

## Spiritual Friends: Circle of Trust Summer 2026 Syllabus

Thursdays, 10:00-11:30 am

May 28 – July 30

Red Rock Pointe

In-person

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This six-week Circle of Trust series blends contemplative practices including mirror meditation, Lectio Divina, Visio Divina, gentle movement, reflective journaling, silence, and symbolic water rituals. The intention is to create a sacred and compassionate space for inner reflection, authentic sharing, and spiritual growth.

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### Arriving to Ourselves

**Theme:** Presence and gentle self-awareness

**Spiritual Practice:** Mirror Meditation

- Participants quietly gaze into a mirror and reflect on meeting themselves with honesty and kindness.
- Movement includes grounding stretches and breathwork.
- Check-In Prompt: 'What brought me here at this season of my life?'
- Reflection journaling on hopes, longings, and self-awareness.

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### Listening Beneath the Noise

**Theme:** Inner wisdom and sacred listening

**Spiritual Practice:** Lectio Divina

- Read contemplative text slowly three times.
- Movement includes walking meditation.
- Check-In Prompt: 'What truth in me has been difficult to hear?'
- Participants dissolve written fears and distractions in bowls of water.

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### Seeing with the Eyes of the Soul

**Theme:** Perception, imagination, and meaning

**Spiritual Practice:** Visio Divina

- Contemplative viewing of meaningful imagery.
  - Movement includes flowing arm movements and mindful breathing.
  - Check-In Prompt: 'What am I beginning to see more clearly in my life?'
  - Creative reflection through poetry, drawing, or journaling.
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### Releasing What We Carry

**Theme:** Grief, forgiveness, and letting go

**Spiritual Practice:** Mirror Compassion Meditation

- Reflection on self-compassion and mercy.
  - Gentle release-focused movement and breath.
  - Check-In Prompt: 'What burden am I tired of carrying alone?'
  - Dissolving ritual for grief, shame, and old narratives.
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### Belonging and Authenticity

**Theme:** Living more truthfully

**Spiritual Practice:** Lectio Divina

- Sacred reading focused on belonging and courage.
  - Movement includes partner mirroring or synchronized breathing.
  - Check-In Prompt: 'Where do I feel most able to be my true self?'
  - Participants create blessings, affirmations, or symbolic reflections.
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### Crossing Into Wholeness

**Theme:** Integration, renewal, and blessing

**Spiritual Practice:** Visio Divina and Candle Ritual

- Reflection on journey, integration, and becoming.
  - Movement includes slow mindful movement to music.
  - Check-In Prompt: 'What has shifted within me during these weeks?'
  - Participants write intentions and truths to carry forward.
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**Suggested Materials:** Small mirrors, bowls of water, dissolvable paper, candles, journals, printed images for Visio Divina, chime or bell, soft instrumental music, and simple centerpiece items from nature.

**Facilitator Reminders:** Encourage gentle pacing, spacious silence, confidentiality, and compassionate listening. Allow participants to pass during sharing and emphasize presence over performance.