

# Global Love Heart Circle Guidebook

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(Activities, Exercises & Suggestions)

Please note: This Heart Circle Guidebook is not any kind of formal training, nor, as such, does it qualify you to be a trained or professional Heart Circle facilitator of any kind. Exercises and processes shared in this guidebook are kept as basic introductory ones anyone can explore for a Heart Circle experience with friends, loved ones, colleagues, etc.

\* Please read the disclaimer on the last page of this guidebook before using any material within it.

## **Part 1: Introduction**

This guide is to support any Heart Circle gathering you may wish to organize and experience as a space dedicated to love.

The focus is on enjoying connection, community, authentic, open sharing, and allowing our heart's expression in whatever form that takes with the assistance of exercise options (shared in part 4 of this guide).

Heart Circle events can help nurture community spirit, open our hearts, and nourish ourselves in a loving, emotionally safe and supported group environment.

Your Heart Circle may be anything from 3 to 30 people.

You may want to invite a few friends around for dinner and begin or end with a Heart Circle to explore the experience, including some exercises (shared in Part 4 of this guide) to facilitate that.

You may want to organize a larger gathering with more people, a public or charity-related event to raise awareness or funds, or any other love inspired activity, possibly tied in with another event you are organizing, such as a music, dance, yoga, meditation, or an art based one, or with your work colleagues, with friends, etc.

The nature of your Heart Circle is obviously open and flexible and will vary depending on you as organizer, attendees, context, etc. For this reason, a selection of simple general ideas are offered in this guide as introductory suggestions to support the experience.

People have been very creative in the past when we initiated a Global Love Gatherings movement (with “Love-Ins” as they were then called), which included everything from a Playfulness Love-In in Central Park New York, Nigerian International School DANBO bringing gifts to a local orphanage and having a “Love and appreciation dinner” at the school; Kenya’s Youth Shift Africa’s “Fire of Forgiveness Circle”, also sending positive intentions into the world with lit lanterns; a “Choose Love” experience on the streets of L.A., a heart meditation and gathering at Niagara Falls, among many others.

What matters most is the *intention* your Heart Circle holds as an opportunity for coming together in love.

Perhaps you have a passion for bringing people together for social occasions and want to create the space for a positive heart-opening experience. Perhaps you want to organize an event or get-together with friends, family, co-workers, clients or employees for greater love, warmth, connection, community and cohesion.

May be you already run groups, events or workshops and want to host a Heart Circle as a public event – perhaps integrating or running along-side an existing complimentary activity to bring a more loving dimension to the event.

If you are hosting a public Global Love Heart Circle let us know by adding your event to the “Add Event” page here:

[www.GlobalLoveProject.com/add-event](http://www.GlobalLoveProject.com/add-event)

We would love to hear how it goes and can feature about it if you email us details at: [admin@globalloveproject.com](mailto:admin@globalloveproject.com)

## **Part 2**

### **Pre-Event Steps**

\* Please *also* read the **Heart Circle Guidelines** PDF file that comes with this Guide.

#### **1. Set the date and time of your Heart Circle event**

The length of your event will depend on its nature and what you are personally happy with as organizer/host.

The Heart Circle activities vary in time depending on how many exercises you choose to explore. The Heart Circle may range from a 30 minute meditation together, to a 2 hour Heart Circle of different exercises and time for sharings. The evening itself may go on for longer if the Heart Circle is one aspect of it, obviously.

For a small gathering with friends at your home a period of 2-3 hours in length, including a group meal, for example, could work (you can even ask friends to bring food to share).

If you are including your Heart Circle as part of another event or workshop, etc. then work out how long you want the Heart Circle to be and choose exercises in section 3 of this guidebook that would fit that timing accordingly.

#### **2. Decide on the venue/location**

Where will your Heart Circle be held?

If a small private Heart Circle you can host it at your home or at a friend's home, etc.

Alternatively you may want to host it at a local community centre, holistic centre, workshop room, office space, private or secluded restaurant area, etc. You may need to do some venue research if you're hosting it outside of your own home.

If it is nice weather you may want to host your event outdoors in a garden, park, on a beach, with a picnic, etc.

If you are needing hiring a venue you may want to charge your guests a fee to cover venue hire costs or ask them to contribute towards venue hire or any other investments you make towards the event.

A Global Love Heart Circle can also be a platform for a charity or awareness-raising event.

If you are hosting a **public Heart Circle** let us know by adding your details to the "Add Event" page at the website here: [www.GlobalLoveProject.com/add-event](http://www.GlobalLoveProject.com/add-event)

### **3. Decor (optional!)**

Decor is obviously not at all essential for your Heart Circle, but may help set and enhance the space to create a warm hearty atmosphere. You may want to have some flowers, light candles, perhaps one in the centre of your circle, have an essential oil burner for uplifting emotionally enjoyable fragrances, or whatever you feel will help create an inviting, warm atmosphere.

## **Part 3 Opening the Circle**

### **Words of Welcome**

At the beginning of the event, to set the tone and join hearts together in the name of love, we recommend opening the Heart Circle some words of welcome.

This also helps to set the intention and dedicate the space and nature of the Heart Circle.

You can do this simply by saying a few words or have someone else do this. Below is an example (this is only a brief *example*, please only use words that feel right and true to you):

**"Welcome to this Heart Circle gathering! We come together in the name of love to share in a loving space and enjoy heart connection."**

### **Blessing, Invocation, Poem or Prayer**

If spiritually inclined you can begin with a spiritual prayer, affirmation, meditation, invocation, or ceremony, for example. This can help to set the energy and space of your Heart Circle.

Music is another way to support creating a lovely supportive energy at the beginning of the event.

Even a heart-centered evocative poem can help to connect the group and open hearts with words of love.

Obviously only do what you are personally comfortable with and accustomed to in terms of any spiritual or energetic process or exercise.

### **Introduction**

You may want to begin by sharing some words about why

you wanted to host the Heart Circle, your thanks and appreciation to those attending, and any other information you feel relevant to share, including that it's your first one if it is, etc. Being open, authentic and vulnerable will help lead the way for others to be the same.

## **Confidentiality**

If you are going to do any of the group share exercises in this guidebook, you can let people know at the beginning that group sharing is a) optional and b) any personal information shared is 100% confidential. Have your attendees agree to this confidentiality by raising their hands at the beginning to confirm their commitment to that agreement.

## **Intentions**

As a group you can set some intentions for the Heart Circle experience, and/or for your community, country, the world, whatever you choose.

Each person can share an intention or quality they would like to experience from the Heart Circle, for example. One-by-one, go around the circle asking each person to share an intention. Begin with sharing an intention/quality yourself to lead the way as example.

Some examples are "love/connection/fun/truth/joy/vulnerability/peace/freedom/adventure/courage/spontaneity, etc. The list is endless.

## **Silence or Meditation**

A few minutes of silence or a meditation dedicated to love, perhaps guiding people to simply connect to their hearts and the love they feel inside, is a way for everyone to get a

sense of that connection before the Heart Circle moves forward. A free Global Love Meditation MP3 audio is available via [www.globallovemeditation.com](http://www.globallovemeditation.com) if you want a guided one to listen to and don't want to lead one yourself. You may instead want to end rather than begin with a meditation. It's all flexible, obviously.

## **Attendee Circle Introductions**

You can have everyone in the Heart Circle introduce themselves by name one-by-one. If you are leading a very large Heart Circle you may want to assess the time this may take, particularly if everyone includes a brief introduction as well as name.

As part of this each person can share something they're feeling in one word, for example, as a way to authentically share their heart and make their presence known in the Heart Circle.

## **Part 4**

### **Content Ideas**

#### **(Activities, Exercises, and Suggestions)**

Please note: The ideas and suggestions contained in this Heart Circle Guidebook are kept very simple and straightforward for anyone to explore. There are no intricate spiritual, psychological, energetic or emotional processes included that might require a level of training or experience for the facilitation of.

If you are professionally trained in a field from which exercises would fit well with a Heart Circle gathering and could be safely and easily integrated any of those you can obviously explore adding any.

With the below Heart Circle ideas and exercises, choose those that most resonate and feel comfortable for you to explore, and feel free to add any exercises that you are experienced in if you feel they would be beneficial additions.

You may want to start with just a couple of exercises initially to try out. It's all about what you feel happy with as the host/facilitator. If you don't feel comfortable leading any exercises to a Heart Circle group, simply allow open sharing (ideas for that below), or ask a friend or associate to take on that role.

There is no set way to hold a Heart Circle, other than the intention for the event to be one centred in love and truth, and its content and the nature and manner in which it is held to reflect that.

The suitability of the suggestions below will vary depending on the size and nature of your event.

The exercises below are numbered but they can obviously be used in any order.

## **1. Removing Our Mask**

This exercise can support more authentic, open and vulnerable connection and sharing in the Heart Circle. It's a symbolic 'removing of our mask' that can work well at the beginning of the event, for example.

We all have personality veneers of some kind; fronts, masks, compensations and personality types we adopt and project to the world, very often as coping mechanisms. They may be rigid or adaptable, ones that we have been carrying for years or ones that rear their heads more in

certain situations or with certain types of people, etc.

This is a very simple exercise that works with intention, metaphor and the body.

1. Explain what the exercise is about (as done above, etc.). When you instruct the below steps, follow through with them yourself as example too.
2. Have everyone hold both of their hands in front of their face, palms facing towards their face.
3. Tell them their hands represent the mask that they may wear to the world. Ask them to reflect on what that mask may be, the different types of masks and personality characteristics they may tend to project to the world and at different times, etc.
4. Then instruct them that at the count of 5 you will all gently remove your masks by slowly bringing your hands down away from your face to rest palms up on your laps.
5. Count from 1 – 5, and at the count of 5 gently bring your hands down away from your face as the rest of the group does so with theirs.
6. Spend a few moments in silence.
7. If this hasn't or isn't happening already, ask everyone to look about the circle and connect in gaze with the other attendees of the circle, allowing each other to be seen beyond the veils of the masks we may wear in our everyday lives.

## 2. Letting Go

Have everyone reflect on 1 – 3 things they would like to release and let go of at this time in their life.

That may be a feeling, a habit, an addiction, a situation, a belief, a pattern, something tangible/practical, fear, guilt, judgment, etc.

Share some examples – either general ones, such as above, or personal ones to lead the way.

Have everyone write down those 1 – 3 things they would like to let go of.

Then go around the circle asking each person to share 1 thing they would like to release at this time.

### *Optional Ritual:*

You can then tell them they can (safely) burn their paper when they get home to help symbolize that release, or you can create a ritual where everyone's lists on paper with the things to let go of are collected up and set fire to in whatever way you can do so that is 100% safe. You can go outdoors to do this, for example. You can place the bits of paper in a fire-proof cooking pan and set fire to them that way, or use a small fire or barbeque outside, for example.

Please obviously only do this if you can be sure you are doing so 100% safely without any fire hazard risk.

The ashes can then be thrown to the wind in nature and released by yourself or the group together if done as a group exercise.

### **3. Receiving**

Just as with the above release exercise, have everyone reflect on and write down 3 things they would like to receive and integrate in their life at this time.

Explain to support the exercise that that might be something mental, emotional, spiritual, or practical. It might simply be a quality they'd like to experience more of in their being and life – fun, abundance, peace, freedom, adventure, authenticity, etc.

Share examples, such as the above, or personal ones to lead the way.

Have everyone write down those 1 – 3 things they would like to receive or integrate in their life at this time.

Then go around the circle asking each person to share 1 thing they have on their list for receiving.

### **4. Ask Your Heart Exercise**

Below are instructions for this exercise. If you will lead the others through this exercise (which is similar to a guided meditation) you can print and read out the below instructions to the group, or you can practice and learn the exercise off-by-heart yourself until you are able to share it without notes. It's actually very simple but detailed instructions are given below.

(The first step below is getting into a deeply relaxed state, so you may want to guide them into that relaxation, or use some relaxing music for that, or just allow time in silence for that relaxation process, etc.)

**1)** Get quiet, relax, take some deep breaths, settle yourself and close your eyes. Enter a deeply relaxed state as best you can. (You can lead a simple guided relaxing meditation, or count backwards slowly from 5 – 1, or focus on gentle breathing, or a visualization of being in a beautiful place in nature, etc.)

**2)** Now in a gentle calm relaxed state, place your awareness on the area at the center of your chest behind the sternum bone – this is the area of your Heart Chakra.

What does it feel like to place your attention here? Get a sense of the energy here. How is your heart feeling?

**3)** With your focus on this area of the center of your chest, allow yourself to feel your love – the love you have for yourself, for someone you know, for nature, or any wonderful experiences that you are fond of. Whatever comes to mind, allow your heart to open and feel that love, and your gratitude and appreciation. As you do, see if you can sense the energy in this area of your chest expand and become more alive and tangible.

**4)** You are now going to ask your heart what it wants.

You might like to imagine meeting a mini-you inside this area of your chest – the loving, joyous person that you truly are residing here in the center of your chest as a personification of your heart to communicate with. OR, you may just imagine asking this area of your heart in a more abstract way what it wants – asking the love you feel inside for its wisdom and response.

Whatever feels right to you, simply ask: “Dear heart, what do you want?”, and then pause to receive a response.

You may prefer other words, or to extend the question for more specifics, such as:

“Dear heart, what would most serve me in my life at this

time?"

"Dear heart, what do you desire today?"

"Dear heart, is there something you would like to share with me?"

"Dear heart, what would enhance my health/happiness/love-life/success at this time?"

**5)** Listen to what your heart has to 'say'. You may hear words, feel feelings, have thoughts, inspirations, images, ideas, or just get a sense of awareness and knowing. Just be open to what comes after asking your heart what it wants. Then thank your heart.

Be open to whatever arises. It might not be something practical or tangible. Your heart may say "I want to play more", "I want you to forgive yourself/your mother/your ex", "I want you to share your feelings more with your friends", or "I want to go outside and enjoy nature more", etc.

Don't be concerned if you don't feel an instant connection or get any clear response. Like any muscle, it gets stronger with use and you can practice this same exercise at other times.

## **SUMMARY:**

- Relax and still your mind/meditate.
- Sense your heart area
- Open to and feel the love in your heart
- Ask your heart what it wants
- Open to receive a response

## 5. Gratitude Exercise

Have everyone write down 5 things they are currently grateful for in their life, and then have each person read them out to the group one-by-one. If it's a large group have each person share one example from their list.

You can also tweak it to have them think of things they are most grateful for that have happened that week, month, or year, for example, or things they are most grateful to *themselves* for.

## 6. Appreciation Exercise

*Use exercise A) below for Heart Circles with attendees that already know each other, and B) for Heart Circles where those in the circle may not know each other.*

A) Inform the Heart Circle that, going clockwise, for example, each person will share 2 (or 3) qualities they appreciate about the person to their right until everyone has shared. This can then be repeated going anti-clockwise back around the circle so people get to share twice (about the person on their right and left), and receive twice also.

B) If it's a group with attendees that DO NOT know each other, you can do the same exercise but in this case ask each person to share one quality they intuitively sense about the person sitting next to them. Each person then also receives this quality. It's a very beautiful exercise.

## **7. Love Message to the World**

With this exercise everyone thinks of an inspirational message they would like to share. Some paper and pens may be needed for this so have these handy if you've not asked people to bring any themselves.

This 'message' may be one of love, hope, healing, humour, inspiration, gratitude, fun, etc. Something that has inspired them personally, made a positive difference in their life, has been a healing insight, has helped them to open to greater love, positively transform their life and perspective in some way, etc.

It might be their favourite quote, some words of wisdom from a loved one, parent, teacher, friend, mentor, or their own inner wisdom.

You can also ask them to reflect "If you were to die tomorrow, what message might you want to share with the world?", for example.

Tell them to reflect on and decide upon a brief message of one or two sentences, as succinct as possible, and give them some time to do this, 5 minutes (or longer if they've yet to decide), for example.

Then go around the circle asking everyone to read out and share their message one-by-one.

You can also have them write down the message on a piece of card, fold the card, and then you can shuffle all the messages and 'randomly' hand them out to members of the circle so another person receives someone else's message and reads it out to the group that way, for example. OR, collect them all up, shuffle them and place

them in the centre of the circle and have people go pick a random message rather than you as host handing them out.

For this exercise you will obviously need paper and pens, or you can ask them to bring the paper and pens with them to the Heart Circle, informing them in advance in your invite details/event info.

## **8. Dream Love List**

Have everyone think about 3-5 dreams/desires/wishes/goals they would love to manifest and create in their life at this time.

Give everyone 5-10 minutes to write down their list (shorter or longer depending on how long it takes people). You might want to play some background music during for this as with any exercise.

You can make this exercise more specific by asking people to think about something they want to manifest either this coming month, this year, within 3 years, 5 years, or in their lifetime, for example, or just leave it open as a general list.

After they have created their list you can ask each person to read out and share one or more of their dreams to the group (always let attendees know that group sharing optional and confidential).

## **9. Anonymous Love letters**

This is a wonderful idea from the Global Love Letter campaign ([GlobalLoveLetters.com](http://GlobalLoveLetters.com))

For this everyone will need a piece of paper, pen and an

envelope. You can request that attendees each bring this to your event in advance if you don't want to provide the materials yourself.

Have everyone in the group write a love letter from their heart without signing it (so that it is anonymous), and addressing it "For you" at the top so that anyone could receive it.

Instruct people to imagine writing the love letter to a loved-one, or to themselves. The nature of this love letter is not intended to be romantic for this exercise.

Once written have people place their anonymous love letter into an envelope that says "For you" on the front.

You can then either:

**A)** Collect up all the love letters written by the group, randomly shuffle them and hand them back out, so each person randomly receives another person's love letter (or their own one may come back to them to read!).

They then open their gift of love and read the contents.

You can then ask anyone who wants to share about the experience to do so.

Or...

**B)** Your Heart Circle group can take their love letters out to a public area and leave somewhere for a stranger to randomly find as a way to share that love, as a shared exercise together going out, or they can do so on their way home from the Heart Circle experience.

Or you can do both of the above, A) followed by B).

## **10. Songs and Chants**

You may want to include some group singing or chanting in your Heart Circle if there are some songs or chants you know that would be fitting and you feel comfortable leading that.

Even simply chanting Om together at the beginning or end of a Heart Circle, or other simple chants, can create a cohesive connection that brings everyone's energy together.

Singing a heart-opening song together is also a wonderful way to celebrate coming together in love.

Print out copies of the lyrics of any song you intend to sing together so all attendees have a copy and can sing along. You may also want backing music if it's something you don't think you would be able to sing without.

## **11. Meditation**

If you are familiar with meditation and would like to lead one or play an audio guided one for the group, this can a wonderful way to join a group and enjoy a nourishing experience that can help people connect more to their hearts and truer selves and create a harmonious group atmosphere.

You may want to do a group meditation at the beginning and/or end of the event.

Options for meditation are endless. The choice of meditation is for you as Heart Circle host to reflect on and decide. You can also in advance ask those that will be attending the Heart Circle if they have any suggestions too,

etc.

It might be a simple silent meditation with the intention of connecting to love and to your hearts, placing your attention on your heart chakra area (centre of your chest), for example.

It could be a guided love meditation or relaxation meditation.

There is a free Global Love Meditation MP3 audio available via: [www.globallovemeditation.com](http://www.globallovemeditation.com)

It could be a silent gratitude meditation where you send out feelings of gratitude to yourself, others, nature, and the world, imagining this energy emanating from your heart. Gratitude is a wonderful heart-opening energy.

It could be a chakra meditation or one for connecting to the divine or your Higher Self, etc.

You may want to do a Buddhist "Loving-Kindness" meditation, which is quite a simple meditation you can guide people through.

(You can search online for details of a "Loving-Kindness" Buddhist meditation, there are descriptions and transcripts available).

There are so many options with regards to a meditation so have a reflect, do some research if need be, etc. There are countless guided audio meditations available these day. If using a guided meditation MP3, listen to it first to check that it's a good choice and fit for your Heart Circle experience.

## **12. Gift Exchange**

For this you will obviously need to inform everyone in advance of the Heart Circle event.

Ask everyone before the event to bring a small gift to the Heart Circle which will be 'randomly' given to one of the other attendees.

You can set a maximum price-limit if that feels appropriate and makes it easier for people, whether that be £/\$5, £/\$10, etc., whatever your currency be.

Or you may want to ask people to bring a home-made gift of some kind - a poem, cake, piece of art, card, jewelry, song, etc., explaining it will be randomly exchanged.

Have people wrap their gift in advance.

At the Heart Circle collect all gifts together and have yourself or another randomly pass the gifts out to people until everyone has a gift.

Someone may even receive their own gift back to them!

If you or your attendees prefer you can have it so all gifts are anonymous, or have the giver's name on the wrapper, etc., or when opened everyone can reveal which gift they had brought, etc.

The Pay It Forward Gift exercise below is another gift-giving option.

## **13. 'Pay It Forward' Gifts**

This is a way to pass on second-hand items as gifts. Instruct your Heart Circle attendees to bring to the event

something that has been of value to them in their life; something they love but are willing to pass on and 'pay it forward' as a gift. It might be a wonderful book they have read, a piece of clothing, equipment, art, a piece of jewelry, music, decor, etc.

Have people wrap their Pay It Forward gift and bring it to the event (give them as much time to know about this in advance of the event).

As above, you can have one person (perhaps yourself as host) randomly pass these wrapped gifts to the attendees until everyone has one.

They then open their gifts. As an option, after people can find out who their gift is from by holding up their gift one-by-one and having the giver reveal themselves by raising their hand/saying who they are.

## **14. Create A Card**

At your Heart Circle you can have a creative session where you all create a hand-made Love Card for someone you love, be it a parent, brother, sister, lover, friend, grandparent, husband/wife, etc.

For this you will obviously need some materials to create your cards with – card, coloured paper, pens, glue, stickers, décor, small heart or flower shapes to stick on, whatever other art materials you can think of, etc.

The materials can be placed in the centre of your Heart Circle.

You can inform your attendees to bring some card making 'stuff' with them, explaining they will be making a card,

and/or provide the materials yourself. Providing materials yourself may be costly, so another option is to ask your attendees for a contribution money-wise towards this in advance if you will be purchasing card-making materials yourself.

## **15. Food**

Food is a wonderful way to connect and share. If you don't want to cook or organize food yourself, you may want to ask your Heart Circle guests to each bring some food to the Heart Circle for sharing together after, for example.

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