

Creating “Circles of Light”

This is a Guide for initiating and sustaining prayer circles, “Circles of Light”. The suggestions offered are based on the experiences of two prayer circles on the West Coast of British Columbia, Canada that have been meeting continuously for more than 40 years, and one in Frankfurt, Germany that has been meeting for two years. They are guidelines only, derived from our experience of what works and what does not work. They are not intended as prescriptions or rules, but descriptions of what has been successful in these two contexts for participants of diverse cultures and spiritual backgrounds, including Christians, Muslims, Jews, Zoroastrians, Agnostics.

What is a Circle of Light?

A circle of light is a group of people that meets regularly for silent prayer to ask for and receive the Divine Love of our Creator/God/The Source/The One/Father. As individuals, everyone has their own personal and private prayer practice. They choose to come together regularly as a group because of the great power generated by collective prayer focused on a single purpose - to ask for and receive the Love of God.

Group prayer with this singleness of purpose opens the soul to Divine Love, attracts the Highest Angelic Beings, generates great light and healing energy beneficial both to those praying and those for whom they pray. Spirits from many levels are drawn to the light and receive many blessings that help them on their spiritual journey.

Getting Started

Circles start with one person who believes in the value of group prayer for Divine Love and reaches out to others to invite them to join in. To date, people have found their way to prayer groups through relationships with those who already belong. It takes trust for people to confide their spiritual yearning or curiosity, and when they do, the invitation can be made. Sometimes people find us, sometimes we find them. When a soul is seeking, we believe we will be guided to converse about spiritual practices. Based on their responses, we will know whether to invite them to a prayer meeting. The central message is that God is Love; each soul can know God through His gift of Love through silent prayer for this gift; that this gift must be experienced as it is beyond words.

A number of us found the Truth of God’s Love through speaking with those who knew it; others found it through the books of Padgett Messages; still others through Divine Love websites. Those of us fortunate enough to have had the experience of regular group prayer for Divine Love believe it is a blessing that augments greatly one’s individual prayer practise and are eager to include other seeking souls in our groups. However, we do not proselytize or preach or attempt to “convert” others as we deeply respect free will. We recognize that it is a free will choice whether to turn to God for His Gift of Love, and each person must make this decision for themselves. The best we can do is to grow in the Love ourselves and be alert to our guidance when interacting with others, for the hints that allow us to engage in spiritual conversations that may result in their asking or us inviting them to join our prayer group. In summary, we find people within our networks with whom we feel a resonance that prompts us to invite them to our circle. Some bring friends, word spreads and all are welcome!

The Setting

Most circles begin small and can be comfortably accommodated in the home of the host/hostess. If this is the case, the host/hostess will arrange seating in a circle, paying attention to temperature, lighting, reduction of distracting noises, turning off phones and cell phones, perhaps placing a note at the entrance to ensure privacy by indicating that meditation is in progress.

If the group becomes too large to fit comfortably in the home of a member, the group itself can brainstorm alternative settings that may be available free of charge or for a small fee.

Routines

The group decides on an appropriate day and time. The host/hostess sends out an email reminder shortly before the agreed upon date asking for confirmation of attendance so there is a basis for arranging the meeting space and planning the quantity of food to be shared afterward. A regular day and time provides a rhythm, a discipline, and allows others unable to attend to predict when the prayer is taking place so they can join in from however far away.

It is agreed that everyone arrives in plenty of time so the prayer can begin as scheduled. The host/hostess' role is to welcome everyone, ensure they are comfortable and invite group members to introduce themselves if there is a new member joining the group. If the group is meeting for the very first time, a good way to begin is to invite each person to introduce themselves, share briefly about their spiritual life, how they came to the circle and anything personal they think may be relevant.

As people arrive, they re-connect with hugs and conversation and seat themselves.

To facilitate the flow of energy around the circle, people take off their shoes, uncross their legs and sit comfortably but alertly. Prayer is an active process of reaching with one's soul for the Love and falling asleep is to be avoided.

Rituals

These vary from group to group, as they are shaped by the participants themselves. In Frankfort, for example, the group begins promptly at the agreed upon time by reading a channeled message or a prayer, a short piece of classical piano music is played, then everyone in the circle says their name while the others send him/her love. Then, the group members join hands, chimes are sounded by one person and the group goes into silent prayer for about half an hour. Then, one person sounds the chimes to signal the end of prayer time. Shortly after, people may begin sharing their experiences, followed by socializing with tea and cookies.

In West Vancouver, a message is read, someone says a prayer on behalf of the group, or if the group is particularly small, each person may say a prayer followed by an hour of silent meditation with no music being played. The meditation is brought to an end with a closing prayer said by a group member. The group gradually comes to ordinary consciousness and people sometimes share any visions, impressions or guidance they may have received. The group then gathers around the dining room table to socialize and enjoy food that each person has brought.

In Gibsons, the process is much the same except that relaxing music is played quietly in the background during the meditation.

Other prayer gatherings may begin with the singing of hymns that raise spiritual energy, or by each person saying a prayer out loud before the silent prayer begins, or in other ways agreed upon by the group. Some groups say the Prayer Perfect, available in the Padgett Messages. In the early stages of a group, it is best for the host/hostess to model praying out loud, sharing this task with others once they are comfortable.

Mediumship

The West Vancouver and Gibsons groups are blessed by the participation of two mediums who have been praying for Divine Love for decades and channel Celestial Angels. Because of their gifts, Celestials are able to bring their energies into the circle and communicate teachings to us that are later transcribed and shared via email with our global networks.

The role of the medium is to bring teachings from the Highest Source into the group. The medium has put great effort into his/her soul growth and chosen to serve in this capacity. Their free will choice must be matched by the choice of group members to support and protect them by praying for the cloak of protection to surround them, so that they may be free of all spirit and influence that is not Celestial.

The primary purpose of gathering in group prayer is to reach for Divine Love. Receiving messages is a bonus that does not occur every time we pray and is not necessary for individuals to achieve their purpose of growing in the Love.

Preparation for Group Prayer

A private personal prayer life through which one builds a relationship with God through Love is the best preparation for group prayer. Be aware that the group is a gift that allows one to practice Love by putting aside all judgmental thoughts and all negative feelings towards others in the group. Regard participation in the group as a privilege and opportunity to build spiritual relationships with others who have in common a yearning for closeness with God, however different they may be in other ways from oneself. With membership comes responsibility for keeping one's thoughts and actions towards others in alignment with Love.

Some participants prepare for the prayer by eating lightly or not at all on the day of the gathering. All are encouraged to prepare by making an extra effort to keep their thoughts positive and to pray for everyone in the group.

Challenges

The host/hostess must be clear that progress in God's Love is not made intellectually but at a soul level through the actual reception of Divine Love into one's soul. The diverse belief systems to which people are attached could become a barrier if one allows oneself or others to become caught up in argumentation. The host/hostess must speak their understanding of the "Truth" with humility, with a recognition that how they understand and frame the "Truth" reflects their current soul growth and may change over time. They must model listening without judgment to

what others' current beliefs and understandings are, showing genuine respect for them as a person by doing so.

Through treating others in this way, the host/hostess demonstrates that membership in the group requires only the belief that God's Love is real (or possibly real), and that with its possession, Truth will come at the right time, in the right way and error will fall away as a natural consequence of being close to the Source of all Truth.

The host/hostess must have faith that sincere prayer for the Love will transform all aspects of us that are in error or out of harmony with the One Truth of God's Love. Their role is to keep the group focused on praying for the Love rather than becoming side-tracked in divisive arguments.

The best time for discussion is not before the prayer when people would be too much "in their heads" but afterwards, when everyone is more heart centred and able to hear one another with openness and acceptance of differences.

As relationships of trust grow, as people feel safe in the group, heartfelt spiritual conversations will occur from which everyone will learn, including the host/hostess. As individuals make progress in the Love, the quality of their listening will grow, their souls will honour one another and differences in their beliefs will not be an issue.

The humility of the host/hostess is based on the knowing that all are equally loved by God, that there is no hierarchy in the group, that each person has gifts to offer that are needed and are to be valued. They treat each person accordingly, thus setting the standard for how others conduct themselves and making the group a place of safety for all where mutual trust can flourish.

Rewards

Prayer groups that follow these guidelines become spiritual families with rewards that are both seen and unseen. The more visible outcomes are the love-bonds that grow as relationships develop between people. We support one another in many ways as we progress in God's Love. More subtle blessings include the mutual healing that occurs as our chemicals are mixed and spiritual bonds are forged.

When we meet to pray, our prayers and the light generated attract many in spirit who are seeking. They learn from us and from the Angels who assist and guide us. We too, learn from one another as we converse about our prayer lives, our personal challenges and the insights we are gaining.

The deep inner peace, the healing, the Love are experienced as blessings we take into our personal and work lives with positive effects on ourselves and all with whom we come into contact. Our group prayer has a ripple effect, like a stone thrown into the water, contributing not only to local but also to global healing.

Group prayer for Divine Love brings blessings for each participant, for those they are connected to, both here and in spirit, and blessings for the planet as our prayers are used for the healing of the earth.