

January, 2021 Deepening Circle

Celebrating Sacred Light and Presence



*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.