

Sacred Holding



POWER OF CIRCLE

Learning

THE ART OF HOLDING CIRCLES





This handbook will endeavour to cover some of the desired qualities of a circle holder, as well as techniques involved in creating your own circle and basics principles around the holding of space for women.

When creating women' s circles there is always a balance of equal requirements on both our internal masculine and feminine qualities.

The feminine principle allows for flow, intuition, emotional vulnerability and expression; and the masculine principle fosters structure, safe boundaries, time management and purpose.

A successful circle will weave these two divine principles into a balanced, nourishing and sustainable offering for others.



In this Book we explore some of the ways of Sacred Holding: How to hold Circle, Ceremony & Ritual, weaving Circle Arts Facilitation as a sacred, Healing Arts practice.



Tapping your Shaman-ess



The shaman-ess knows her sacred duty but also knows she is a weaver in a much bigger web than herself.

She is a humble servant in the vast wise Universe we live in, and she seeks and consults with the wisdom contained in all things.

The plants, animals, elements and ancestors carry great power and depth. And the shaman-ess puts her hand up to be one of the one's to channel that depth for the healing and balance of all in ways that are humble and aligned.

Connecting to your Inner Priestess



The Priestess channels spirit, and then serves from her heart.

She holds space for transformation. Embodying the Priestess is about finding that intersection between spirit from Father Sky from above and space connected with Mother Earth: she is the integration of masculine and feminine.

One of the most important aspects of the Priestess when it comes to leading circle is creating and holding ritual and sacred space for those in the circle, learning to direct the flow of energy in the space towards its greatest healing potential.



Holding Space for Others



“Holding Space means that we are willing to walk alongside another person in whatever journey they’re on without judging them, making them feel inadequate, trying to fix them, or trying to impact the outcome.

When we hold space for other people, we open our hearts, offer unconditional support, and let go of judgement and control.”

~ Heather Plett

Calling Women into Circle

- Clarify: When you know exactly 'why' you are leading circle you will magnetise like-minded women and inspire them with your *vision*.
- Envision: Set your intention so you can manifest with ease and grace.
- Commit: Get clear on your date, venue, pricing, and timing, so the universe knows exactly how to respond to your envisioned intention.
- Share: Get the word out by knowing exactly what to write on your event page and best practices for circle promotion.
- Prepare: Be prepared with checklists to set up your space and access to my exact templates to do either a full or new moon circle.



Circle has the power to unite us, offering opportunity for the value of each and every one to be truly seen.





But perhaps most powerfully, circle has the ability to give us a space to celebrate our unique presence in a circle of belonging.

As we sit in circle it challenges us to show up and be real, healing any fibres of our being that stop us from existing in community and taking our full place in the circle of life.





Power of Circle

The very nature of a circle places everyone in deep roles of responsibility and witness. We are all visible in the circle, and everyone has the power of contribution and offering. This can at first feel confronting, as a circle really leaves no where to hide. When one first gathers in this way it can feel exposing and vulnerable. A whole lot of fears around using ones voice and allowing oneself to be seen can arise. This can be part of the sisterhood wounding and can also part of grieving the loss of community and togetherness that has occurred over many years in our individualistic society.

The tender vulnerability we experience when first exposed to circles highlights the need for deep safety. It also highlights a need for circles that celebrate the contribution of all and allow each individual to be lovingly witnessed and accepted in whatever form their offering is.

Circle has the power to unite us, offering opportunity for the value of each and every one to be truly seen. But perhaps most powerfully, it has the ability to give us a space to celebrate our unique presence in a circle of belonging. As we sit in circle it challenges us to show up and be real, healing any fibres of our being that stop us from existing in community and taking our full place in the circle of life.



Many of us have woundings around belonging within our family spheres so circle offers us an opportunity to heal our familial patterns of belonging. One thing is for certain we cannot heal alone. We heal in community, not in isolation.

When we gather in circle we gather in remembrance; that I exist, that I have a voice, that my presence is welcomed, that I have a place of deep belonging, and that 'all that I am' is enough, in the multitude of my expression.

So too when we gather in circle, we have the opportunity to amplify power within a space. Circle has been used in ceremony and in temple times for as far back as we can remember. The power of the circle and the intension that is generated creates a powerful conduit of energy, that can greatly transform a space.

We can anchor into the earth within the sacred geometry of a circle raising our energy up and out in reverence and activation.

In inclusive, sacred space our prayers become powerful and our manifestations intensified. The strength in unified intension and the power of the gathering can be used to generate great healing and sacred amplification.

“The power of the whole, becomes greater than the sum of the parts involved”.

Weaving in Magic



When we begin to plan for building and creating our women's circles it can be helpful to embrace some of these disowned aspects of our feminine nature.

Circle is a space where we can embrace our more sensual nature. We can create a space that is evocative with plants, flowers, candles, aromas and essential oils; complete with cushions, rugs, colourful cards, lamps and symbolic ornaments.

All these elements although not essential, can create a wonderful, 'other worldly' atmosphere for women to connect to their sacred, sensual self.

Feminine Flow



The Feminine when being in her essence is magnetic, radiant, and glowing.

When you soften and relax into your feminine, not trying to figure it out, you allow the circle to unfold like the petals of a flower opening.

Feminine leadership draws on your strengths as a woman - your intuition, creativity, and ability to feel and connect - while simultaneously integrating the divine masculine so that you are an embodied woman, whole and complete within yourself.

Leading with Heart



As a circle leader, 90% of your job is to lead from your heart and honour each woman as a valued woman. Just 10% is the skill set of facilitation: the tools, techniques and structural elements.

Lead with your Feminine Superpower



Lead with your Being power rather than in your Doing energy.

Lead with the nectar of your Presence, with the fragrance of your beingness. This is the superpower of the feminine.

We all Belong



When we recognise that we all matter, that we each have something unique to offer, then we can relax and stop trying to be everything to everyone.

We can lean into our sisters and trust the law of giving and receiving.

Leading with Authenticity



When we lead by example, we want to be real and authentic, but we also need to be aware of how our energy influences circle.

You are not 'dumping' in the space or creating a heavy energy if you channel your authenticity into sacred leadership being mindful of how this contributes to the space.

When we share with realness and intentionality, we lead from our vulnerability and create the space for other women to also do the same.

Power in Vulnerability



Our aim in holding circle is to embody vulnerability and truth-telling, co-creative leadership, and the law of receiving. Circle has the beautiful ability to teach us this.

“Vulnerability sounds like truth and feels like courage. Truth and courage aren’t always comfortable, but they’re never weakness.”

~ Brené Brown

Connection & Vulnerability



Women come to circle for connection. And in order for women to connect, they must be given permission to open up and get real.

To create that space for connection, it's important that you model authenticity and vulnerability.

To do this all you need to do is show up as yourself.

Selecting Topics for Circle



To select a topic for circle that feels relevant, juicy, and engaging: find a problem that either you have been experiencing, or you have witnessed others experiencing and by bringing this topic or theme to circle, the circle then becomes a solution for that problem.

It does not mean you have to have all the answers or say the perfect thing. Silence is equally important.

Remember, as a space holder, you don't need to talk a lot in circle. It can be just as potent & valuable to sit back and allow.

Connect with your Desire



The key to creating potency is to create it in yourself.

Bring yourself in so you are fully connected and present and rooted in your desire.

What *DO* you want out of circle?

Is it connection, confirmation, empowerment, more energy? Your role is to generate this.

Discovering your 'Why'



The more connected we are with our big WHY the more it stokes our sacred fire within, and the more inspirational and magnetic we become to those who are aligned with that WHY.

Our WHY is essential to leading (and speaking) with passion, conviction, and charisma.
Take some time to tap this power.

Setting your Space



Items you may wish to include in your circles are a timer, bell, or chime to call 'time', a music player and speakers, and pens and paper.

A central round cloth for the middle of the circle can create a lovely centre and focus piece.

Shared food or drinks can be a lovely addition to circle.

Creating Ambience



Low lighting or candle light creates a soft ambience that invites in the sacred. Using an oil diffuser and with consent using oils anoint can add to the experience.

On entrance playing some music softly in the background helps create a mood and you can drape fabric of light or bright colours to add to the atmosphere. Or you may choose to create a red tent experience with lots of red.

You can also adorn the space with plants or flowers to add beauty to the room.

Setting your Space



Decorate your altar with flowers, candles, crystals, and other sacred and meaningful objects or oracle cards to give women a focal point in the circle.

Symbolic shapes can be added to a central or entrance Alta to bring meaning and beauty into a space.

Your Energetics



The more relaxed you are walking into your circle, the more likely the women are to actually show up.

When you are in chaos, it will energetically affect the circle.

Women will mirror that chaos and feel overwhelmed, so they will bail last minute.

Intention



The circle's energy field is essentially your energy field: the circle is a reflection of you. Whatever energy you are putting out there is what's coming back to you.

Write down some of the qualities within yourself that you want to attract more of and focus on being that person.

An Atmosphere of Reverence



The first step can be creating an atmosphere of reverence & silence.

When women enter the space where circle will be held, ask them to walk in silence, perhaps lighting a candle when they are entering the space or when they are welcoming themselves into circle.

They are crossing over the threshold into the circle room the way they would enter a temple: with reverence and honor for themselves and those around them.

Intentions



Intentions are so powerful. When we put our 'attention' on our 'intention', they become our reality.

Before stepping into circle, you must set some intentions for yourself, for the women in the circle, and for the space you are holding.

"Where attention goes, energy flows, and it grows".

Intention gives direction and allows for the circle to flow. Intention allows you to let go and trust in a higher power. Intentions are about a way of BEING.

Anchoring Significance



In circle, every woman is a Goddess.

In circle, every emotion is an expression of Divine energy.

In circle, every ritual, every anointing oil, every meditation, is a channel to Source.

"When a space is deemed Sacred, whether inside or outside of circle, it is an invitation to tap into the depths of the Universe and to experience a multi-dimensional reality. The difference between the presence or absence of Sacredness lies only in how much you choose to see beyond the veil of the physical world." Tanya Lynn

All of life is Sacred



Life itself is Sacred.

The very breath that you inhale and exhale is Sacred.

The land, the water, the fire, the air are all Sacred.

In fact, every atom, every cell, every existence in this dimension and beyond is Sacred; both good and bad, joy and pain, life and death are all Sacred.

For in truth, the notion of Sacredness rises above that of duality. In the realms of the Sacred, everything just is.

Embodiment & Ritual



The second step to creating sacredness for circle is holding that sacredness within yourself, the circle leader, as the Priestess. This doesn't mean that you have to be stern, but that you embody and exude reverence and full presence.

The third step is moving through ritual, which is any type of action that's put in a presence-filled order or sequence. Each woman who enters the space moves through the designated ritual, providing a magic and symmetry.

Integrated Masculine



It is helpful to have an integrated Masculine and Feminine Approach to circle. This is because both the 'container' and the 'energy' inside the container is important. Structure, curriculum, and boundaries create a safe and sacred space for feminine magic to occur inside of each of us.

The three most basic agreements that you want to make sure that you put in place at the start of circle are confidentiality, timing, and feedback. This creates safety.

Agreements



Women feel safe when they feel connected. Inviting everyone to share their name and intention, and then exchanging hugs (if women desire) or eye contact facilitates fast connection and will raise the energy in the room immediately.

Once the women in your circle feel connected to each other, they can more easily and authentically agree to the necessary agreements of being in circle together.

Confidentiality



Whatever is said in the circle stays in the circle, so women can allow themselves to be vulnerable, honest, and open with themselves and with each other.

Each circle we need to remind women of this sacred agreement that we all have with each other, that whatever 'occurs in circle - stays in the circle' and will not be shared outside of the space.

This includes 'anonymous shares' about any one else, even if you believe the identity of the person is concealed or unknown. This is important to respect privacy.

Feedback after Shares



In circle we agree to no feedback, which includes advice giving, fixing, coaching, rescuing, and consoling.

By eliminating feedback, each woman really gets to be in the 'experience' of finding the answers *within* herself and not looking for external validation.

Through this process, you will notice women start to trust themselves more and speak their truth more confidently.

This is one of the biggest healings that occur in circle.

Belonging



Connection is the reason that women come to circle in the first place. The more that you as a circle leader are attuned to this need to connect, the better you can respond.

Cultivate your presence to be grounded, warm, inviting and safe. Invite connection and ensure everyone feels as though they belong.

Love and belonging are the greatest healing balms in life.

Empty Out



Before circle begins take some time to literally 'empty out', so that you can just 'hold the space' and be fully present to whatever needs to happen in the circle.

This can be achieved by unwinding in nature, sounding in to the space, doing some shaking or movement to release anything you are holding - or simply surrendering in intension any energy you wish to let go of into fire or smoke.

Diversity in Community



Circle is created by the diversity of the community.

Each woman contributes and together we co-create the circle, because we value and celebrate each woman's contribution and we are committed to her being her full self-expression.

Welcoming Women In



When women enter the space, you may want to do something to invoke the sacredness of what they're going to experience. Examples of this may include smudging and/or anointing or receiving a rose or candle.

Smudging is used in indigenous communities to cleanse and purify someone before they enter ceremonial space. You can use sage, palo santo, eucalyptus or another cleansing herb that has significant meaning to you.

Anointing is done using essential oils to bless with oils each woman on the wrist, forehead or heart space before she enters. You can connect with the various spiritual meanings of oils and select one that matches the intention of the circle.

Allow Space for Grace



Always allow space for Grace to have room in the Circle. There are energies bigger than yourself that connect women to Source.

Grounding & Opening



Your own opening ceremony should include at least these three things: a welcome, grounding meditation, and connection.

A welcome is an intentional ritual, such as lighting a candle or saging each woman.

A grounding meditation is meant to leave everything else in life outside of the circle, to clear away everything else and to allow women to arrive fully into the space.

A connection is heart to heart, such as looking eye to eye and giving hugs and is about sharing your experience with others.

Opening Ceremony



Have a strong opening. Help the women ground their energy by starting with a meditation.

Your meditation will help women arrive in their space within the circle, to let go of their day so they can be fully present, and to drop out of their heads and into their body, sensitive to their feelings and experience.

After the meditation, once the women are grounded and present in their bodies, we create safety.

Authenticity & Truthfulness



As a general principle, whatever happens in your space is often what's happening in the group space.

If you're feeling a little 'off', chances are there's at least one other woman who's also feeling a little 'off'. When you drop into your own feelings, you also tune into the group energy.

Being a circle facilitator is not about hiding or having this perfect facade up all of the time. It's about you being real.

This is what circle is all about.

The Collective Unconscious



Our intension is energetic in nature, and contributes to the collective unconscious of the circle.

It's important for women to set their own individual intentions at the start of the program each time they meet. This can be done either silently in meditation or by sharing in front of a partner or the entire group.

Circle as a Mirror



Circle is a mirror. Generally, whatever happens in circle, happens in life. Therefore often whatever I am feeling, someone else in the circle is also feeling.

By setting intentions individually and sharing them collectively, we witness and feel our common purpose.

Feminine Frequency



When we gather as women, a high frequency can develop. This is the experience of energy: feminine magic, connection, co-creation, intuition, creativity, Shakti, and it can become like an elixir to participants.

Be present to this energy, rather than dispersing it.

Allowing



You don't need to "fix" what is being shared in circle.
It's not your job to coach, either.

You are there to simply hold space and to allow women to
witness and have their experience as it is.

Remember to Breathe



When you find yourself getting tight or tense, perhaps frozen because you don't know what to do, take a breath.

If you feel the room getting tight and tense, then ask everyone to take a deep breath with you.

Your Breath helps to regulate the room & your nervous system.

The Ripples of Self Growth



Leading circle is a vehicle for healing, self-growth, and leadership development.

The rise of women, in sistership, standing shoulder to shoulder in solidarity, reclaiming our individual and collective power is what occurs in circle.

This begins within circle spaces and moves out from there.

Identity



It can be helpful to focus on releasing any fixed “identities” you carry as a leader and instead nurture self esteem based on *who* you are, not *what* you do.

Understand fully that you matter simply by being you, that you don’t actually need to *do* anything to exist and be a contribution on this planet.

Your Feminine Way is Magnetic



Circle is the place where we can start to feel safe to reveal our true selves; a practice ground for life.

Circle is a space where others reflect back to us what they see: our light, our unique essence, our power, our strengths and gifts. We are reminded of our feminine magic, and this is magnetic.

Receiving in Circle



Receiving is different to Taking.

Receiving is trusting, surrendering, sensing that you will get what you need from the circle because the universe is always giving you exactly what you need and you are always taken care of.

Receiving is a flow; and in this way it's similar to giving.

Speak your Truth



The vision of circle is in cultivating a world where women are committed to healing the sister wound and where the next generations of women and girls love themselves, speak their truth, and know their worth.

Incorporating Touch



Incorporating safe and gentle touch can be a beautiful addition in women's circles.

This could entail a gentle foot or hand massage, or a massage train for massaging tight shoulders. Presence, safety, consent & connection is key here.

Movement and Dance



Dance can be used to open a space, loosen people and allow them to fully arrive in the space.

It can also be used at the midpoint of your circle to invigorate a room.

Incorporating a dance break with some spontaneous movement and contagious dance tracks can really move energy in a room, especially if people have been sitting for too long, or the energy has become tired or tense.

Movement



Movement is important to shift the energy of circle. It can be used to release intense emotions or to bring the energy up, and can also be used to get women out of their heads and into their bodies.

Creating a ritualised repetitive 'circle movement' incorporating connection, to open the circle can be a good way to drop women into a collective sacred, connected space.



Incorporating Cacao

In circle we can bring in intentionality into our actions with tea ceremony or the drinking of elixirs of a medicinal nature to ceremonially honour the opening of the circle.

Ceremonial Cacao originates from Peru and has been used in a ceremonial way to expand the energy of the heart in gatherings and spiritual ritual.

The act of drinking cacao can have several positive effects.

Firstly it is a plant medicine that is rich in antioxidants, having a nutritious effect on the body. Secondly it contributes to an expansive and ecstatic quality in the body. And thirdly when we practice the art of drinking mindfully, we focus and amplify the intentions we set in the space.



Breakdowns



"Although big feelings are often a part of circle, sometimes it might be at the level of a traumatic experience, where a woman is crying or having a major breakdown. It's important to handle this situation thoughtfully: you don't want the whole circle to be about this one woman and her issue, but you don't want to step over it, either. Instead, preface to the entire group the need to pause and create space for this woman in breakdown, but that the group as a whole won't take much more time. Then give the woman a couple more minutes to move through her feelings, and ask what she needs in that moment."

Sacred Sistership Circles

Emotional Expression



As a Facilitator it is important to learn how to feel the full spectrum of an emotion, from rage and grief to ecstatic joy. This will assist others in identifying their emotions.

The more we are able to express our emotion, the more comfortable we will feel when emotions come up and are shared in the space. As we learn to feel and lean into and work through all of the different emotions, we'll be able to guide these emotions into safe expression when people are feeling blocked or unsure.

Withholding Expression



A withhold is an un-communicated charge or energy, either positive or negative, that exists between two or more people.

When women are holding onto things like judgements, opinions, hurt feelings, and triggers, and they're not speaking about them from fear of creating conflict, you can feel that in the space.

Whenever someone is withholding something & suffering in silence, if they hold onto it for long enough, it will likely create blocked energy in the space, and people may even leave the circle.

Every circle has an energy and as a facilitator it is your role to pay attention to that energy, redirecting energy and creating shifts as required.

Expressing Value



Reminding women of the value of circle is worthwhile. You can share "your why" every single time that you start a new circle. At the opening ceremony, share the value of what they're going to get during that circle, and during the closing ceremony, ask them to share the value that they got from that day's circle.

You can also ask women to share what's opened for them since the last circle. This fosters the value of circle in everyone's hearts and beings.

Completing Circle



Create connection by either holding hands or standing in a circle together.

Clarify some of the take-aways by having each woman share her highlight from the circle so they are present to the value.

Have a regular closing ritual to formally end sacred circle time (this can be blowing out the candle, a chant, or the ringing of a bell).

Completion



When circle completes, take a few moments to acknowledge the energy that has been generated within the space and to give thanks. It can be tempting to disperse this energy through chatting, however leaving in reverence will allow the energy to stay inside the hearts of each woman.

Integration & Review



Once you complete your circle, it's really important that you carve out the time and space for your integration and learning.

When you first start facilitating, you might have the tendency of taking on the energy of the circle. Consciously releasing this is important to the ongoing sustainability of holding circles.

It can be helpful to move your body after circle, ground your energy by getting into your thighs, and discharge the energy with a movement like shaking.

Follow Up & Communication



Once you feel grounded and have done your evaluation, take the key lessons and follow up with your participants with whatever communication you prefer to use: text, email, etc.

Leading circle is 90% energetics, 10% structure.

People will feel when you have good structures in place, and that they are well held before, during and after the event.

Trust & Connection



Trust that the right women will come together to gather.
Trust that the timing is always right.

The more you touch, move, and inspire someone to take action, the more likely she is to attend your events & circles.

Make your invitations personal. Take time to personalise a message or phone call for each woman.

Growth



To grow your circles, you will need to grow yourself.

Remember, the circle is a mirror of you. So if you find yourself shrinking back and playing small, then you're probably going to find that your circle won't expand, you're not going to attract more women. But if you are constantly looking at how you can play your edge, how you can grow and stretch yourself, chances are your circle will always be growing as well.

Consistency & Momentum



Water the seeds of your circle with your desire first, then your invitations and consistent action, so your circle gains momentum. This is the merging of both the feminine & masculine principles.

Consistency & Reliability



Commit to consistency, no matter how many women show up each month. Consistency is the key to your success.

A good length of time to commit for is 6 months, then review and decide to commit a further 6 month, then review etc.

Make a plan of action, then implement this plan.

Your plan of action, this masculine structure and container, is what creates consistency.

Love & Accept your Circle



The circle reflects your light.
The circle reflects your shadow.
The circle reflects all parts of you.

What parts are you willing to see?

What is circle helping you to see about yourself and the way you show up and run your business?

Celebration



Breathe in the love & celebration of who you are as a feminine leader; growing and expanding yourself to meet your soul's purpose. You've got a lot to be proud of!

Breathe in courage and strength to take action despite any fears that arise, so that you can fulfill your desires and dreams. Have courage!

Letting Go



When we stay attached to people being in our circle, or we try to manipulate them into staying, we're blocking the flow of energy that allows the circle to grow. If someone is there who is not meant to be, but you are attached and have convinced her to stay, she's taking up space for someone who actually might be a better match for the circle.

Let her go so she can find a new space that's also a better energetic match for her.

Community



When women feel like they are part of a community, they will show up month after month and your circles will be full!

"You need to create the glue, the sticky point that has women come back". This is community.

Through understanding how to build community, you will create a snowball effect for your circles.

Each month, you will find it easier and easier to get women to show up, because it's no longer just about you: they are showing up for each other and the community you all are building. This is community.

Your Sovereign Needs



Your needs are equally as important as anyone else.

You are modelling to others the importance of self care.

It's up to you to not only identify your needs on a daily basis, so you don't burn out, but also to ask for support to get those needs met and to set healthy boundaries to prevent self-sacrificing, overgiving, and depletion.

Avoiding Burnout



Don't go into default "over-nurturing feminine mode" to the point that you are over-giving. Instead, focus on holding the container and providing the right space and energy that sustains everyone.

Nuturing your own energy is important for long term sustainability and the ongoing nurturance of others.

Own your Value



Own your value and worth and the sacredness of your role.

Start small:

If you are leading circle for free, start taking donations.

If you are taking donations, start charging a small fee.

If you are charging a fee, does this feel honouring of your time, skills and energy in the space?

Sustaining a Movement



Imagine building a movement, together with these women from different walks of life, knowing that you are contributing to one of the most impactful missions of the planet together.

We are healing the divide amongst women as we set an example of the new model of feminine leadership, collaborating and co-creating together.

This is sacred Circle.

Advertising



Don't be afraid to call in your Women.

Call them in energetically, send personal invitations. Place a message on a noticeboard, flier or on social media:

Here's an example: "Calling all goddesses! Are you looking to connect with a sisterhood where the conversations go deep and we support each other's brilliance? If so, come join us for a Full Moon Circle for ritual, movement, meditation, sharing and activation."

Embrace Change in your Circle



The saying that people are in your life for a reason, a season, or a lifetime is definitely applicable to Circle. Constant expansion and growth is also not sustainable.

We must allow for the contractions, the times of rest and reflection, and the times of transition. Honoring the seasons and the cycle of life creates more flow in our circles.

Trust & learn to allow the life and death cycles of your circle.

Honour all you have done



Trust that the love, energy and commitment you have put into the group and your circle has been enough.

Acknowledge your energy & pure intention, appreciate your unique gifts, take time to give gratitude for your learnings and the abundance created, and move forward with more clarity, strength, fortitude and grace with all you have gained from the experience.

You are more than enough.



Circle, for time immemorial has been a symbol of hope and unity. We know from our very ancestral roots the power of gathering in circle. When we gather in this powerful geometry we are all equal. There is an unbroken flow to our togetherness, everyone is included and everyone is seen.

The energy of a circle has no beginning and no end, the energy continues to circulate. No one is outcast and no one is left out. Where the female shadow creates triangulation; the feminine light instead creates circle and inclusivity.

Increasingly, this is the way of the future; collaboration instead of competition as we heal the wounds of the global sisterhood. You are part of this change.





Thankyou

DIVINE WOMAN