

CREATING SACRED SPIRITUAL SPACE FOR GROUP LIGHTWORK

You can create space for your own lightwork group

Many lightworkers are beginning to start their own meditation groups – either for spiritual growth or perhaps for personal healing and spiritual counselling. The energy that is created in a room during such sessions can be magnificent. Such energies are amplified and absorbed by the participants in a circle for their own healing when there is an appropriate ‘container’ established to ‘catch’ the energies and hold them throughout the process of the class or meeting.

There are a number of ways of creating such a container, including the creation (using visualisation combined with focused intent) of an etheric catchment or web around the room, programmed to dissolve just after the scheduled finish time of the group. You can also intend that the web will remove and transmute negative energies emitted through your group work and allow only positive energies to enter into the group environment.

Such devices are extremely powerful and you will find that the group, even if it finishes early, will not disband until your etheric web does. People will just want to stay and talk and be unconsciously drawn to remain in the atmosphere that you have created. It has happened where I have finished a meditation class early, and yet no-one would seem to move from the circle until the time that the contained energy structures were programmed to disperse. So there I was, attempting to shuffle people on home and wondering why it wasn’t happening until, I realised exactly what was going on. I was more careful with my programming intent after that.

Feel free to practice, play and be as creative as you want with such energetic feng-shui devices – however, you might like to try the invocational process that a long-term lightwork group utilised and which proved to be highly effective in facilitating very powerful spiritual work and containment.

Invocation Process for creating your own Circle of Light

This is an outline of the procedures that one of my groups have used to open the group each week, draw in Higher Energies and build group consciousness amongst the group members. Utilise your intuition to adjust it to suit your needs and remember – as a facilitator you will learn enormous amounts from the Guidance that has inspired you to run your own group, so be open and willing to learn and you will!

Preparation of Sacred Space

Create your sacred healing space as per usual – perhaps using invocation of the ascended masters and archangels. As always, feel free to act intuitively based on your individual/group needs.

Preparation of the Energy Field

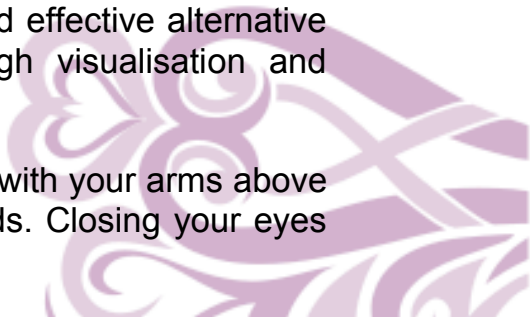
This part of the group process is for sealing and protecting the electro-magnetic field of each individual participant, as well as opening the higher centres to receive the down-pouring of spiritual energy from the higher planes, as well as opening and strengthening the lower centres to function as a stable support system for the individual and the earth-based group of which that individual is a part.

Choose a colour energy for the evening (intuitively – this may differ from week to week and will be determined by Spirit for each group of individuals or individual working within the Circle of Light). All colours will perform this function to varying degrees. Trust your intuition around choosing a colour for each session. If in doubt, choose violet, magenta, white or gold colour energies.

Either using Aura-Soma Pomanders (check out www.aura-soma.com), solarised water or essential oils that reflect the colour energy that you are invoking (such as Geranium for a Green or Violet vibration, Bergamot for a green or gold vibration, or Jasmine for a white vibration – again trusting your intuition), place a few drops in the palm of each hand and gently place the hands together to allow absorption to occur.

Where no such potions are available, a simple and effective alternative is to invoke your chosen colour energy through visualisation and requesting that its energy flow through your being.

Once your colour energy has been invoked, stand with your arms above your head, outstretched and palms facing outwards. Closing your eyes



and focusing on your breathing, send that colour energy out to all who require it on our planet (including yourself). Feel the energies flowing out of your hands. You may also sense movement within your own aura and chakra system as the colour starts to work its vibration through your aura, chakras and cells.

As soon as you orient your perspective to service, you invoke the soul and monad energy. This in itself will build your spiritual presence and therefore offer protection, vitalisation and higher alignment.

After a moment, pull your palms inwards, gently directing that colour energy into the Crown Centre above your head (not touching, but several inches above the body, over the chakra point), then continue to move your hands down the body.

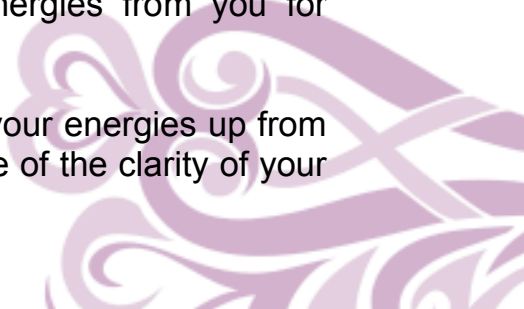
After the crown, you will direct colour energy towards the remaining front head centres – starting just above your hairline at your forehead and gently directing energy down, into the forehead chakra and the ajna or third-eye centre.

After this, move the hands down to direct your colour energy to your throat, to the ananda-khanda chakra (which is between the heart and throat centres), to the sacred heart centre (which is usually placed deeper within the chest above your heart centre – but you will need to intuit the location of your own centre as placement does vary between individuals), then to the heart chakra, spleen chakra, solar plexus centre, sacral centre (including your naval power centre) and down to the base.

Gently take the hands over the back of your head, softly directing the clearing and protective aspects of your colour across the back-head chakra, the causal centre at the base of the skull, the back throat, back heart, back solar plexus, back sacral and back base centre.

After you have gently swept the colour energies down the front and down the back of the aura, imagine sweeping any psychic debris, negativity or density down towards your feet. Squat down and hold the palms of your hands facing the earth. Feel those denser energies being released through your palms and bathed in the colour energy that you are radiating as they are sent deep into the Earth for transmutation. Give thanks to the Earth for receiving these energies from you for healing.

Slowly allow yourself to stand up, and gently pull your energies up from each chakra, fluffing up your aura and being aware of the clarity of your aura as you do so.



Take your hands up above your head, stretching high, and joining them in prayer position over your crown chakra.

Bring your palms down to your nose, closing your eyes and gently taking three deep breaths, inhaling the colour energy and exhaling the colour energy. When you are finished with your colour breathing, take your hands up above your head once more, then bringing them down in prayer position over the forehead chakra, then finishing with the hands in prayer position over the heart chakra.

You have prepared your energy field.

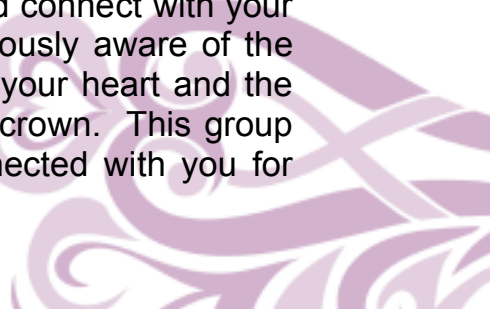
Group Consciousness Meditation

Prepare yourself (and your group members if working with a group) to sit comfortably for meditation. This meditation will connect all lightworkers participating in this circle as well as invoke higher assistance through the Great Invocation (you are probably well versed in this already, but information is included in the separate sections included below on that prayer and its occult meaning).

Once seated you will focus on your breathing and bring your awareness into the present moment, releasing past and future distractions and grounding your awareness fully in that moment and in the body. You will become aware of your heart centre, feeling it radiate outwards.

Your awareness will then move upwards, slightly above you and in centred in the sacred space that you have created. At this point will be the energy of the group consciousness. You may see this in many forms including an angel, a mass of colour, energy or dynamic movement or in other ways. Calling upon the healing guides and angels that are present behind you, ask that they send cosmic love and light through your heart and allow yourself to send that love energy from your heart (supported by your guidance and the angelic realms) into the group energy as a stream of light.

When you are ready, maintaining that stream of love from the heart, become aware of your crown centre and feel a stream of higher consciousness emanating from the group energy and connect with your own crown, entering into your being. Be simultaneously aware of the flow of energy upwards into the group energy from your heart and the flow of energy downwards from the group into your crown. This group energy (and two-way energy flow) will remain connected with you for



the duration of the session, without you needing to retain full conscious awareness of it beyond the initial invocation.

You will need to use the Violet Flame or violet colour energy to cleanse your aura and space (and those of any group members that you may choose to work with) at the end of your session. This will ensure that only appropriate connection to group energy is maintained outside of session times and will keep your own energy clear and in appropriate psychic integrity (or in other words, keep you and only you in your own space).

Once you have connected with this group consciousness, you will then imagine a chain of rainbow light encircling your waist, to support and energise you and connect you with the group members. You will see this chain encircling all group members and flowing constantly, moving and breathing. This is a safety mechanism and will support all group members in remaining aligned with the highest spiritual realities through the session work, no matter what energies may arise, intention will be consistently directed towards the connection with higher energies of light, love and healing. So be it!

The Great Invocation, channelled by Alice Bailey from the Master DK, will then be repeated aloud. Information is included on that below.

The Great Invocation

*From the Point of Light within the Mind of God
Let Light Stream Forth into the Minds of Men
Let Light Descend on Earth.*

*From the Point of Love within the Heart of God
Let Love Stream Forth into the Hearts of Men
May Christ Return to Earth.*

*From the Centre where the Will of God is Known
Let Purpose Guide the Little Wills of Men
The Purpose which the Masters Know and Serve.*

*From the Centre which we call the Race of Men
Let the Plan of Love and Light Work Out
And May it Seal the Door where Evil Dwells.*

*Let Light and Love and Power
Restore the Plan on Earth.*

So Be It!



Understanding the Great Invocation

When you invoke higher energies, using holy words of power, you call great forces into your being and into your life.

In working with the Great Invocation in class each week, we have connected with the Spiritual Hierarchy of Ascended Masters, the Forces of Light and Great Beings beyond our comprehension at this point in time.

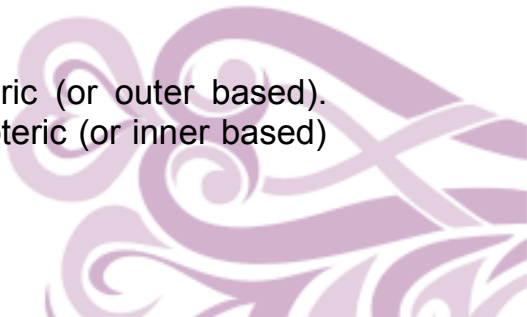
When you start to connect with these energies, change occurs on personal and planetary levels. This is why it is so important to have a solid grounding of personal work to support you before you embark upon invocational work – otherwise the force of the energy being invoked is just too great and will destabilise you on physical, emotional and mental levels. Although a degree of destabilisation will always occur with this work (for that is how we grow out of old ways and into the new ways of being), when there is a supportive foundation of personal development work, this phenomenon is temporary and will not be extreme in nature.

When you more fully understand what it is that you are invoking when you say The Great Invocation, certain changes occurring in your life and within your being will make more sense to you and you can consciously choose to flow with them, rather than unconsciously resist them (and enter into struggle, rather than experiencing the grace and effortlessness of flow).

In the first paragraph of the Invocation, you are calling upon the Powers of Light within the Universal Mind and requesting illumination or enlightenment of your own consciousness. You are also calling forth Cosmic Consciousness on a planetary level - decreeing that it be established on our Beloved Earth.

In the second paragraph, you are Invoking Christ Consciousness within yourself and again, upon the planet as a whole. In numerous religions (such as Jehovah's Witnesses and Evangelical Christianity), there is reference to the Return of the Messiah or the Second Coming of Jesus Christ and the necessity for 144,000 souls to enter into Heaven to allow this to manifest.

Religion takes sacred truth and renders it exoteric (or outer based). Occultism takes sacred truth and sees it in an esoteric (or inner based) sense.



So, in esoteric doctrine when 144,000 lightworkers upon our planet embody Christ Consciousness within themselves, critical mass is achieved and the entire planet will undergo an enormous vibrational shift and ascend – helping usher humanity into higher consciousness.

The Invocation is calling upon the Higher Realms of those Beings who have already achieved Christ Consciousness within themselves to send forth energy and power to assist humanity in doing so for itself and its planet.

The third paragraph in the Invocation refers to Shamballa, the Sacred Centre of Divinity and specifically invokes Divine Will. In this paragraph, you are essentially saying 'Thy Will replace My Will' and offering yourself as a vehicle through which divine purpose – the greater plan – can manifest.

This is analogous to declaring to the Universe that you are ready to carry out your Life Purpose for this lifetime. Shamballa energy resonates to the First Ray of 'positive destruction'. Usually it is too powerful for direct transmission and is 'stepped down' to us through the beings of light in the Spiritual Hierarchy.

To give you a sense of its potency, the last time Shamballa directly connected with the Earth, without the intermediary channel of the Hierarchy, the first world war resulted, and repercussions of that event are still being registered today.

Because the Hierarchy (or the group of Ascended Masters which are loving guides on the spiritual planes that have achieved high levels of spiritual attainment as human beings and continued to guide and teach us from the inner planes or spiritual worlds) is our filter for Shamballa energies, you are invoking Divinity in a form that is not excessively destabilising to the planet at this time – although as mentioned above, a degree of destabilisation will always occur in the process of spiritual evolution.

In the fourth paragraph, you are invoking for the Divine Plan to manifest throughout all of Humanity, and when referring to 'sealing the door where Evil dwells', you are calling forth ascension and the end of the 'game of separation and duality' that we have been playing on this out planet. Decreeing restoration of the Plan acknowledges you as a part of the masterclass on Earth at present and calls forth planetary ascension, or our return to the Source and the resulting New Age.



Opening Group and Healing Meditation

After the above invocational process, the group will open, undergo brief discussion about their week, focusing on intuitive guidance, and then undertake a healing meditation, channelled based on the needs of the group each week, focusing on achieving a number of key goals, including connection with higher energies (in the form of ascended masters and/or archangels) and direction of those energies through the group (via group consciousness and group chakras) towards the planet.

This meditation can be connected with energetically and intuitively with the key elements being a journey in the first aspect of the meditation to connect with energies on the inner planes followed by a bridging experience of taking that energy from above and directing it below (to the earth) and then ending by moving back into your own space, bringing that energy with you for your own healing, and grounding your spirit back into your own body.

After this healing work, you may wish to enter into your own guided meditation (such as with Alana's *Healing with the Ascended Masters Guided Meditation CDs* or an mp3 meditation – all available through this site), discussion or spiritual healing work for the group members and/or planet as a whole.

At the end of the group, reconnection will occur, with invocation of healing energies and protection for the week ahead (or however long it is til you next meet), closing of the higher centres and allowing the group members to leave feeling grounded and in their own space.

This is powerful work. Blessings to you for having the courage and inspiration to move ahead with it. I wish you every angelic assistance on your journey – and thanks for joining in the lightworker journey!

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