ever see this group.

Copy or click this link to watch the video instructions:

<https://youtu.be/liecgmb8I2Q>

Once you've created your group and set your options, you are ready to go. Now you can post updates on your group wall. These can be text, video or audio.

The screenshot displays the Lynne McTaggart Community Site interface. At the top, the name 'LYNNE McTAGGART' is prominently displayed. Below it, a navigation menu includes 'HOME', 'ABOUT', 'COURSES', 'BROADCASTS', 'EVENTS', 'EXPERIMENTS', and 'COMMUNITY'. A search bar is located to the right of the navigation menu. In the top right corner, there are options for 'Select Language' and 'SHOP NOW'. The main heading of the page is 'Groups', with a sub-heading 'RECENT ACTIVITY MEMBERS MESSAGES GROUPS'. On the left side, there is a profile card for 'AnyaHubb'. The central area features a search bar with the placeholder text 'Start typing to search...' and a dropdown menu set to 'Exact phrase'. Below the search bar, there are two featured group cards: one titled 'THE REVOLUTION' and another with a group of people. On the right side, there is a 'COMMUNITY HASHTAGS' section listing various tags such as #april, #bestmagentoteam, #intention, #magento, #march, #may, #poweringup, #powerof8, #progress, #recorder, #wed, and #wednesday.

### 3: MEET REGULARLY

Organize a meeting day and time that all of you can all make most of the time. Plan to meet for at least an hour a week on Zoom or Skype.

If you've never used Zoom before, here are some instructions:

<https://lynnemctaggart.com/zoom-guide/>

And here are some links to Zoom's general instructions: <https://support.zoom.us/hc/en-us/articles/200941109>

For those who don't yet have a Power of Eight® group

First, scroll through the other members' entries, where you'll find many people requesting to form a Power of Eight® group. If they are in a friendly time zone to your own, ask to join their group.

If you don't find anyone in a time zone close enough to yours, post a comment saying that you'd like to join an existing Power of Eight® group, or form a new one.

Be sure to mention your time zone and preferred meeting day and time.

Your group doesn't have to be composed of exactly eight people. Five is just enough to start a group and 12 is about the maximum you should have in any group.

Once you've connected with enough members to form Power of Eight® group, have them all join my private website Community by following the instruction above. Then set up a separate group for your Power of Eight® members.

Give your group unique name and use that as the title of your group page.

Now, follow the instructions on STEP 1 'For those already with a Power of Eight® group.'

# Your first 8 Revolution meeting

Spend the first meeting introducing yourselves. Go around the circle and share some things about yourselves.

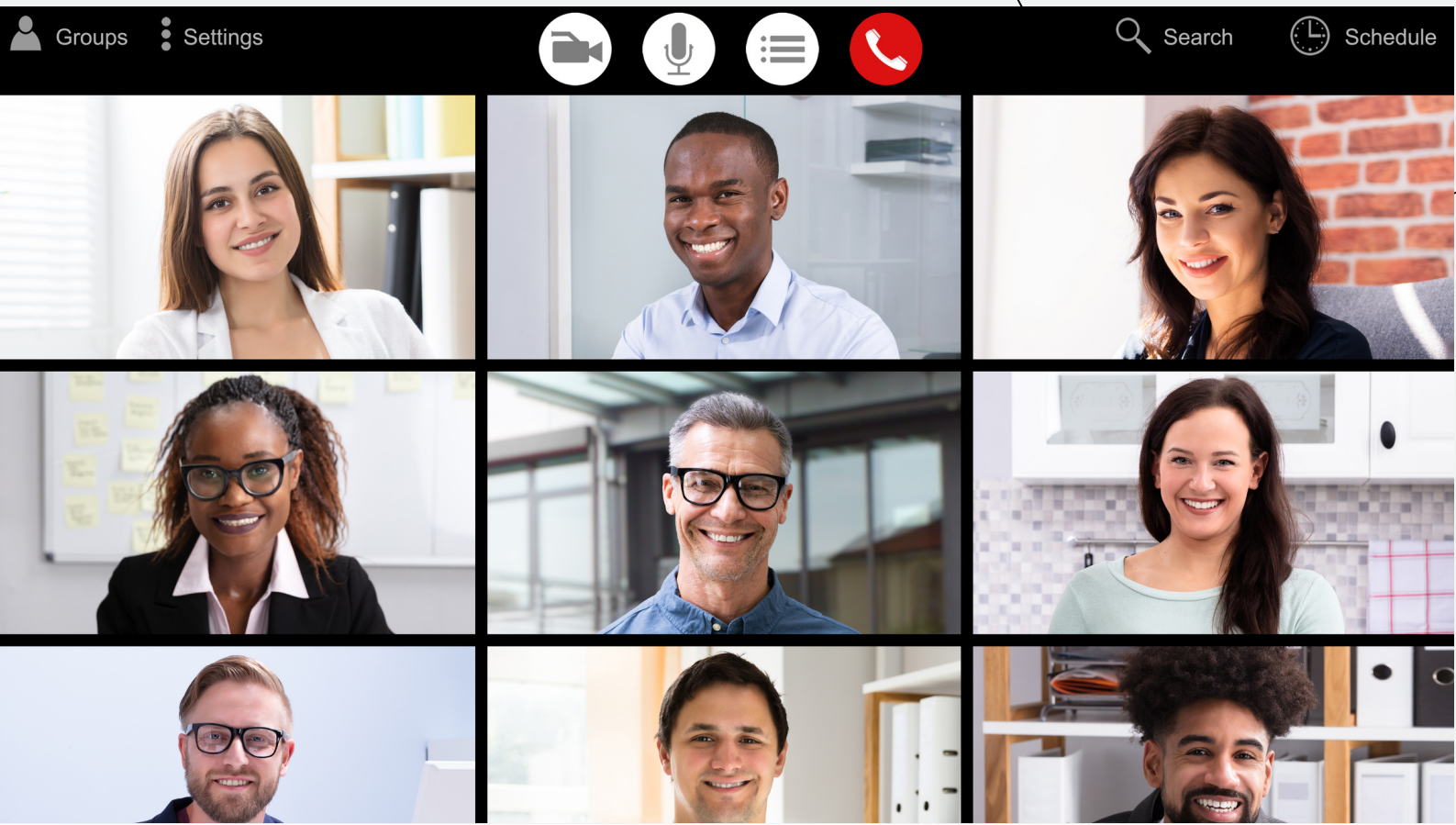
Then, whether or not you are in an established Power of Eight® group, spend time in your first meeting discussing some of the areas you are passionate about changing.

Don't talk about how you'd change them politically! You may have people of different political persuasions in your group — and so much the better if you do. That's part of our revolution — to pull together polarized members of our society.

Your areas of concern may be some aspects of business and the economy. Or some unfair political or social practices. It may be areas of your own community that are broken.

Or it may be that you may feel isolated and powerless. You may see too many people who don't have enough to eat, or anywhere to live, or any form of health care.

Week by week, I'll be offering you unique solutions to these major areas.





## POSSIBLE DISCUSSION TOPICS

- What areas in your community currently built on rivalry and competition can be redesigned to run with a spirit of sharing and cooperation?
- Where are each of you operating with ‘I win, you lose’ in your own life? (Don’t worry about revealing any dark secret. We all unwittingly have ‘I win, you lose’ in our life in some fashion.)
- What are some radical ways you can think of to restructure your community?
- How can businesses be restructured so that they are more holistic?
- What should be encouraged in your country’s schools?

## RUNNING YOUR GROUP

Study the Power of Eight® Handbook ([click here](#)), which will describe the basic ways to run your group once assembled.

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