



Circle of Love – Process for Transitions

Received 4.11.2015 through

Dr. Mary Jo Bulbrook, CEMP/S/I, HTCP

Description: This process can be used to support major transitions in our lives by receiving support through the energy of love from those persons in physical presence as well as family, friends and mentors who are in spiritual form. Circle of Love came first to help someone whose mother was making her transition from physical life to the other side. However Circle of Love can be used for other significant transitions such as births, weddings, significant illness challenge or perhaps making a transition to another phase of your life or job.

Process: Hold the left hand palm up and the right hand palm down and cross over the hand. Then join each hand with others in physical form with your or the spirit of those in physical form. This is a circle of persons alive to hold the energy of love together and focus on the person in question. Then call those in spirit form on the other side to create an inner circle of love for the person needing help and support. This inner circle will help make the transition in spirit form to the other side or receive the blessings and inspiration of what is needed for the desired goal.

Set an intention for the request that what happens is for the person's highest good and not directed by the personality. This will be of great significance to help another person.

End with blessings on all who have participated in the process.