

Ascension Notes



A Circuit of Love

A Circuit of Love

Why

Early one morning during my regular meditation it was made clear that the area of my spiritual growth that needed work was learning to love other people. Because I had no clue how to proceed I resorted to my old tried and true technique of asking inside for guidance. The answer came back almost instantly.

What

I was reminded that Love is the spiritual energy that flows among a circuit of people when their hearts are open. The best way I might learn to love other people is by learning to Love *with* other people. That revelation even came with a general plan of action. If small groups of people gather with the intent of opening their hearts, Love would flow to them, through them and among them. They would create a circuit. Everyone would be spiritually uplifted by the event. The results would vary for each individual. Many groups and traditions use prayer, worship and meditation to achieve that state with varying degrees of success. I was given a slightly different technique.

How

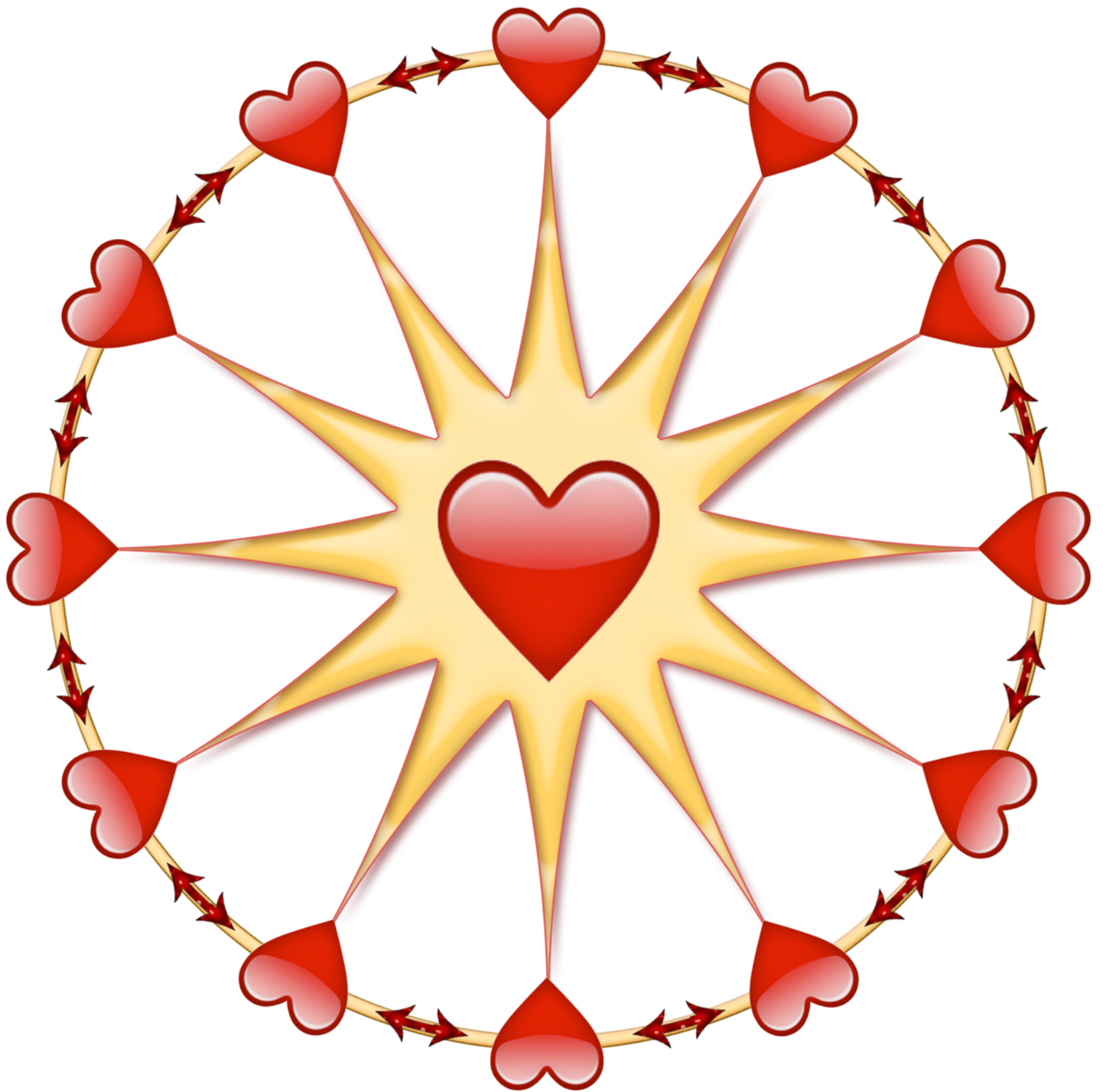
The first goal of a gathering is for each participant to practice quieting their minds, relaxing their emotional centers to allow our hearts to open. Each member of a gathering intent on creating a circuit of Love would take turns offering points of view they found spiritually valuable. The possibilities are endless; a reading one finds inspiring, an image, a poem, a song, sharing an original creation or you might ask for help with a personal struggle. Our Love is where our attention is so we would be looking at spiritual perspectives through each other's eyes. After each viewpoint is presented a short period would be taken to reflect on it. Those periods of reflection would allow us to receive new bits of insight. Sharing them in conversation would expand the original concept and enhance the group connection to Love. As we proceed it will become progressively easier to quiet our normal mind chatter and receive illumination. It was an exciting concept at the time. Still is.

When the group has assembled, we might go around the circle to introduce ourselves (if needed) and add a brief sketch of our spiritual paths. Following that, five minutes of meditation would start opening our hearts. Then we'll proceed around the circle, each member offering food for thought followed by a pause for reflective responses to come to us. As each of the ensuing discussions wind down the direction of the group is passed to the next person in the circle. After roughly an hour or maybe even two when everyone has had an opportunity to direct the group consciousness it seems adjourning for some socializing would be a good idea.

Oh yes, creating a circuit of Love isn't intended to be a solemn event. Humor is the yeast that leavens the loaf of Love.

Who

This experiment in creating A Circuit of Love would be open to anyone who might be interested. I feel that a dozen participants would be an ideal number. A wide variety of spiritual paths will enhance the event. Each member should have some familiarity with meditation, prayer or simply inner quiet. Everyone should prepare a point of view or maybe two to direct the group focus. For example, I might read a brief excerpt from a book that seems perfect for the event or recount a story of a recent occurrence that somehow exemplified Love in action.



*Circuit of Love
Schematic*
~