

Circle of Perfection Meditation

(Sometimes called Healing Circle or Circle of Atonement)

Healing is the one ability everyone can develop and must develop if he is to be healed. Healing is the Holy Spirit's form of communication in this world, and the only one He accepts. He recognizes no other, because He does not accept the ego's confusion of mind and body. (T 120)

The basic concept of this meditation circle is to see the perfection in yourself and in everyone else – known in the “The Way of Mastery” as seeing the Christ in everyone. It was originally derived from the “A Course in Miracles” paragraphs below (in blue). The additional paragraphs (in green) are from the “The Way of Mastery” and enhance the concept while bringing it more into the heart.

The Holy Spirit begins by perceiving you as perfect. Knowing this perfection is shared He recognizes it in others, thus strengthening it in both. Instead of anger this arouses love for both, because it establishes inclusion. Perceiving equality, the Holy Spirit perceives equal needs. This invites Atonement automatically, because Atonement is the one need in this world that is universal. To perceive yourself this way is the only way in which you can find happiness in the world. (T 97)

When your life becomes liberated in that – I am not speaking of perfection as you would know it – when your life becomes *that* motivation, that attitude, that declaration, and that devotion, then perfection will be witnessed through you. For the true meaning of perfection is miracle mindedness where that which saves time occurs. When your life becomes that, when you no longer have any conflicted commitment in your beingness, you will know exactly what the result of my life was for me, because you will *be* that. (WM 89)

Beloved and holy friends, I come forth to abide with you as merely your brother and your friend. Remember always that a brother or a sister is not someone who is above you, but who is your equal. Remember always that a friend is one who has chosen deliberately to see in you the perfection of Christ and all greatness that can be birthed through you until you are willing to see yourself in such a light. Then, that friend joins with you in holy relationship to create, to play, and to extend the Truth of Reality. (WM 341)

The meditation circle has a specific purpose and goal of applying thoughts of worthiness, holiness, innocence, etc. to any individual, event or situation that arises within our minds during the meditation. Grace will help provide the experience. Therefore, it only requires our willingness to witness love in everything and everyone. We will be given help with this effort.

Grace is not given to a body, but to a mind. And the mind that receives it looks instantly beyond the body, and sees the holy place where it was healed. There is the altar where the grace was given, in which it stands. Do you, then, offer grace and blessing to your brother, for you stand at the same altar where grace was laid for both of you. And be you healed by grace together, that you may heal through faith. (T 401)

The more transparent you become, the more you merely speak when you feel moved to speak, do when you feel moved to do, go where you feel moved to go, laugh as you feel moved to laugh, and cry as you feel moved to cry. The less resistance you have to the flow and movement of life emanating from your own heart and soul, the more you recognize your perfect innocence and the perfection of all things. (WM 330)

Listen carefully here: There is nothing you can experience that is anything but the soul's longing to be the perfection of what it is – Love. Everything – your tall skyscrapers, your busy freeways, your armies – is an expression of the longing of the soul, that spark of divinity that rests in all created things to know Love. (WM 366)

In its mature state, in its spiritual state, unconditional loving means that the mind has awakened and seen that nothing that occurs in life can cause it to contain or withdraw its love. In the perfection of unconditional love, the mind simply Loves. (WM 336)

For the mind that is awakened to the Reality of God allows all things, trusts all things, embraces all things, transcends all things, and sees the shimmering perfection literally showing up as all things. (WM 389)

The foundation for the Circle begins with acceptance of these paragraphs on holiness:

"There is nothing my holiness cannot do." (W 58)

Your holiness reverses all the laws of the world. It is beyond every restriction of time, space, distance and limits of any kind. Your holiness is totally unlimited in its power because it establishes you as a Son of God, at one with the Mind of his Creator.

Through your holiness the power of God is made manifest. Through your holiness the power of God is made available. And there is nothing the power of God cannot do. Your holiness, then, can remove all pain, can end all sorrow, and can solve all problems. It can do so in connection with yourself and with anyone else. It is equal in its power to help anyone because it is equal in its power to save anyone. If you are holy, so is everything God created. You are holy because all things He created are holy. And all things He created are holy because you are.

Could you but realize for a single instant the power of healing that the reflection of God, shining in you, can bring to all the world, you could not wait to make the mirror of your mind clean to receive the image of the holiness that heals the world. The image of holiness that shines in your mind is not obscure, and will not change. Its meaning to those who look upon it is not obscure, for everyone perceives it as the same. All bring their different problems to its healing light, and all their problems find but healing there. (T 292)

The response of holiness to any form of error is always the same. There is no contradiction in what holiness calls forth. Its one response is healing, without regard for what is brought to it. Those who have learned to offer only healing, because of the reflection of holiness in them, are ready at last for Heaven. There, holiness is not a reflection, but rather the actual condition of what was but reflected to them here. God is no image, and His creations, as part of Him, hold Him in them in truth. They do not merely reflect truth, for they *are* truth. (T 292)

The circle is also a perfect opportunity to extend blessings to everyone and everything through our holiness.

"My holiness blesses the world."

This idea contains the first glimmerings of your true function in the world, or why you are here. Your purpose is to see the world through your own holiness. Thus are you and the world blessed together. No one loses; nothing is taken away from anyone; everyone gains through your holy vision. It signifies the end of sacrifice because it offers everyone his full due. And he is entitled to everything because it is his birthright as a Son of God. (W56)

The function of the holy Child of God remains eternally one: to bless creation and, thereby, restore it to the perfect reflection of God's presence. And God is but Love. Love embraces all things and trusts all things. Love. Love is the nature of your being. When you finally choose to awaken wholly, by welcoming Love back into your mind, and by becoming committed to resting *only* in loving thoughts, you will discover that illusions are just that – they contain no existence. You have been resting in the holy Mind of God eternally. (WM 218)

Your function is to bless creation with the reality of the Love of Christ. Yet, that blessing will hold no power until you return to the beginning. The beginning is just that state of unknowing, of not knowing, of realizing your complete ignorance. For Christ does not store perceptions and knowledge. Christ, eternally in Love with all that God is, merely opens, receives and gives, knowing that that which is given comes not of him or herself, but rather *through* him or herself, from infinite mystery that I have called Abba, or Father. (WM 219)

"My holiness blesses this chair."

"My holiness blesses this body."

"My holiness blesses you, [name]." (W56)

Depending on the number who attend, 1-3 chairs will be placed in the center for those who wish to sit and silently address any of their issues, problems, blocks or concerns – or to share the love they have. The amount of time for sitting in the center is unrestricted. Each participant will feel when it is time to leave the center. It's completely voluntary and will be done during the meditative state. Since minds are joined, words will not be necessary. For those on the rim of the Circle, if you have adverse judgments on what you see, hear or feel, healing may be hampered within yourself or the other. However, it will be an opportunity to relinquish the judgments and experience an instantaneous healing coupled with vision, intense joy and/or deep peace.

Vision or judgment is your choice, but never both of these. (T 435)

True light that makes true vision possible is not the light the body's eyes behold. It is a state of mind that has become so unified that darkness cannot be perceived at all. And thus what is the same is seen as one, while what is not the same remains unnoticed, for it is not there. (W 195)

This is the light that shows no opposites, and vision, being healed, has power to heal. This is the light that brings your peace of mind to other minds, to share it and be glad that they are one with you and with themselves. This is the light that heals because it brings single perception, based upon one frame of reference, from which one meaning comes.

The peace of Christ comes only to that mind that withdraws valuation from the past and the future, and surrenders into the present. For only in the present can Love be felt, known and extended. Such a mind is a creator. And through that mind, the perfection of Love's extension flows – without impediment, without obstacle, and without mistake. (WM 343)

See, then, the perfection of all events. For the waves that arise in the temporality called the world have no power, in and of themselves. They are already held in the arms of a perfectly loving God, and each event truly serves no purpose save to nudge that soul, that spark of pure awareness or intelligence, to look deeper beyond its illusions. (WM 361)

Rest in the right-mindedness of choosing only Love. Extend complete freedom to the waves that come and go. In this sense, the weather is a wave, Caesar is a wave, your spouse is a wave; that is, as you would look at them as a body-mind. They are a wave. They will come and they will go. But if you abide in the field of Love, you abide in timelessness and eternity. You abide as the spaciousness that embraces all things, trusts all things, and thereby, transcends all things. (WM 361)

Although the goal of the Circle is directed towards healing, the experiences may not be limited just to healing (i.e. Holy Instant and its profound and endless love). The Circle's prime purpose is the joining of minds in which healing can occur. In truth, we are all one. So, we are all teachers, as well as students; therapists as well as patients. The ultimate goal is to experience holy relationship in which all sense of separation is dissolved. The joining can best be explained by these paragraphs:

What is prayer except the joining of minds in a relationship which Christ can enter? . . . The process that takes place in this relationship is actually one in which the therapist in his heart tells the patient that all his sins {errors} have been forgiven him, along with his own. What could be the difference between healing and forgiveness? Only Christ forgives, knowing His sinlessness {perfection}. His vision heals perception and sickness disappears. Nor will it return again, once its cause has been removed. This, however, needs the help of a very advanced therapist, capable of joining with the patient in a holy relationship in which all sense of separation finally is overcome. [P 14]

This holy relationship has the power to heal all pain, regardless of its form. Neither you nor your brother alone can serve at all. Only in the joint will of you and your brother does healing lie. For here your healing is, and here will you accept Atonement. And in your healing is the Sonship healed *because* your and your brother's wills are joined. (T 481)

God's Teacher speaks to any two who join together for learning purposes. The relationship is holy because of that purpose, and God has promised to send His Spirit into any holy relationship. In the teaching-learning situation, each one learns that giving and receiving are the same. The demarcations they have drawn between their roles, their minds, their bodies, their needs, their interests, and all the differences they thought separated them from one another, fade and grow dim and disappear. Those who would learn the same course share one interest and one goal. And thus he who was the learner becomes a teacher of God himself, for he has made the one decision that gave his teacher to him. He has seen in another person the same interests as his own. (M 6)

Each one must share one goal with someone else, and in so doing lose all sense of separate interests. Only by doing this is it possible to transcend the narrow boundaries the ego would impose upon the self. Only by doing this can teacher and pupil, therapist and patient, you and I, accept Atonement and learn to give it as it was received. [P 6]

You are a child at play in your own kingdom. Will you give yourself five minutes to learn to be a Christ that creates in unlimited perfection in alignment with the Mind of God, whose experience is always radiantly blissful and free of limitation and fear? You will experience your creation. What that creation is, and how you experience it, is entirely up to you. (WM 120)

For the union of Father and Son or Creator and created is so intimate and so perfect and so filled with the perfection of Love that, in truth, you will look and see no longer where you end and the Creator begins. You will be like the perfect lover of God, given over to that Love, pervaded by that Love, melting with that Love. (WM 286)

For, beloved friends, there is *no one* and *no created thing* – and the body-mind is just a created thing – that can be your *source* for love. Relationship was never meant to be a device for finding sources for love. Relationships were designed to be *holy*. In holy relationship, two have come together – not to *get*, but to *create* out of loving devotion to the grace that has awakened and purified their mind and hearts to the realization that only Love is real. There is no such thing as loss, and only Love is worthy to be celebrated. (WM 308)

. . . please understand that no one heals alone. The extension of the good, the holy, and the beautiful is never done alone. Creation is a collaboration. This is why *relationship* is the means of your salvation. All healing involves the whole of creation. (WM 225)

To enhance the main topic(s), this material was extracted from both *The Way of Mastery* and *A Course in Miracles*.

Blue Paragraphs - *A Course in Miracles* (ACIM)

Green Paragraphs - *The Way of Mastery*

Page #s:

T - Text (ACIM)

W - Workbook (ACIM)

M - Manual for Teachers (ACIM)

P - Psychotherapy: Purpose, Process & Practice (ACIM)

WM - TWOM

If a paragraph does not have a page number reference, it is part of the previous paragraph's page number.



This material was prepared to help Mastery groups in studying *The Way of Mastery*. You may copy and redistribute this material so long as you do not alter it in any way, the content remains complete, and you include this link as the source of the material: www.shantichristo.com

If you want to use this material for any purpose other than to help facilitate a study group (such as posting to the internet or a website), please contact Shanti Christo Foundation for written permission to do so at: 505-216-7541 or staff@shantichristo.com.

The Way of Mastery, Copyright © Shanti Christo Foundation. All Rights Reserved.