



# *Joining in Light*

Light Circles  
are for Everyone

**Joining in Light is for Everyone**  
*The Power of Light to Heal Everything.*

**What is Joining in Light?**

Light is an expression of creation, our natural state of Being. This is the inner Light that is referred to in the bible and many mystical spiritual traditions. Yet there is no need to study religion or mystical traditions to recognize Light. It is here now. Everyone has it, the Light within, the same powerful Light. Just the thought of Infinite Light has power. And with this thought, when two or more gather together, the healing of thoughts, feelings, emotions (upsets) is natural. Joining in Light is simply referring to coming together to see what is true in the Light—the Light of Truth within, to see that we are all joined by one Light. And it demonstrates the power of this inner Light to shine away upsets and concerns.

Joining in Light is easy to learn and can be shared with anyone. I asked my 7 year old niece her experience after placing an upset in shared Light, “What happens in the Light?” She said, “It melts trouble”.

**What are Light Circles?**

Light Circles are two or more gathered to focus on Light and place upsets in the Light of Truth to be cleared—to remember the inner peace of the Light within that is always available.

This handout describes Light Circles—the natural ability to focus on Light within and to place upsets in Light and immediately see that they can be dispelled. Anyone can participate in a Light Circle.

The instructions are easy and very basic. Any thought, feeling or emotion can be placed in the Light at any time, yet at first it is helpful to come

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together with others to focus on the Light together. Sit facing each other if two people, or if there are more (and this can be extremely powerful) you can sit in a circle facing each other.

It is helpful for group sessions to have a facilitator. The facilitator of the group opens the group and expresses the desire of the group to see all things in the Light of Truth. Participants can join hands palms up and focus on the shared Light—the Light within that everyone shares (hands can be held together as in the Joining in Light symbol), or simply hold the shared Light of the group in mind in the middle of the circle. If it is a large circle participants place their hands palms down on his/her lap. Everyone is invited to focus on the Light and simply place all thoughts, feelings or emotions (upsets) in the shared Light. Eyes can be opened or closed, although some beings prefer to close their eyes to focus. Pause for a moment and notice what happens when the upset is placed in the Light. Nothing needs to be spoken, as the Light knows how to address every upset.

Often after placing thoughts, feelings, emotions in the Light a shift is felt. A sense of peace comes, or joy. It is helpful to sit for a moment with this shift. In order for the facilitator to know when everyone in the circle is complete, and the thoughts have cleared, each participant simply turns their palms face up. Typically this only takes less than a few minutes. In most cases it is 30 seconds or less!

When all participant's palms are face up the facilitator can check in with the group. Often it only takes one round for thoughts to clear. If needed, the rounds of placing thoughts into the Light can continue until everyone feels clear or the facilitator feels it is time to stop. After the Light clears the upset it is helpful to listen quietly, as very often inner wisdom speaks to offer new

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learning, next steps or helpful actions to take. This is time for a new understanding of the situation—a fresh perspective—to take hold and bloom completely in the heart.

For more advanced groups the facilitator can open the floor for sharing. In sharing each participant shares their experience, what happened to the upset, or what wisdom they gained from looking at the upset in the Light. Sharing is most helpful when it is a humble expression of what was directly experienced and learned. If there is still an expectation that someone else do something about the upset, then the upset has not fully cleared and the option is given to place the upset in the Light again. At first it can be helpful to say, “This is what I learned in the Light of Truth...” It is a fresh expression of self discovery—something new recognized that is of value to all.

**Steps are simple. To review:**

1. If you are feeling an upset ask a friend or circle of friends to sit with you in the Light of Truth.
2. Sit together and ask to be shown what is true.
3. Focus on inner Light (do no doubt that you can because you are Light first before anything else! And even children can do this.) Infinite Light has no color, although some have found it helpful to focus on the blue light. Several have bought blue light rings to remind themselves to focus on blue light all day!
4. Place the feelings and thoughts of the seeming upset in the Light.
5. Pause for a moment and observe what happens to the upset in the Light.
6. Pause in deep listening/wisdom after the emotion clears.
7. If the opportunity is given by the facilitator, share what you have learned/realized in the Light.

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I have posted a video on YouTube about the vision that I received that started the Joining in Light symbol and Light Circles (for general audiences- adults, families, children), as described in this handout.

<https://youtu.be/sZ2cHEhx3jI> A few additional experiences with the power of Joining in Light and Light Circles to heal can be found below.

Please note that the Light Circle videos that are offered currently on YouTube (Joining in Light Devotional Center) or at the Joining in Light website are provided to help more advanced students of non duality to reflect on inner Light and to clear Denials of Divinity. Light Circles are offered twice daily for clearing emotional upsets and to recognize that Spiritual Awakening is merely recognition and acceptance of inner Light is all there is. The Circles reference *A Course in Miracles*, yet no training in the Course is needed to recognize the Light of Divine Being and clear denials. What is described below refers to the earliest, most simple form of Light Circles that anyone can use at any time to clear upsets.

The story that follows is of the first use of Joining in Light in a two person Light Circle of healing while I was coaching as a volunteer in a men's prison, Oakhill Correctional Institution outside of Madison, Wisconsin.

Roger grew up on the rough side of Milwaukee, in a troubled neighborhood that was otherwise known as the hood. In his early teens he joined in with a tough troublemaking crowd, which was the path followed by many from the inner city, as it was believed to be the single path of survival for a young black man. At seventeen he was involved in a robbery that resulted in the death of an elderly storekeeper.

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When Roger joined the class I was teaching he had served 33 years on a life sentence for murder. On the way out of class one day he expressed his anger and frustration as the parole board had again denied his request for parole. I looked at him straight in the eye and said, "You are a good man" and meant it. Then I thought, "What made me say that?" That comment could only have come from Spirit—the Light within. Roger went still and peaceful. The Light just poured out.

Later in the week we met for a one on one coaching session. As we sat there quietly I asked him to close his eyes to think about what we would discuss. After closing his eyes for a moment, he peeked at me out of the corner his eye and said, "You're not going to hit me, are you?" I was stunned, he was really afraid. He had survived in prison for all this time and yet he was afraid. Of me! He wasn't a large man, but he was larger than I (I'm 5'5"), and he was strong, at least 5'8" or 5'9" and in excellent shape from lifting weights. It had not even occurred to me to be afraid of him. I almost broke down and cried right there. This is what the illusion of fear does to all of us. After I assured him I wasn't planning to hit him, we continued.

He expressed his anger and frustration over the parole board. Intuition told me to say, "Roger, they can't let you out of prison until you are free from the anger and frustration." I was momentarily afraid to say it, yet it felt guided to say it anyway. He said that he understood that there was something he needed to look at in order to have more peace about whether he continued to be in prison or not.

I asked him if he would like to pray with me for wisdom on this. I remembered the blue Light that had been placed in my hands by Jesus in a mystical vision. It felt right somehow to extend my cupped hands facing up,

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holding light and asking John to extend his hands holding light so that our hands could join in shared Light. I'll never forget looking down at the beauty of our hands joined together and the incredible feeling of trust. I told him that in shared Light he could place whatever thoughts or emotions he was feeling. We paused in a moment of silence. Within a minute or two I asked him what had happened. He said he was at peace about the parole board and that the anger had melted away. He said he would be free when it was time to be free and that he would make the best that he could of the time he was spending in prison. The spirit and wisdom that flowed from this man was inspiring. And it taught me that we are all in prison if we don't see upsets in the Light of Truth.

What surprised me, among many things about Roger, was his relationship with his daughter. She was born while he was in incarcerated, yet he had maintained a positive relationship with her for over thirty years. She had developed a career and he encouraged and blessed her every decision, even though he often didn't understand the decisions she needed to make. He said, "I don't know how to be a father, or what a father does." I said, "Roger, what more can a father be than to offer only love, light and non-judgmental support for his daughter as you have for her?" He was so surprised. It had never occurred to him that this could be of value in the world. He had no idea of the great generous gift he had bestowed upon her.

The innocence and beauty of this man is extraordinary. I learned so much about kindness and willingness to learn from getting to know Roger. He is a precious reflection of gentleness and innocence in everyone. What a gift to peace of mind. Amen. Now I realize this is what the Light within offers—love, Light and non-judgmental support.

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In another prison coaching session a man expressed upset over his relationship with his father. I did not offer advice, rather, I said, "What if we ask God about that?" (He believed in God and for many beings, God is the symbol of inner Divine Light!) We joined hands and focused on Light and within a minute or two of placing his "concerns" in the Light he expressed a feeling of peace. The next day I heard from a social worker that he had "forgiven" his father. We did not speak of forgiveness: that inspiration came from the Light. He told me that he had written a letter to his father to connect with him.

The realization came that Joining in Light is a form of forgiveness, seeing everything in the Light of truth with a new perspective by focusing on Light. It is not the way forgiveness is viewed in this world, with forgiving someone else. Forgiveness that comes naturally from Joining in Light is seeing what is true and in this is peace. This is that no matter what is happening, we can always look to the Light within. It is simple, natural and easily available to everyone.

Joining in Light helps with learning to hear and follow inner intuition (Sometimes this voice is called Holy Spirit or Higher Self). When I first started going into prison to coach there was a lot of talking about beliefs and changing beliefs to see what is true. And this is helpful. Yet over time I could see that the Joining in Light was so much faster, more powerful and simple. When I first started joining in various forms and stepping back out of the way to let the Light clear strong emotions I would panic, thinking, "What if God (the Light) tells the other person the wrong thing?" particularly in the prison coaching sessions (as if Light could!). To my amazement it has never happened over many joining sessions! The insights shared are always profound truths. The experience builds trust that the Holy Spirit—the Light

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within—does indeed answer prayers when two brothers honor the gift they have for each other. Yet the gift of Light isn't for the other person, it is for all of us together, to be reminded that our natural state is Light! It is a joy to find that upsets have no power over Light. The thought, "What if the Light says something wrong?" was only a doubt I had about the power of Light to see what is true!

Joining in Light is helpful at any time. Just the thought of Joining in Light in imagination with a friend without necessarily using a circle or joining in person with someone else is also powerful for resolving upsets. During particularly intense emotional surges I would focus on Light and join in my heart with friends or Jesus or Ramana, or Spirit and the pain eased. The thought of joining is a powerful antidote provided by the Light as all fear is fear of separation from God, which the Light reveals that separation is impossible as all share Light. Everyone shares the same Light within and in this we are always joined. True happiness is recognizing that we are Light and are always joined as One.

The gift of learning to focus on Light first when there is an upset has been a gift beyond measure. And this gift is natural for everyone. Welcome to Light Circles and Joining in Light, a gift of peace of mind for all.

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**About Cay Villars.**

Cay is a mystic in full devotion following the Voice of Jesus and to the recognition and celebration of Divinity. She serves Love as Spiritual Guide for the

Joining in Light Devotional Center. Her storyline included adventures in consciousness in executive coaching, executive management, sales, marketing, business development, intuitive healer, coaching in prisons, and scientist, which led to the realization that there is no storyline that has more value than the happiness of Divine Being in celebration of all the Love there is. In 2019, based on Guidance from Jesus, she typed and has freely shared *Jesus: A New Covenant ACIM, A Message to A Course in Miracles Students*. This book is a fast track for non dual students interested in Spiritual Awakening.



**Joining in Light Devotional Center**

The Center is a silent monastery located on the shore of mystical Lake Chapala in San Juan Cosala, Mexico, where beings move in silence, dedicating their lives to selfless service and devotion to awakening to true nature. The Center is an expression and celebration of unconditional love of the Self, the Light of Infinite Being. It was opened in May 2019 in guidance from Jesus to extend the speed to spiritual awakening offered by *A Course in Miracles* and *Jesus: A New Covenant ACIM*.

The purpose of the Center is to invite everyone to join in Light—the Truth of Love’s ever presence—by extending the non dual mystical teachings of Jesus through Light Circles, devotional stays for mind training/karma yoga (seva, selfless service to Love) program, retreats, Satsang, and silent contemplation. Occasionally the Center is open for visitors for Satsang, spiritual movies, and silent contemplation on the nature of Infinite Being. We ask visitors to honor the contemplative silence while at the monastery. This means no speaking unless essential and if speaking please whisper quietly with an awareness of those nearby. If you would like more information, please email [join@JoininginLight.net](mailto:join@JoininginLight.net).

