

Joining in Light

Circles of Light



Rejoicing in the gift of light to heal.

What is a Circle of Light or a Joining in Light Circle?

A Joining in Light Circle is a gathering of two or more light beings who come together to focus on the light and extend light to each other. Anyone who is experiencing strong emotions such as sadness, fear, and frustration (darkness) can place these thoughts and emotions in the shared light with willingness to be shown a new way of seeing. Offering thoughts and emotions to the light (in silence or out loud) and sitting quietly the truth of peace of mind is revealed. It is a celebration of the power we have as light beings to extend light to each other and heal.

After a few minutes of resting in silence the experience may be shared with group members.

Here are a few steps to follow. (It can be helpful to have a facilitator who is familiar with the process. If you have questions, contact us at JoininginLight.net. Sessions can also be arranged via Teleconference to get a group started.)

1. **Sit in a circle.** Participants sit in a circle with an open mind and open heart. If there are only two beings sharing light at first it can be very beautiful (and helpful) to hold hands together cupped as depicted in the Joining in Light picture.
2. **Focus on the light.** The first step is always to focus on the light within. This is the light that is shared by all. Your heart already knows what this is, so just focus on light. Open your heart with a willingness to be shown another way to look at how you are thinking/feeling (any upsets that are coming to mind.)
3. **Place any emotions/feelings/thoughts in the light.** Place any perceived darkness (any thoughts, fears, emotions) in the shared

light. Placing feelings/thoughts in the shared light can be done by everyone at once, or each person one at a time. The Spirit works fast and in both situations! These may be said out loud or offered in silence. Notice what happens when the thoughts are put in the light.

4. **Relax, pause in silence for a few moments** – perhaps 2-3 minutes with an open mind and heart. Some may hear comforting thoughts or words or next actions to take that can be helpful. This is the voice of inner wisdom speaking. Some call this the Holy Spirit.
5. **Share your experience from your heart.** If inspired, each member can share their experience – what they felt, how it changed, any thoughts that were heard or learnings from their experience.
6. **Additional rounds.** If you feel inspired you may rest for another moment and ask silently in your heart if there is anything else that is helpful for you to offer to the light. If so, the group can go another round (or as many rounds as is helpful). This can be a very fast and very deep clearing process as many fears, deep emotional blocks and doubts buried in the subconscious mind can be brought to the light for release. *The power of the light – the divine light within – to clear out old emotions and beliefs – is unlimited. There is only One light and thus one great infinite love shared by all.*
7. **Gratitude.** Express thanks and gratitude for the light within.

A note on pain and physical illnesses. Pain and physical symptoms are a reflection of emotion/beliefs/fear hidden deep in the subconscious mind. Ask the light to reveal to you any fears/emotions/beliefs related to these symptoms so that you can offer them to the light for healing. You are a light being created by God/Love and thus have the power to heal/release any thoughts/beliefs/emotions underlying pain and physical symptoms to the light. This can be a very rapid approach to Spiritual Awakening.

“Healing is an act of thought by which two minds perceive their oneness, and become glad. This gladness calls to every part of the Sonship to rejoice with them, and let God Himself go out into them and through them.” T-5. I. 1.