

Under the Moon Guide to Wimyn's Circles

Like wimyn walking to the well, know that you are starting something that has been going on since the Dawn of Time.

This is meant to be a basic and general guide. Trust your instinctual nature to guide you. Instincts are never off track. Instinctual Living will keep you safe and happy and attract just the right people as you build your tribe of belonging. You will be doing something to help make this world a better place. Be yourself. Stay Honest. Have fun.

Building the Energy...

- ❖ Invite folks hungering to gather with like minded souls. Two wimyn holding hands makes a wimyn's circle. It is not about numbers. It is about the right people, right place, right things for the right reasons.
- ❖ Send the shout out far and wide. Describe in detail what you are doing and trust that the wimyn will self select. Invite folks you feel drawn to. Let your invitations be serendipitous, spontaneous, Instinctual.
- ❖ Know that who shows up are exactly the right ones. Hold the sacred space alone if you must at times. Feel the wimyn from antiquity and around the world making the circle with you.
- ❖ Rhythm is important. Decide if you want to meet once a week, once a month, under the new or full moon or seasonally.
- ❖ Sacred space is important. Choose your home or someplace homey, ideally near or in nature but where there is a way to make tea, go to the bathroom, have privacy and howl at the moon.
- ❖ Know your home rules. Don't compromise your own values. Be clear about your space but flexible in your attitude toward others and non judgmental about folks doing whatever they do in their own space. For example, we have a home rule of no flesh, fish or fowl eating on the Holyland. What people eat off the Holyland is their preference and freedom.
- ❖ Make it clear that you don't do therapy. Don't solve peoples problems and don't try to fix things for anyone or the world.

- ❖ Choose the content or activity or discussion you are interested in and that you love. Make sure you are having fun. To untame wimyn, you cannot tame yourself by trying too hard or being something you are not or talking about things you are not interested in. Foremost, make sure the gatherings are feeding your soul.
- ❖ Consider reading aloud *Wimyn Who Run With the Wolves* by Clarissa Pinkola-Estes line by line, paragraph by paragraph, page by page until someone says, "Hey! I have something to say about that!"
- ❖ Consider exploring what you as a circle know about instinct, intuition, knowing, predators, etc. Maybe you talk about first bleeds, first sex, first births. Maybe you speak of the journey of maiden, mother, crone. Maybe you explore motherhood and what it means to be guardian of the next generation. Maybe you have someone scribe your collective knowing.
- ❖ Let folks know that you will be exploring together and generating more questions than answers. An honest question is a wealth and door to freedom. It makes the impossible possible. Can we? Shall we? Should we? How can I? What do I want? When, Where, How do it all begin? What would be my ideal? Am I happy? What is the long term effect? How do we break the silence? How do I build instinct? Is there a way to balance the wild nature and the social nature? How do I express, role model, preserve, protect, promote that which I hold dear? Is health, happiness, holiness, love, growing in my life, my family, my world? What would help? And on and on and on.
- ❖ Make an altar. Light a Candle. Add flowers, incense, a stone, a feather, something from nature atop a sacred cloth.
- ❖ Be true to your time agreement. Two hours is perfect for most folks. Start and stop on time and fold folks in as they arrive. After the closing, help people out the door and let them know how excited you will be to see them at the next gathering. You need your private space and time to integrate the great energy that was shared.
- ❖ Dress comfortably but adorned.

In the Moment...

- ❖ Have a way you open. Maybe drumming together. Maybe chanting. Maybe you go around and share the state of your soul. Maybe you share where you saw wild womyn recently. Maybe you stand and introduce yourself by saying, "I am MorningStar, daughter of White Deer, daughter of Battle Axe, Daughter of she who died in

childbirth and my people are Cherokee.” If you begin with maternal bloodlines, then welcome each woman and her ancestors and move along with confidence and respect. Maybe you open with a question. Maybe you read our Womyn’s Prayer Card.

- ❖ Serve Tea.
- ❖ Have Chocolate.
- ❖ Provide cushions or chairs or invite folks to bring their own pads.
- ❖ Lead the discussion or begin the reading. Be inclusive. Have everyone participating.
- ❖ Keep your focus and know why you are gathering and evolve the shared experience from there.
- ❖ Do not let the energy digress off track or become focused negatively or on one person. Remember we are not gathering to solve one another problems. We are gathering to go someplace new ourselves; to find something you can’t google; to have a direct experience of the self and to build sisterhood.
- ❖ Talk story. Welcome story. But personal story, not about others or quoting lengthy opinions from experts. Each one is to speak from their own experience, their own knowing.
- ❖ Avoid rigid viewpoints. If someone says something rigid, respond, “Well, there’s that...” and move on.
- ❖ Keep the discussion going deeper and about ourselves and not about others.
- ❖ Stay grounded, positive, enthusiastic, compassionate, genuine, honest.
- ❖ Stay curious. Suspend Opinions. Inquire. Ask deeper questions. Wonder. Ponder.
- ❖ Slow and steady.
- ❖ Have a closing. Howl at the moon or some equivalent that is an act that identifies you as a pack. Maybe you form a circle and interlace arms and say, “Go with your ears perked!” – one word from each person that births out of the time together. Maybe you close with a chant or a blessing. Maybe you do a 3 minute World Peace Meditation to close and then stand to silently bow to one another. However you close, honor the sacred time you have shared.

The time after...

- ❖ Clean up. Wash the cups. Dust the rug. Blow out the candle with a blessing for world peace.

- ❖ Integration is more important than change.
- ❖ Take time to feel the afterglow.
- ❖ Be unrushed afterward. Have a bath. Sip tea. Share the joy. Stand under the Stars. Thank the ancestors. Don't over think the details. Don't ruminate. Don't second guess yourself. Focus on the positive and what made you feel radiant and glad you opened your home, your mind, your destiny.
- ❖ Face the reality if there was a true problem. Seek the wisdom of a wise womyn elder for help. Write me. I will listen.

My Blessing to you...

Move this universe forward by gathering wimyn and moving yourself forward — shift Something! Remember this world is a beautiful place and you are making it better. You will always be rooting out your tribal evil and adding to your tribal wisdom. Don't let a feeling of not being enough or ready keep you from leaping into a feeling of yes in your soul. I believe in you. I want YOU to go some place new. I want YOU to find something you can't google. I want YOU to have a direct experience of the Self. You are a powerhouse of sacred feminine energy. Strong Body. Lucid Mind. Clean Spirit. You are not alone. I am with you. Under the Moon, I am with you.