



ENERGY CIRCLES TO ALIGN WITH VISION AND ENHANCE COLLECTIVE COHERENCE ~ Margo Adair

[This is a brief overview; for detailed explanation and meditation scripts see Chapter Six in *Working Inside Out*.]

Energy Circles tap intuition, generate positive points of reference, align energies, and seed possibilities. They work by sitting in circle, holding hands and going into a meditative state together. In meditation we experience our interconnectedness and can work with the imagination to invite intuitive knowing, channel healing and seed possibilities. They serve as powerful amplifiers to our intention and are useful to focus everyone's attention on their shared purpose before embarking on a common task. They are also a great way to support one another. For the former, it takes about 5 minutes and will make a qualitative difference in people's ability to work well with one another. A support Energy Circle works by each person taking turns to voice what s/he would like others to focus on. This is done in the form of an affirmation that people then imagine. One way to do this kind of Energy Circle is for each person to have three requests: one round for *self*; one for *the community* and one for the *world*.

For a support Circle, you can ask for anything that you would like. Keep your requests simple and positive—just one sentence. Don't phrase them in the negative. For example, instead of saying: "I would like energy to stop being stressed out," say "I would like energy to be fully relaxed and easygoing." Requests are best made in present tense and targeted with names, dates and times if they involve a particular event. Adjectives are effective. Explanations, however, are cumbersome in meditation and should be avoided, so share information you want people to have in advance. Sometimes people elect to write down their requests ahead of time then when it is their turn they open their eyes and read it. This way you can be sure to be brief and to the point.

Begin with everyone holding hands in a circle. The leader will then take the group through the following steps:

- Focus on easy deep breathing
- Bring in the energies of the Earth (focused, the present, ancestors, history etc) and the Sky (spacious, future, creativity, insight, possibilities)
- Imagine the energy moving around the circle and building momentum.
- Invite the first person to make her request.

The first person then makes her request. After each request, everyone takes approximately 3 breaths to focus in silence. The next person says "Re-center" and adds something to reinforce the energy moving through the Circle. (For example: "Feel the energy moving round and round, grounded and open... Powerful.") This is time to clear awareness before the next request. She then makes her request. Keep going around the circle 3 times. For community and world rounds it is not necessary to re-center, if the request builds upon the last one. If the request introduces a new issue, re-centering is called for. Do what feels right in the moment. To end, the leader thanks everyone and suggests that they can complete anything they didn't have time to finish earlier and then to open their eyes when they are ready.

During the circle, imagine what the person has asked for as though it is happening; give your imagination full permission to make up a story. There is no need to be visual—however your imagination works is fine. Remember the imagination is both the stuff of probabilities and the medium of intuition. If you find that an image or sensation feels constricted, imagine it moving to an open state, however it occurs to you.

After the Energy Circle share what you imagined. Don't feel obliged to come up with something. It is good if people repeat what they asked for as this often jars memory. The language of inner consciousness is symbolic and metaphoric—you may not understand why you imagined what you imagined, but share it anyway. Often the meaning is clear to the person who made the request. It doesn't take long for people to be reminded of the magic in life — "coincidence" becomes common place and we find ourselves lifted up by the experience. This is sacred work.

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