

Soul Circles

A six-week journey for women who seek a connection to Something Greater



We are living in unprecedented times. Before Covid-19, the pace of the world had never been faster and most of us struggled to keep up. Many of us have become disconnected from ourselves, each other and from nature, leading to illness and disillusionment. Exhaustion is the norm and rest elusive. Covid gave us the gift of more time at home, but different pressures. In the rare quiet moments, there are often whispers about our connection to Something Greater. Some call it Spirit, some the Great Mystery, some God. When we nurture these whispers and practice conscious connection, we move closer to a more meaningful and enriching existence. Women have been meeting in Circle for centuries as a way to foster this connection but in many cultures, including ours, we've largely forgotten how to do it.

This is your opportunity to return to the old ways, to come together with like minded women and co-create a heart centred exploration of what it means to be alive and, in doing so, to become each other's teachers and support.

The Circles

**Six weeks starting 25th Oct 2021
or 21st Feb 2022**

**A maximum of ten women
(not including your guides)**

Monday nights

7.15-9.45pm (with a short break)

We will meet on Zoom because of the ongoing uncertainty around Covid and because we have interest from far and wide - and we absolutely promise it will not feel like Zoom as you know it! We have been partaking in online Circles which foster a profound connection to soul and will take great care to ensure the experience is expansive and nurturing.

We will explore our connection to ourselves, each other and to spirit through creative activities and different themes. These may change depending on the needs of the group but here is an outline of the shape of the six weeks:

- Women's Lives, Women's Stories - building our tribe and agreeing how to work together
- Lineage - where we come from and how that shapes us
- Nature and the cyclical seasons
- Thriving in a patriarchal world
- Conscious femininity and creativity
- Working with endings.



“There is nothing so wise as a circle”

Rainer Maria Rilke



Principles

Whilst the Circle will form its own norms rather than having a rigid set of rules, some basic agreements are necessary. Confidentiality is paramount. We will start and end each week with something called 'Council' - which is loosely based on indigenous traditions of sharing in a protected and uninterrupted way. Following this, we will offer a poem, piece of writing or a piece of music which evokes a calling towards spiritual practice and which fits with the theme to be explored that particular week. Then we will facilitate an exploration of that theme with sharing for those who wish to do so (this is encouraged but not mandatory), before drawing the evening's Circle to a close.

There will be an invitation to do a little preparation each week. It is designed to be soulful, can mainly be done over a cup of tea and although not compulsory, it will enrich your experience.

Joining & Cost

The cost is £250 for the six-week programme, payable in advance. If you have any questions or to book, please email. To secure your place there is deposit of £50 payable through [PayPal](#). Please note this is non refundable if you cancel unless we are able to fill the space.

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*Please be aware that we cannot accept existing counselling clients onto the programme. If you are a previous client, please contact us to discuss before booking.

Previous participant reviews:

"A fantastic way to connect with others and explore your self and your soul".

"Soul Circle changed the course of my life. Not in a sudden, extreme or earth shattering way, but in a subtle, profound and powerful way. It awakened certain seeds within me that might not have started to grow without its mystical, soulful nourishment".

Influenced By

Pre-reading is not compulsory, but if you are inclined and want to go deeper with the material we will cover, we recommend three books which have all influenced our thinking in developing this journey. Check out Marion Woodman's book of poetry 'Coming Home to Myself', Sharon Blackie's 'If Women Rose Rooted' (or The Enchanted Life - both are great and cover some of the same material), and Toka-pa Turner's - 'Belonging - Remembering Ourselves Home'.



Your Guides - Emma Cowan & Liane Maitland

We are colleagues and friends. We met on a course a few years ago where we discovered a mutual love for working creatively, and we spent months discussing how we could bring what we hold dear personally and professionally to a wider audience. Soul Circles is the result and we were over the moon when the pilot programme was over subscribed, confirming what we knew in our bones - that women need a space like this. We are incredibly excited to bring it to you and hope you choose to join us.

Emma is a counsellor, clinical supervisor, lecturer and reiki practitioner. She cultivates relational depth and does so with creativity and imagination, and by working with and through nature. Her way of working has unfolded over 20 years of supporting individuals and facilitating groups of people from diverse backgrounds within social care and education, as well as from her extensive therapeutic experience. She is down to earth whilst also comfortable with exploring the wider realms, and an apprentice to storytelling. She is also a protector of the feminine and she is inspired by the potential of the power generated by women coming together.



Liane is a psychotherapeutic counsellor with over 20 years of experience in developing people and facilitating groups in the corporate and the charity / not for profit sectors. She works creatively, systemically and somatically having trained in Sensorimotor Psychotherapy, which is a body based approach to managing trauma and stress. She is experienced in and passionate about supporting women to thrive in a patriarchal culture and her other specialisms include family constellations and childlessness. She loves fiercely, is challenging and supportive in equal measures and is often described as an inner wilderness guide.

