



**THE ANGEL WING LLC**

# **POLICY AND PROCEDURE MANUAL**

## **TABLE OF CONTENTS**

## **PAGES**

<b>1) ANGEL WING VISION STATEMENT</b>	<b>3</b>
<b>2) ANGEL WING'S MEDITATION PROGRAM</b>	<b>4-6</b>
<b>3) ANGEL WING'S EDUCATIONAL AWARENESS PROGRAM (PHYSICAL/MENTAL HEALTH ENHANCEMENT)</b>	<b>7-9</b>
<b>4) ANGEL WING'S QUANTUM TRANSFORMATION PROGRAM</b>	<b>10-13</b>
<b>5) ANGEL WING'S NUTRITION &amp; PHYSICAL FITNESS PROGRAM</b>	<b>14-16</b>
<b>6) ANGEL WING'S ACCOUNTABILITY PROGRAM</b>	<b>17-19</b>
<b>7) ANGEL WING'S PUBLICATIONS</b>	<b>20-22</b>
<b>8) ANGEL WING'S INTERNSHIP PROGRAM</b>	<b>23</b>
<b>9) MASTERMIND GROUP</b>	<b>23</b>
<b>11) ADVISORY COMMITTEE</b>	<b>23</b>
<b>12) LEGAL DOCUMENTS</b>	<b>24</b>
<b>13) APPLICABLE DELAWARE STATE LAWS</b>	<b>24</b>
<b>14) ANGEL WING BUSINESS PLAN</b>	<b>24</b>
<b>15) ANGEL WING, LLC LOGIC MODELS</b>	<b>24</b>
<b>16) APPENDIX</b>	<b>24</b>
<b>1) Resume of CEO / Founder</b>	
<b>2) Job Description of COO (Volunteer position to be developed)</b>	
<b>3) Resume of COO</b>	
<b>4) Job Descriptions of Angel Wing Coordinators</b>	
<b>a. Resumes of Coordinators</b>	
<b>5) Resumes of Angel Wing regular volunteers</b>	
<b>6) LLC Formation Documents</b>	
<b>7) Business License</b>	
<b>8) Other documents</b>	

## **ANGEL WING VISION STATEMENT**

The Angel Wing, LLC is dedicated to human upliftment, self-mastery, and personal transformation via the development and implementation of diverse wellness programs. Integrated and complementary approaches are utilized in the development and implementation of meditation programs, educational seminars/workshops, publications, nutritional & physical fitness programs, personal accountability programs, and the quantum transformation program. All Angel Wing, LLC programs are free of charge to the public where diverse knowledge bases are utilized for program development. Participants from the general public at large can take advantage of these programs without incurring a financial burden. Such an approach promotes intrinsic motivation for self-development and self-mastery of each participant who can subsequently promote wellbeing and personal development to others.

# **ANGEL WING'S MEDITATION PROGRAM**

## **MISSION STATEMENT**

The mission of Angel Wing's meditation program is to systematically develop, promote, utilize, and present diverse meditation-related activities to the general public. Angel Wing promotes the practice of meditation as a significant aspect of personal transformation and self-mastery. If significant progress within an individual occurs with regards to these two guiding principles, then a foundation for human upliftment develops from "the inside out." The glory of meditation and its application daily is emphasized in the context of Angel Wing's overall vision. The overall goal of this program is to have an increasing number of individuals practice meditation techniques daily.

## **PROGRAMMATIC FACETS**

*Please note that all programmatic facets are introduced to the public via the following **modalities**: The Angel Wing website, online programs, podcasts, webinars, seminars, dialogues, audio/video recordings, publications, newsletters via Mail Chimp, in-person group meetings (as appropriate), and other platforms (i.e., Facebook, etc.)*

The following are programmatic facets of Angel Wing's meditation program:

- 1) General background information about meditation is presented via multiple "modalities." All Angel Wing meditation programs are done in group settings. Angel Wing, LLC does not provide individualized meditation sessions.
- 2) The Angel Wing, LLC engages in a systematic and dynamic process of selecting and adequately introducing to the public various types of meditations such as Stress Reduction, Visualizations, Breathing Meditations, Affirmations, etc.
- 3) The complementary role of meditation to allopathic medicine is systematically presented to the general public utilizing "modalities."
- 4) The role of meditation in the enhancement of health and wellness is presented to the general public utilizing "modalities."
- 5) The role of meditation in the mind-body connection is presented to participants utilizing "modalities."

- 6) Angel Wing meditation program will establish a means to determine the effects of meditation qualitatively and quantitatively. Systematic data collection procedures will be established, and data will be analyzed to determine the effectiveness of meditation.
- 7) Angel Wing meditation program will intersect with each of the following Angel Wing programs and this intersection will be presented to participants utilizing “modalities.”
  - i. Angel Wing’s Educational Awareness Program (Physical/Mental Health Enhancement)
  - ii. Angel Wing’s Quantum Transformation Program
  - iii. Angel Wing Publications
  - iv. Angel Wing’s Accountability Program
  - v. Angel Wing’s Nutrition & Fitness Program
- 8) Angel Wing Meditation program’s enrollment procedure is as follows:
  - a. Each participant will be placed in the waiting room and must agree to Angel Wing’s disclaimer statement before entering into an online session. Agreeing to a disclaimer statement is also necessary for all in-person meditations.
  - b. The disclaimer statement is as follows:

Disclaimer Statement from The Angel Wing, LLC

The Angel Wing meditation program is NOT intended to provide diagnosis and/or treatment for any medical, psychiatric, psychological, sociological, economic, and/or financial problems, and participants are encouraged to contact their medical provider (or another such professional provider) if necessary. Meditation techniques and ideas presented are solely to provide tools that may be utilized by the general public to enhance overall wellbeing. Additionally, any ideas presented by Angel Wing presenters are for participant consideration only. The practice of any meditation technique is voluntary. There is no intention to promote and/or criticize any religious, spiritual, and/or meditative traditions. If there are any difficulties faced by participants while doing any meditation techniques, please contact Angel Wing and appropriate guidance will be provided. By entering the meditation/presentation session, you are agreeing to this disclaimer. If there are any difficulties experienced during the meditation/workshop session, I agree to relay them to Angel Wing, LLC at: [theangelwing19@gmail.com](mailto:theangelwing19@gmail.com)
  - c. Entrance into online (zoom) meditation sessions is open to the general public and there are no exclusionary criteria. If the online zoom host detects unusual activity by participants, the host may remove the participant from the online meeting.
  - d. All online meditation sessions are conducted using zoom.us. Meditation sessions are not recorded on zoom and the host will not permit participants to record zoom sessions. Angel Wing volunteers will host zoom sessions.

- 9) Angel Wing meditation program will utilize open-source materials and/or other relevant materials to promote the mission and vision of Angel Wing as related to meditation.
- 10) Angel Wing meditation program is a volunteer program where presenters from diverse backgrounds will be featured regularly or as guest presenters. All presenters will obtain approval from Dr. Chetana Kripalu (CEO). Presenters may introduce to participants (briefly) their organization and provide contact information, as appropriate.
- 11) A dynamic and expansive marketing plan for the Angel Wing meditation program will be developed and updated on an ongoing basis, utilizing all “modalities” based on the current status of Angel Wing. Additionally, Angel Wing volunteers will conduct systematic outreach and public relations to promote Angel Wing’s meditation program.
- 12) CEO (Dr. Chetana Kripalu) will establish the position: “**Coordinator of Angel Wing Meditation Program**.” This position can be time-limited, ongoing, or revolving based on the development of Angel Wing in the future. This position shall be a volunteer position, where a dedicated and trained individual can coordinate the meditation program and its multiple interrelated components.
- 13) Disclosure forms, consents, volunteer team documents, and other documents will be developed as deemed necessary. This includes all formal procedures for interviewing individuals for coordinator positions and all forms related to internships and/or collaborations with other organizations, groups, academic institutions, etc.

# **ANGEL WING'S EDUCATIONAL AWARENESS PROGRAM (PHYSICAL/MENTAL HEALTH ENHANCEMENT)**

## **MISSION STATEMENT**

The mission of Angel Wing's Educational Awareness Program (Physical/Mental Health Enhancement) is to systematically develop, promote, utilize, and present diverse topics related to Angel Wing's vision to the general public in the context of awareness enhancement (re: physical & mental health) via education. Angel Wing promotes educational development as a significant aspect of personal transformation and self-mastery. If significant progress within an individual occurs with regards to these two guiding principles, then a foundation for human upliftment develops from "the inside out." The glory of education and its application daily is emphasized in the context of Angel Wing's overall vision. The overall goal of this program is to have an increasing number of individuals participate and enhance their understanding of diverse topics related to the human condition.

## **PROGRAMMATIC FACETS**

*Please note that all programmatic facets are introduced to the public via the following **modalities**: The Angel Wing website, online programs, podcasts, webinars, seminars, dialogues, audio/video recordings, publications, newsletters via Mail Chimp, in-person group meetings (as appropriate), and other platforms (i.e., Facebook, etc.)*

The following are programmatic facets of Angel Wing's educational program:

- 1) General background information about the educational program is presented via multiple "modalities." All Angel Wing programs are done in group settings. Angel Wing, LLC does not provide individualized educational sessions.
- 2) The Angel Wing, LLC engages in a systematic and dynamic process of selecting and adequately introducing to the public various topic connecting Angel Wing's educational programming with related areas in the context of the overall vision.
- 3) The complementary role of *intellectual strength development* as related to personal transformation and self-mastery is systematically presented to the general public utilizing "modalities."

- 4) Enhanced awareness of diverse aspects of the human condition promotes better decision-making with regards to health and wellness. This is presented to the general public utilizing “modalities.”
- 5) Increased knowledge of diverse areas of personal development, as related to a better mind-body connection is presented to participants utilizing “modalities.”
- 6) Angel Wing's educational program will establish a means to determine the impact of increased awareness of qualitatively and quantitatively. Systematic data collection procedures will be established, and data will be analyzed to determine the effectiveness of enhanced awareness.
- 7) Angel Wing educational program will intersect with each of the following Angel Wing programs and this intersection will be presented to participants utilizing “modalities.”
  - a) Angel Wing’s Meditation Program
  - b) Angel Wing’s Quantum Transformation Program
  - c) Angel Wing Publications
  - d) Angel Wing’s Mental & Physical Health Enhancement Program
  - e) Angel Wing’s Accountability Program
  - f) Angel Wing’s Nutrition & Fitness Program
- 8) Angel Wing educational program’s enrollment procedure is as follows:
  - a. Each participant will be placed in the waiting room and must agree to Angel Wing’s disclaimer statement before entering into an online session. Agreeing to a disclaimer statement is also necessary for all in-person meditations.
  - b. The disclaimer statement is as follows:

Disclaimer Statement from The Angel Wing, LLC

The Angel Wing educational program is NOT intended to provide diagnosis and/or treatment for any medical, psychiatric, psychological, sociological, economic, and/or financial problems, and participants are encouraged to contact their medical provider (or another such professional provider) if necessary. Educational ideas presented are solely to provide tools that may be utilized by the general public to enhance overall wellbeing. Additionally, any ideas presented by Angel Wing presenters are for participant consideration only. The implementation of any educational ideas is voluntary. There is no intention to promote and/or criticize any religious, spiritual, and/or meditative traditions. If there are any difficulties faced by participants while attempting to implement educational ideas, please contact Angel Wing and appropriate guidance will be provided. By entering the Angel Wing educational session, you are agreeing to this disclaimer. If there



are any difficulties experienced during the session, I agree to relay them to Angel Wing, LLC at: [theangelwing19@gmail.com](mailto:theangelwing19@gmail.com)

- c. Entrance into online (zoom) educational sessions is open to the general public and there are no exclusionary criteria. If the online zoom host detects unusual activity by participants, the host may remove the participant from the online meeting.
  - d. All online educational sessions are conducted using zoom.us. Educational sessions are not recorded on zoom and the host will not permit participants to record zoom sessions. Angel Wing volunteers will host zoom sessions.
- 9) Angel Wing's educational program will utilize open-source materials, as needed, to promote the mission and vision of Angel Wing.
- 10) Angel Wing educational program is a volunteer program where presenters from diverse backgrounds will be featured regularly or as guest presenters. All presenters will obtain approval from Dr. Chetana Kripalu (CEO). Presenters may introduce to participants (briefly) their organization and provide contact information, as appropriate.
- 11) A dynamic and expansive marketing plan for Angel Wing educational programs will be developed utilizing all “modalities” based on the current status of Angel Wing. Additionally, Angel Wing volunteers will conduct systematic outreach and public relations to promote Angel Wing’s educational program.
- 12) CEO (Dr. Chetana Kripalu) will establish the position: “**Coordinator of Angel Wing Educational Awareness (Physical / Mental Health Enhancement) Program.** This position can be time-limited, ongoing, or revolving based on the development of Angel Wing in the future. This position shall be a volunteer position, where a dedicated and trained individual can coordinate the meditation program and its multiple interrelated components.
- 13) Disclosure forms, consents, volunteer team documents, and other documents will be developed as deemed necessary. This includes all formal procedures for interviewing individuals for coordinator positions and all forms related to internships other collaborations with organizations, groups, academic institutions, etc.

# **ANGEL WING'S QUANTUM TRANSFORMATION PROGRAM**

## **MISSION STATEMENT**

The mission of Angel Wing's **QUANTUM TRANSFORMATION PROGRAM** (QTP) is to systematically develop, promote, utilize, and present *PRINCIPLES OF QUANTUM TRANSFORMATION and RELATED IDEAS* to the general public. By promoting these principles, self-mastery and recovery from personal problems may be possible. The QTP provides volunteer opportunities for individuals who have gone through, are going through, or are willing to go through a process of personal development leading to personal transformation by utilizing the Angel Wing's principles of Quantum Transformation. Angel Wing provides a "judgment-free" program that allows individuals to utilize their strengths, education, talents, etc., and serve society via volunteerism and/or limited stipends. QTP provides opportunities for individuals with past problems to present themselves in a new light. If significant progress within individuals with past problems occurs with regards to these guiding principles, then a foundation for human upliftment develops from "the inside out." The significance of quantum transformation and its application daily is emphasized in the context of Angel Wing's overall vision. The overall goal of this program is to have an increasing number of individuals with past and/or current personal issues access Angel Wing's Quantum Transformation Program.

## **PROGRAMMATIC FACETS**

*Please note that all programmatic facets are introduced to the public via the following **modalities**: The Angel Wing website, online programs, podcasts, webinars, seminars, dialogues, audio/video recordings, publications, newsletters via Mail Chimp, in-person group meetings (as appropriate), and other platforms (i.e., Facebook, etc.)*

The following are programmatic facets of Angel Wing's QTP:

- 1) General background information about QTP is presented via multiple "modalities." All Angel Wing QTP programs are done in group settings. Angel Wing, LLC does not provide individualized QT sessions.
- 2) The Angel Wing, LLC engages in a systematic screening process of selecting volunteers and/or contractors to run the QTP program after successful completion of a training period. The CEO (Dr. Chetana Kripalu) will conduct formal interviews of candidates interested in volunteering for the QTP. Criteria to volunteer must include at least one of the following, where an individual has taken steps to resolve and/or recover from a problem and is willing to be trained by QTP to volunteer in various capacities:

- a. Physical health problem
  - b. Mental health problem
  - c. Addiction problem
  - d. Legal problem
  - e. Family problem
  - f. Other problems causing significant distress
- 3) Adequate introduction, development, and implementation of the QTP program will occur via the best possible “modalities” by QTP volunteers and/or contractors.
  - 4) Principles of Quantum Transformation are connected to overall health, wellness, and personal development. “Modalities” will be utilized to develop, promote, and implement this connection.
  - 5) The connection between Principles of Quantum Transformation as related to mind-body connection is presented to participants utilizing “modalities” by QTP trained volunteers.
  - 6) Angel Wing QTP will establish means to qualitatively and quantitatively determine the effectiveness of QTP with regards to personal transformation and self-mastery. Systematic data collection procedures will be established, and data will be analyzed to determine effectiveness.
  - 7) Angel Wing QTP will intersect with each of the following Angel Wing programs and this intersection will be presented to participants utilizing “modalities.”
    - a) Angel Wing’s Meditation Program
    - b) Angel Wing’s Educational Awareness Program (Physical/Mental Health Enhancement)
    - c) Angel Wing Publications
    - d) Angel Wing Accountability Program
    - e) Angel Wing Nutrition & Fitness Program
  - 8) Angel Wing’s QTP enrollment procedure is as follows:
    - a. Each participant will be placed in the waiting room (online) and must agree to Angel Wing’s disclaimer statement before entering into an online QTP session. Agreeing to a disclaimer statement is also necessary for all in-person meditations.

b. Disclaimer Statement from The Angel Wing, LLC

The Angel Wing Quantum Transformation program is NOT intended to provide diagnosis and/or treatment for any medical, psychiatric, psychological, sociological, economic, and/or financial problems, and participants are encouraged to contact their medical provider (or another such professional provider) if necessary. QTP ideas presented are solely to present transformative ideas that may be utilized by participants who have gone through personal problems to enhance overall wellbeing. Additionally, all ideas presented by Angel Wing presenters are for participant consideration only. The practice/implementation of any QTP ideas is voluntary. There is no intention to promote and/or criticize any religious, spiritual, and/or meditative traditions. The QTP program is NOT a treatment program. QTP presents transformative principles via meditative dialogues and all other “modalities” for the benefit of individuals who have gone through personal problems. If there are any difficulties faced by participants while implementing any QTP ideas, please contact Angel Wing and appropriate guidance will be provided. By entering the QTP session, you are agreeing to this disclaimer. If there are any difficulties experienced during the QTP session, I agree to relay them to Angel Wing, LLC at: [theangelwing19@gmail.com](mailto:theangelwing19@gmail.com)

c. Entrance into online (zoom) QTP sessions is open to selected individuals who have gone through personal difficulties. Other individuals may request to join QTP sessions upon approval of Angel Wing, LLC. If the online zoom host detects unusual activity by participants, the host may remove the participant from the online meeting.

d. All online QTP sessions are conducted using zoom.us. QTP sessions are not recorded on zoom and the host will not permit participants to record zoom sessions. Angel Wing volunteers will host zoom sessions.

9) Angel Wing QTP program will utilize open-source materials and/or other relevant materials to promote the mission and vision of Angel Wing as related to QTP.

10) Angel Wing QTP program is a volunteer program where presenters with diverse backgrounds (who have to go through personal difficulties) will be featured regularly or as guest presenters. All presenters will obtain approval from Dr. Chetana Kripalu (CEO). Presenters may introduce to participants (briefly) their organization and provide contact information, as appropriate. Note: presenters may also be guest speakers with expertise in various areas, to give general information or be involved in any particular “modality” based on necessity and approval from the CEO (Dr. Chetana Kripalu).

- 11) A dynamic and expansive marketing plan for Angel Wing's QTP will be developed and updated on an ongoing basis, utilizing all "modalities" based on the current status of Angel Wing. Additionally, Angel Wing volunteers will conduct systematic outreach and public relations to promote Angel Wing's QTP.
- 12) CEO (Dr. Chetana Kripalu) will establish the position: "**Coordinator of Angel Wing QTP Program.**" This position can be time-limited, ongoing, or revolving based on the development of Angel Wing in the future. This position shall be a volunteer position, where a dedicated and trained individual can coordinate the QTP and its multiple interrelated components.
- 13) Disclosure forms, consents, volunteer team documents, and other documents will be developed as deemed necessary. This includes all formal procedures for interviewing individuals for coordinator positions and all forms related to internships or other similar collaborations with other organizations, groups, academic institutions, etc.

# **ANGEL WING'S NUTRITION & PHYSICAL FITNESS PROGRAM (NPFP)**

## **MISSION STATEMENT**

The mission of Angel Wing's NPFP is to systematically develop, promote, utilize, and present diverse NPF related activities to the general public. Angel Wing promotes the utilization of NPF as a significant aspect of personal transformation and self-mastery. If significant progress within an individual occurs with regards to these guiding principles, then a foundation for human upliftment develops from "the inside out." The power of NPF and its application daily is emphasized in the context of Angel Wing's overall vision. The overall goal of this program is to have an increasing number of individuals implement NPFP techniques daily, leading to the maintenance and progression of health and wellness.

## **PROGRAMMATIC FACETS**

*Please note that all programmatic facets are introduced to the public via the following **modalities**: The Angel Wing website, online programs, podcasts, webinars, seminars, dialogues, audio/video recordings, publications, newsletters via Mail Chimp, in-person group meetings (as appropriate), and other platforms (i.e., Facebook, etc.)*

The following are programmatic facets of Angel Wing's NPFP:

- 1) General background information about NPFP is presented via multiple "modalities." All Angel Wing NPFP programs are done in group settings. Angel Wing, LLC does not provide individualized NPFP sessions.
- 2) The Angel Wing, LLC engages in a systematic and dynamic process of selecting and adequately introducing to the public aspects of nutrition and physical fitness. This information is general, and the application of such information is up to each participant in consultation with medical providers and/or other professionals.
- 3) The complementary role of NPFP to allopathic medicine is systematically presented to the general public utilizing "modalities."
- 4) The role of NPFP in the enhancement of health and wellness is presented to the general public utilizing "modalities."

- 5) The role of NPPF in the mind-body connection is presented to participants utilizing “modalities.”
- 6) Angel Wing’s NPPF will establish a means to determine the effects of meditation qualitatively and quantitatively. Systematic data collection procedures will be established, and data will be analyzed to determine the effectiveness of NPPF.
- 7) Angel Wing NPPF will intersect with each of the following Angel Wing programs and this intersection will be presented to participants utilizing “modalities.”
  - a) Angel Wing’s Meditation Program
  - b) Angel Wing’s Educational Awareness Program (Physical/Mental Health Enhancement)
  - c) Angel Wing Publications
  - d) Angel Wing Accountability Program
  - e) Angel Wing’s Quantum Transformation Program
- 8) Angel Wing’s NPPF enrollment procedure is as follows:
  - a. Each participant will be placed in the waiting room (online) and must agree to Angel Wing’s disclaimer statement before entering into an online session. Agreeing to a disclaimer statement is also necessary for all in-person meditations.
  - b. The disclaimer statement is as follows:

Disclaimer Statement from The Angel Wing, LLC

The Angel Wing nutrition and physical fitness program is NOT intended to provide diagnosis and/or treatment for any medical, psychiatric, psychological, sociological, economic, and/or financial problems, and participants are encouraged to contact their medical provider (or another such professional provider) if necessary. NPPF ideas presented are solely to provide information that may be utilized by the general public to enhance overall wellbeing. Additionally, any ideas presented by Angel Wing presenters are for participant consideration only. The implementation of any NPPF idea is voluntary and participants should discuss ideas/recommendations presented with their medical providers and/or other professionals. There is also no intention to promote and/or criticize any religious, spiritual, and/or meditative traditions. If there are any difficulties faced by participants with regards to the information provided by the NPPF program, please contact Angel Wing and appropriate guidance will be provided. By entering the NPPF session, you are agreeing to this disclaimer. If there are any difficulties experienced during this session, I agree to relay them to Angel Wing, LLC at: [theangelwing19@gmail.com](mailto:theangelwing19@gmail.com)

- c. Entrance into online (zoom) NPFP sessions is open to the general public and there are no exclusionary criteria. If the online zoom host detects unusual activity by participants, the host may remove the participant from the online meeting.
  - d. All online NPFP sessions are conducted using zoom.us. NPFP sessions are not recorded on zoom and the host will not permit participants to record zoom sessions. Angel Wing volunteers will host zoom sessions.
- 9) Angel Wing’s NPFP will utilize open-source materials and/or other valid references to promote the mission and vision of Angel Wing as related to NPFP.
- 10) Angel Wing’s NPFP is a volunteer program where presenters from diverse backgrounds will be featured regularly or as guest presenters. All presenters will obtain approval from Dr. Chetana Kripalu (CEO). Presenters may introduce to participants (briefly), their organization, and provide contact information, as appropriate.
- 11) A dynamic and expansive marketing plan for Angel Wing’s NPFP will be developed and updated on an ongoing basis, utilizing all “modalities” based on the current status of Angel Wing. Additionally, Angel Wing volunteers will conduct systematic outreach and public relations to promote Angel Wing’s NPFP.
- 12) CEO (Dr. Chetana Kripalu) will establish the position: “**Coordinator of Angel Wing’s Nutrition & Physical Fitness Program.**” This position can be time-limited, ongoing, or revolving based on the development of Angel Wing in the future. This position shall be a volunteer position, where a dedicated and trained individual can coordinate the NPFP and its multiple interrelated components.
- 13) Disclosure forms, consents, volunteer team documents, and other documents will be developed as deemed necessary. This includes all formal procedures for interviewing individuals for coordinator positions and all forms related to internships and/or collaborations with other organizations, groups, academic institutions, etc.



# **ANGEL WING'S ACCOUNTABILITY PROGRAM**

## **MISSION STATEMENT**

The mission of Angel Wing's Accountability Program (AP) is to systematically develop, promote, utilize, and present diverse accountability-related activities to the general public. Angel Wing promotes accountability as a significant aspect of personal transformation and self-mastery. If significant progress within an individual occurs with regards to these two guiding principles, then a foundation for human upliftment develops from "the inside out." The power of accountability and its application daily is emphasized in the context of Angel Wing's overall vision. The overall goal of this program is to have an increasing number of individuals who participate regularly in accountability programming.

## **PROGRAMMATIC FACETS**

*Please note that all programmatic facets are introduced to the public via the following **modalities**: The Angel Wing website, online programs, podcasts, webinars, seminars, dialogues, audio/video recordings, publications, newsletters via Mail Chimp, in-person group meetings (as appropriate), and other platforms (i.e., Facebook, etc.)*

The following are programmatic facets of Angel Wing's accountability program:

- 14) General background information about accountability is presented via multiple "modalities." All Angel Wing accountability programs are done in group settings. Angel Wing, LLC does not provide individualized accountability sessions.
- 15) The Angel Wing, LLC engages in a systematic and dynamic process of selecting and adequately introducing to the public Angel Wing's accountability program.
- 16) The complementary role of accountability to allopathic medicine is systematically presented to the general public utilizing "modalities."
- 17) The role of accountability in the enhancement of health and wellness is presented to the general public utilizing "modalities."
- 18) The role of accountability in the mind-body connection is presented to participants utilizing "modalities."
- 19) Angel Wing's accountability program will establish a means to determine the effectiveness, qualitatively and quantitatively. Systematic data collection

procedures will be established, and data will be analyzed to determine the effectiveness of accountability.

20) Angel Wing accountability program will intersect with each of the following Angel Wing programs and this intersection will be presented to participants utilizing “modalities.”

- a) Angel Wing’s Meditation Program
- b) Angel Wing’s Educational Awareness Program (Physical/Mental Health Enhancement)
- c) Angel Wing Publications
- d) Angel Wing’s Quantum Transformation Program
- e) Angel Wing’s Nutrition & Physical Fitness Program

21) Angel Wing accountability program’s enrollment procedure is as follows:

a. Each participant will be placed in the waiting room (online) and must agree to Angel Wing’s disclaimer statement before entering into an online session. Agreeing to a disclaimer statement is also necessary for all in-person (group) accountability sessions.

b. The disclaimer statement is as follows:

Disclaimer Statement from The Angel Wing, LLC

The Angel Wing accountability program is NOT intended to provide diagnosis and/or treatment for any medical, psychiatric, psychological, sociological, economic, and/or financial problems, and participants are encouraged to contact their medical provider (or another such professional provider) if necessary. Accountability ideas presented are solely to provide tools that may be utilized by the general public to enhance overall wellbeing. Additionally, any ideas presented by Angel Wing presenters are for participant consideration only. The practice of any accountability ideas is voluntary. There is also no intention to promote and/or criticize any religious, spiritual, and/or meditative traditions. If there are any difficulties faced by participants while practicing accountability, please contact Angel Wing and appropriate guidance will be provided. By entering the accountability session, you are agreeing to this disclaimer. If there are any difficulties experienced during this session, I agree to relay them to Angel Wing, LLC at [theangelwing19@gmail.com](mailto:theangelwing19@gmail.com)

c. Entrance into online (zoom) accountability sessions is open to the general public and there are no exclusionary criteria. If the online zoom host detects unusual activity by participants, the host may remove the participant from the online meeting.

- d. All online accountability sessions are conducted using zoom.us. Accountability sessions are not recorded on zoom and the host will not permit participants to record zoom sessions. Angel Wing volunteers will host zoom sessions.
- 22) Angel Wing's accountability program will utilize open-source materials and/or other relevant materials to promote the mission and vision of Angel Wing as related to accountability.
- 23) Angel Wing's accountability program is a volunteer program where presenters from diverse backgrounds will be featured regularly or as guest presenters. All presenters will obtain approval from Dr. Chetana Kripalu (CEO). Presenters may introduce to participants (briefly) their organization and provide contact information, as appropriate.
- 24) A dynamic and expansive marketing plan for Angel Wing's accountability program will be developed and updated on an ongoing basis, utilizing all "modalities" based on the current status of Angel Wing. Additionally, Angel Wing volunteers will conduct systematic outreach and public relations to promote Angel Wing's accountability program.
- 25) CEO (Dr. Chetana Kripalu) will establish the position: "**Coordinator of Angel Wing's Accountability Program.**" This position can be time-limited, ongoing, or revolving based on the development of Angel Wing in the future. This position shall be a volunteer position, where a dedicated and trained individual can coordinate the accountability program and its multiple interrelated components.
- 26) Disclosure forms, consents, volunteer team documents, and other documents will be developed as deemed necessary. This includes all formal procedures for interviewing individuals for coordinator positions and all forms related to internships and/or collaborations with other organizations, groups, academic institutions, etc.

# **ANGEL WING'S PUBLICATIONS**

## **MISSION STATEMENT**

The mission of Angel Wing Publications is to systematically develop, promote, utilize, and present diverse publications to the general public. Angel Wing publishes books that are significant to personal transformation, self-mastery, and human upliftment. If significant progress within an individual occurs with regards to these guiding principles due to accessing publications created by Angel Wing, then a foundation for human upliftment develops from “the inside out.” The power of publications (i.e., books, eBooks, Kindle books, audiobooks, etc.) and their distribution/purchase is emphasized in the context of Angel Wing’s overall vision. The overall goal of this program is to have an increasing number of individuals access/purchase books and other materials developed by Angel Wing publications.

## **PROGRAMMATIC FACETS**

*Please note that all programmatic facets are introduced to the public via the following **modalities**: The Angel Wing website, online programs, podcasts, webinars, seminars, dialogues, audio/video recordings, publications, newsletters via Mail Chimp, in-person group meetings (as appropriate), and other platforms (i.e., Facebook, etc.)*

The following are programmatic facets of Angel Wing Publications:

- 1) General background information about Angel Wing Publications is presented via multiple “modalities.” All Angel Wing Publications will be available for purchase online. Angel Wing, LLC does not provide individual consultations with regards to publications created by Angel Wing, LLC.
- 2) The Angel Wing, LLC engages in a systematic and dynamic process of selecting and adequately introducing to the public diverse publications on the human condition in general and diverse topics such as health, wellness, meditation, etc., in alignment with the overall Angel Wing vision.
- 3) Angel Wing Publications will illustrate Angel Wing’s connection with allopathic medicine by utilizing “modalities.”
- 4) Angel Wing Publications will present health and wellness to the general public utilizing “modalities.”
- 5) Angel Wing Publications will emphasize the mind-body connection to participants by utilizing “modalities.”

- 6) Systematic tracking of distribution and sales of all publications will occur regularly.
- 7) Angel Wing Publications will intersect with each of the following Angel Wing programs and this intersection will be presented to participants utilizing “modalities.”
  - a) Angel Wing’s Meditation Program
  - b) Angel Wing’s Educational Awareness Program (Physical/Mental Health Enhancement)
  - c) Angel Wing’s Accountability Program
  - d) Angel Wing’s Quantum Transformation Program
  - e) Angel Wing’s Nutrition & Physical Fitness Program
  - f) Angel Wing’s Quantum Transformation Program
- 8) Angel Wing Publications will have the following disclaimer statement on all publications:

Disclaimer Statement from The Angel Wing, LLC

The information contained in all Angel Wing Publications is not intended to provide diagnosis and/or treatment for any medical, psychiatric, psychological, sociological, economic, and/or financial problems, and readers are encouraged to contact their medical provider (or another such professional provider) if necessary. All ideas are presented only to enhance the overall wellbeing of the public at large and are not intended towards any specific individual. The application and practice of ideas published are up to each reader, upon consultation with a medical provider or other professionals. There is also no intention to promote and/or criticize any religious, spiritual, and/or meditative traditions. If there are any difficulties faced by readers while attempting to apply ideas presented in publications, they are welcome to contact Angel Wing and appropriate guidance will be provided by contacting Angel Wing at the email address: [theangelwing19@gmail.com](mailto:theangelwing19@gmail.com)

- 9) Angel Wing Publications will utilize open-source materials and/or other relevant materials to promote the mission and vision of Angel Wing.
- 10) Angel Wing Publications is a volunteer program where writers from diverse backgrounds will create diverse publications. These writers will be featured regularly or as guest presenters. All writers will obtain approval from Dr. Chetana Kripalu (CEO). Writers may introduce to participants (briefly) their organization, their background, and provide contact information, as appropriate.

- 11) A dynamic and expansive marketing plan for the Angel Wing publications will be developed and updated on an ongoing basis, utilizing all “modalities” based on the current status of Angel Wing. Additionally, Angel Wing volunteers will conduct systematic outreach and public relations to promote Angel Wing Publications.
  
- 12) CEO (Dr. Chetana Kripalu) will establish the position: “**Coordinator of Angel Wing Publications.**” This position can be time-limited, ongoing, or revolving based on the development of Angel Wing in the future. This position shall be a volunteer position, where a dedicated and trained individual can coordinate the publication program and its multiple interrelated components.
  
- 13) Disclosure forms, consents, volunteer team documents, and other documents will be developed as deemed necessary. This includes all formal procedures for interviewing individuals for coordinator positions and all forms related to internships and/or collaborations with other organizations, groups, academic institutions, etc.

## **ANGEL WING'S INTERNSHIP PROGRAM**

Angel Wing's internship program provides opportunities for high school students, bachelor's level, master's level, and doctoral level students to gain direct experience in multiple areas as Angel Wing programs continue to develop. Angel Wing will follow established procedures by schools, universities, etc. with regards to learning contracts, innovative challenges, research projects, etc., based on the student's field of study. Given the diverse nature of Angel Wing programs, a variety of internships are possible. Additionally, a master's or doctoral level student can do thesis work via Angel Wing. It is also possible for the COO position to be a revolving position where students in business administration, finance, administrative social work, or related areas may be placed as a COO for 1 year or 2 years to gain experience in administrative oversight. Given that Angel Wing is a new and developing organization, a qualified student placed in the COO position to oversee all programmatic aspects and further develop the structure of the organization can be a "win-win" scenario. The CEO, Dr. Chetana Kripalu, will consult with the mastermind group and advisory committee and explore the possibility of the COO position being held by master's or doctoral level students. Angel Wing promotes innovation, and the creation of a revolving COO position may be highly beneficial for Angel Wing's growth and long-term sustainability.

## **MASTERMIND GROUP**

Angel Wing's mastermind group shall be an informal group of experts from diverse areas and backgrounds who will engage in a continuous and ongoing process of further conceptualizing multiple components, activities, programs, etc., of "The Angel Wing, LLC."

## **ADVISORY COMMITTEE**

Angel Wing's advisory committee shall be a formal group composed of stakeholders within communities, leaders, individuals with expertise and/or significant accomplishments, etc., who are passionate about Angel Wing's vision. Committee member selection will be conducted by the CEO (Dr. Chetana Kripalu). Each advisory committee member will be selected based on his/her ability to provide adequate guidance to Angel Wing and collaborate with Angel Wing. Angel Wing will seek "win-win" collaborations.

## **LEGAL DOCUMENTS**

Lawyer to add documents, as necessary

## **APPLICABLE DELAWARE STATE LAWS**

Lawyer to add information, as necessary

## **ANGEL WING BUSINESS PLAN (Under Development)**

Free programs

Paid programs

Publications: revenue generators

Online Retreats

Online fundraising events

Sponsorships for various programs, events, publications, etc.

Other possibilities

## **ANGEL WING, LLC LOGIC MODELS**

Commencement of logic model development will start in July 2021.

## **APPENDIX**

- 9) Resume of CEO / Founder
- 10) Job Description of COO (Volunteer position to be developed)
- 11) Resume of COO
- 12) Job Descriptions of Angel Wing Coordinators
  - a. Resumes of Coordinators
- 13) Resumes of Angel Wing regular volunteers
- 14) LLC Formation Documents
- 15) Business License
- 16) Other documents