

GUIDELINES

WHEN WE ARE IN CIRCLE, WE AGREE TO:

- *Be on time.*
- *Speak from our heart and from our own experience.*
- *Listen with respect, compassion and curiosity.*
- *Hold stories or personal material in confidentiality.*
- *Be willing to discover and explore, noticing patterns, themes, new questions.*
- *One person speaks at a time.*
- *Encourage and welcome diverse points of view.*
- *Work toward consensus when possible.*
- *Offer experience instead of advice.*
- *We do not interrupt the woman who speaks at any time, even when it is difficult and we feel an urge to respond directly, or want to jump up and hold or comfort her.*
- *With practice we develop the trust to know that we can “hold” each other safely with our presence and loving attention.*

The “Unleash Your Beautiful” – Women’s Circle guidelines are based on respect: respect for the Sacredness that we create together, respect for the Earth, the environment, the energies that we draw in to support us, and for every woman present.

We have put a great deal of care into preparing this Gathering so that we all have a unique, inspiring and transformative experience. If you feel some change would be beneficial, please let us know. Our intention is for every woman to feel supported and comfortable, and able to participate to whatever degree is right for her.

These gatherings are 18+ for the reason we feel it is important that women not feel the need to censor themselves. Young women are of course valued but in the intention of creating a safe space for women we feel an 18+ age limit is beneficial to our group specifically. For other groups that include young women feel free to contact us and we can provide resources.

WITH THIS IN MIND, WE ASK THAT:

- *Confidentiality of participants be respected always*
- *What is shared during our time together is never discussed outside the circle without permission. You, of course are free to share your own experiences.*
- *The sacredness of the gathering venue is honored by the avoidance of recreational drugs and alcohol.*
- *Timing, by the nature of the circle, can be somewhat flexible, however we will use drums, gongs or bells as signals, so please be aware of them, so that we keep our agreed finished time.*
- *Women take responsibility for their own wellbeing. Circles are inherently powerful. Please be sensitive to your own needs and wellbeing. We ask that you look after your precious Self. We will provide open listening, loving support and hugs.*
- *The purpose of "Unleash Your Beautiful" – Women's Circle is to enable heart connections and inspiration, generate supportive networks, and encourage Spiritual empowerment.....also to have fun!!!*

GUIDELINES FOR SITTING IN SACRED SHARING CIRCLE:

When we sit together in a sacred sharing circle, we have a centerpiece or altar, a decorated, usually round space on the ground in the middle, where we place symbols for the four Elements, and objects that are beautiful and sacred to us.

We enter the room in Silence with Awareness, find our spot (cushion/chair) around the altar as quietly as possible, and become present, always being mindful that we are actually entering a Sacred Space.

Being on time and ready is important: It shows respect for others and for the Sacredness we create together. However, should you happen to come a little late, make sure you come into the room in silence and find your spot quietly.

There may be times when, if you are late, you find the door closed and you have to wait until a suitable time, when you can be ushered in.

We do not eat while we sit in a sacred circle space. It is important to be fully present and listen to the other women and to be ready to speak when it's our turn.

We might use a “talking” object when we sit in Sacred Circle. It is picked up from the altar by the woman who starts the sharing and for the entire time she holds it in her hands the group is silent as we listen and gift her space to speak with our full attention. When she has finished we usually acknowledge her sharing by saying: “thank you.” The “talking” object is then passed on to the next woman on the right hand side. We keep the object going around the circle until all women present have a sense of completion, or for however many rounds fit the timeframe, or have been pre-decided. The object is then put back on the altar where it rests until we sit together again.

It is completely fine to not speak when the “talking” object comes our way. Sometimes we are simply not ready to speak or don’t have anything to add yet. So we hold the object for a brief moment to check in, and then pass it on in silence. Once the object has gone around and we are ready to speak, we take the object into our hands and share what comes to our mind.

It is not always easy to wait for our turn to hold the stone and speak, but it’s a wonderful way of deepening a heart sharing and practicing a loving form of self-discipline.