



This month's Circle Tale is written by Ruth Sloven. Ruth is a former psychotherapist who is currently writing a spiritual memoir, *Shekinah's Daughter: Earth, Air, Fire, and Water*. This narrative chronicles Ruth's lifelong journey to reconcile the conflict between the patriarchy of ancient Judaism and the partnership of contemporary feminism. This article contains Ruth's reflections on the recent Mahatma of Africa (MOA) trip, led by John Armitage, founder of Shamballa Multi-Dimensional Healing.

Circle Tale, April 2011

Circles: Our Multi-Dimensional Connection

What is the big deal about circles? you may wonder.

Having literally grown up with the circle, I admit I often took this form of social organization for granted. Only in retrospect, do I recognize the joyous shrieks and peals of laughter that punctuate my earliest childhood memories are precious gifts from playing circle games: Ring Around the Rosie, The Farmer in the Dell, Drop the Handkerchief.

I never gave the circle itself much thought until many decades later. Then, in the mid eighties, I learned an archetypal Medicine Wheel taught by Jean Houston, Ph. D. and Robin Van Doren, Ph. D., who learned from Joan Halifax, Ph.D., who learned from Sun Bear. Viewed from the perspective of indigenous peoples, I learned the circle models the belief that all participants are equal and interconnected, which forms the basis for a paradigm based on partnership rather than hierarchy.

For many people, the word circle immediately evokes legends of King Arthur and the Knights of the Round Table. In the mythological castle of Camelot, the circle archetype was reborn into Western civilization. This alternate vision of reality, based on mutual caring and cooperation, lives on in our collective consciousness. Rather than experiencing grief and yearning for this bygone magic, growing numbers of people are now reclaiming this dream and seeking to co-create a global community of truth, justice, and peace.

My personal belief is that calling any particular circle also accesses the circle archetype, which exists multi-dimensionally, throughout all of time, space, and beyond. While physical reality is commonly referred to as three dimensions, many people believe multiple dimensions exist simultaneously in time and space, which vibrate at different frequencies, much like different octaves on a piano. Therefore, any work we do in one circle also impacts all circles, radiating 360 degrees, to strengthen the morphogenetic field of the circle archetype throughout all dimensions in the entire Universe.

I wasn't thinking about circles in the spring of 2010, when Africa called me home. Mind you, I had never thought of Africa as home. I am a third and fourth generation American. My ancestors, who were hardy Russian Jews, left the Ukraine to immigrate to America at the end of the nineteenth century and the beginning of the twentieth. I had no personal or familial ties to Africa, no spiritual or energetic connection to this continent beyond a vague glimmer of anthropology and an affinity for the animal kingdom, via *The National Geographic*.

Yet, seven months earlier, when I first heard about the Mahatma of Africa (MOA) trip (please see <http://www.shamballafoundation.org>), excitement spiraled through my body in a visceral response that bypassed my brain. Without knowing why, I knew I had to go. Only after I returned, did I realize I had been called to make aliyah (literally "to go up," a Hebrew word for a spiritual pilgrimage).

Our group consisted of twenty-six people from nine different countries--Belgium, Bulgaria, Cambodia, Canada, England, Finland, France, Holland, and the United States. Our mission was to help the continent heal from centuries of trauma, including slavery, colonialism, genocide, corruption, and the AIDS virus



through a series of channelings, group meditations, clearings, and activations. A clearing removes any energetic debris that might impede the effectiveness of an activation; an activation turns on dormant energetic codes and frequencies.

These tasks took us to several sacred sites, among them The Cradle of Humanity, Table Mountain, Robbens Island (where Nelson Mandela was imprisoned), Cape Argulhas, and the Cape of Good Hope in South Africa; the Namib Desert and Brandberg Mountain in Namibia.

Our final destination of the MOA trip was scheduled to coincide with Wesak, the full moon in May. We planned to celebrate Wesak by visiting an ancient stone circle and Adam's Calendar, a mysterious stone monolith resembling Stonehenge. These ancient ruins, nestled in the shadows of the Mpumalanga escarpment, provide evidence that South Africa once was home to a lost and ancient civilization and suggest the origins of humankind date back approximately 250,000 years to the ancestors many call FIRST people.

In a surprising synchronicity, I had just started reading Christina Baldwin and Ann Linnea's new book, *The Circle Way: A Leader in Every Chair*, before departing on this African adventure. Perhaps that is why the number 250,000 years stuck with me. In Christina and Ann's account, the use of fire, tools, and language all emerged on Earth 250,000 years ago. So, too, did the circle archetype, which, I believe, is inextricably linked to the birth of humanity by providing our first form of social organization.

As research for the trip, I had also started reading the work of Michael Tellinger and Johan Heine, South African authors, scientists and explorers who have written extensively about Adams' Calendar and South African stone circles. (See *Adam's Calendar* and *Temples of the African Gods*. For more information on the work of Michael Tellinger and Johan Heine, visit their website, <http://makomati.org>). They postulate the circle is a form of sacred geometry that amplifies and solidifies the energy it contains.

Despite my study, nothing prepares me for my experience of the stone circle. As I descend from the tour bus and walk down the pathway to the opening in the rocks, I feel the consciousness of the ancient stones reaching out to greet me. Listening, I can almost hear their gentle hum, a soft, steady vibration that radiates from the center of the circle. Joy pulsates between us as my heart expands in recognition of these old friends.

I am not someone who normally communicates with rocks. However, I do not question this inner knowing and accept it as a gift from Africa.

"The rocks comprising the stone circles are dolerite, which contain a high concentration of quartz crystal," our guide explains. "Because of this, they resonate when you strike two of them together."

Underneath the benevolent African sun, I, an unlikely musician, conduct an impromptu concert. Blissfully banging the individual rocks with a piece of dolerite in my hand, I notice each stone produces a slightly different tone. They serenade me, seemingly singing, "Welcome home!" A strange knowing seizes me: *My DNA and I have come Full Circle in 250,000 years. We are now, once again, back where we started.*

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