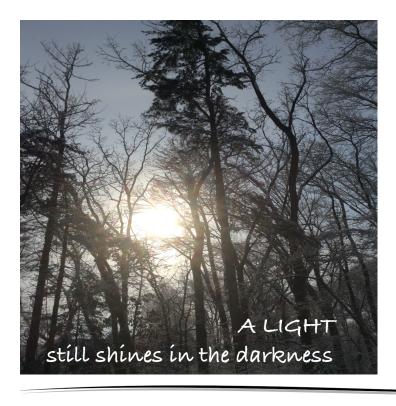
## January, 2021 Deepening Circle







The very light of Christ shines now in our hearts.

At this moment of global crises, may we consciously nourish this sacred light of Christ and bear it like a healing balm into every encounter, into every crevice of our world

-for this is our sacred call.

This light is for the world
This light is for the world

Send out from this wooden frame A beacon made of holy flame Like a bridge across the morning sky From candle to the hills of high

Send it out with sword of fire With cymbal, drum and angel choir Music in the heart of it Proclaiming that the lamp is lit This light is for the world This light is for the world

Bring it down from where the light is born Deep into the world of form Loving, blessing, healing as it shines In darkened places, darkened minds

This light is for the world This light is for the world

Songwriter: Michael Scott, The Waterboys, Album: Universal Hall

Spiritual work involves maintaining some balance between the demands of outer life and a conscious presence. We wish to enter freely into the life of the world and still know presence, the dimension of consciousness and freedom. We can live through essence, the true "I Am," the light behind the personality, rather than through the limited, superficial personality, which is identified with each passing thought and feeling. Whoever makes all cares into a single care, the care for simply being present, will be relieved of all cares by that presence which is the light of Spirit.

—Kabir Helminski

## **January Practices:**

Sense the light in your own heart ... Whenever you become aware of your breath (and you will) intentionally rest in that light ... and then bear it into the world as a healing balm.

Dwell in and trust your own sacred presence: the "I am" the light of Christ that already shines within you.