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s more and more women rise up into their leadership and take ownership of their truth and their voice, they feel a strong pull toward being in circle with other women.

The power of women gathering is immeasurable.

And when women come together to do sacred ceremony and ritual, magic and miracles happens.

Ritual is a portal to call forth the divine.

It creates a threshold to step into something new.

It supports you in manifesting an intention.

Ritual puts feminine magic into motion.

There is more demand than supply right now so we need more women to raise their hands and be the leaders of circles, creating safe, sacred space for women to come together in sisterhood.

This handbook is designed to empower and inspire more women to lead circles using these beautiful rituals.

Many of these rituals can be done individually to invoke the divine feminine and connect deeper with oneself.

I hope you use these for your own special ceremonies, with girlfriends, or in your women's circles. Please make sure to give credit and honor the source when using them.

- Tanya Lynn

# Why Circle, Why Now

e, the spiritual women of the world, are the solution to the problem.

Jean Shinoda Bolen, author of The Millionth Circle and Urgent Message From Mother predicts that when we have millions of circles in the world, we will shift from a patriarchal society to one that is based on equality.

When women gather in circle, we transform ourselves and each other.

When we transform ourselves -- when we wake up to our feminine power -- we bring a new consciousness to our families and our communities.

When our families and communities become more conscious, we change society.

This is why Sistership Circle exists.

You, my dear sister, also feel this deep truth in your bones ... which is why you are here reading this handbook.

You feel the immeasurable power of the divine feminine rising as women gather in collaboration and co-creation.

Whatever it looks like, we are ALL being called to step into our dharma, our purpose work, and contribute our individual part to the collective healing on the planet.

What's most apparent is that we are being called to do this collaboratively, to rise up as a collective, to work together, and to unite.



It is a new paradigm of leadership - one of equality, transparency, and love.

We NEED each other. We NEED sisterhood. We NEED to rise up together.

And here's what I believe more firmly than ever: Circle is the answer to all of it.

Circle IS the new paradigm of feminine leadership.

Circle is rooted in collaboration, co-creation and connection.

Circle is the opposite of patriarchy: it is equality.

Circle is the place for us to learn, practice and embody feminine leadership.

The way I define circle is "a sacred, safe space for a group of people (more than 2) gather for transformation, healing and awakening to take place."

So circle can be a retreat, a workshop, a group program, a gathering of sisters, a gather of family, a gather of friends.

The world is aching for circle ... for the connection, depth and authenticity it provides.

It's about creating more connection, more collaboration, more oneness.

We must work together to sustain the human race.

We must learn how to live together in harmony with one another and the earth.

We must embrace one another as sisters and brothers, knowing we are all interconnected. Knowing we are all one family.

# The Power of Ritual

enturies ago, it was common for women to come together in circle to support one another in birth, rest during their menstrual cycle, cook and sew together, take care of one another's children, and share stories of inspiration and triumph. Women thrived in that nurturing, connective environment where you could lean on a village sister in times of trouble and dance with a sister in times of celebration.

Over the course of history with secularization and industrialization, women lost touch with the ancient art of circling and forgot the power of the feminine.

But it's come full circle, pun intended.

Stories of triumph both collectively and personally have rippled out, touching women on all parts of the globe, creating a worldwide thirst for circle once again.

Stories like Leymah Gbowee's in her book Mighty Be Our Powers where she gathered the women in Liberia to come together in circle to protest and end a war that had ripped their country to shreds. Invoking the warrior goddesses Kali, Athena and Durga.

Or stories like mine where I spoke every week of wanting a baby and found myself pregnant within weeks of sharing that deep longing within my womb. Invoking the mother goddesses Demeter, Isis, and Ixchel.

What may have felt like a dream or fantasy suddenly becomes real within the collective intention of the circle.

There's something that speeds the process of manifestation up and makes the magic become tangible: it's called ritual.

According to the dictionary, RITUAL is a solemn ceremony consisting of a series of actions performed according to a prescribed order.

Rituals have been performed for centuries across all religions, cultures and traditions to bring the sacred into the mundane and manifest good fortune. A ritual can be as simple as saying a prayer every morning at the same time in front of an altar. It can be used to bring mindfulness into your day and can bring more clarity, intentionality and presence to any area of your life.

Rituals have been practiced for specific purposes throughout history in all areas of life such as to improve health, have a child, establish your power as a ruler, or become more attractive for a partner.

They have also been used in sacred women's circles to create deeper connection and manifest intentions with a group energy field.

And when women come together to do sacred ceremony and ritual, magic and miracles happens.



# Key Elements to Performing Sacred Ritual

hile a ritual is a set step by step process, as soon as you start to go through the motions, it loses its magic. Performing ritual is not to be taken lightly. That's why we have outlined some of the key elements to include to keep it sacred, potent and powerful.

#### **Get Clear on Your Intention**

The more clear you are on the intention of the ritual, the more powerful it becomes. With a group ritual, state the intention clearly to create an energetic field. Also allow each person to state her individual intention so she is fully invested in the process.

#### Prepare/Purify Yourself, the Space and the Group

Since the group's energetic field is important for ritual to maintain its magic, everything needs to be a blank slate, clear and clean for the intention to manifest. This includes making sure you come into the space clear of expectations, judgments, fears, concerns and any other baggage. The space must also be clear from other energies that were there before. The group also needs to be clear.

A purification ritual would be perfect to do for this.



This can be done through smudging (see Syma's ritual), everyone sharing anything they need to let go of to be fully present, a water purification ritual, and various other techniques.

#### Create the Sacred Container

The container consists of who, what, when, where, how and why. It is the masculine element of the circle that holds everyone and allows the feminine energy to be channeled. Agreements and structure create the container.

Open the container with an invocation, blessing, or lighting of a candle.

Close the container with a prayer, blowing out the candle and calling the circle "complete."

#### Be Open to the Mystery

The feminine is mysterious and therefore we must honor her with curiosity. As soon as we begin to compare the ritual with the last time we did it, try to control it, try to make sense of it, or want it to go a certain way, we block our receptivity channel and lose the magic.

Clear the mind, open the heart and invite in infinite possibilities. Listen. Open your physical body by not crossing your arms or guarding your heart.

Ask questions like "I wonder what is possible?"

State intentions like "I am open and receptive to what wants to come through me."

#### Remain Present and Honor the Sacredness

Stay with the intention and remain focused. Notice when you are drifting away or checking out and bring yourself back.

Have chatting and small talk before or after the official circle.

Maintain each woman's sovereignty, which means she is responsible for her own experience. Listen to each woman as if she has her own answers and do not try to fix or coach her.

The ritual will land differently for each woman and that is perfect. We are all on our own journeys, receiving what we need in divine timing. Trust this.

#### Ground and Close the Container

Because energy can be intense in a ritual, especially if it triggers something within someone, it is important to ground the energy at the end and make sure the container closes.

Ground by sharing how the ritual was or journaling, laying on the floor, using crystals or rocks in the hand, and eating something when the ritual is complete.

Close the container as suggested above.

#### Reflect and Embrace Change

After the ritual is as important, if not more, than the ritual itself. When you go home, take time to reflect through journaling. Practice self-care and create space for integration. Drink lots of water.

If things come up such as feeling off, triggered, emotional or disoriented, embrace this instead of resisting it. The ritual is working through you and it may take some time to integrate the change.

#### **Creating Your Own Ritual**

After reading or performing some of these rituals, you may be inspired to create your own.

Here are some of the elements of the entire circle container to consider adding to your outline:

**&** Prep

**&** Purification

**&** Welcome

**%** Opening the circle

**&** Invocation

**&** Introduction

**&** Ritual

**&** Grounding

**&** Reflection

**&** Sharing

**&** Gratitude

**&** Closing the circle

**&** Food

& Clean up

On the following page is a playsheet to help you plan:



# Create Your Own Ritual Playsheet

Nam	e of Ritual				
my I	ntention is				
Them	ne (Check the circles)				
	Full Moon	0	Spring Equinox	0	Blessing Ceremony
•	New Moon	0	Summer Solstice	0	Birthday
•	Winter Solstice	0	Autumn Equinox	0	Other
Type	(Check the circles)				
	Purification	0	Meditation	0	Transformation
0	Healing	0	Activation	0	Manifestation
•	Connection	0	Visualization	0	Other
•	Journey	0	Celebration		
Tools	Props (Check the circle	s)			
	Fire		Incenses	0	Handouts
•	Water	0	Animals	0	Cup/Chalice
•	Earth	0	Ribbon	0	Food
•	Air	0	Pens/Pencils/Markers	0	Herbs
•	Rocks/Crystals	0	Paper	0	Instrument
•	Flowers	0	Oils	0	Chimes
•	Wands	0	Music	0	Masks
Orde	r				
Ste	ep1	Ste	ep 3	Step 5	
Ste	ep 2	Step 4			
Refle	ction				
	Journaling questions	0	Paired Share questions	0	Group Share questions
Othe	r Details				
	Who are you inviting?		O When? Wha	at tir	me of day? What day of
	How many people min and r	nax			=
	Where located?	11017	··· Wooki Wha		
Roles	s (who will do what par	:?)			
	Prep	0	Introduction	0	Gratitude
0	Smudging	0	Ritual	0	Closing the circle
0	Welcoming	0	Grounding	0	Food
•	Opening the circle	0	Reflection	0	Clean up
0	Invocation	0	Sharing		•



Trecently wrote an article on <u>Blessing Ceremonies</u> because so many women have asked me over the past three years how to create one for a friend or themselves. While doing some research, I came across an <u>article</u> that explained that "The Navajo have expressed that people honor their culture by not calling a non-Navajo ceremony a Blessingway, but instead to use something more appropriate like a "Mother Blessing."

This woke me up.

While I had heard of Cultural Appropriation at Burning Man, where women were asked to not wear feather headpieces because of the disrespect to Native Americans, I didn't realize how harmful we can be when we are using rituals from other cultures.

According to Wikipedia, Cultural Appropriation is a concept dealing with the adoption of the elements of a minority culture by members of the dominant culture. [2][3][4] It is distinguished from equal cultural exchange due to the presence of a colonial element and imbalance of power. [5][4]. Particularly in the 21st century, cultural appropriation is often portrayed as harmful in contemporary cultures, and is claimed to be a violation of the collective intellectual property rights of the originating, minority cultures, notably indigenous cultures and those living under colonial rule. [3] [6][7] Often unavoidable when multiple cultures come together, cultural appropriation can include using other cultures' cultural and religious traditions, fashion, symbols, language, and songs. [8][9][10]

While deemed "unavoidable," especially in the US where we are a melting pot of various world cultures, I believe that it is our duty, as feminine leaders, to bring awareness to this subject and educate ourselves and our circles.

This may make you uncomfortable. You may argue that you were naive and didn't think it was stealing or a big deal tr wear feathers or bindis during circle. You may say that you just thought they were pretty.

If you are white like me, and not clear on your lineage, or have a "mutt" background making you a melting pot yourself, you may say, "well I resonate with the Native American culture the most because it feels more spiritual than mainstream American culture," or "I went to India and felt like I was home."

To call myself out, that's exactly what I used to say. Until I began to examine my white privilege.

This struck home for me:

Dr Adrienne Keene of Native Appropriations tells <u>EverydayFeminism</u>, "You are pretending to be a race that you are not and are drawing upon stereotypes to do so."

I'm currently in a course called <u>Hard Conversations</u> that examines white privilege and systemized racism.

And I found that Cultural Appropriation is one of the things that perpetuates racism, whether we are conscious of it or not.

So here's my point and why I am bringing forth this conversation in this book: when you are doing ritual in circle, ask yourself these questions:

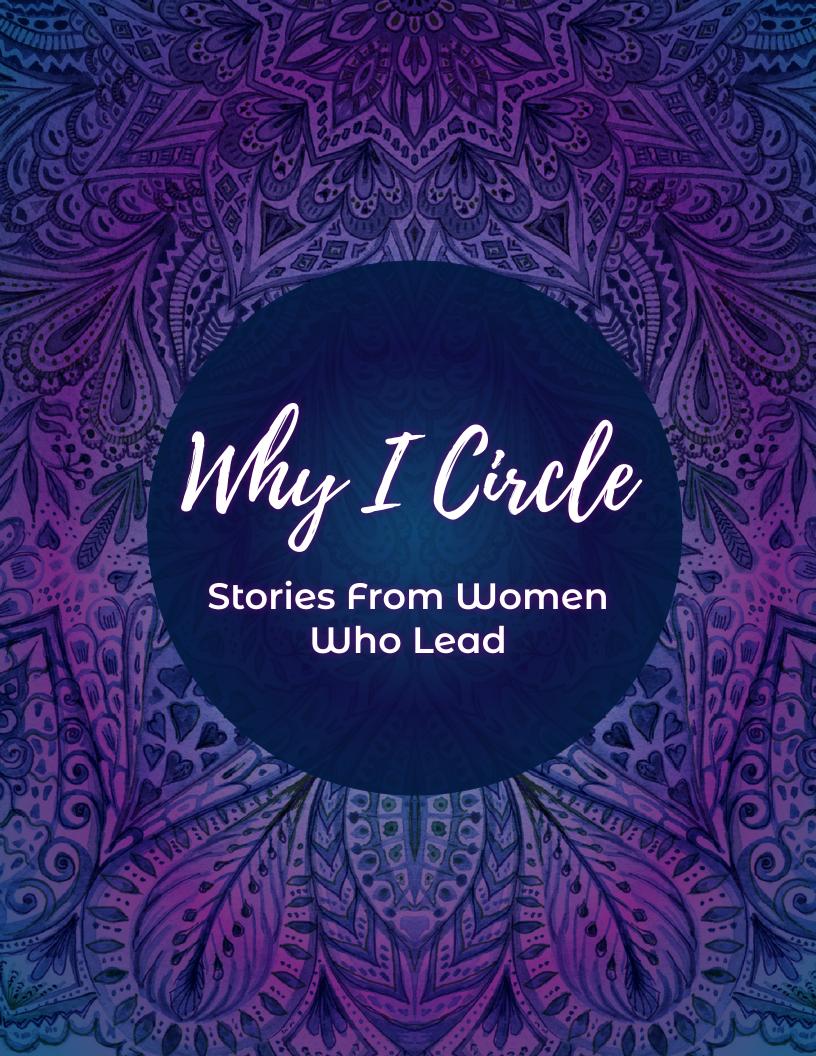
Where did this ritual originate from?

Am I borrowing from a marginalized group that may feel like what I am doing is offensive? Do I have any knowledge of this culture and the history behind this ritual?

These three questions are worth asking before doing any ritual that uses symbolism, props, music or imagery.

The same goes for using crystals, oils and other ritual items. Do you know where it comes from? Do you know the history?

Rituals are to be respected, honored and revered. Lineage should be preserved. Let's make sure that we are not systematically suppressing the people whose rituals we adore through ignorance and naivety.





# **Amy Bammel Wilding**

★circle because the Sacred Feminine is needed in our world now more than ever - on a global level, and on an individual level - to bring our planet and our psyches back into balance. The reawakening and reclaiming of the Divine, by women and for women, began in the last century and is gaining momentum with each passing year. Women the world over, like individual

drops in the ocean, are coalescing to form a great wave of change, and the tide is now turning - away from the patriarchal rule this planet has known for over 5000 years.

As is the case with the majority of movements that pertain to women, this shift is coming not from the top down, but from the bottom up. Like seeds buried generations ago, we rise organically, sensing the time is now to see ourselves as the awesome force of nature we were born to be.

The rebirth of the Sacred Feminine is, like most things symbolically female, circular. Rejecting the current social values placed on hierarchy and linearity, women have begun to reclaim the domain of sacred circling as our birthright, honoring our cyclical nature. Women's circles and mother-daughter circles are perhaps the most powerful agents of change on the planet right now, with each woman contributing to the healing of our world as she herself experiences healing.

As each woman reclaims the power and wisdom of the Sacred Feminine on an individual level, she increases the vibration for all women on a planetary level. The birth of a new era is imminent, and it is my calling in this lifetime to inspire and midwife this birth, and my honor to share this experience with other women.

# **Molly Remer**

#### brigidsgrove.com

In 2008, a small postcard at the local Unitarian Universalist church caught my eye. It was for a Cakes for the Queen of Heaven facilitator training at Eliot Chapel in St. Louis. I registered for the training and went, driving alone into an unknown neighborhood. There, I circled in ceremony and sisterhood with women I'd never met, exploring an area that was new for me, and yet that felt so right and so familiar.

I'd left my two young sons home for the day with my husband and it was the first time in what felt like a long time that I'd been on my own, as a *woman* and not someone's mother. At the end of the day, each of us draped in beautiful fabric and sitting in a circle around a lovely altar covered with goddess art and symbols of personal empowerment, I looked around at the circle of women and I *knew*: THIS is what else there is for me.

My work following the birth of my first son came to center heavily around pregnancy, birthing, and breastfeeding, the stage of life in which I was currently immersed. I'd wondered several times what I would do when those issues no longer formed the core of my interest and personal experience. How could I ever stop working with pregnant and birthing women? How could I stop experiencing the vibrancy and power of pregnancy and birth? Would I become irrelevant in this field as my own childbearing years passed me by? Looking around the room at Eliot at *this* circle of women, only two of whom were also of childbearing age, I knew: my future purpose would be to hold circles like this one

I found something in Cakes that I needed, the recognition that I wanted to celebrate and honor the *totality* of the female life cycle, not just pregnancy. As a girl, I loved the mother blessing ceremonies my mom and her friends held to honor each other during pregnancy. They hosted a coming of age blessingway for all of their early-teen daughters as well and I helped to plan a subsequent maiden ceremony for my younger sister several years later. Locally, we carried that tradition forward into the current generation of young mothers, holding mother blessings for each other and enjoying the time to celebrate and share authentically and deeply.





After my training, I facilitated a series of Cakes classes locally, attended a women's retreat at Eliot Chapel, and began to priestess quarterly women's retreats for my friends. One of my stated purposes was to honor and celebrate one another without anyone needing to be pregnant. Somehow, even though our own local mother blessing traditions were beautiful, we had accepted that the only time we had ceremonies with one another was when someone was pregnant. I wanted to change that!

I then expanded my offerings into a monthly Red Tent Circle, open to women of many backgrounds. Despite the name, our local Red Tent Circle doesn't focus exclusively on menstruation or on currently menstruating women, since all phases of a self-identified woman's life cycle and her many diverse experiences and feelings are "held" in the safe space of the circle. However, one of the core purposes of our circling together is in celebration. We gather together each month to celebrate being women in this time and in this place, together.

While we may have had a first taste of this type of celebration during a mother blessing ceremony, I feel that care, attention, value, and ceremony can be brought into our non-pregnant lives through gathering together in a Red Tent Circle. These circles bring a sense of celebration and power more fully into our lives as we honor the fullness and completeness of women-in-themselves, not just of value while pregnant or mothering.

When we create intentional rituals they are, in themselves, a kind of "mandala of the whole universe." The ritual is like a miniature version, a microcosm, of a pattern which we would like to see expressed at a larger level. In the anthology, Stepping Into Ourselves, D'vorah Grenn writes about Jewish priestesses explaining, "... Every day, we witness the positive, transformative effects of, 'restoring women to ceremony'... another reason it is vital that we continue our work..." (p. 56).

At the center of my priestess altar, I put a bowl that I made during one of our women's retreats. It feels like a symbol of gathering the women and restoring them to ceremony. Inside of it, I placed a tiny humming bird feather as a reminder that these circles and relationships are delicate, surprising, and beautiful and need to be treated with care.

### Sam Bell

Tame upon 'circle' quite by 'accident, although I now understand, there is no such thing. The universe meant me to walk this path and to discover its magic!

My story is not a happy one, yet I am the happiest person I know! Again, no 'accident'.



I am at a place in my life where I am fortunate to have emerged from broken, and LIVE my life, no longer EXISTING within it, as I did for more than 4 decades.

My mother wounded me... rejecting and emotionally abusing (gas-lighting) me from birth. I was never 'good enough' and I led a miserable existence through failed relationships, struggles with self-esteem, confidence and a distorted body image. By the age of 38 I had had enough. I became 'No Contact' with my mother, but lost my father to her ultimatum. She told him 'her or me'. He chose her. He passed away in 2017. We were never reconciled.

I also lost my only sibling. Despite thwarted attempt at reconciliation, our mother remains the one with the stronger hold.

I finally broke in my 44th year, when my husband and father of my only son, announced his intention to end our 21-year marriage.

It was as though the final rug had been pulled from beneath my feet.

I broke.

Diagnosed with Complex-PTSD and Social Anxiety Disorder in 2011, I began a journey to find and repair 'me' so that I could reverse the cycle and create a new one for my son. I was alone, in debt, and bereft in a small community in what was still a vast new country. We had arrived in Canada some 18 months prior. I was completely lost and facing what I thought was the insurmountable. A group of women came to my rescue. As they gathered in my home, with gifts of food, goodwill and support, sharing their stories and wisdom, I realized the magic that is a group of women coming together as one, for one.



Never had I ever experienced anything like this before. I had only known women to dislike, compete, bully, hurt and scapegoat me.

I recognized a change deep within me.

That was the beginning of my quest to discover more about this awakening within and what had ignited a flame. I truly felt I had discovered a missing part of me.

My quest eventually led me to Tanya Lynn and Sistership Circle, and I held my very first circle, in 2012.

This journey revealed to me, the pain suffered by maternal lineage. My own mother had been wounded deeply by her mother, and my maternal grandmother by her mother prior. I began a journey to understand the patriarchal paradigm that had created this deep mother-daughter wound and allowed it to pass from generation to generation. I, by no accident, had been chosen to be the one to reverse it and bring forth the Divine Feminine so that my son would thrive and become a part of the Paradigm Shift we are experiencing here today, NOW.

The gift revealed by my story is my purpose. I am meant to share it from this relatively 'new' authentic core, to empower the many, many other women who have a similar tale. My work is far from done. It is powerful and lights me up far brighter that I could ever have imagined. My quest is to remove the mask society places over the face of the mother wound and as we work together to heal our collective, one woman at a time.

The Divine Feminine is rising.

THIS is why I circle.

# Kristin Jensen

On our honeymoon in 2017, my husband & I were drawn visit sites sacred to the Divine Feminine. While experiencing the potent energies at Woodhenge, Stonehenge, Glastonbury, Avebury, and Chartres, I felt a soulcall to begin gathering my sisters and awaken our connection to the Great Mother and our awareness of Her presence emerging within. And so began a beautiful journey.

I circle to connect with my sisters.

I circle to heal my mother wound.

I circle to find and create safe space.

I circle to speak my truth.

I circle to gather my tribe.

I circle to create and benefit from powerful rituals.

I circle to awaken.

I circle to transform myself and others.

I circle to grow in love.

I circle to listen.

I circle to serve my sisters.

I circle to make a difference.

I circle to create and experience safe space.

I circle to connect to the Divine within.



I circle to remember who I've been.

I circle to reveal myself.

I circle to unravel the bonds of patriarchal conditioning within me, and my sisters.

I circle to awaken the dragons.

I circle to remember my feminine birthright.

I circle to be in and create community.

I circle because there I am home.



## **Amanda Collins**

Celtic Priestess and Feng Shui Master

Immen who are supported in a sacred circle remark on a greater connection to themselves, their communities, and a greater connection in the evolution of global consciousness.



I believe joy is our birthright. So are its sisters, magic and miracles. But through life's challenges, we can lose sight of our essential nature, and have to find our way back home. As a working mom, I understand how we can forego self-care and forget self-love in the midst of a big project, a basket full of muddy laundry or a life crisis. I also know we can reclaim our joy every day—living with the playfulness of a child, love of a mother and wisdom of a goddess.

We're on this earth to live and love fully, to find what lights us up and share authentically with others. As we find peace within ourselves, we create a peaceful world. Yet, how often have we read an inspirational book or heard an exhilarating talk only to fall back into old patterns?

When we are in a circle with our sister Priestesses we are invited to step into our greatest selves we are reminded of the following:

A priestess knows how to create sacred space inside her home and also knows that her home is something inside of her.

A priestess walks between the worlds for the purpose of healing individuals and the planet.

A priestess is willing to travel deep within herself to reconnect and reawaken the most authentic and connected part of herself.

A priestess is willing to unravel what her families, teachers, and society have told her she was and, instead, explore her true essence.

A priestess will honor all forms of herself the maiden, the mother, and the crone.

A priestess will only make decisions when her heart, mind, and intuition are in full alignment.





A priestess is a woman who dedicates all of her focus on the source itself and to the service of others through that devotion.

A priestess knows that she can reclaim her joy every time and live with the playfulness of a child, love of a mother, and wisdom of a goddess.

A priestess uses her healing, her manifestation abilities, as well as her consciousness in this process. She bridges other worlds, this world, utilizes ancient practices and traditions, and reveres rituals to create magic and miracles in her modern day to day reality.

A priestess is dedicated on her path of service and devotion while being dedicated to her own self-love and self-worth.

A priestess does not apologize for her strength and knows that she inspires by her greatness and authenticity.

A priestess trusts the universe, the goddess, and the land that supports her.

A priestess hears the calling and answers to it.

A priestess comprehends that it's her birthright as a woman to be connected, vibrant, free, and empowered and knows it's up to her to reclaim that.

A priestess knows when she accepts and embraces who she truly is, miracles fill her day. Purpose, passion, and power animate her. Limiting beliefs fall away, and she awakens to the joy inside.

Do you remember a moment when you felt the simple blessing of being? No matter who we are or what life gives us, we can tap this reservoir of love because it's our true self.

A priestess knows to ask herself, "Have I filled up my own cup?"

A priestess knows how to create healthy boundaries.

A priestess knows to sit with her altar daily to reconnect with the deepest parts of herself and the Divine.

A priestess knows that there is beauty in all things.

This is your time to shine, beloved.

# Laura ~ Layla Centorrino

Sitting in circle is powerful. Just the act of being equal, all being seen and heard is potentially revolutionary! The Circle is sacred, it is inclusive and complete yet also open. The circle can easily become a spiral and have things start moving. A circle is an alchemical container for magic to happen. A circle can be me and a tree or a friend or spirit. Circling is about intention.

Sitting in circle with women is natural. I have been doing it for most of my life and it's informed everything. When I was a kid I was in the kitchen with my mom and sister. My mom would have her own version of a circle when she would have her friends over for tarot card readings. They would all hang out chatting and snacking then one by one go into the dining room to have a reading. Back in the 70's when I was in high school, I circled with my girlfriends to talk and do art. In college we circled to share about boyfriends and romance and be supportive of life's trials.

Then when I was about 20 I met some lesbian witches with a crystal store in New Paltz, NY. That changed everything. I started siting in circles that were the real deal. I soon found that something more was happening here, not just female support or gossip, something that I could feel. From there I continued to meet more women gathering and studying the Old Ways. Casting a circle, calling in the directions, making an altar, setting intentions, calling in a cone of power and stepping between the worlds.

Circles are where we intentionally gather our power for a cause – to support one another, bleed together, call out our best self, share our dreams or even more potent, to change the world. Like when I was in a coven and we did a binding ritual to stop Ted Bundy and he was caught shortly after. It's a place where we can come and do magic that benefits all. As the high priestess says "What is done for the one is done for the many."

The circle is a place between the worlds where things are different, the other side of the veil becomes accessible and our super powers can come online. The circle is also a place to see and walk among our shadow aspects. With the clear guidance of a ritual or ceremony and the potency of a sacred circle amazing



healing and evolutionary shifts happen. Intention is everything and learning is by paying Attention.

It wasn't long before I stepped into leading circles and learning the ways of witches, priestesses, goddesses and ancestors. Listening deeply, receiving messages as I gained the courage to follow my intuition. With the support of my sisters and mentors it was becoming easier to move between the worlds at will. To take my relationship with the elements with me everywhere I go. I can hear the voices of my ancestors and trust the wisdom that comes from within. This growing up of the woman I am, with the loving reflection and support of my sisters has been a precious gift = life forming!

The circle has taught me much of what I know. How to live as part of the sacred circle with all life, at all times. How to be silent, humble, strong and fearless. I bow down to the forces that come: greater than the sum of the parts, this alchemy, transformation and living wisdom. Such a Blessing - a circle of women!

" May it be so .. and So it Is!"

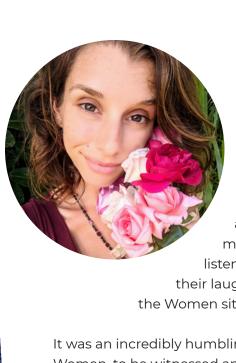


# Gabriella Cerince

We circle with the Wheel of the Year. We have been entangled in this dance since the beginning of Time. By celebrating the Seasons of the Earth, and of ourselves, we are aligning with the powers of Nature, and returning to the ancient rhythms our ancestors once lived by.



In the Celtic Wheel of the Year, the Spring Equinox is called Ostara. This feast day marks the balancing or equal length of day and night and the onset of warmer weather. The exact date fluctuates each calendar year with the solar cycle and falls between March 20th and March 23rd. The root of this word is "estrus", which refers to the ovulation phase in animals. "Easter" is an extension of this ancient feast day, represented by the hare and the egg, which are recognized fertility symbols in cultures worldwide. In Dianic Witchcraft, we see the year as a maturing Woman, growing through the life cycles. The cycles of women's lives are seen to merge and overlap with the seasonal, mythical cycle of the Goddess. We say goodbye to the Crone of Winter, and welcome in the Spring Maiden. The land awakens in the budding seed, the newborn lamb, and in the birds taking flight. We can see Mother Nature rebirthing and bursting in the colors of Life.



## **Ahina Rose**

rcle is the space where I found my voice, /where I learned to be vulnerable and let down my walls. The first time I ever sat in a women's circle, I was terrified. Memories of being bullied and judged by girls in middle school flooded into my mind. But as I sat with these Women over 4 days, listening to their stories: seeing their tears, and hearing their laughter: I was no longer intimidated by or fearful of the Women sitting around me.

It was an incredibly humbling experience to share openly and vulnerably with Women, to be witnessed and witness them. The beautiful connection that occurred when we laid down our masks, exposed our wounds and shared the demons we dance with.

Each Women left the retreat transformed, because we'd expressed and allowed the "shadow" parts of ourselves to be seen. We all felt safe to surrender, and this allowed for change in our subconscious mind. The most beautiful part of circle to me, is the mirroring that happens. Collectively we are all healing similar wounds, yet in different stories or scenarios. So when one sister shares, she may be able to articulate a core wound or feeling you have never been able to identify with words. This is where healing takes place, through self awareness.

Through leading Women's Circles, I've learned (and witnessed) lessons of compassion, communication and vulnerable connection. Sisterhood restored my faith in the feminine, in myself and in community. I've experienced the magic that occurs when women gather in love and truth.

### **Deborah Harlow**

month after my 12th birthday, just after my family had recently relocated to a new town, hundreds of miles away from any family or community we knew, my father had a massive stroke. He lived for another 12 years needing constant care.



I learned to become very self-sufficient and a master problem solver. I also learned to suppress my voice, as there were no adults who could listen to my needs in such a state of constant crisis and being alone in a new town/community with family and friends hundreds of miles away.

From this experience, I became crystal clear about two things 1) community is essential to my joy and 2) I would dedicate my life to being an advocate for those whose voices were not heard, including my own.

As I continued on into adulthood I met my need for community by gathering women together for potlucks, retreats, dinner parties ... you name it, we did it and it became medicine for not only my soul but also that of the women who joined me.

After my father passed, I struggled with what to do with my life as everything had been on hold for so many years. I spent time traveling, studying Sociology, Psychology and Pediatric Nursing. I explored concepts of wellness, self-care, spiritual entrepreneurship and feminine leadership.

Along the journey, I realized that my joy factor comes from connecting with people and helping them better understand who they are so they can navigate life in the most nurturing and joyful way. I launched a business, The Joyful Leader, where I coach and guide women entrepreneurs, girls, and family caregivers to find joy in the journey. My clients and community lovingly nicknamed me Heart Sherpa as I guide them on this beautiful journey we call life.

And even with all of this healing and goodness there was something missing for ME ... I was still the master problem solver and no one was listening to me, holding space for me to be seen and heard, so I went on a quest to find the medicine my soul needed and I found Sistership Circle.





I had known of Tanya Lynn as she had been a speaker in The Feminine Business Model Global Telejam where I was behind the scenes as part of the development and management team.

And then years went by where I was on her mailing list, connected on social media and generally speaking within arms reach at all times. And  $\dots$  then  $\dots$  I  $\dots$ was ... ready ... for ... the ... medicine ... of ... Sistership Circle!

I was in an accident that left me bedridden for 4 months. During that time I journaled intently to discover my why, explore what really brought me joy and mapped out a process for staying rooted in that discovery. Through intensive coaching and healing spiritual work, I was able to release and heal physically, mentally and emotionally. I learned to acknowledge the various parts of myself and truly hear the messages my body was sharing... "Slow down, find joy, be you!".

I learned that a wonder woman with a full cup only doing what she joyfully said yes to is a universally different powerful force than a kickass woman struggling to live up to her yes from an empty cup.

I made self-care a priority and sought out ways to daily fill my cup up and one day I received an invitation from Tanya to watch a webinar on archetypes.

I watched the webinar and loved it. Afterwards there was an invitation to join How to Lead Circle and it was time for me to say yes. The experience was rich, expansive, painful, healing, joyful, and intense. As I came out through the flames on the other side a Certified Facilitator I felt a new purpose and depth to my initial clarity of needs for community and being an advocate for those whose voices were not heard.

One of the most profound gifts from why I circle is that it meets my needs and the needs of the women I connect with WITHOUT me having to fix, solve or resolve. I'm not the teacher or quide. I'm the sister holding space with them sharing as much as I'm listening, celebrating as much as I'm releasing.

Circle is the place I get to be me and explore what that truly means.

Circle is the space where I'm free to slow down, create and be.

Circle is the sacred container where I can connect with women releasing any fears, insecurities, cattiness, competition or smallness.

Circle is where should's are buried, old stories are released and limiting beliefs are burned away.

Circle is where celebration is as important as introspection.

Circle is where divinity is channeled, irrelevant of background, race, religion, age or experience. We are welcomed to tap into our own divinity without limitations.

The woman I am today I never imagined was possible yet intuitively always knew was there. I now see the path I am meant to travel and understand that everything I've ever done has led me to this point in the journey and circle brings it all together ... literally and metaphorically.





# Sarah Feliz

circle because it is the truth. It is a quiet and brave footstep in the process of our remembering.

Remembering what?

For me it is has been a journey to remember the truth of our oneness, and the divinity within us all. The truth that we are all sacred mirrors to each other.

I circle because it is the medicine I desperately needed, didn't know I needed, or where to find it.

I circle because once I found community with women in the spirit of nonjudgment and vulnerability, a fire was lit within me to share it with the world. The fire was triggered as my self-imposed shackles melted off. These shackles were built of lies about my not enough-ness, my too much-ness, my over sensitivity, my deep shame. They melted as I was witnessed, and held by my sisters. They helped me to begin healing by listening, holding deep space, and sharing vulnerable stories that echoed mine.

I have been blown away by the power of this work. I have been able to share my deepest, and most present pain. I have found a sacred space to release all that was weighing my soul. I have witnessed other brave women share their stories, emotions, and traumas. So many of these thing go unsaid. I have seen with my own eyes, and heart, the transformative power of bravely putting words to our pain. I have witnessed these weights of the soul be released as they were shared in the safe container of circle. There is so much we carry in silence of our beings.

There's an understated power that caught me off guard about circle. The healing power of real community. In circle I have found a space to share all the parts of myself, and give voice to what I felt was unspeakable. Through this process I have learned that the idea of anything within me as unspeakable is a lie, an illusion.

Gathering in circle is the truth because by giving voice to my deepest shame, hurt and secrets I began to heal. With every brave sacred step we are modeling the truth of oneness. By just showing up we hold space for our healing, and that of our sisters. I will circle until the day I die, because we didn't come here to do it alone. Community is crucial.

When I went through the How To Lead Circle program, and decided to offer my first circle, I hit a huge wall of self-doubt. I had a mountain of fear that no one would show up, and what this said about me. For me at that time, it would mean that I didn't matter, and I was not enough.

Before my first circle, I sat on the ground, connected with the earth, asking that all the women who were meant to do this sacred work with me be called in. I walked outside and sat on the little patch of earth in my Washington DC front lawn as cars zipped by. I silenced myself, visualizing roots going into the earth, and asked our sacred Pachamama to help me call my sisters in.

Four women showed up at my first circle. It was incredibly healing and powerful. This work cannot be done alone, and I am eternally thankful to each one that showed up. They were not only showing up to a sacred appointment for themselves, they were also showing up for me. The medicine of their showing up helped me to begin releasing the lie about my not enough-ness. There is a braveness in the simple, yet powerful, act of showing up.

The power of the simply SHOWING UP has been a huge teacher for me. There was this one time I showed up to a circle call in the Facilitator Tribe. I called in, mostly listening because I was swamped, leaving work and rushing to pick up my kids. The call was related to the mother wound, and I listened as women shared about pain from their mother's actions and words, while others shared about their own difficulties as mothers.

At that circle I learned the power of mirroring. As I listened to honest and vulnerable stories of the deep pain women carried in relation to their mothers, and stories by women I admired feeling as if they were falling short as mothers, I was filled with IMMENSE compassion for them. I recognized myself, and my mother, in their stories.

I had an epiphany about my mother's humanity, and a deep otherworldly compassion filled my heart. All I was holding in my heart about how my mother failed, and hurt me, was washed away by this compassion.

Then a voice said to me, "your compassion is incomplete if you do not offer it to yourself." As a mom, I can be so hard on myself. I took this compassion that filled my heart for my mother, for my sisters, and I offered it to myself. In that moment I experienced a deep and intense healing in my soul. I was able to go to a place of compassion that I had been unable to access previously, and forgive my mom. I could see my mother's humanity and beauty through the mirror my sisters provided. This was the first, and most powerful, mother wound healing I experienced. This beautiful gift happened because I showed



up even though I was busy, and couldn't fully participate. I listened with an open heart.

In my experience, truth and vulnerability are the magic sauce of circle. Coming in as we truly are: perfectly imperfect. Our vulnerability is a fragrant offering because it is the raw and real. In a world full of lies, we crave a drop of truth to quench our thirst, and give us hope that there is more. The moments of community, truth, and vulnerability I have experienced in circle have been water to my soul, and I am deeply grateful to have found this medicine. I am dedicated and honored to share this medicine with the world.





# Seeds of Feminine Essence

**Intention:** To fully activate and embody compassion and open to the flow of unconditional love. We'll be tuning into Mother Gaia as an archetype and Divine Mother as an energy to support us as we invite in the transformation and transmutation of our own wounds and wounding around Mother and leave with our own seeds of feminine essence activated.

#### Introduction (10 min)

If we take a moment to look within ourselves and out there into the the collective what we can see happening is that so many of us are awakening to pain.

We are waking up to pain, to our individual pain and our collective pain. We are discovering the places inside and outside that are hurting and holding fear & pain – the pain in our hearts, the pain of Mother Earth, the pain in the hearts of others.

To feel what we are feeling and to tune into the pain of others requires compassion requires and courage. To truly feel and to truly lean into and embrace compassion is not for cowards, it requires great amount of courage.

So let us call forth courage today with the knowing that compassion allows us to open to feeling. That we may each find the courage to allow ourselves to go where- ever we need to go today.

So the invitation is for you to set the intention to allow yourself to feel fully, even if that means allowing any difficult emotions and the pain that lies beneath them.

This really begins with being compassionate with yourself. Can you accept and embrace yourself for where-ever you are at right now without making yourself wrong?

And can you extend your compassion outwards to others, even towards those who do not have compassion?

So as we call forth compassion, may we also call forth the Divine Feminine. The Divine Feminine which is rising, creating opportunities for women, and for us here right now to really embody our feminine essence, to truly open our hearts to ourselves and to others, and to be conscious not to create more suffering for ourselves and others since the remedy for suffering is not to create more suffering.

For us to do this we need to:

#### **Embody the Divine Mother archetype**

The divine mother archetype is one of all encompassing love.

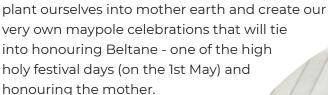
A love that means a mother would never turns away from her children. So we as women - we can look at this as never turning away from ourselves and our own hearts, to our pain and suffering, and never turning away from the pain of others.

The Divine Mother archetype supports us in reconnecting to our hearts, to healing our hurts and to be open to the flow of giving and receiving.

She teaches us to soften. To not be hard on ourselves or others, to nurture and to nourish. To hold ourselves and others in a deep embrace of love.

#### Open to softening (5 mins)

This ritual is divided into two parts. First of all we are going to open ourselves up to softening and to releasing anywhere in our being where we might feel blocked or hardened. We will activate the seeds of our feminine essence before we then firmly



So for this first part this is where you'll need your seeds and your drink.



#### Visualization: (5 mins)

Sit comfortably. Relax shoulders, feel spaciousness

Begin to steady breath. Allowing each breath to take you deeper and deeper inside of yourself. Guiding your attention slowly inward so that what is happening inside you becomes the primary focus.

Give yourself permission to soften. Softening the muscles in your face, your shoulders, your abdomen, your hips, pelvic area, pussy, legs...

Imagine, if you will that there is a beautiful soft and gentle light which pours down from above where you are sitting, right into the centre of your heart, this light is gentle and kind of like glitter and sparkly, really really luminous and it's pouring down through your crown and into your heart.

This light is a purifying light and as it's pouring through you and into your heart it begins to clear out anything which doesn't belong to you. It cleanses and purifies, rinsing away anything that you've been carrying, anything which has you harden or feel blocked. Feel your load softening as you bathe in the light as though it were a sacred, healing bath.

Everything that is being cleansed is being washed away, right down into mother earth who welcomes all that is being cleansed. Mother earth opens herself to receive so that it may be recycled and transmuted.

#### Call upon Mother Energy

Mother Mary - we call upon you to activate and liberate the feminine principle within each and every one of us.

May you cradle and comfort us as we soften and open to love and beauty.

May you support us in anchoring in the energy of wholeness

Take a deep breath in and on the exhale, open your eyes. Keeping a soft gaze as you return to circle.

#### Small Group Shares (groups of 3 or 4 - the same group that we'll do the second part of ritual with) 4 mins each (16 mins)

(if you have smaller numbers you can have everyone do it in the circle without breaking into groups)

Planting seeds for your own nurturing and nourishment

Take your seeds

Have everyone go round one by one and clear the soil ready to plant their seeds of feminine essence:

#### **Seed 1- Compassion**

Before you can plant your seed, clear the soil and share: Where are you beating yourself up and judging yourself? (everyone takes 30 seconds to share)

#### Seed 2 - Nourishment

Where are you burned out, undernourished, exhausted? (everyone takes 30 seconds to share)

#### Seed 3 - Nurturance

What emotions are you not giving voice to? (Everyone takes 30 seconds to share)

#### Seed 4 - Receptivity

Where are you blocked, not open?
(Everyone takes 30 seconds to share)
RETURN TO CIRCLE

#### Group process (5 mins)

Planting your seeds

Take seeds in your hand. Bring them to your heart.

Close your eyes - tune into compassion - call in compassion for yourself, open to nourishment allowing all forms of nourishment to come your way, tune into nurturance calling forth all the nurturance you need, and open to receptivity - to receiving whatever you need.

Bring them to your lips and from your heart, blow in compassion, blow in nourishment, blow in nurturance and receptivity.

Eat them, allowing yourself to embody and ingest the energy principles of each of the seeds.



Taking your water and as you drink it allow it to cleanse, purify and nurture those seeds of feminine essence you have just ingested.

#### **RETURN TO SMALL GROUPS (6 minutes each sister) - 28 minutes** Woman 1 goes first.

Woman herself becomes the maypole and goes into the centre of the group. She stands up, places both hands on heart.

She claims and/or calls forth the mother energy within herself by declaring out loud:

"I call forth mother energy within myself

I connect to Mother Earth.

I connect to the Mother within.

I connect to my relationship with my own Mother

I embrace the Divine Mother & the Divine Mother embraces me."

Other sisters beam her as she does this.

Then the sister as the maypole decides/chooses which one to focus upon:

A. you want to mother yourself,

B. acknowledgement for being a mother

C. you want to call in becoming a mother



Choose which one feels most alive for you.

She shares for 2 minutes about that - what it means to you (woman who is the maypole).

Then share for 1 minute what you want to be acknowledged for or what healing you wants to bring in.

Then all other sisters take 2-3 minutes

The sisters witnessing her will then take it in turns to shower her with acknowledgement, blessings and healing saying words of affirmations.

Each sisters has 5-6 minutes each.

(in an in person circle this is where you would tie ribbons around her, tie flowers in her hair, offer her words of affirmations).

Dance & chant (optional) in celebration (5 minutes) https://www.youtube.com/watch?v=MIqVg8CM1Gg

Group Share (1 minute each) (if you have time) What has shifted for you?



Sistership Circle inspires, empowers and trains women to lead women's circles. As part of our Facilitator Tribe Membership, we create monthly circle outlines. This ritual was co-created by Tanya Lynn and Sharlene Belusevic.

Learn more at: <a href="http://sistershipcircle.com/facilitator-tribe">http://sistershipcircle.com/facilitator-tribe</a>

# Moonblood Ritual

#### **Supplies**

- **&** Fresh beets (3-5 total)
- & Ceremonial bowl
- **&** Vegetable knife
- **&** Cutting board
- Red ceremonial scarves
- & Smudging medium (palo santo, sage, essential oil mist, etc.)
- & Smudging fan or feather

the world over are inspired to connect with our legacy of womb wisdom shared by our foremothers in red tents, moon lodges, and menstrual huts.

Honoring our Moontime (menstruation) as a time of power and sacred connection to Source is a potent ritual for women wishing to reclaim their body sovereignty and cultivate their own practice of empowered embodiment.

At Red Tent:: Louisville, we begin each women's circle with a sacred Moonblood ritual to honor those who are experiencing their releasing time during our gathering. (NOTE: For some, this may mean literal menstruation; for others who do not bleed due to any number of physical situations such as pregnancy, lactation, hormonal birth control, IUD, ablation, hysterectomy, etc.), their experience of release may be energetic but nonetheless just as real and powerful as menstruation.

The beet is chosen for this ritual due to the vibrant crimson juice that is released when the beet is cut, representing the Moonblood of each woman present, as well as the blood of our sisters and foremothers, connecting all women across time and space.

The ritual begins by first passing the basket of ceremonial red scarves. Each woman is invited to take a scarf to adorn herself if she is experiencing her releasing time, be that physical or energetic. Alternatively, the ritual may be offered to all women in the circle regardless of where they are in their hormonal/energetic cycle as a symbolic means of honoring the creative life-force in all women.

As the basket is passed, a designated sister slices the beets from root to tip, so that each beet produces 5-6 round pieces that are approximately ½" thick. The beet slices are then placed into a ceremonial bowl. (NOTE: Slicing the beet prior to the circle will result in dried out beets that do not release juice during the ritual. For best results, wait to slice the beets until you are ready to begin the ritual.)

When all of the scarves have been passed and the beets have been sliced, a prayer is offered for the women in attendance as well as our global sisters with whom we are connected.

> "We honor our womb wisdom and moonblood, With reverence to our foremothers who have shared this sacred ritual, With gratitude to the sisters who are present and love for those who are not present,

With compassion and support to the sisters who are banished to menstrual huts without the safety and sisterhood we are privileged to experience here.

Acknowledging the power of our innate ability to create and nurture life, we reclaim our birthright to honor the beauty of our wild and wise cyclical nature. We are reminded that our hands, which are so often used in the service of others, may now shift to the service of our own nourishment and nurturing during this potent time of renewal.

And as we give ourselves permission to prioritize this practice of self-care and empowered embodiment, we invite our sisters, our mothers, and our daughters to do the same.

We raise the vibration of the Sacred Feminine here in this space,

And beyond this space.
To all women and all girls,
everywhere.
And so it is."

After the blessing, all of the sisters in circle begin to sing Circle of Women by Nalini Blossom (which can be found here: <a href="https://www.youtube.com/watch?v=RkYshTVe1HU&t=24s">https://www.youtube.com/watch?v=RkYshTVe1HU&t=24s</a>), thus indicating the beginning of the ritual.

# Gratitude Gift

My offer to you is a guided meditation from my book, Wild & Wise: Sacred Feminine Meditations for Women's Circles and Personal Awakening, featuring Artemis, the goddess of authenticity.

https://redtentlouisville.com/artemis.html

The Moonblood ritual begins with a designated sister (we'll call her the Ritualist) sitting in front of the first woman who has chosen a ceremonial scarf and offering her a smudging with sage, palo santo, essential oil or another medium of the sisterhood's choosing. The sister is then offered beet stain for her hands, applied first to one hand and then the other. The Ritualist then holds both of the cycling woman's hands in her own and offers a bow of honor and recognition of her sister's power and womb wisdom. She then moves around the circle in a clockwise direction and repeats this ritual with each woman who is adorned with a scarf while the women in circle continue to sing. When the Ritualist has offered the Moonblood ritual to all women who wished to receive it, she returns to her place in circle, and the song comes to a close.

This simple ritual holds tremendous power and beauty for all in circle, and allows us to access our inherent worthiness and potency while strengthening the bonds of our local and global sisterhood.

And so it is.



Amy Bammel Wilding is the author of "Wild & Wise: Sacred Feminine Meditations for Women's
Circles & Personal Awakening", and the founder of Red
Tent Louisville, a sacred interfaith women's community.
Devoted to inspiring and midwifing the rebirth of the Sacred
Feminine from the individual to the global level, she has been leading women's circles, mother-daughter circles, and rite-ofpassage ceremonies for over a decade. Amy has been featured in numerous conferences and publications including National Geographic and NPR for her work with girls and women.

# Lineage - Rebirthing Burselves Through The Great Motherline Rites

#### 'Lineage'

As I dance on the spiral through the passage of these rites with the wisdom of the cycle and the mother blood that gives me life in the waking of her daughters and the bearing of these bones through the birthing waters where i find myself reborn i honor my lineage

Prepare a circle with an altar or candle in the center. I like use rose petals along the outer circle, representing the life blood of the ancestors who walked before me. Around the center, place 5 different

objects representing the 5 different blood gate passages of

a woman life:

& birth/being born

& first blood/ star maiden

& birthing, giving birth

& holding the moon/ menopause

**ര** death

# Gratitude Gift

Free Download Of The Song "Lineage"

https://drive.google.com/ open?id=1FA7I1F1niGLJjm5nMh0b2e0cxUZB\_fF

- Teach the song 'Lineage' to the circle of women, and sing several rounds together. This can be sung with or without the use of the recording.
- 2. With women singing the song together, walk around in a circle along the rose petals, passing through each of the 5 blood gates. Invite women to reflect on the cycle of time, their lineage incarnation, and the different phases of the womb and rites of passage.
- 3. While the song continues, Invite each woman to the center of the circle to offer a short movement, prayer, or word as an honoring of her lineages.
- 4. After each woman has had an opportunity to come into the center and honor her lineage, close the song, and allow for any reflections from the group.

marya Stark is an award-winning vocalist, composer, producer, performer, and multi-instrumentalist. She is a storyteller, bard, muse and poet. She has released 5 albums, several ep's, singles, and collaborative projects. When she is not on stage or crafting, Marya offers her medicine as a Musical Midwife, supporting the Archetypal Embodiment Journey of her students. She is a mentor in the art of voice and songwriting, working with those passionate about refining their unique sound and bringing their creativity to life. Steeped in the alchemical arts of womb clearing, she currently leads her 'Voice Of My Womb' vocal enrichment workshop series globally and online. She is a chaser of waterfalls, and rememberer of the songs of the Sapphire.



Setting your spring intention in fertile soil

Get ready for planting your spring intentions by cleaning your psyche first.

Welcome sisters, we are here to do some spring cleaning,

Breathe in,

Breathe out,

Imagine your breathe as an infinity symbol

Breathe in the purifying spring air

Exhale the constriction

Inhale the fertile earth energy

Exhale the old dead weeds from your psyche

Inhale your wise woman

Exhale the old stagnant false beliefs that have kept you stuck

Inhale your Creatrix

Exhale the naysayer

Inhale your power of creation

Now we will create a sand painting

This is a physical manifestation of your unconscious

You will either go outside and collect about 20 object from nature,

or you will get out 20 objects you have brought with you

You will find a quiet space that feels right

You will draw in the soil or construct with some of your objects a

circle

Without thinking, let yourself place these objects in your circle



# Gratitude Gift

Visit my website, and use code "Sistership Circle" for \$10 off any order over \$75.00

www.RoyalMakaha.com

This is not about making something with intention You are just letting it happen

Pause when you need to

Just let it create itself

You will get a sense when you are complete Then sit and look at your circle and its contents

Let it speak to you

You will get feelings and or messages Let these messages flow to you without analyzing

When you feel complete with this step

Write in your journal what you received and what thoughts and feeling it brought up for you.

Now think of your intentions for the next 3 months Either create a new circle, or move the objects in your existing circle while focusing on your intentions When you feel complete sit back and look at your new circle

Let is speak to you

What do you notice?

Do the object lead you to your intentions

Or do you see obstacles that need to be moved first

Write in your journal

Thank your circle

Dismantle your circle

You are complete



Julie Greene is a Circle and Retreat Facilitator,

a Teacher, a Mother, a Registered Aromatherapist, an
Empath, a Scent Priestess and a Sovereign Queen. Her life
purpose is to assist women in revealing their soul's passion.
She sees into a woman's soul and create a custom chrism, anoint
her in ceremony and call her soul home. When we as women are at
peace within, we will co-create peace in our world. She also supports
Charity: Water, a non-profit organization that brings clean water to
people in developing countries. <a href="https://www.RoyalMakaha.com">www.RoyalMakaha.com</a>



#### Arise!

Let us greet this morning with smiling faces Hair unbound
Hearts full of glee Birdsong in one hand
Roses in the other
Let us dance to River's music And Earth's heartbeat Under quickening leaves
We are full with the promise of spring.

"Waters of healing forever upwelling, Blood of the Goddess that flows through my veins A blessing I offer as I ask your blessing— Cleanse body and spirit of stresses and strains..."

—Diana Paxson in SageWoman Magazine, No. 53

#### Supplies:

- & Basin of water large enough to hold your feet (for each person participating)
- & Herbs, oils, flower petals—each person should bring something to add to the footbaths
- & Lotion for foot massage
- & Center altar with four candles
- & Journal or printable journal page from this kit
- & Womanrunes or other divination cards

#### Read aloud:

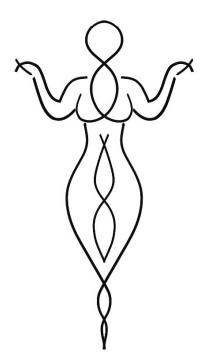
Take a deep breath let your chest expand feel the tightness



near your heart soften and ease. Taste the freedom in the air feel the singing in your veins.

Put a hand
on your heart.
Feel your breath
come in and out
and rest for a moment
in gratitude for this day
and for your own
powerful
creative
mysterious
beingness
on this earth.

May you breathe deep. Breathe peace. You are whole. You are capable. You are here.



#### **Body Invocation**

Turn to the south and rub your hands together, feeling the heat generated by your own body. Fire lives in you.

Welcome fire, welcome south.

Turn to the west and lick your lips, feeling the water of your own body and how it is connected to the waters around the world. Water lives in you.

Welcome water, welcome west.

Turn to the north and feel the strength and stability of your own body, connected to the earth. Hug yourself or bring your hands to your thighs, feeling your solid presence. Earth lives in you.

Welcome earth, welcome north.

Turn to the east and take a deep breath, inhale, exhale, feeling the breath of life in your body. Air lives in you.

Welcome air, welcome east.

(originally inspired by a similar invocation in <u>Gathering for Goddess by Melusine Mihaltses</u>)

#### Candlelighting

#### A Web of Remembrance

I believe there are places where roses remember raindrops and the taste of sun. Berries remember the rooting of canes in earth. Milkweed remembers the feet of butterflies. Oak branches remember the delicate weight of wren. And stones remember the long-ago touch of the sea. Perhaps the breeze remembers October and the skies the sound of thunder. Perhaps we all weave a web of remembrance that stitches the world together.



#### **Footbath Ritual**

Begin with sea salt and Himalayan salt or Epsom salts in a special bowl. Then, each participant who has brought something to add to the bath mix, adds their contribution. When finished, each person adds a scoop to their individual basic of water (water can be hot or cold for the foot bath). As they add their contribution, have them choose one word to represent the contribution, which after everyone has contributed and people's feet are in the water, then sing the song Call Down a Blessing to bless the foot bathing ritual. (Each person adds their word to the song that they had chosen to add with their contribution.) This will empower your bath with all kinds of juicy, beautiful blessings from your circle and bring the "mojo" and magic you create together back into your home and life!

#### Call down a blessing

Call down a blessing
Call down a blessing
Call down
\_\_\_\_\_ before you
\_\_\_\_ behind you
\_\_\_\_ within you and around you.



This song is based on Cathy Parton and Dave Para's song, but is sung collaboratively with each person "plugging in" a blessing to sing together. Here is a recording of my own circle singing during a tea ceremony. The clinking sounds you can hear are us stirring our tea blend in a big bowl the Red Tent.

Here is another version that was recording during a salt bowl ceremony during a mother blessing ceremony.

After your feet feel well soaked, you can either massage lotion into them yourself, or sit in a circle with each woman's feet on the lap of the woman next to her and massage one another's feet (Note: some people are very uncomfortable with feet or touching another's feet, so this is definitely only something you should do if your group has approved it and everyone feels comfortable with, or safe opting out of).

#### Sing:

I am water
I am water
I am flowing like the water
like the water
I am flowing
like the water.
—(Lynn Marie Helvey, As the River We Flow)

Here is another possibility for an individual sacred bath for you (full bath, not footbath):

- <sup>3</sup> 1 cup milk any kind (I like to use coconut milk, but you can even use powdered milk)
  - **&** 1/4 cup honey
  - **&** Optional: 5 drops essential oil
  - & Rose petals! (or other flower petals or dried herbs)
- To make a Milk & Oatmeal Bath also add ½ cup of powdered oats or oat flour

#### Read aloud:

Gratitude for the real
the holy
the potently ordinary
the powerfully mundane.
Gratitude for sacred space
to which we may return
again and again
as inexhaustible and powerful
as the sweep of wind through
bluestem grasses,
the river's song, and the silent
watchfulness of stone..

### Sing another song to close. Possibilities might be:

Woman am I Spirit am I I am the infinite within my soul I have no beginning and I have no end all this I am.

\_\_\_

The river she is flowing
Flowing and growing
The river is flowing
Down to the sea
Mother carry me
Your child I will always be
Mother carry me
Down to the sea

(recordings of all of these are available in our Red Tent Circle soundcloud)

We all come from the Goddess And to her we shall return Like a drop / of rain Flowing to the ocean.



#### **Dream Blossom Mandala**

"Instead of planting our solitude with our own dream blossoms, we choke the space with continuous music, chatter, and companionship to which we do not even listen. It is simply there to fill the vacuum.

When the noise stops there is not inner music to take its place."

-Anne Morrow Lindbergh, Gift from the Sea

This powerful mandala can be used in multiple ways:

- & To color and enjoy as a calming, meditative artistic project just for fun.
- & In combination with your "Core Desired Feelings" for 2019 (see <u>DanielleLaPorte.com</u> for more on CDFs). You might write your CDFs on the goddesses or around the edges of circle.
- & To metaphorically "plant" the seeds for your dream blossoms on each petal.
- & As a personal meditation and reminder of what you need to grow and bloom—I chose to write the things I know I need to "bloom" at the top of each of the petals
- **&** As a grid with crystals and mini goddesses for healing, intention, empowerment, inspiration or other purposes.

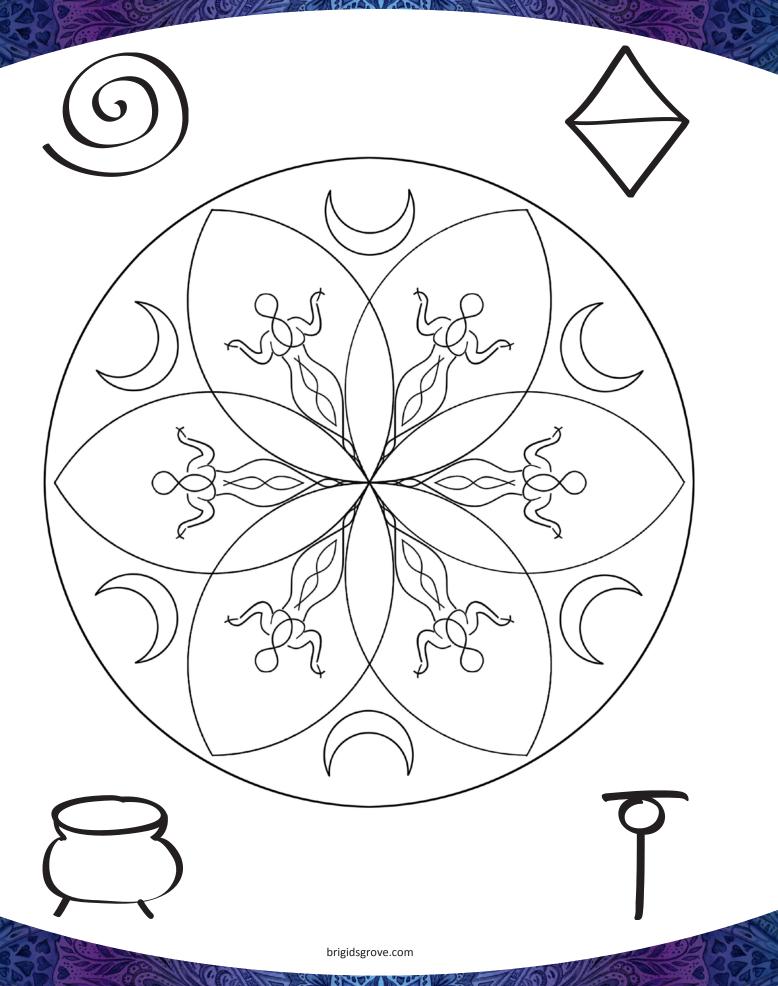
Optional additional project: A version of the mandala is included that also can be used as a crystal grid or with Womanrunes or your other favorite card decks. It includes the rune symbols of:

- 1. The Spiral, rune of initiation
- 2. The Two Triangles, rune of focus
- 3. The Cauldron, rune of alchemy
- 4. The Seed, rune of waiting

Place crystals or other objects in each position to activate the energy of that symbol.

And/or: draw four cards, one to place on each symbol. The first card represents something about your sacred path, the second what needs your focus, the third what you are "cooking up" or changing, and the fourth what needs some time to grow.





#### Spring Journal Page

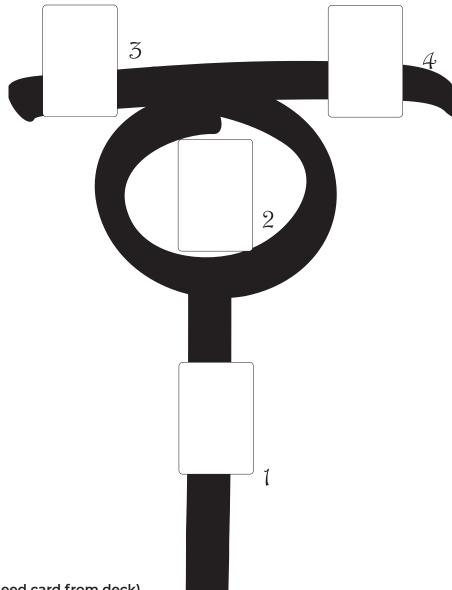
(freewrite first responses):

What seeds are you planting
Into what are you breathing hope
What is getting ready to bloom for you
What needs some more time in the darkness before it sprouts
What dream blossoms need your attention
What inner music is singing to you
Y

"May you dwell ever with the goddess May the goddess dwell ever with you May the dream seeds you have planted Take root, and flower, and come true..."

—Shekhinah Mountainwater

#### The Seed



#### The Seed layout (remove Seed card from deck)

- 1. What is waiting in the darkness?
- 2. What is ready to emerge?
- 3. & 4. What do I need to know as I grow?

#### Come join the Circle!

Membership in the Creative Spirit Circle is FREE and packed with beautiful, bountiful resources, including:

- & a free Womanrunes e-course
- & Goddess Studies and Ritual course
- & additional seasonal e-courses
- & weekly virtual circles in our Facebook group
- Red Tent, sacred ceremony, and ritual resources
- **&** goddess mandalas
- **&** access to Divine Imperfections sculptures at discounted prices
- monthly Creative Spirit Circle Journal filled with resources such as ceremony outlines, articles, book recommendations, sneak peeks, and special freebies.



brigidsgrove.com/come-join-the-circle

Molly also writes regularly at the Brigid's Grove Patreon, where multiple tiers of membership include monthly goddess magic mail: <a href="mailto:patreon.com/brigidsgrove">patreon.com/brigidsgrove</a>

#### Connect with Brigid's Grove:

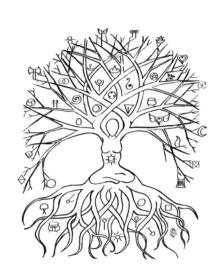
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- & instagram.com/brigidsgrove
- & brigidsgrove.etsy.com
- & facebook.com/groups/brigidsgrovecreativespiritcircle

#### **Womanrunes Books and Cards**

The clean focus and simplicity of the symbols in the Womanrunes divination system evoke rich messages and soul guidance that differs from the image-rich paintings of







other systems. Womanrunes are very easy to use directly including them in your own art, drawing or etching them onto objects, inking onto your skin, and thereby writing them into your consciousness in a living manner. Used as a dynamic, hands-on, participatory system, Womanrunes become part of your own language of the Divine, the Goddess, your inner wisdom, and womanspirit truths.

brigidsgrove.com/womanrunes

#### **About Brigid's Grove:**

Molly and Mark co-create original goddess sculptures, goddess pendants, and ceremony kits at brigidsgrove. com (and etsy!). They publish Womanrunes and the accompanying oracle deck, based on the work of Shekhinah Mountainwater.

Brigid's Grove integrates Molly's priestess work with our family's shared interests in ceremony, art, gemstones, metalwork, nature, and intentional, creative living.

Brigid is the Irish triple goddess of smithcraft, poetry, and midwifery. She is also a Christian saint associated with midwives, birthing mothers, and infants.

# Gratitude Gikt

Dream Blossoms walk-through audio ritual: http://www. brigidsgrove.com/dreamblossoms-3/



Molly Remer, MSW, M.Div, D.Min writes about thealogy, nature, practical priestessing, and the goddess. Molly and her husband Mark co-create Story Goddesses, original goddess sculptures, ceremony kits, and mini goddesses at Brigid's Grove. Molly is the author of Womanrunes, Earthprayer, She Lives Her Poems, and The Red Tent Resource Kit.

# White Sage Ceremony Bundles

#### **White Sage Bundles:**

Creating Sage Bundles is a wonderful way to close a ceremony and have a take-away for each of the women for their altars.

Each woman connects deeply with Mother Earth and all of the elements during the selection and preservation of the items for her own personal sage bundle. By the way, this bundle can be saved to decorate an altar or burned. Something to think about when collecting the items to gather — such as: no plastic if you are burning it.

#### **Materials Needed:**

- & 2-3 Flowers for each attendee (any assortment, any color of flowers will do, but roses are divine) You may ask attendees to bring their own or you can supply them).
- Medium to long sprigs of one or more of the following: rosemary, basil, lavender, etc.)
- & Sprigs of White Sage (preferable for the aroma, but any sage will do)
- **%** Twigs with or without leaves attached (optional)
- & An assortment of essential oils
- **&** Rosewater in a bowl or spray
- **&** An assortment of small objects or jewels to place under the twine for decoration (sea shells, flat stones, ancestral broach, etc.)
- & Twine of any type to tie off the bundle when complete string, raffia, ribbon, cord, or leather. (depends if you are going to burn it or use it to decorate and keep for your altar)
- & Several pair of scissors to cut the flower and herb stems and the twine.
- Remember the elements of Fire (sage); Water (spray); Earth (herbs and flowers); Air (essential oils) are being directly activated during this ceremonial ritual.

- 1. Place an altar cloth or tablecloth on the ground or table where you will be making your sage bundles.
- 2. Gather all of the items and lay them out on the scarf in the center of your circle in any way you would like so they can be seen and picked through by the attendees. Leave enough room for the women to move freely around the table or the altar.
- 3. Have everyone stand in a circle and begin to 'stir the circle energy' by walking slowly around the circle facing the decorated center. Walking slowly and moving around at least 2 times, while chanting or singing an easy tune. (\*Shown below is a song you can sing to an easy 1-2-3-4-beat.)
  - I like to drum a heartbeat rhythm as they walk around, but any soft beat is fine. It helps if you have everyone place their left foot down on the same beat so they are synchronized .... So, it would be BOOM (step), boom boom (step), BOOM (step) boom boom (step) (slow) .. as you sing a simple chant. I like something simple that they can follow easily; but, remember, the song is optional ... you can just sing anything you want or set an intention without circling ... also a guided imagery would work at this point as they set their intention for their bundle. You can also just have a song selected to play while they walk to the tune and listen to it. Feel into the needs or energy of the women in circle.
- 4. When the circle comes to a stop, ask everyone to breathe in the music and rhythm while setting their intention for their Sage Bundle.
- 5. Then, all begin quietly but socially, selecting the items for their bundles and creating the magic of the combined energy of the elements. Having a couple of tables set up for them to work on or a cleared space within the venue helps in gathering everything together and tying it up.
- 6. When everyone has finished their bundle, come back to the circle and go around to each one or have each one do for the woman on their left and begin to sprinkle or spray rosewater onto each bundle (if they want to, this is also optional).
- 7. Using an essential oil of their choice (or yours), they can put a few drops on their bundle and anoint themselves at the same time, or you can do that for them.

8. Place all of the bundles back on the altar cloth and TAKE A PHOTO.

9. Take a photo of the group holding their beautiful bundles.

You could even circle around again with the song as they hold their bundles ... same or different song.

#### \*\*Below is an example of an easy chant\*\*

THIS IS A CALL & REPEAT song. Try to keep the left foot down on the BOOM as best you can, but don't worry about it. If you don't have a drum, just sing, clap, tap your heart, and slowly walk around the circle to the beat of this or another song. It is slow. It is nice to have them circle twice around ... keeping your eye on where one person is so you can tell when they have circled back to their location twice. Then fade the song and stop.

I CIRCLE AROUND, (I CIRCLE AROUND)
I CIRCLE AROUND (I CIRCLE AROUND)
THE BOUNDARIES OF THE EARTH, (THE BOUNDARIES OF THE EARTH)
I CIRCLE AROUND (I CIRCLE AROUND)
I CIRCLE AROUND (I CIRCLE AROUND)
I WEAR MY LONG TAIL FEATHERS AS I FLY
(I WEAR MY LONG TAIL FEATHERS AS I FLY)
repeat over and over until 2x's around the circle

**marilyn Wilson** lives in Jacksonville,

Florida and is a mother and wife, a priestess of ceremony, sound & vibrational healing practitioner, women's circle creator and leaders. She is founder of Flower of Life Ceremonies, Priestess-by-the-Sea Sacred Events, and President of Marilyn Ashe Wilson LLC. Her spiritual journey began as a way to find the missing pieces in the puzzle of life. As a military dependent, life on the road meant ever-changing friendships and minimal roots established required for a young girl to

feel safe, trusting, and with a secure foundation. That need for connection manifested by creating ways in which women would gather with her and begin establishing the deep connections so needed to sustain a positive self-image and a supportive circle to lean into on the path to wholeness. This personal desire soon became a life passion as she saw the importance of being witnessed and nourished by other women. From book clubs, goddess workshops, meditations, sound healing, sacred retreats, shamanic drumming, sistership circles, and priestessing herself and her community, her full life purpose is being lived. A life blooming in wholeness and seeded with love. <a href="https://www.marilynashewilson.com">www.marilynashewilson.com</a>

Additional Credit to: Julie King of Burlington, MA, who taught Marilyn how to make a sage bundle in her workshop.

# Re-Birthing and Re-Mothering Your Inner Child

#### **Introduction:**

Each of us has our own unique story, influenced by the events, environment and the most significant people, especially our mothers, that surrounded us as we grew up. During our first 6 years, science has proven that we are profoundly affected by all these events and has discovered that these events shape our subconscious to become what and who we 'should' be in order to be accepted and kept safe by those around us.

In the later years, our experiences reinforce these beliefs for how we and our life 'should' be, and we carry this system into our adult years where they run our lives more than 90% of the time.

As a young child rejected by her narcissistic mother, this was a profound lesson to learn in my latter years. I had lived my 40 plus years as a child inside a grown-ups body, yearning for attention, approval, understanding, nurturing and love. I had learned to silence these deep longings with self-sabotaging ways that avoided the real, deeper needs I had.

Imagine, if you will, a rose bud. Deep in the centre is the child, and surrounding her are all the petals, tightly layered around her so she is invisible. The petals are all the 'how she should be's'. She stays buried deep beneath the petals until one day, when given the right conditions the petals begin to open up to reveal the heart of the flower. Its true essence. If not given these conditions, she will eventually die within and the petals fall away revealing her death.

I discovered the signs that my Inner Child was Wounded: low self-esteem, poor body image, mood and emotional imbalance, boundaries that were too rigid, eating problems, psycho-sexual

difficulties, being 'false' and wearing a 'mask', a super-achiever, lack of trust, excessive lying, being manipulative, 'overly responsible', obsessive... the list goes on and on.

This is the reason many end up in therapy, to heal and repair the wounds caused by our parents, and others, who didn't know any better.

The ritual that follows, will take you along one of my many journeys to healing and probably one of the most effective. It helped me identify the unmet needs of my Inner Child - revealing a journey to profoundly heal my deep mother:daughter wound. This is one of the most profound steps I took toward living a more positive and rewarding life with more joy, fun, laughter, authenticity, spontaneity and most importantly love.

It has two parts: 'The Meditation' and 'The Dialogue'

#### In Preparation:

Many of us find it easier to feel compassion for others than for ourselves. In fact, many of us are Empaths and for this reason, we struggle to put ourselves first.

This ritual is one of the most courageous acts of self care you can undertake and one of the most effective. You may have been rejecting and ignoring the yearnings of your Inner Child who has been calling out to you over many years for your compassion, interest, attention and love and for this reason, I suggest you practice this ritual daily.

Remember that your Inner Child is a very real part of your subconscious mind, a wounded child that needs your love, care and compassion, because nobody else can heal her pain and help her to make peace with the past.

This ritual will help you 're-program' the subconscious mind.

When you first do this ritual, trust what comes, trust what happens. If your Inner Child is a little reserved or a little shy, just give her time. If you do the ritual regularly you'll find that the contact will continue

to increase and become stronger and more positive. For now, though, simply accept whatever happens.

It may be that you'll get in touch with an Inner Child who is very emotional, sad, or hurt. Or, you may get in touch with an Inner Child who is mischievous and playful and wants to be with you and have fun. You may be in touch with the magical aspect of your Inner Child, or with the wise.

Accept what comes to you, because that will be the part that's ready to be discovered at this time. As you continue to work with this ritual, you may discover different aspects of her. Simply trust your experience and begin:

#### Part One: 'The Meditation'

Set aside some quiet time to yourself, creating a safe, nurturing space. You may find it helpful to have a warm blanket in which to snuggle, maybe have a soft toy to hold close. If you have a photograph of yourself as a small child, this may help you to empathically connect with her. Once you are comfortable, allow yourself to come into your heart space. You may want to close your eyes and start by taking a few deep, cleansing breaths, in and out, with your hand over your heart. Feeling the slow, strong, rise and fall of your chest.

In and out.... Up and down....

Send thanks to your physical body for all it does without your telling it to do so -- every minute, of every hour, of every day. Now imagine relaxing your body as completely as you can. Your whole body is now completely relaxed.

Take another deep breath, and as you exhale, relax your mind. Let your thoughts float away. Allow your mind to come into stillness and quiet. Take another deep breath, and as you exhale, imagine moving your awareness into a deep, quiet place inside of you.

Now, begin to embrace the beautiful energy of the Spring Equinox allowing your minds eye to open wide to capture visions of fresh green growth on old branches, buds forming on plants and shrubs, bulbs sprouting and reaching up and out of the dark fertile soil, their young shoots meeting the warmth of the sunshine above.

Imagine animals emerging from their wintery slumber with their newborn venturing out, widening their eyes and sniffing the fresh breeze, before venturing to prance and play in the rolling blankets of green. They have no care in the world of what others might think they 'should' be or 'should' do.

Now, meet Ostara, the beautiful Goddess of the Spring. Her hair tumbles over her shoulders, with braids of flowers and green leaves and butterflies. She holds her totem, a March Hare in her arms

and is surrounded by birds and small creatures of nature, flying, fluttering, skipping and dancing about her. She is a fertility and moon goddess whose appearance to you symbolizes a fresh start, new birth and rebirth. She presides over your personal renewal, fertility and fruitfulness. She is as lovely as the season itself. Allow her image to wash over you and evoke your love of nature and rolling in the grass! Feel her smile lighting up your face as you smile.

Imagine yourself walking down a path that runs to the centre of this beautiful safe place you have created. A place where you and your inner child can meet and play together. As you walk you feel more and more relaxed, centered, and comfortable. You enter your sanctuary and sense and feel the beauty and comfort of the nature that surrounds you.

Take a few moments to get in touch with your sanctuary, to remember some of the details about this beautiful place, and to let yourself enjoy being there.

Take a moment to remind yourself how special and wonderful you were as a child.

Imagine that you're walking around your sanctuary noticing the various plants and animals, feeling the sun or the breeze, and a little way off in the distance, across the sanctuary, you become aware of the presence of a small child. As you start to move toward the child, you see her and sense how old she is, and what she is doing.

You slowly move toward her, and as you get closer, you notice how she is dressed. Allow yourself to sense how she is feeling emotionally. Approach her and make contact in whatever way you sense would be appropriate right now.

Ask her if there is anything she wants to tell you or wants to communicate to you. It may be in words or it may be in some other way. Allow yourself to receive whatever she wants to communicate.

Now ask her what she needs most from you, right now or in your life in general. Listen to what she has to tell you, whether in words or in other ways.

Spend a little time being with your Inner Child. Allow her to guide you in the appropriate way to be with her, whether playing together or simply sitting close or holding each other.

She has a special gift to give to you. Allow yourself to receive the gift she has for you. Continue to be with her. Let her know that you want to be in contact with her as much as you can from now on.

Complete your time together for right now in whatever way feels good for both of you. You and your Inner Child have a choice to make. She can choose to remain there in the sanctuary, in a very safe place inside of you, and you can come to her in your sanctuary. Or, she can come with you when you leave the sanctuary. Your Inner Child will know which way feels best for right now, and it can always change in the future.

If she is going to stay in the sanctuary, say goodbye for now. Let her know that you will come back as often as you can, and that you want to know how she feels and what she needs from you in your life.

If she is coming with you, take her in your arms or by the hand and start to walk up the path out of the sanctuary. As you walk up the path, feel yourself alive, filled with energy, balanced, and centered.

Become aware of your body in the room, and when you feel ready, open your eyes and come back into the room.

#### Part Two: 'The Dialogue'

Now, with Ostara's energy supporting and nurturing you, say the following words to your Inner Child every day. Speak to her kindly, in a loving and soothing inner voice that is soft, patient, comforting and supportive:

'You are now loved and valued and appreciated by me'

'You do not have to prove yourself to anyone'

'You have nothing to feel guilty or ashamed about. None of what happened to you was ever your fault. You didn't deserve to be treated badly'

'There is nothing wrong with you. I am proud of you'

'You need to feel respected and will not tolerate disrespect ever again'

'I will be your guardian, champion and protector from now on. Things will be ok and I will not allow you to come to any more harm'

'You need never again fear being alone because I am always here for you now'

'I am sorry for not being aware of your pain and needs in the past and for pushing you too hard at times to try and impress others'

'I will only allow safe, trustworthy and respectful people into her world now'

'I will be alongside you either to speak up on your behalf, or to support you when you speak up'

'You have a home in my heart that you will never have to leave. You are safe with me now'

#### **Moving Forward:**

- Agree upon a symbol of her freedom...something for her to summon up whenever she feels the need to escape and be alone with her thoughts. This might be (as some of my clients have envisioned) a ladder, a floating bubble, a sci-fi teleport, a hot air balloon... anything that comes to mind that you and she can associate with release and freedom
- & Make sure to check in with her and ask her what she needs. Imagine sitting next to her on a bench, putting your arm around her shoulders and gently pulling her close to your heart.
- & If she wants to cry, let her. Be there as her new mother and wipe her tears and soothe her pain or fears. Embrace all of her feelings with no negativity. Be patient with her.
- & Remember your body is her home. Respect it by keeping it clean and toxin free, safe and happy... just like a good, nurturing home should be
- Think of her emotional healing as being like the physical healing of a wound one step at a time. Keep the wound free of further contamination. Avoid toxic people and environments, particularly if you still keep in touch with toxic/unhealed family members
- & Get back those things that brought you joy as a child no matter how fleeting. Be sure to make a big thing of her birthdays and Christmas, holidays and achievements
- Set up creative activities for your playful Inner Child to enjoy! Dancing, crafts, finger painting and anything else that takes her fancy. Sketching from the right brain is a great way to express your Inner Child's feelings. Doodle art, colouring and unstructured drawing are all great ways to unleash childlike creativity. Don't judge her efforts... just as you wouldn't judge a child bringing her art work home from school to show you. Be proud! Display it on the walls! Frame it!
- Sing songs from your childhood. Don't be ashamed of your singing ability. Release any dumped on you for your singing ability release your inner diva! Stretch your vocal chords and make your own sounds from your heart and reach out into the world!
- Rencourage her to loosen up and allow physical and emotional intimacy (this will enhance your own sexual intimacy too). She must feel safe and unconditionally accepted to be able to do this. Show her that she can trust her own instincts and be guided by her own GPS as to who is safe. She may doubt her ability based upon her mistakes in the past. You are healing now and as you grow in love for yourself and your life you won't want or allow anyone close to your Inner Child if they don't align with that self love and a conscious caring relationship
- **%** Whenever you have to leave your deliberate connection with her, always imagine placing her back inside the warmth and safety of your loving heart.

#### In Closing:

Thank Ostara for supporting and loving you through this process. Remember, she can be called son at any time you want to feel her love and support. All you need do is ASK Please feel free to contact me if you have any questions about this ritual and healing.

# Gratitude Gift

A Daughter's Guide to Dealing with a Difficult (or Toxic) Mother ... why you are stuck and how to heal:

http://bit.ly/2SMIRcy

Sam Bell is a Registered Nurse, Midwife, Reiki Master, Angel Empowerment and Higher Priestess Practitioner, a Sistership Circle Facilitator and founder of the widely successful Mother Ship Circle Events. She is a huge advocate for women with a sheer joy to facilitate connection with the Divine Feminine.

Using her magical combination of clinical academia and intuitive gifts, Sam is a powerful change agent and a recognized expert for her work with mothers and daughters struggling with difficult, sometimes toxic, relationships, resolving long standing issues such as relationship and money struggles, happiness, chronic disease and body image. Her own recovery from Complex PTSD and Social Anxiety Disorder is a testimony to her powerful work.



Purpose: Restore Balance in Spring

#### You will need:

- **&** Water: Smudge Mist (Smokeless Waterbased Smudge Spray)
- **&** Water: Bowl of water
- Fire: Candle related to chakra balancing (white)
- Fire: Lighter/Matches and Firesafe container (practice candle safety)
- & Earth: Set of crystals related to chakra balancing (lower and upper)
- & Earth: Salt
- & Air: Journal and Pen for Writing
- & Air: Your Spoken Words
- Cloth Material: White napkin or paper towel (preferably flammable please practice fire safety) Optional soaks up water or tearable. It will be discarded.
- **&** Sunrise
- & Moonlight (full moon)
- optional: Flower Essences Bottled Affirmations Session

#### **Directions:**

- 1.) Prepare: clean and smudge a clear glass (unetched and unwritten on) bowl of water adding salt to the base. This ritual will not use essential oils, herbs or any substance besides water and salt and sunlight. Place in the morning sun rise light in the AM. You will retrieve it at night time to begin the ritual.
- 2.) Cleanse: Begin by smudging your aura, bowl and listed items along with your surroundings. Take off your shoes before you smudge your aura, tools and surroundings. Speak Out Loud and Strong the following-
  - "I have the power to remove all that no longer aligns with me. I have the power to draw in

- all that is good, all that is bright, and all that is light. I draw this energy in and fill my heart, my home, my street, my neighborhood, and the world around me with this energy. I am cleansed, my home is cleansed, and only radiant joy dwells here."
- 3.) Grounding: Take 7 deep breaths just to settle your mind, body, and soul, then light your candle. Then inhale taking 1 long deep breath through your teeth (sounds like you may have touched your finger on something to hot) and shushing it out on the exhale in a loud almost hissing sound (sounds like you are hushing someone in the library).
- 4.) Take your crystals and add them to the bowl of salt water. Hold the bowl in both hands and hold it up so it is aligned with your heart center. Repeat the following"I charge up this water with healing and soothing energy. I charge this water with the power of all light and color. I charge this water with the solar power of the day and moon power of night. Endless love flows from my soul into this body of water. Endless love flows, and I am at peace with what I have to do. This water is charged. I am cleansed. My heart is open. May wisdom descend."
- 5.) Place the bowl of water down in front of you and then gently dab your fingers in the water. Place your hands over your root chakra which is around your lower pelvic region, and envision the followingAs I focus on this red light that radiates from my base/root chakra, I know that I am of good health and sound mind. I stand in my strength and in my truth. I forgive myself for neglecting my body in the past. I now love every part of my body; every cell is filled with energy and power. I no longer judge my beautiful self and I accept my greatness with all that I am. I now choose to have thoughts that add to my life, thoughts of love, compassion, harmony and peace. I sleep in peace, I awaken in bliss and I enjoy living!
  Say the following out loud: (A deep breath in) "I lovingly acknowledge, accept and appreciate. I cleanse and recharge my root chakra. My base that keeps me grounded. I am rooted in who I am. I am not afraid to be me."
- 6.) Wipe off your hands on the white napkin or paper towel then dip all your fingers back into the water. This time place your hands over your sacral chakra which is below your belly button and envision the following-As I focus on this orange light that radiates from my sacral center, I feel radiant, alive and strong. I am able to feel all the positive emotions, I embrace them as they allow me to stand in power, I am able to feel all the negative emotions, feelings of fear, anxiousness, doubt and I truly understand what causes them, I accept them as they bring about feelings of joy, dignity and peace as they teach me lessons of growth and truth. I am at peace and I lovingly release any negatives feelings that cause me any discomfort and pain.

  Say the following out loud: (A deep breath in) "I lovingly acknowledge, accept and appreciate. I restore my sacral chakra, my health, and my light. May wisdom pour in from my highest self. May abundance flow my way forever and always."

- 7.) Wipe off your hands on the white napkin or paper towel then dip all your fingers back into the water. Continue up to your Solar Plexus chakra, which is where your stomach is. Envision the following-
  - As I focus on this yellow light that radiates from my solar plexus, I am able to see all the people in my life, those from the past and present, my family, friends, and even foes. I see them in a circle of light, a loving, healing light. They are truly blessed in this circle, they are of good health and sound mind, they are at peace. I now choose to take back my power from all these people, and I lovingly release all feelings of any pain that they may have caused me. The more I release, the more I love, the more I love, the more I am loved!

    Say the following out loud: (A deep breath in) "I lovingly acknowledge, accept and appreciate. I restore and open my solar plexus. I am free to be me. I feel joyful and light. All of what is mine flows to me."
- 8.) One again, wipe off your hands on the white napkin or paper towel then dip all your fingers back into the water. Next, move them to your heart chakra, which is the center of your chest. Envision the following-
  - As I focus on this intense green light that radiates from my heart, I notice the green/pink gem that lay within, and I am reminded of the unconditional love that I am! I know that I am worth loving. I am who I am, and I am proud of who I am! In this space of love, I release from my life anyone that does not bring me joy, I choose to be surrounded by positive, loving and successful people. I love myself more with each breath that I take, and I love unconditionally! Say the following out loud: (A deep breath in) "I lovingly acknowledge, accept and appreciate. I open my heart center to all love. My heart is clear and open. Love pours through me and out of me. Love is all there is."
- 9.) Again, wipe off your hands on the white napkin or paper towel then dip all your fingers back into the water. Gently dip them back in the water and place them on your throat chakra which is on your neck. Envision the following-As I focus on the radiant blue light that radiates from my throat, I realize the power of the voice, the power my words emanate, and I choose to always speak my truth. In so doing I allow prosperity to enter my life, my finances, my spiritual growth, physical and emotional body are all taken care of by the divine energies that embrace my life.

  Say the following out loud: (A deep breath in) "I lovingly acknowledge, accept and appreciate. I am free to speak my truth, I am free to express. My throat chakra opens, it is strong, and I can communicate with ease and kindness."
- 10.) You will wipe your hands on the napkin or paper towel and dip them back in the water and place your hands on your third eye which is the center of your forehead. Repeat the following-
  - As I focus on the deep indigo-blue color that radiate from my third eye, all negative thoughts that invade my mind are erased. I am able to stand in my power, on my very own

strength and support myself. I
am in a safe space, which allows
me to grow and to embrace
my beautiful life. My future is
remarkable!
Say the following out loud: (A deep
breath in) "I lovingly acknowledge, accept
and appreciate. I am open to see. I am open to feel. I

merge with my higher self. I awaken to my third eye. I am blossoming. I am receiving."

11.) Wipe off your hands on the white napkin or paper towel then dip all your fingers back into the water. Lightly dip them back into the water ALL THE WAY TO THE BOTTOM TOUCHING SALT AND GLASS BASE and place them on the top of your head, on your crown chakra. Repeat the following:

As I focus on the violet light that radiates from my crown, I feel the strong spiritual connection to my higher self. The divine light is my protection, the divine energy is my power.

Say the following out loud: (A deep breath in) "I lovingly acknowledge, accept and appreciate. I have cleansed myself from top to toe. I have restored myself from the ground up. I am open to the blessings that come my way. I am open to the gifts of the Universe. I surrender, I let go, I trust, and have faith that my highest destiny is now unfolding."

Deep breath in and BOLDLY STATE:

"I AM COMPLETE!"

Shush it out in a long drawn out exhale.

- 12.) Take your hands and dip them back into the water. Place them in prayer position in front of your heart center and take three deep breaths in and out. As you take each breath, just whisper- "I love you. Thank you." 3x to yourself.
- 13.) Now that you are cleansed, relaxed, and open, I highly recommend that you practice Ho'oponopono saying I'm Sorry. Please Forgive Me. Thank You. I Love You. Look for this practice online. It is amazing.
- 14.) To close the ritual:

Take the napkin or paper towel and allow it to catch the fire of the candle you are using. Place in a fire ready container (safely burn). Snuff out the candle. (Splash a little water on the wick but DO NOT EVER blow out a candle in a personal ritual with your own personal breath.) You can always contact me, and I will explain why.

Return your sun and moon energized salt water back to the ground by discarding the water outside. As you pour the water out in the dirt allow the stones to remain in the bowl of water with the water flow pouring through your open fingers as you return it to the earth.

## Gratitude Gift

Set up a free call to meet with Selina and get a customized Flower Essence and Smudge Mist:

Offering URL: <a href="https://selinadavis.as.me/">https://selinadavis.as.me/</a>
floweressencefree

Thank the water and salt and the energy of the elements, moon and sun.

Dry off your crystals, thank them and keep them by your bed overnight or you can also carry them with you throughout the day whenever you need a boost.

15.) Optional: Take a flower essence right before going to sleep. For this ritual I am providing "Elemental Soul" Flower Essence by Selina Davis, Certified Flower Essence Therapist. This available and will assist with you with chakra alignment. It is a 28-day remedy which is my free gift to you. Flower essences are a subtle form of energy medicine that can have powerfully transformative effects. Each essence bottle contains the energetic imprint (or vibration) of a specific flower, collected at the height of their bloom and infused in pure spring water. Flower essences are used to release limiting patterns of thought or perspective, helping us to recognize and fulfill greater states of harmony and joyful purpose. Used consistently, flower essences can have tremendous holistic effects.

Selina Davis creates a space for women to tell
their stories, talk about their roles, their gifts, their
concerns, their visions and in so doing, to move more fully
into their own power and into connection with one another.
Certified in the facilitation of women's circles, rites of passage,
embodiment, and rituals - Selina's leadership in women circles
includes her knowledge of many variations of circle work. Selina also
coaches others on how to host, lead and facilitate offers a certification
program in leading and organizing circles. Circles are In-Person within the
Riverside County and Online with Zoom Virtual Conference circle. Selina contends
that circles are: Empowerment-based & Communal-based & Hold Acknowledgment of
Inner Wisdom.

# Awakening and Activating Your Voice - Declaring Your I AM

#### What you'll need:

- A "talking stick" can be a strong branch, a wand, piece of driftwood - a decorated stick of any material.
- Pen and paper

#### Introduction:

As spring awakens, we become aware of the potency, abundance, and sheer joy of creation humming around us, bursting forth into life - flowering trees, shrubs, and bushes, crocuses and tulips emerging from the earth, in all their wild, beautiful color and glory!

According to ancient scripture, "In the beginning was the Word... and the Word was God." Sound vibrations are at the core of creation - even the celestial bodies vibrate at specific frequencies as they move through their orbits. As the Divine "spoke" with sound vibrations of intention, the universe itself responded to create life. Language, sound vibrations, and our words have significant impact upon our personal realities and the greater experience of reality on this planet.

One of the names of the Divine is "I AM that I AM." The sacred words "I AM" give us the power to create the reality of our individual experience - how we see and experience the self, how we show up in the world, how we call our Divine Self into our present reality. So often, we use "I AM" to describe our emotional state, our physical experience. Because the I AM is so powerful, it is wise to describe our temporary physical and emotional experiences with other language, such as "I experience XYZ, I am present to XYZ, or I feel XYZ." Becoming more conscious in our use of the I AM to declare our personal truth gives us greater power with our word.

Some examples of I AM Declarations: I AM Sacred! I AM Power! I AM Beauty! I AM Whole! I AM Divine! I AM Glorious! I AM Intelligent! I AM Capable! I AM Healthy! I AM Mother! I AM Goddess! I AM Kind! I AM Good! I AM Enough! I AM Safe! I AM Seen! I AM Full of Life!

We are all creators/creatrixes, with the power to bring our intentions, dreams, and visions to life; many of us even bring forth life through our own bodies. Declaring your I AM with intention is a powerful tool to tap into your Divine presence, your true nature, and to begin creating the inner reality you desire to experience.

#### The Ritual:

To prepare while in circle, explain the importance of the I AM. Give each woman a piece of paper and pen, and ask the women to write down their I AM declarations - the qualities they claim for themselves.

To activate the voice, have each woman place her fingers into the sacral chakra area and belly laugh - this is the point of power for the voice, where the core muscles engage to create a pressurized breath stream that passes through the vocal cords and activates the sound waves in

the throat in such a way to create a very strong vocal tone
that can fill a room easily, without strain to your throat.

Practice alternatively laughing and talking loudly
with the same muscular engagement. Keep the
throat relaxed and focus on the use of the
core muscles to create vocal strength.

Next, each woman takes her turn in the center of the circle with the "talking stick." As you enter the circle, stand tall and strong, and raise the stick with one arm as high as you can. Boldly declare your I AM in a strong, loud voice, using the activating response of your core described above.

Use the paper as a prompt if needed, and feel free to improvise whatever comes to your heart and mind to declare.

Notice how it feels in your body to boldly declare your truth about who and what YOU ARE. Notice how it feels to activate your voice and loudly speak your truth - what comes up for you? Journal or discuss as desired.

Congratulations on activating your voice and powerfully declaring your truth!

## Gratitude Gift

For a free video with stepby-step guidance on how to engage your body to easily and naturally activate your voice, please visit goddessarising.com/free-giftvoice-activation

Kristin Jensen is a voice teacher and activator, opera singer, and a facilitator of women's circles. In June 2017, Kristin felt a deep intuitive call to start gathering women while on honeymoon in the UK, visiting sites sacred to the Divine Feminine. Her commitment to profound soul work and shadow integration has carved within her the capacity to hold powerful transformative space for the women who come to gather with her. She is able to create a uniquely beautiful, safe space, where women are held, seen, honored, and celebrated. Kristin is a graduate of Sistership Circle's Mastery of Circle program.

# Celebrate Your Cycles

 $\ell$  s a divine feminine woman do you celebrate every part of your sacred self?

Do you celebrate your menstruation cycle or menopause cycle and look upon it with favor?

Do you celebrate your cycle of your life of maiden, mother, or crone?

Have you bought into society's opinions that these cycles are not important, or worse to be ashamed of?

Honoring your cycles means honoring your own unique path in life....it means honoring you. It is time to step forward and honor your sacred self. It is time to celebrate every cycle that makes you a woman. It is time to celebrate YOU.

Find a space that you are comfortable in with no distractions. Sit, stand, or lie comfortably and identify what cycle, or cycles, you are in. Let the answer flow into your being. You may choose to have a sacred item and or a symbol of the cycle you want to celebrate with you.

Imagine a circle in front of you. It can be as big as you want it to be.

And if you need it bigger it will instantly change to bigger. If you have a sacred item or symbol place it at the center of the circle.

Walk around the outside of the circle and fill the inside with respect and honoring. Ask your guides, angels, and ancestors to join you in the circle. You may want to fill the circle with your favorite dance music, drumming, playing an instrument, or swaying and dancing to a beat in your soul.

If you want you can sing, chant, talk, or shout "I love being a woman. I love my cycles. I AM Divine Feminine."

You can do anything that celebrates you and your cycles. Be playful, be fun, be serious, be moving, be anything you want.

Notice if any feelings come up and allow yourself to express them. Continue until you feel the energy in the circle is strong. Then step into the middle of the circle and take a big deep long breath in. Breathe that celebrating energy deep into your body...into every fibre of your being. Stand/lie/sit/sway in the circle, whatever is comfortable for you.

Let the celebration energy you have built up nourish you to the very core of your sacred being. Feel its restoring powers. Feel yourself as a woman, proud of the cycles you have, proud of being female, proud of every aspect of you, proud to be in the midst of whatever cycle or cycles you are in. When you feel full and satisfied give thanks to yourself and to your feminine divine.

Step out of the circle. And now you are back....ready to celebrate YOU another day.

living....bring it on!!" www.paulahopwood.com

## Gratitude Gift

"Unlocking The River Of
Abundance In Your Life" is
a meditation I created that
will support you to remove
and release anything that is
holding you back from living
in abundance. • Connect with
your true higher self. • Connect
with Mother Earth energy. •
Release the blocks in your life
and live abundantly.

http://paulahopwood.ca/ meditation

Paula Hopwood Life is all about turning dreams into reality for inspirational speaker, best selling author, master intuitive, certified coach and Goddess Paula Hopwood. For many years Paula's life was filled with abuse and extreme negativity. A life with abundance, prosperity, and love was only a dream that she had. That is until she decided to wake up her true self and LIVE HER DREAM LIFE. Paula went on a journey, an odyssey, to learn the lessons to set herself free from the bondage of negativity, awaken her true Goddess self, and now she shares these most important lessons with people from all walks of life. Paula is honored to support people to awaken to their true selves, leave their chaos behind, realize their dreams and live life to the fullest. As Paula says "Life is for

## Consciousness Blossoms

 ${\it y}$  ou will need a selenite crystal and a quiet place to sit

- 1. Sit in a comfortable position with your back straight and legs uncrossed so that energy is free to flow. If working in a group, ask everyone to close their eyes, focus on their breath, and follow the steps below.
- 2. Rest your left hand on your lap, facing upward. This is the mudra (hand position) for receiving energy. Using your right hand to hold your selenite crystal to the top of your head, the location of your crown chakra. Close your eyes and let your breathing become slow and even.
- 3. Visualize a thousand-petalled lotus at the crown of your head. Imagine its petals gently opening, blossoming like a beautiful opening flower, revealing an intense pure light as it continues to open.

Take a couple minutes to visualize this divine thousand-petalled lotus flower of bright pure light as it continues to blossom, petal by petal opening you to greater connection. As this divine lotus flower continues to blossom allow yourself to see and feel it's beautiful light. Let this divine light flow down like a swirl into you through your crown chakra. See the white light of this blossoming lotus flower enveloping and healing you from head to toe. See this light now swirling around you from crown to toe. Keep the selenite crystal at your crown throughout this process. Know that it is aiding your activation as an energetic crystal ally.

Repeat the affirmations below. If you are alone, say the words; in a group, chant them out loud, in unison:

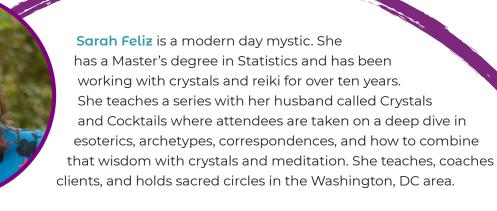
"I am surrounded and protected by divine light."

"This light nourishes my entire being."

"I am divinely guided and protected."

"I am a vessel of divine light and love."

- 4. Feel the divine crystal light spiraling down your body. Enjoy the warm glow as it saturates your entire being. Let every cell be permeated by light and inspiration, feel your crown expanding like a beautiful light-filled lotus flower, and every part of your consciousness becoming illuminated.
- 5. Focus your senses on the intensity of the light spiraling around you. What do you see, hear, smell, taste, and feeling as the swirl of divine light envelopes your body?
- 6. Feel like a pure channel for the light: allow yourself to be at one with it. Just breathe it in and bask in it. In this state of oneness, intuitive thoughts and inspirations may enter your consciousness. Be thankful for this guidance.
- 7. After 5-15 minutes, remove the selenite crystal from your crown chakra. Thank the crystal, and the divine (universe, angels, archangels; thank whatever you feel called to), for helping you in this activation. Take a few deep breaths and open your eyes.



## Honoring Bur Heart Flowers

This 'Honoring Our Heart Flowers' ritual is ideal for ceremonies held in Spring and early Summer, as it brings the beauty and magic of flowers into the hearts of your circle sisters.

Ask the women attending circle to bring some wild flowers or cut flowers to the event with them. Be sure to bring some extra flowers to share, in case some arrive without them.

Have the women place and arrange the flowers on the altar space, or in the center of the circle.

Open and begin the circle ceremony in your usual way.

When it is time for the ritual:

- Ask each woman to select a flower (or small bouquet) that really calls to her Soul.
- **&** Once everyone has chosen, have them hold the flowers to their hearts and use all of their senses to experience the flower, become one with it.
- Then ask them to close their eyes, and lead them in a guided visualization of seeing the flower as a tightly wrapped bud, in their heart center.
- & Using breath, each women visualizes the petals slowly opening as they also feel their hearts opening. You could accompany this visualization with soft drumming or recorded music. Allow spaciousness and silence so it isn't rushed or forced.
  - When their heart flowers are fully open and the resonant field of Love has been created, gently guide the women to open their eyes while remaining in that vibrational state.
    - & Instruct the women to now share their heart flower with the women on their Left, and receive the heart flower from the women on their Right. This is a sacred exchange, for you are giving and receiving a precious gift.
      - & Allow time so each woman can fully appreciate every flower, before passing it along again. Continue until everyone has their original heart flower back.
    - & Ask the women to then sit closer together in a circle, and



all turn to the Left so you are practically touching knees to back.

- Holding the flowers in their Left hands, place their Right hands on the back of the heart of the woman in front.
- & Lead the women in breathing together and feeling the energy of Love flow between them, giving and receiving equally.
- & Express gratitude to the flowers and to each woman for her courage in sharing her heart.
- & Have an empty vase ready, and get everyone to place their flowers in it together. Put the vase in the center for the remainder of the circle.

Conclude this ritual by singing a circle chant together, or playing music so the women can move their bodies and dance together with open hearts.

Encourage the women to take the flowers home with them!

## Gratitude Gift

Flora's FREE GIFT for you: If you are interested in exploring your feminine archetypes through journal writing and guided meditation, check out her Awaken the Goddess Within Sacred Journal Guide: http://strengthandsoul.com/awaken-the-goddess-within-sacred-journal-guide/

Flora Ware is a dream igniter, Circle
Priestess and Sacred Leadership Mentor. She
helps women hear their soul's voice, awaken the
Goddess within, and align their life and work with their
unique feminine power. Flora is also a speaker, author and
certified Sound Healer. Flora attended her first women's circle
in 1993, and believes circle medicine is much needed for women
today. She is devoted to creating and holding space for women to
remember their wisdom, heal their sister- and witch-wounds, and reclaim
their passion. Flora lives with her wife and son in Vernon, BC, Canada.

## Sacred Smoke: Releasing Ritual

This simple ritual is used to clear old negative energy to allow space to manifest new intentions by sending them up to the Great Spirit using the sacred smoke. You must be willing to LET GO and SURRENDER all attachments, both BAD and GOOD. When you are able to let go of expectations, the universe is free to provide for you creatively.

A fire ceremony can be used to release anything that you are holding onto that doesn't serve your Higher Self. Whatever the circumstances, the purpose of the ceremony is to shift consciousness. It's about becoming still, naming what you want to release, and letting it go. When we let go and let God, we experience freedom. Letting go opens us to the power of inspiration, insight, wisdom and love.

A fire ceremony can be performed during the change of seasons (solstice, equinox), at the Full Moon, New Moon, and even to bring in the New Year. The ceremony can also be performed any time you are feeling stuck, creating something new, or need to shift the energy.

Note: A separate ritual can be used to unveil your list, letter or prayers to burn during the ceremony. You can also use pictures, drawings or make artwork that you want to release. Some people prefer to draw or make art for what they are releasing, you can also do a combination of both.

#### Supply list:

- **&** Paper
- Report Penal Pe
- & Lighter or other source of flame
- & Burning-friendly surface: Large metal/glass bowl or cauldron, a pan, a fireplace, dirt or stone clearing, etc.
- & Bell/Chime to Start Ceremony.

- & Altar Items: essential oils, trinket, totem, sacred object & ritual. Whatever calls to be part of the experience.
- **&** Offering: Using pure tobacco with no alcohol additives is a must. Tobacco, like sage, cedar and sweetgrass are a symbol, a form of sacrament, the fruits of the earth.

#### **Fire Ceremony Preparation:**

- 1) Connect with your heart and ask, "What do I need to release, what doesn't serve me anymore."
- 2) Gather the Items to burn and your supplies from your list.
- 3) Prepare a fire using a fire pit, fireproof lantern, metal bowl, candle, bbq, etc. The fire doesn't have to be huge, just make sure that the area is safe for a fire.
- 4) Sand to throw on top of the embers that remain. This allows you to safely collect the ashes for removal.
- 5) A jug of water to put the fire out in an emergency.

#### The Ceremony:

1) Call in divine support: Spirit, Higher Self, God, the Universe, spirit helpers, your guardians and ancestors.

\*You may say any prayer you feel called to but here is one I love.

#### A Native American Prayer

"O' Great Spirit, Whose voice I hear in the winds, and whose breath gives life to all the world hear me! I am small and weak; I need your strength and wisdom. Let me walk in beauty, and make my eyes ever behold the red & purple sunset. Make my hands respect the things you have made and my ears sharp to hear your voice. Make me wise so that I may understand the things you have taught my people. Let me learn the lessons you have hidden in every leaf and rock. I seek strength, not to be greater than my brother, but to fight my greatest enemy- myself. Make me always ready to come to you with clean hands and straight eyes. So when life fades, as the fading sunset, my spirit may come to you without shame. "

2) Smudge/Offering: \*You can do this while you say the opening prayer or just after. Take some of your offering and sprinkle it into the fire. Take your smudging bundle and light it to smudge your participants and yourself (make sure if you are facilitating the ritual to smudge last).

- 3) Grounding/Presence Meditation and Setting your Intentions. It's the most important part of ANY ritual. Use any presence and grounding meditation you prefer (you can also take a moment during your opening prayer to ground). Once you are grounded and focused, it's time to write your intentions (if you haven't done so in a separate ritual). Start with the feelings or circumstances that no longer serve you. Just be sure to be honest, open and sincere with what you're releasing. Next, write down your prayers or the things you would like to manifest or invoke, feelings or circumstances you welcome and would like more of.
- 4) Burning and Releasing: Ask the spirit of the fire to help you release what you want to let go of and ask the spirits of the earth to receive what you are releasing and invoke what it is you desire to feel and receive. "We call on the guidance of the highest truth and compassion, the Great spirit, our creator and source of all that is good and beautiful. We are grateful for taking from us, what we are now willing to giveaway, that which no longer serves us and that no longer serves the highest good for all. We release the past and let go all the negative experiences and no longer allow them to have power over us and are grateful for all the lessons learned through past experiences. We invite in the emotions and circumstances into my life at this time to serve the highest and best good. We intend that these things will fuel us to be of better service, to be more present, and to keep open our hearts. Today, we make peace with the past and begin to live in the present moment, which is all there ever is. And so it is." Place each item in the fire while you name what you are releasing (you can say it out loud or in your head). BLOW into the fire, with the intention that the unwanted

energy you are releasing is going out with your breath. \*If anything else comes up during the ceremony, name it and release it.

7) Give thanks with the Closing Prayer: "We give thanks to the four sacred elements, earth, wind, fire, and air. Spirit of Fire, thank you for your dancing source of light, your energy transforms, destroys and gives new life. We honor you. Spirit of Earth, thank you for the gift of Nature and its creators, your energy has the power of the inner nurturer and healer. We honor you. Spirit of the Wind, thank you for the living breath that animates

thank you for the living breath that animates all life and that is the sky; your energy brings clarity and strength as well as challenge and change. We honor you. Spirit of the Water, thank you for the rain and rivers, springs and lakes, your energy dissolves the boundaries and holdings, the power to taste and to feel, to cleanse and to heal. We honor you. Great Spirit,

thank you for your unconditional unwavering love, your spirit is in me and is me. I honor you. "Allow the fire to die down and throw the sand on the embers the remain to safely collect the ashes.

8) The Ashes: You may choose to do a separate ritual or just a small prayer to scatter or blow them into the wind or pour them into a body of water, away from you and your property. I hope you enjoy trying this powerful and sacred releasing and invoking ritual!

Suzanne Petersen has been a professional massage therapist and Reiki
Practitioner for over 10 years. Her gift is holding a sacred space for you to drop deeply into your own inner healing place. Helping others to achieve optimal health, well-being, and empowerment is her passion. Last year, after a large group activity revealed many women were in desperate need for a safe space to go deeper. Their truths were of loneliness, anxiety, depression and even mental and physical abuse. Suzanne is on a mission to help women reach their full potential, to empower women to reclaim their bodies as sacred, to embrace self-care, and to use their intuition as a source of power. "Expanding our capacity to receive is about questioning ourselves to find out when we are closing off our heart instead of opening our heart to love, empathy, compassion and joy."

# Sacred Hards Ceremony: I hold you. I guide you. I release you.

#### Things to Bring:

- Pens/Pencils/Markers
- & Stickers/Magazines/Print-outs
- & Picture of Hands: (self, daughter(s), mom, grandmother, women role models)
- & Tape/Glue Journal Music (Sacred Hands Ceremony playlist)
- & Potluck food/snacks to share

#### Order:

Step 1 – welcome the women into the room. Hug each woman and invite her to pick a pillow around the center cloth.

Step 2 – Invite each woman to place the hand picture/pictures she brought on the center cloth in front of her. Go around the circle and have each woman say the names of the women who these images represent.

Step 3 – Invite the women to journal about the women whose hand pictures they brought to the circle. Journal about any of the following HANDS questions:

Hold - what did or do these women carry for you? (Including yourself)

Awareness - what would you like to take away from today's experience?

Nourish - how do you care for others with your hands?

Divine - what do hands represent for you?

Self - how do you care for your hands? How can you appreciate them more?

Include in the journal time creative expression with the stickers, magazine clippings, doodling with markers, etc. Joy Journal by creating imagery as an expression of gratitude, celebration, empowerment and expanded compassion for yourself and the women around you. Imagine vision board energy in your journal calling in what you desire and celebrating what you have.

Step 4 – Invite the women to pair off into groups of 2. Each woman will share what she feels her sacred jobs as a woman/ mother are. After the first woman is done sharing the second woman will hold out her hands and ask to hold the other woman's hands and say, "I hold you in love. Be held." Hold hands for 1 minute. Switch and have the second woman share and repeat the process.

Step 5 – Play 1 or 2 songs from the Sacred Hand Ceremony playlist (or songs of your own choice) for dance, celebration, movement, and release. Invite the women to play with movement including their hands in dance.

Step 6 – Invite the women to each read something from their journal writing on HANDS and share what Joy Journal art they created as their empowered imagery.

Step 7 – Invite the women to share food that their divine hands have created, celebrating the connections you've created and the time you've just spent together.

**Deborah Harlow** is a wife, mother, sister, daughter and fierce advocate of joy. A month after Deborah's 12th birthday, her father had a massive stroke and needed constant care for 12 years. Deborah learned to become very self-sufficient and a master problem solver.

She also learned to suppress her voice, as other needs were "more important." From this experience, she would dedicate her future to being an advocate for those whose voices were not heard, facilitating experiences of healing, honoring and releasing in the work she does as The Joyful Leader.

# Healing the Feminine

#### You'll need:

- & A random key
- & Birdseed or rice
- & An envelope

- & Several river rocks
- & Blue yarn

Begin by choosing a space outside in which to complete your ritual. Choose somewhere you are able to leave your items and not have them disturbed.

Cleanse your space tools before starting and if you wish, cast Circle.

Stand with your feet upon the Earth and visualise roots moving down from your feet into Mama Earth, they grow and expand, as you draw upon her grounding, healing energy. Allow it to flow through you, ready to infuse your ritual.

Take your blue thread and wind it around your wrist three times, as you incant:

"I call in the women that have walked before me, walked with me and have guided me. My mothers, my grandmother, my great grandmother and ancestors beyond. As I connect to the wisdom that connects us all as women, may I send healing through the lines."

Tie your thread in place, trimming the ends as needed. It will remain on your wrist for 7 days.

Now take your birdseed and envelope. Sprinkle in small amounts of seed as you say aloud what you will need for healing... love, forgiveness, compassion, surrender, understanding, connection, sensitivity, nurturing etc. Choose what resonates for you.

Seal your envelope and lay it on the ground where you will set up your rocks to be left.

"Mama Earth gift me with your support as I send healing through the lines"

Place the key on top of your envelope.

"I place this key to help unlock all that we will need for healing."

Carefully pile the river rocks on top of the key and envelope, creating a sacred place for you to come for the next week, to meditate upon your intention.

"With each rock, comes strength and support. The lines will begin healing. And so it is."

At the end of the week, sit in front of your healing altar and bring your energy back to your intention. Take a moment to connect with the women who have come before you and those who come after you. Feel their energy rest within your body.

Remove the rocks and take the envelope with the birdseed. Open it and take the birdseed in your hand. Throwing it into the air, say:

"As the seeds disperse and scatter, so too do my wounds. Healing flows through the lines, allowing me to move forward whole."

Take the blue thread from your wrist and tie it to the key, place it on your altar or in a sacred space. Whenever you are need of healing support, hold your key and draw upon the healing flowing through your family lines.

## Gratitude Gift

When we connect to Mama Earth we connect to the essence of creation. Her arms offer us a safe place to fall when in need of support and healing. Let her hold you and replenish you in this Mama Earth Root Chakra meditation. https://mailchi.mp/c14c0f08a172/l0hm51uu61

with Mama Earth, gazing at the Moon, stepping into the shadows to find the fullness of her light, and making magic! She is the founder of Barefoot & Nourished, a tribe holding sacred space for women who want to connect with who they are within and learn how to embrace their Inner Goddess. Allow her to guide you to connect with the divine feminine, trust in your wisdom and find healing. In an age where we are feeling the call to Rise, it's becoming more and more important that we are there supporting each other and creating strong communities. Be fierce, move with love and honour your truth!

# Ostara Seed Planting Ritual

#### You will need:

- **ൂ** Seeds
- & A piece of Earth to plant seeds in
- **ഏ** Water
- & Intention(s)

#### **Cultural Relevance And Meaning Behind Ostara**

We circle with the Wheel of the Year. We have been entangled in this dance since the beginning of Time. By celebrating the Seasons of the Earth, and of ourselves, we are aligning with the powers of Nature, and returning to the ancient rhythms our ancestors once lived by. In the Celtic Wheel of the Year, the Spring Equinox is called Ostara.

This feast day marks the balancing or equal length of day and night and the onset of warmer weather. The exact date fluctuates each calendar year with the solar cycle and falls between March 20th and March 23rd. The root of this word is "estrus", which refers to the ovulation phase in animals. "Easter" is an extension of this ancient feast day, represented by the hare and the egg, which are recognized fertility symbols in cultures worldwide.

We see the year as a maturing Woman, growing through the life cycles. The cycles of women's lives are seen to merge and overlap with the seasonal, mythical cycle of the Goddess. We say goodbye to the Crone of Winter, and welcome in the Spring Maiden. The land awakens in the budding seed, the newborn lamb, and in the birds taking flight. We can see Mother Nature rebirthing and bursting in the colors of Life.

#### Part One

Begin by designating your Sacred Space, adorning yourself in something that invites the energy of Spring, something that makes you feel like the Goddess you are. I prefer to bathe myself

first to really prime the ritual with a relaxed state. Dim the lights, put out some flowers, make an altar, light some candles, burn some incense... whatever you do to declare that you are in Sacred Space. There is no wrong or right way to do this. For some, that means calling the Four Directions/Corners. I respectfully address the Four Elements and the Four Corners, asking for their own unique blessing over me and the work I am doing. By doing this, I am acknowledging the power of Nature, and its role in my life, and all I do. We each contain the five elements (Earth, Air, Water, FIre, and Spirit) and when we address them, we are activating their powers within our own body. I thank the Goddess for my life, for Her infinite abundance, and for the wisdom I carry from all women throughout time. I declare that only the energy of LOVE is welcome in my space. This can look many different ways. White sage, rosemary, and salt carry protective properties, allowing you to not be disturbed in your ritual.

#### Part Two

Once you have settled into your body, in a state of openness, and have raised the energy, you may proceed with the ritual. Gather your seeds and sit before your piece of Earth. Hold the seeds in your hands, and bless them. Breathe your love into them. Envision your intentions and imagine them imbuing the seeds with your power. These seeds represent your goals and dreams. Imagine the feeling of accomplishing your dreams and goals, the pride and joy, the love it took for them to flower. Feel this energy and transfer it into the seeds. The seed is the ultimate symbol of potential, new beginnings, and youth. Every great tree started as just a tiny seed. You can create your own unique prayer for your intentions. Here, I have provided a suggestion:

#### Seed Blessing

"As Winter's reign comes to an end, and Spring brings warmth and light, the spirits of these seeds I do call forth, on this sacred night, from your rest, so dark and long, awaken now with birth!
You shall grow, green and strong In the soils of Mother Earth"
AND SO IT IS

#### **Part Three**

Place your seeds in the Earth, taking the time to feel and smell the rich soil. All seeds must grow in darkness. Even in the darkest times, we can hold onto the hopes of future harvests. Imagine the seeds being fed and nourished by the powers of Mother Earth.



## Gratitude Gift

Please visit <a href="http://www.sacredorigins.services/sistershipoffering">http://www.sacredorigins.services/sistershipoffering</a> for a FREE Body Blessing Ritual. Activate true love for yourself every day with this simple ritual for yourself!

We receive so many blessings from Mother Earth, it is a beautiful offering to give back in return. Working with the Earth is a physical way to serve Her and heal Her, and ourselves, for we are the same.

Sing a song over your seeds. Something close and personal. It will be even more true and ring with even more power if you invent the song yourself. The truest magic is already within our hearts. But if you know a Spring song, then great! I recommend "Ostara" by Lisa Theil. Play some instruments if you can. Water your seeds and imagine the water feeding your seeds.

#### **Part Four**

Close the circle, say farewell to the Four Directions, or simply snuff your candles, and close your eyes and marinate in the energy you created. Take your time to come back to linear time. Usually I eat something after a ritual. This act, called "libations", grounds you back into your body, and allows you to offer a toast to the Goddess. She provides all true sustenance and Spring is the time of ripe fruits.

Gabriella Diana Cerince serves the Goddess
as a practicing Shamanic Pagan Ceremonialist
and community healer. She follows the paths of her
Celtic ancestors and celebrates the Wheel of the Year.
She is an Initiated Dianic Witch of the Temple of Diana, a
Massage Therapist, Birth Doula, Reiki practitioner, and Midwife
of the Soul. She serves her the Goddess Temple of Orange County
as a student of the Priestess Path. Her passion is serving, protecting,
and celebrating the ancient passages of Woman: Birth, Menarche,
Menopause, Death, and Rebirth. She has been guiding ceremonies and rituals,
both privately and publicly for three years.



# Cardle Magic

This is a sacred ancient ceremony that can be crafted alone or in a circle setting. The specific intention can be one of clearing & releasing or gathering and manifesting or both.

Candles are magical bringers of light and a living expression of alchemical transmutation. Candle magic is simple yet potent! As the candle burns what you are releasing is transforming into light and what you are calling in is being ignited and lit up in your reality.

#### Overview

The action of this ritual is to scribe on a candle that which you are intending to release and/or that which you are calling in to manifestation. Then you will light the candle and be with your intention as the candle burns and does its magic. This can happen in one or two sittings.

May this ceremony bring release with ease and receiving of all you are calling in.

#### Things needed

- New unlit votive or larger pillar candle (not tea light) tapers can work its best to use natural waxes rather than paraffin if possible
- **%** The larger the candle the more you can scribe onto it .. and the longer for it to burn and complete the magic
- & Pen or pencil for writing on the candle (it will be indenting so the ink may not stay)
- **&** Oils for anointing
- $\ensuremath{\mathfrak{F}}$  Sacred space for lighting might be a separate ritual to light and burn
- & Tissue paper for wrapping your candle if created in circle and carried home

If you will be doing this ritual as part of your circle then you will let women know to bring an appropriate candle – it's good to start with a votive or you can choose to provide candles for the circle.

It is nice to have the ritual happen in 2 parts – the setting intention, scribing and anointing and then women can bring the candle home - anoint again to activate and then intentionally light the candle and have it burn in one sitting or a couple of sittings depending on the intention and size of candle.

It will be best to decide beforehand if you will be making and burning the candles while in circle – if so smaller candles are better – This will also affect how much time you need for the whole ceremony. There is always the option to not burn the candles all the way. In this case be sure to snuff them out with intention and leave time for the wax to dry so they can be transported safely and keep the wick a good length for relighting. Have tissue paper or something to wrap them in for sacred transport.

#### **Begin**

Set a sacred space. Smudge and clear the space, ground and settle, create an altar, call in directions, elementals, allies and guides, ground and find your center, Breathe Have your candle on the altar, smudge if desired.

Guide yourself or circle to arrive and listen to the body, heart and womb– What is presenting? Sensations, images, thoughts? Mindfully noticing what is arising. Taking some time to be with this first wave of what is alive and calling for your attention. Take a mental or written note.

If you are in circle you could do a first round of brief check ins - reporting what is alive right now.

Next take some time to tune into your intentions.

Ask these questions with openness and curiosity, bringing both what you already know you want to release or call in and that which might reveal from a deeper listening.

If you are alone or in circle you can do a round of journaling – asking "What am I / are you needing to shift or release in your life?" And /or "What am I/are you calling in?"

Give some time for women to deepen into their answers .. 3-6 min or longer perhaps inviting a response multiple times: from the mind, heart, womb or wise woman self.

Usually the answer will be longer than you can write on your candle so you will go over it a few times and listen now for the key words, feelings, phrases or symbols that really describe your intention.

If you are in circle you can do a round of sharing intentions. Often this will inspire and inform deeper intentions or other words you might like to use.

Clarify and simplify your intention. You can also see if there are symbols or sigils that represent what you are calling in or that you want to assign meaning to.

Write your intention down so you can refer to it.

Depending on the size of your candle there will not be that much room to write so if it's a votive it may be a few words, symbols or sentences that you write around the candle depending on your writing.

You have the option of writing either what you want to release or call in Or you can write at the top half of the candle what you are releasing and then progress into what you are calling in. This is best with a larger pillar candle or if using a taper use simple words, design or symbols to represent your intentions.

#### Action of the Ritual

Next get your candle and a pen or pencil (not too sharp) Sit silently. Visualize yourself having what you are intending. Ask this candle to help you do your magic, make manifest what you are intending, to help you clear and release to manifest your dreams. Stay present until you feel connected and grounded with your candle and intention.

It is nice at this point to stay in silence or gently speak, hum or sing to the candle about your intention. You can put on some music that inspires you or your circle.

Begin to write on the candle. The ink may not show but inscribe into the wax your intention words, sentences or symbols. Start from the top – even next to the wick and then write in a circle/ spiral around the candle. It may take a moment to get the sense of how hard to press and how to

write in the wax. You are putting your intention into the candle, there's no need for it to be perfect or legible;-)

Take your time and pause to notice/measure how much space you have so you can be sure to get the words you really want onto the candle.

Once this is complete take a moment to hold the candle, brush off any excess wax and sit just being with the inscribed candle. Visualize yourself having what you are intending and who you'll be when it's complete. Put that energy into the candle as well.

Next get some nice smelling oils to anoint your candle including the wick.

This part is nice to do out loud. If you are in a circle you can go around and each woman can share her intention while anointing her candle with the supportive witnessing of her sisters.

At this point you can decide if you want to light your candle right then or wait to get home or for another time.

#### **Burning your Candle**

Some would say it is best to burn the candle in one sitting. It is powerful to do it that way – and with this in mind you might decide the size of your candle accordingly.

If you are burning your candle at a different time – set a sacred space. Again calling in the directions, elementals, allies and guides, create an altar or special place to burn your magic candle. Ground and center, take some deep breaths and remember your intention.

Before you light your candle you can anoint it again, re read what you wrote and charge the candle with your energy and intention. If needed you can write more on it. Visualize what you are calling in – see it as done, knowing that as the candle burns what you are releasing is transforming into light and what you are calling in is being ignited and lit up in your reality.

While it burns it is good to keep your Attention on your Intention – until it is burned all the way out. Sit and be with the flame – journal or doing things that relate to your intention such as taking a cleansing bath or making a vision board, sing or dance in your prayer or whatever calls to you.

It is also fine to burn the candle in more than one sitting. Especially if you put both releasing and calling in on one candle. You might have one sitting for releasing and then at another time relight the candle for what you are calling in.

Notice as the candle burns how you feel and what you are aware of. You may find yourself being emotional, cleansed, liberated, illumined and perhaps realizing other parts of your intention that you didn't write – you can give it to the flame as it burns. As you sit find gratitude and appreciation for all the magical support and yourself for doing this ritual. Allow yourself to be transformed.

When the candle is completely burned notice how you feel. Believe in the magic that was done in this alchemical act of scribing and burning the candle. Stay gentle and kind with yourself. Notice in the coming moments and days how things have shifted and how your intentions are coming true.

You can dispose of what is left of the candle in an appropriate way. Thank and release all the energies that came to support your ritual. Stay if you will, Go if you must .. Hail and Farewell! Bow to yourself and create whatever other closure you feel called to do.

Note: if the candle didn't burn well, the wick went out or fell over etc it may be a sign that you have more to do to prepare for the releasing or manifesting you intended. It is good to journal more and ask for insights around your intentions and what might be needed next.

This is a great and simple ritual that can be repeated often!

## Gratitude Gift

Have you experienced a loss or disconnection from your womb: loss of pleasure, difficult menses, an unborn child or even your womb itself? I invite you to join us for Honoring the Losses of our Wombs. A 7 week online discovery and empowerment course. Reclaim your feminine power. \$50 off - mention Sistership when you apply. Blessings on your healing and wholeness. <a href="http://">http://</a> theartemiswoman.com/ honoring-the-losses-of-thewomb

Laura (Layla) Centorrino is a priestess, intuitive healer, mentor and circle guide with decades of experience empowering people to embody their full potential. Laura Rainbow Jaguar carries the Sacred Blood Mysteries. Since 2006 she has been sharing her teachings ... "When the women return their blood to the earth... men will stop shedding blood in war ... " Laura teaches about ceremonial menstruation, womb wellness, conscious baby-making and gender alchemy. Her course Honoring the Losses of Our Wombs is a way for women of all stages to reclaim and embrace their feminine power. Laura works 1:1, with couples, families and online - theArtemisWoman.com

# Emergence Into Spring

This ritual is about honoring the closing of winter and the dawning of spring: emergence, transition, and transformation. It can also be used to honor the closing of a phase of life or a time of transition. We each emerge from winter into spring in different ways year to year. Sometime we gradually chip away at the eggshell before our transformation, bit by bit letting the light in. Sometimes we burst forth, before the final frost has even melted, erupting into colors and new growth. Once in spring, we start to learn the new versions of us; in the beginning wobbly, like a fawn in her first steps.

To begin: explain the purpose of the ritual, you can either read the opening paragraph above or give your own explanation.

#### Steps

- 1) Have participants curl up into the fetal posture or other cozy position. Utilize pillows, blankets or whatever is available, even a jacket wrapped up to be a pillow. Encourage each person to get as comfortable as they can. They can snuggle into a ball, or lay on their backs propped by pillows. Really take the time to get make them feeling as cozy as possible. Make sure each person has room to move without hitting each other.
- 2) Guide them into relaxation once they are in position.
  - "Begin by taking 10 breaths slow and deep, with each breath relax another part of your body even further. Relax your forehead, relax the arches of your feet, breathe, relax your tongue, relax your belly, breathe, relax your inner thighs, relax your jaw, breathe." Let them lie with eyes closed, fully relaxed and snuggled in their blankets or pillows. You can sit and speak or walk softly around the room spraying some calming essential oils like lavender.
- 3) Guide them through this meditation:
  - "Winter is the place of deep transformation, of going inward and becoming. Outwardly it looks like the least productive season, oh but inwardly it is the biggest transformation of

all. Often in our busy lives we don't even realize how big our winter transformation is; we may want to push past the desire to hibernate and we may fail to notice how much we are internally changing.

Allow the nest, the cocoon, this position that you are in to represent winter. Fully surrender to it. Allow your system to fully relax. There is nothing you need to do, nowhere you need to be. Simply relax and be and breathe.

As you breathe, begin to visualize all the inner transformation that you underwent this winter. Ask to see it in your minds eye. You might see yourself as the caterpillar inside the cocoon, becoming the butterfly. Or you might see yourself as the baby bird being formed inside the egg. You might notice shifts within yourself that have taken place that you didn't even notice. Soften your focus, breathe and see what comes."

Give them a few moments in this meditation, and then continue:

"Once our transformation is complete, we naturally emerge. From winter we emerge into spring. Ask your system, what is my experience of emergence this season? What is my perfect timing? How have I, or will I, emerge into spring? Into the next version of me? What does this new version look like? Feel like?"

- 4) Give your participants some silence to meditate on this. Cue your music to play some music to emerge to, here are a few ideas:
  - **&** Unharnessed by The Human Experience
  - **&** Grandmothersphere by East Forrest
  - Music To Be Born By by Mark Halloway Hart
- 5) Just before you press play:

"Now is the time to honor and celebrate your own transformation in your physical body. Your emergence is different than anyone else's, uniquely your own, it is different than it has been in the past or will be in the future. With your eyes closed, as you hear the music, drop into your senses and allow your body to express it's emergence from winter to spring, or whatever transition you are in. Let your body express moving into this new version of you. If your body wants to stay curled for now and barely move, do so. If your body wants to unfurl part way, one finger at a time, and then rest, do so. If your body wants to burst up and jump up and down, do so. If your body wants to grow in expansiveness and stretch and roll around luxuriously, do so.

There is no wrong way. Savor the movement of your human body, no need to think. You will have a full 5 minutes for your movement, everyone's eyes are closed so enjoy it just as you want to! There is no goal, no end result. So just feel and move."

6) Play the music and allow them to emerge however they desire. Once they have had the full 5 minutes to move and experience, direct them to silently, slowly, make their way to sit in the circle again with eyes closed. Then tell them:

"Isn't your transformation gorgeous? Breathe in the majesty of your human body! As you sit reflecting on your own emergence, listen to the words of this poem and feel what they stir in you.

Spring is beckoning,

I hear her sweet delicate song

Tinkling across the breeze.

"Almost time" she whispers to me,

"Almost time."

I feel my energy beginning to build

I feel momentum powerfully rumbling

I feel my wings stretching,

And the muscles in my legs strengthening.

I feel my light shifting,

Like a slow moving lighthouse,

Preparing to shift from inward to outward.

"Don't run yet my angel," coos Winter

"You are still tangled to the past"

And I fall back into her arms,

Flailing, thrashing, "Don't fight the tangles" Winter says,

And she holds me still as she gently untangles the brambles,

The sharp edges of what no longer serves me.

And I am filled with gratitude.

Winter has been healing me,

Setting me Free

She will not push me out of the nest of her cozy safe embrace

Until all that she is helping me release has been surrendered.

In these final days

I surrender my back up plans

I surrender my iron gates

I surrender second guessing

I surrender timidness

I surrender insecurity

I surrender shut down

And yes it cuts me

Every move, every direction

And at times I recoil and lick my wounds I let myself fantasize about giving up But each little bit that I break free galvanizes me Each taste of a new freedom stokes my desire For I know who I am I know what I'm creating And I know Heaven and Earth move to support me

~ by Cara Viana

"Breathe, and feel. I welcome the newest version of you. Wherever she may be in her emergence; still in her cocoon, or peeking out at the world, or beginning to learn to use her new wings, or soaring free above. She is you and she is magnificent."

7) Give them time to settle in for 5 or 10 breaths. Once complete, open up the circle for sharing and reflection.

# Gratitude Gift

#### caraviana.com/gifts

Enjoy two free audios: a guided grounding meditation and a sacral chakra theta healing.

Cara Viana Hollenbeck is a teacher, healer, gifted intuitive and transformational life coach. She has practiced and taught Playful Spirituality for 12 years, helping bring people back into connection with the broader essence of who they are. In her loving, humorous, and often irreverent way, she ushers in deep transformation and long lasting change.

Her work includes: meditation courses, retreats, masterminds, private coaching, and healing sessions. Each one curated to provide you with a life-long toolbox of energetic techniques that will diminish your hurdles and empower you to navigate daily life like a ninja of joy. Meet her at caraviana.com

# Meditation -Embracing your Shadow

 ${\cal L}$  et's get comfortable in our chairs & ground ourselves.

Take a deep Breath in & Release

Breathe In & Release

Breathe In & Release

In your mind eye imagine a beautiful spring day in an exotic warm place, you find yourself on a path and you feel the warm sand beneath your feet as you walk, you breathe the air is fresh the warm breeze dancing across your face, the warm sun kidding your skin your relaxed.

As you walk you come upon a tunnel it's covered in fresh greenery of spring and new budding and expanding pink spring flowers.

You breathe deeply they smell amazing. The tunnel beckons you to enter it's damp & cool but the Earthy smell bring calm you journey down down going deeper into the tunnel. It opens to a small like cave with a crack of sunlight waving through it. You pause and you call to her.

Slowly she emerges from the shadows, What does she look like? How does she feel? Ask her what you have been wanting know hear her knowledge & truth with love, understanding & even forgiveness. Know we have nothing to fear from her.

(Give time for processing 2 minutes)

It is time to go .. embrace your shadow until next time. Breathe you watch her return to the shadows & you turn to the tunnel going up up up your feel lighter, ReSet ReConnected & ReEnergized a sense of completeness come over you.

Up up you go until you see the path. You exit pausing to breathe in deeply and touch the pretty pink flowers. You are Relaxed.

Breathe deeply & exhale and feel the chair beneath you.

Breathe deeply & exhale start to wiggle your fingers & toes.

Breathe deeply & exhale & when your ready open your eyes.

Welcome back!

Anita Wildman is an Advanced
Directional Life coach, Aromolite Practitioner,
Reiki Master, Whole Food Educator (AAEP) Advance
Angel Empowerment Practitioner & AEP Hands
on Healer. Spiritually guiding you through your Primal
Compass to ReSet ReConnect & ReEnergize. She hold with in
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back in to the Nakoda Sioux Tribe in Morley AB. Where she & her
late husband Cody raised their family & also fostered many community
children. Her heart is in healing the women in our communities by taking
away barriers through sharing of knowledge & understanding as a Tapestry of Women.

Learn more at <a href="PrimalCompass33.com">PrimalCompass33.com</a>

# Menstrual Magic

 $\theta$ ur menstrual blood as We'Moon is sacred. "It is prophesied that when all women are giving their blood back to the Earth in a sacred way, all the men will come home from war and there will be peace on Earth again." ~ Hopi Nation

When Matriarchal societies ruled; Women would gather in the Red Tent to bleed. In the 4 days of being in the red tent, Women would practice rituals to honor the Goddess within. Resting and nourishing our minds, bodies and spirits to receive divine guidance through increased intuition.

Unfortunately, in modern Western society this tradition has been dormant. Wombyn have been taught to be discreet and silent about their menstrual cycle- pad or plug it up, as if it's a plague. This negative connotation disconnects Women from the very fluids that create us.

Our monthly menstrual cycle is a symbolic representation of death and rebirth. We shed the old lining of our uterus, to prepare the body for our next ovulation. Every cycle, we have the opportunity to shed the dense energy, patterns or beliefs stored in our wombs.

By practicing

these rituals during your menstrual cycle, you can create a deeper appreciation for your body and blood. I recommend getting a "Mahina Cup" to catch your blood with. This helps

reduce pollution to our planet (and your pussy!) because Tampons are toxic and unsustainable.

During your next cycle, or during the New Moon; I invite you to incorporate these practices to honor your cyclical nature.

#### Day 1 of Bleeding: Create an Altar

This simple ritual will create a pleasurable visual for you to commune with daily. You can infuse each item you place upon the altar with an intention of that which you wish to release, or that which you wish to receive.

Ideas of Items: Crystals, Feathers, Flowers, Momentos Infuse it with love! Say a prayer in gratitude for the cleansing and shedding of your womb.

#### Day 2 of bleeding: Womb Massage

Most likely, you hardly touch your stomach with appreciation. Giving yourself a womb massage is a wonderful way to adorn yourself and create a physical connection to your body.

I use a 'Womb Salve' that I make, and I rub it on my abdomen/womb clockwise. Mugwort, (the main ingredient in the salve) increases circulation of blood. Thus relieving cramps, as it repels stagnation; cold and dampness in the Uterus. You can use your favorite essential oil too! Clary sage, lavender, rose, and ylang ylang are all supportive oils for moon time.

#### Day 3 of bleeding: Anoint yourself

This one takes courage, as it's way beyond comfort for some! It took me about a year of catching my blood before I practiced this.

Transfer blood from menstrual cup into a small bowl or jar. Lovingly say a prayer to yourself, honoring your ability to create and destroy life; as you dip your fingers into your blood. Notice any negative

thoughts that arise, and ask they be transmuted into love as you take your fingers to your third eye (between the brow) and gently touch them to your forehead to make a heart, star or a crescent moon (as the Avalon priestess would do!). You can continue to draw on your body, if you feel inclined. I found it liberating to draw on my womb!





Day 4 of bleeding: Offer it to the plants

Menstrual blood carries 385 proteins unique ONLY to menstrual blood. It's incredibly nourishing to the soil, helping plants grow.

Transfer the blood collected from your cup, tampon or pad into a cup, jar or vase and dilute it with water. Pick a flower, plant or tree and ask it's permission to give it your menstrual blood. (Permission in magic & ritual is KEY)

As you pour into soil, say a blessing or prayer - use your Intuition, there is no right or wrong. It can be: what you are releasing in this cycle, and what you wish for the plant to circulate & grow. The beauty of mother nature is her ability to recycle energy, to create anew!

My prayer is these practical and magical rituals serve you to cultivate a deeper connection to the Earth, the Moon and your Womb.

Ahina Rose is the Matriarch of Mahina
Medicina; an online apothecary & sanctuary to
support Wombyn as they awaken and embody their
Divine Feminine Rhythm, Mystery and Sensuality. Ahina
is a best selling Author and certified intuitive life coach,
utilizing her shamanic training in ceremony, ritual and magick
for transformation. She works closely with flowers and plants,
alchemizing essences, tinctures and salves. Ahina invites you to follow
her on Instagram @mahinamedicina to connect into CommUnity, and
visit her website: mahinamedicina.ecwid.com for magical offerings.

# Priestess Mixing Medicine and Ritual

#### Using Nettles for Healthy Boundaries, Empowerment & Grounding

The symbolism of nettle, also known as Urtica dioica, or Urtica urens, provides healthy boundaries and strength. If you touch the leaf you get a sting caused by formic acid from the leaf. To cure a sting of a nettle leaf, rub a dock leaf over the sting. The dock leaf tends to grow next to the nettles. It's amazing how Mother nature gives us exactly what we need as long as we are willing to tune in and listen to the guidance that is all around us. When nettles grow near you, they are being invited you to step into nature.

The Medicinal nettles have been used by our ancestors for centuries.

Mother nature offers us an abundance of this deeply nourishing wild plant. It's a superfood and spring tonic. They support kidney and liver function. The leaves contain vitamins A, C and many of the B complex vitamins, in addition to beta-carotene, calcium, iron, phosphorus and potassium, They are used to treat hay fever, asthma, anemia, cystitis, high blood pressure and eczema.

Nettles are healing, they can be applied to cuts, wounds and burns. The fibrous stems of mature plants can be used to make twine for clothes and bags.

The Nettles magic teaches us about boundaries, protection and empowerment of standing in ones truth. Boundaries between worlds, boundaries in our relationships. Nettles heralds the return of spring and is a time of nourishment and blossoming.

The energy of the nettles has been around for thousands of years gathering and concentrating a profound accumulation of energy from the earth below, the rain, the sun, the moon and the stars. 3 doses of nettles in Spring will prevent any disease for the rest of the year. You can make nettle tea, soup and pesto

#### How to perform the Tea Nettle Ritual

Gathering the Nettles: Ask the land can you pick them listen and honor the answer you receive. After you find the nettles that are meant for you. Be careful to hold the center of the leaf or wear gloves as the nettles sting and leave blisters on your hands.

After you find your nettles bring them home and dry in a warm window.

You can get organic dried nettles at your local health food store

This ritual can be done alone or in a circle with beloveds

Call upon your ancestors that have walked the path before you and that would like to join for the highest good.

Invite in the spirit of the nettles.

Call Upon the Celtic Goddess Morrigan is the Goddess related with nettles and this ceremony. Set the intention for the ceremony to create healthy boundaries both in the human and spirit form from the essence of the nettles.

Light a candle

Set the table and if you have fresh nettles place a vase as a centerpiece or burn dried nettles in the center piece as it also clears the energy of the space.

Use Spring water for the tea. As you brew your tea bless the spring water and give deep gratitude to the waters and the earth and request that its blessed with love, peace and grace for your highest good to aid you on your journey".

If more than one is experiencing the ritual request that it is done in silence



Brew the tea and allow it to sit for 8 minutes

Pour the tea for each beloved.

Holding the cup with both hands mindfully. Feel the heat of the tea and allow it to drop you into the present moment

Look at the tea and notice everything you can about its appearance, how the leaves gather in the bottom of the cup

Feeling the magic of every sip as you feel the tea move down through your throat and bringing you into your body and empowerment. Smell the aroma

Feel the nettles filling you with strength to speak and stand in your truth.

Close the sacred space - Give thanks to our ancestors, Goddess morrigan, and the Spirits of the tea and communicate that the ritual is closed as you want to make sure that the line of energy is closed until next time.

# Gratitude Gift

Enjoy a free deep relaxation meditation to awaken to joy and dwell in beauty

http://amandacollins.com/ index.php?/register/MPUjk1

**Amanda Collins** is a Celtic Priestess and Feng Shui Master. She founded the International Feng Shui School and training program, which offers in-person and online certification courses. Amanda created the Inner Circle of Feng Shui as a source of support, inspiration and friendship to help you find your own joy, invite miracles and live your greatest self. You can access her latest videos, webinars, podcasts, meditations and online community anywhere in the world. Amanda also leads sacred journeys around Ireland, tapping into ancient ritual with an uncanny ability to make modern-day magic.

# Spring Renewal Moon Blood Offering

hile many of us have grown up believing menstruation is a dirty, shameful and unenjoyable experience, nothing could be further from the truth. Menstruation was celebrated for thousands of years by cultures all over the world as a sacred time of initiation, cleansing and renewal. By reclaiming menstruation, we remember something as old as time. This springtime ritual will allow you to connect with the theme of new beginnings, change and rebirth while also honoring your moon blood, or menstrual blood.

To celebrate with this ritual, you'll need to collect your menstrual blood. I highly recommend switching to a menstrual cup for a number of reasons, but among them is the ability to collect your menstrual blood in a natural way. If you prefer to use a sea sponge or reusable pad, you may also be able to collect your menstrual blood.

During your next moon time, pour your menstrual blood from your menstrual cup (or other sanitary product) into a small jar. When you are ready to begin your ritual, fill the rest of the jar with water.

With your moon blood in hand, walk outside to a tree or plant that you choose to offer your moon blood to. If you cannot do this outside or if you'd prefer to offer it to your houseplants, that is also okay. Before you pour your blood, take a moment to offer gratitude to the earth and to new life. Recognize that a sacred balance has existed for thousands of years between

woman and the earth. Traditionally women would pick and collect fruits, berries and herbs from the earth and then give back by menstruating directly onto the earth every month. This was the sacred balance, the act of receiving and giving, the energy of yin and yang. By offering this blood back to the earth, you replenish the earth with new life, gratitude and your most sacred medicine.

When you're ready, pour your menstrual blood onto the earth or plant. Honor this sacred act of giving and see it as your way of offering the earth more strength and vitality as she transforms and shifts with the Spring Equinox.

You may find that over the coming months, you witness lots of growth in the plant that you chose to offer your blood to. Bursting full of calcium and stem cells, menstrual blood makes a powerful fertilizer for plant life of all kinds.

Blessed Be

## Gratitude Gift

Receive a free self care ebook by GoddessCeremony at GoddessCeremony.com/ subscribe



Cassandra Wilder is a Naturopathic
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Creatrix of GoddessCeremony, a global sisterhood
that teaches women how to awaken the wild woman
within. Weaving together her training in natural medicine
with traditional women's wisdom, Cassandra holds a powerful
space for women that are ready to remember who they are and
who they were born to be.

# Lakshmi Spring Activation -Plant Your Dream

akshmi reminds us that "Inner abundance emerges with grace." The themes she brings with her are rebirth, creativity, expression, inspiration, remembrance, mystery, healing, empowerment, support, and listening. She ignited the sacral (2nd) chakra with her activation of the archetypes of the creatrix, medicine woman, and midwife.

#### Plant your spring dream activation:

- 1. Take some seeds of your favorite flower into your hand
- 2. Ask yourself, "What is the dream I'd love to see grow in the spring?"
- 3. Take 5 minutes to sit in silent Meditation bringing the vision into your heart and hands
- 4. Plant the seeds near the front door of your home, so you are reminded every time you step into the world and every time into your sanctuary

## Gratitude Gift

Is there an area of your life that you know could use some tweaking? Enjoying your life, but if you close your eyes and ask yourself then you know there's something more. Or maybe you're just fed up with how things have been looking. Use this dream planner to assess what is actually going on and start to adjust your life's trajectory onto a more aligned path.

https://www.thegoddessfest.com/dreamlife-2-page-planner

Rae Ireland is an international and independent touring musician and dancer who has performed in 4 continents, after receiving a BFA in dance performance from The Boston Conservatory.

Rae coaches women on embodiment of sensual energy, self exploration and expression, and mindfulness so they can become the empowered version that they were always supposed to be - resulting in more fulfilling love, sex, and money. Rae works with acclaimed thought leaders in policy, education, entrepreneurship, therapy, and art to pioneer the space of creativity and personal development globally. She has been seen on stages worldwide, recorded multiple original albums, seen on TV and film, taken home San Diego Music Awards, published in books and doctoral papers. She is the producer of The Global Goddess Fest - a virtual festival uniting women worldwide along with other transformational festivals and retreats around the world and online.