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Response to the Coronavirus

How to Create a Virtual Circle

1. **Invite 2-4 people to join you in a virtual circle** (i.e., FaceTime, Conference Call, Zoom, Skype, etc.)
2. **Plan meeting day and time that works for all**
 - It would be helpful to **designate a facilitator** for your group. This responsibility can rotate to each member or one person can hold the role.
 - Decide during the first meeting how often the group would like to continue to meet and for how long.
3. **The Circle Process**
 - **Before** the meeting, each person is responsible for coming to the circle in a peaceful state (i.e., prayer, meditation)
 - **Open** the circle with a blessing, prayer, quote or affirmation of intention.
 - **Each person in the circle has a chance to express** their concerns, fears, joys and gratitude. The others commit to listening. This should be a safe space where trust develops. The goal is to form a coherent bond of peace, love and hope.
 - **Close** with a prayer, meditation, or chant. Make the intention to send love to the universe to heal the Coronavirus.

My friend, Jessica Conte, wrote below a beautiful closing statement. Feel free to use it.

We come together in unity to send love and light to the virus, the people affected, and their loved ones.

We ask for understanding, acceptance and appreciation at a global level as well as healing.

May the power created within this circle lift the spirits of those that need it and protect us and our loved ones.

We ask for strength from our higher power and the universe for we know that we will come out of this stronger as a human race.

-Jessica Conte



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Why do we create Virtual Circles?

If your heart is beating, you are contributing energy to this world. Science is proving the electromagnetic waves we each emit have an impact on the collective energy that surrounds us. And, as has been proven by the Corona virus...we are all connected.

We each make a positive or negative energetic difference in the world with our emotions, attitudes and actions. Incoherent energy is chaotic and inefficient (fear, anxiety, anger) while coherent energy is ordered and powerful (love, healing, patience). Together we can alter the momentum of the world by forming healing circles. When we gather in circles and create collective coherent energy it has an exponential effect. An example of this is when three speakers playing the same music are pointed toward each other, the result is not 3 times the sound it is 9 times the sound.

Additionally, experiments have found that people who send out loving energy also feel more peaceful and loved. What we send out comes back to us. Since stress and anxiety have a negative effect on our immune systems, this initiative will be helpful.

As the founder of the Global Healing Response, I am challenging us to form circles of two to five people. (Feel free to choose more if that works for you.) The intention of coming together in circle and creating loving healing energy is the most important element of this process.

If each of you initiates a circle, and tap someone else to start a circle, we can grow this energy quicker than the virus will spread. I know several of you are a part of many groups so please pass this along.

Let me know if you have questions or ideas. If possible, I am willing to help you create and be part of your first circle meeting.

Thank you for all you are doing to help your community and, therefore, the world.

Peace & Healing,

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