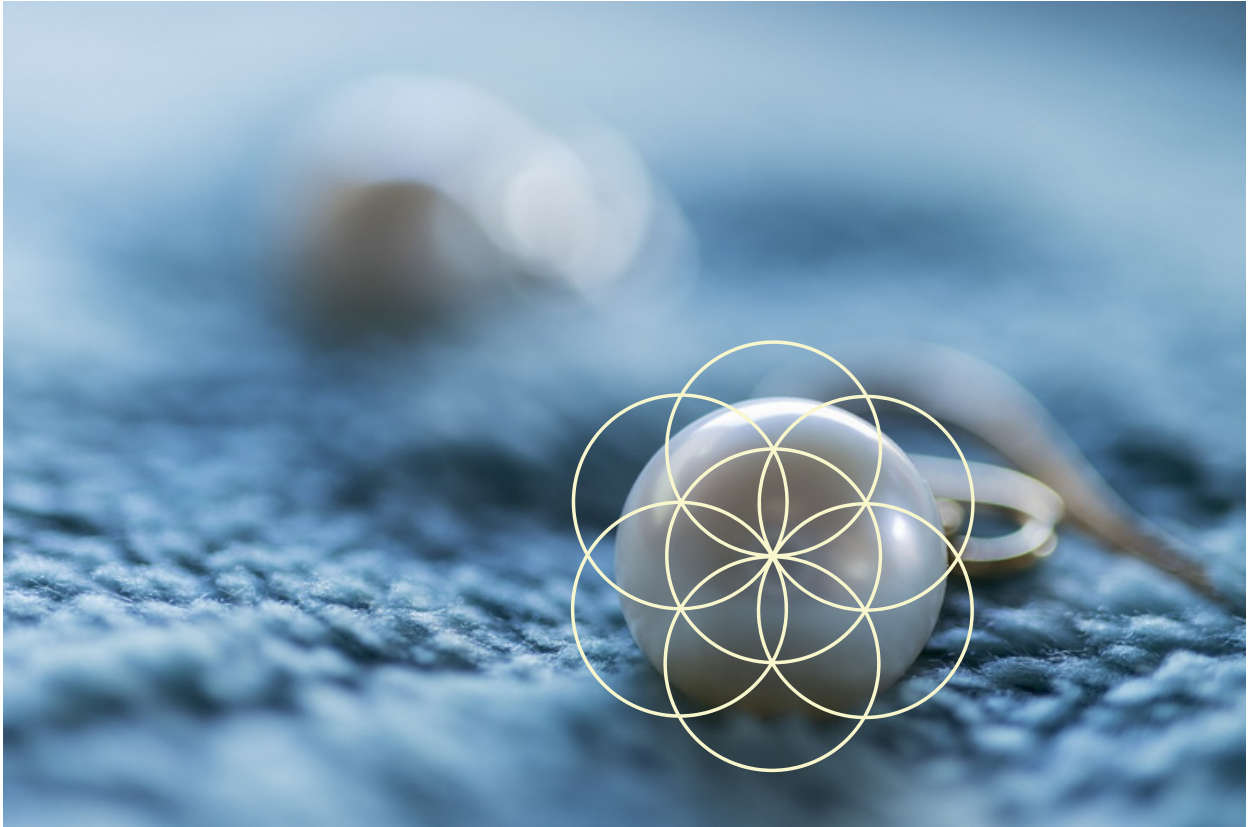


TREASURE



*Setting the Space &
Conscious Co-Creation*

"The archetype of a circle may be perfect.

**A women's circle never is.
But if it holds its center when
troubles arise
and there is wisdom, love, and
honesty
and room for making mistakes,
the circle is more than "good
enough."**

**It is a creative work of art
in process."**

**Excerpt From
The Millionth Circle
Jean Shinoda Bolen**

Our Circle Philosophy

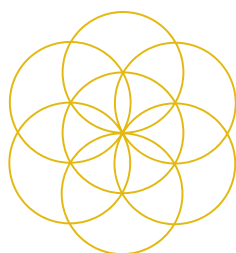
Community is Immunity: here, you can expect to be witnessed and celebrated in a relational and intentional field of learning, where every woman's voice matters.

There is a healing field when women gather intentionally. There is a coherence and resonance that amplifies the healing and growth.

In this space, we complete one another vs compete with one another. This goes against the dominant patriarchal narrative of one-upping each other. Instead, we practice a more collaborative, feminine approach that is inclusive and heart-expansive.

We learn from one another vs going it alone. Entering into a community that helps you build trust and confidence, both in yourself and others, can be the juicy human connection you've been yearning for.

In joining our group gatherings, you accept the collective agreement that anything that's shared is to be kept confidential and respectful. There's a level of vulnerability here, especially as we are expanding and stretching beyond our comfort levels. You can expect to be triggered and activated, and it's all good because this is ultimately what your soul evolutionary journey is about. You'll get to practice embodying the sacred wisdom you are re-discovering here, & I'll be holding this space for you.



Our Circle Guidelines

Circle Shares

- Use 'I' Pronouns
- This is a space to witness and honour, not a place for giving advice.
- Hand gestures to express solidarity
- Confidential space, what is shared stays in this space.
- Share generously, as your stories and experiences may be exactly what another sister needs to hear today.

Our Sacred Sister Agreements

- **H**onour yourself for being Here, and for being a co-creator of the Heart-space in this circle.
- **E**ach person is Empowered to Express their truth and have their voices heard respectfully and attentively.
- **A**cknowledge that all of you is welcome, and that you are Allowed to Arrive as you are.
- **R**emember to Reserve judgment and Respect each person's unique process.
- **T**une in and know that you can Tug on the Red Thread whenever you need extra support and love.

Additional Guidelines

(Adapted from Dawn Delvecchio's Notes on Co-Creating a Safe & Sacred Container)

Show Up with Presence

It is okay to show up with whatever is present for you. However, keep distraction and outside focuses outside the circle. (This includes cell-phone distractions, of course).

Honour Time Boundaries

This includes honouring the start time by showing up on time, as well as sharing time perimeters.

No Judgment, No Unasked-For Advice

Until we walk in another's shoes, it is difficult, if not impossible to truly know their situation. Judging others' choices, therefore, is neither fair nor kind. So too with unasked-for advice. When someone needs witness and support, unasked-for advice in the form of "feedback" or "constructive criticism" can easily end up burning rather than building bridges.

Speak from Personal Experience and from the Heart

"I" statements generally land better. Sometimes - especially when we are "seers" or empaths or psychics, we ARE receiving information from the "field" (or akash). In these cases we are sharing what is coming through. However, when doing personal sharing, speaking from one's own knowing is best. Speak from your own experience and beliefs rather than speaking for others.

Give Time for Silent Reflection

This is the energy of Presence. It is a sinking down and in, in order to be with what is being shared; rather than “thinking” about what should or could be said next. Different people require different amounts of time to reflect silently. Verbal processors, for example, tend to be quick, although they risk responding from the head. Non-verbal and intuitive processors may require more silent reflection before sharing. They run the risk of not being “heard” once they are ready to share.

Avoid Triangulation

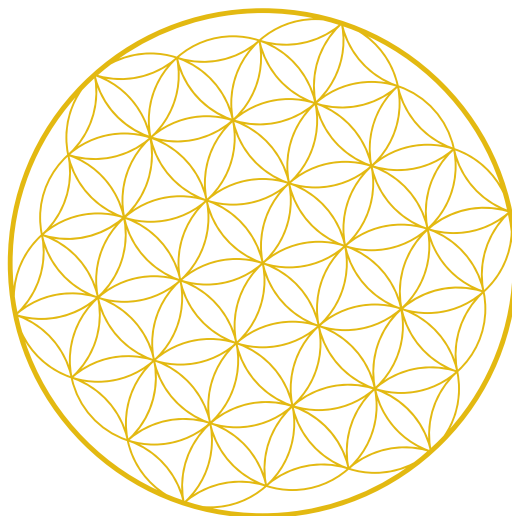
Triangulation looks a lot like “strangulation” and this is one of the energetic consequences of triangulation within a circle. If secrets are being created within a circle among some members and about other members, you can be sure rupture is near at hand. If there is conflict within the group, it is best to air it within the group. Conflict resolution and Council processes can be applied.

Active Listening

Much like showing up and being present, Active Listening asks that we hold a level of consideration and presence for each member of the group which we ourselves desire when it is our turn to share.

Take Personal Response-Ability

Personal response-ability is the solution to blaming. Mistakes happen. Mis-spoken words happen. Conflict happens. A group can grow stronger by moving through conflict to resolution. Asking "What is mine to own?" within any conflict, engagement or sharing helps to focus on solution. It also helps to maintain safety in a relationship or group. If one party insists on blame and attack, it can break a group. I have seen it happen. It can be ugly and it doesn't feel good.



"Keep good company, read good books, love good things and cultivate soul and body as faithfully as you can."
Louisa May Alcott