



Sister Circle

GUIDEBOOK

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Welcome to the Sister Circle Guidebook. Whether you have been hosting circles for years, or this is your first time, we honor you for following your heart's desire and being a leader in your community. It is a beautiful and powerful journey holding sacred space for women to gather.

When we come together in equality and acceptance, we allow magic to take place. When we are seen, heard, and held we can transform our insecurities, wounds, jealousies, competitive patterns, and claim our true radiance, unity, and power.

To host or participate in a sister circle nourishes the natural yearning for authentic connection and creates opportunities for deep friendships to be cultivated.

There are a multitude of ways to come together in circle. We are offering one simple template for you to build upon and make your own. Everything offered is only a suggestion. Please trust yourself, your intuition, and notice what resonates with you most. Drop the rest.

We request that no matter what format you create for your circle that you include the Heart Meditation and Theme Activation Guide. We ask this because hundreds of circles worldwide are unifying together on the new moon through shared experience and intention. When we put all of our intentions together it creates a powerful tidal wave of love and transformation, affecting our families, communities, cities, and the whole world.

Once you've registered your circle, each month you will receive the new Theme Activation Guide with the month's powerful theme and suggested ritual.

Please join our Sister Circle Facilitator Facebook Group by clicking [here](#).

In this private group, we invite you to share tips, questions, your personal experience as a facilitator, and suggestions for new moon themes.

We are with you. Thank you for your beautiful service. It matters.

Circle Outline

If this is your first time facilitating a circle, we recommend you read through the entire Guidebook before completing your ideal design.

The following is a sample outline for a circle with 10-20 women for 2 hours:

Welcome and Introductions - 15 minutes
Presenting - 5 minutes
Creating the Container – 10 minutes
Heart Meditation and Theme Activation - 10 minutes
Sharing exercise – 30 minutes
Body movement/break - 5 minutes
New moon intention setting exercise - 30 minutes
Closing share - 15 minutes

Reminder: if you already have a women's circle format you love, we request you add in the 10 minute Heart Meditation and Theme Activation.

Preparing to Facilitate

“Trusting yourself is trusting the wisdom that created you.” - Wayne Dyer

The most important component in preparing to facilitate a Sister Circle is Trust. Trusting yourself, your wisdom, the power of who are, and the inspiration that has led you to this moment. Trust that the Sister Circle experience will unfold exactly as it is meant to, that the women who are meant to be there and learn from each other will show up, and that whatever transformation is ready to happen will happen through your presence and the powerful Circle process.

The Role of Facilitator

Perhaps you have facilitated many circles before, or maybe this will be your first time. Either way, we believe you already have within you everything that you need to facilitate a beautiful and meaningful circle.

Etymologically, the word “facilitator” comes from the root word for “facil,” meaning “to make easy.” When hosting or facilitating a circle, it is important to remember to claim ease rather than forcing or pushing. Create the framework of your circle and leave space for flexibility and in-the-moment magic.

If you've participated in a circle before, it can be helpful to reflect on the characteristics and qualities of the facilitator or host. What do you remember most about their presence or how they facilitated? Which of these qualities would you like to embody when you facilitate?

Reflect on your intention for how you want to be in the role of facilitator - your unique style. You may even want to write down a few words that you can remember and repeat like a mantra when you facilitate your Sister Circle. (Examples: I am confident. I share my heart bravely. I trust my intuition to guide me as I guide others.)

Facilitation Tips

Powerful Mindsets and Affirmations

I fully trust myself and the process of Sister Circle.
I am called to step into this leadership role because there are women in my community who are yearning for this experience.
I trust that whatever happens during the circle will support my highest transformation.
I am here to show up fully exactly as I am and I am not responsible for the experience of the women who are joining my circle.

If you get overwhelmed

Remember, there are only overwhelming thoughts not overwhelming situations
Take long slow deep breaths for 3 minutes or longer
Reread the list of mindsets above, repeating them silently or aloud.
Reread the list of mindsets above, repeating them silently or aloud.
Make a post in our private facebook group sharing what you're learning and how you're transforming through this leadership role.
Take a self-care break

If you would like additional support, invite a woman you know and trust to assist you with set-up and/or co-facilitation.

More tips

1. Read over the agreements (below) that support a safe circle and share a few of them with the women participating beforehand.
2. Let the women know in the beginning that during the sharing section, their shares need to be kept to a certain length (2 to 5 minutes depending the amount of women participating).
3. After a woman shares, refrain from commenting/coaching/giving advice – Smile and thank her for sharing
4. If a woman speaks beyond the suggested time, gently thank her for her share and ask her to finish her thought, so that all the women will have an opportunity to speak.
5. If a woman starts crying, that is a beautiful thing! Listen to your intuition as to whether to support her in her release/breakthrough or guide the energy to a new focus.
6. If another woman starts commenting/replying/coaching, gentle request that she take a deep breath, remind the group of the guidelines.
7. Use a bell or chime, or other audio cue that it's time to complete a sharing.
8. Invite women to bring a notebook.
9. Bring a few extra pens, tissues, and some paper.

A note about Spaciousness: Set-up the space early and give yourself at least 10 minutes to breathe before the women arrive, holding a vision of the circle experience you are desiring to create.

Creating Sacred Space

"Your sacred space is where you can find yourself again and again." - Joseph Campbell

Have you ever walked into a room and felt instantly soothed or relaxed? Perhaps at a yoga studio, meditation center, or your girlfriend's living room aglow with candles?

Creating this type of comforting feeling is an important step when hosting a circle. A circle can be anywhere from your home to an office building. Here are a few tips on how to make the atmosphere feel nourishing and safe.

Clearing the energy of the room

Most importantly your clear intentions are a powerful tool for clearing the space, and feel free to use any/all of the following in addition:

Herbal wands (with rosemary, cedar, or sage)

Lighting some sage or palo santo and walking around the room with it, ideally with doors or windows open

Spray an aromatherapy mist around the room (ideally organic/wild-harvested essential oils)

Mood setting

Lighting some candles (unscented are recommended in case some women are sensitive)

You may want to create an altar in the center of circle, optionally inviting women to bring altar items such as a necklace, picture, nature item or crystal.

It can be nice to have a vase of flowers in the center, or a flower for each woman.

Set up the circle so all women can see each other. Use chairs or pillows on the floor (it's nice to have a couple chair options for women who don't feel comfortable on the floor).

Oracle or Tarot card deck

Some facilitators may choose to have an oracle card deck available, if so please share briefly with the women about the card deck and how you are inviting them to use it (each pull a card at the beginning, pull a card when they're inspired to, etc).

Welcoming + Introductions

You can either be at the door welcoming each woman and inviting her to take a seat, or have a friend do so while you sit in your seat peacefully, setting an example for them to model.

Facilitator: introduce yourself briefly including your name and intention for the circle.

Invite other women to share their name plus any combination of the following depending on group size:

Your intention for coming

One word about how you're feeling

A sound/movement that is uniquely you in this moment

Three things you love about yourself

Presencing

Some facilitators may choose to do a presencing practice before the introductions. Do what feels best for you. Presencing is simply guiding the participants in letting go of whatever happened earlier in their day, assisting them in quieting their minds, calming their bodies, and inviting them to become fully available to the present moment.

Presencing options

"Take a deep breath and acknowledge the beautiful women who have come to our circle by silently making eye contact with each of them and making a silent gesture of hello (smile, hand on heart, hand in prayer position)."

"Please take a few deep breaths and notice whether you are fully present. We will go around the room and each woman say their name and 'I am present.' If you don't feel present, please say what you need to become present."

Guiding Presencing

“Take a deep inhale and exhale very slowly. Continue deepening the breath, noticing the temperature of the air, the smells, the sounds as you fully relax your shoulders and belly. Notice your thoughts, your physical sensations, the energy moving in your body, your emotions.... simply breathing and noticing. Know that everything you’re experiencing is welcome in this space, is celebrated and appreciated. Slowing down the breath even more, pause between the inhale and exhale, and between the exhale and inhale - noticing the stillness. Scan your body for any tension and with your presence and the flow of your breath, release the tension. Notice what it feels like to be fully in your body. Inhale together.....and exhale. Gently open your eyes.”

Co-created Presencing

Invite each woman to think of one thing she would like to release, and one thing she would like to bring into the circle. Demonstrate by going first. Speak, “I release _____” and “I call forth _____.”

You can add hand gestures bringing your hands behind you and moving them towards the circle to call forth, and reverse to release.

Examples:

I release confusion, I call forth clarity and acceptance.

I release self-doubt, I call forth confidence and joy.

Have all the women get up and walk slowly around the room. When they come across another woman, they stop and look into each other’s eyes. The first woman who feels it says, “I See You,” and the other woman replies, “I am Here.” They continue walking until they meet another woman and repeat the process.

Agreements

Creating a safe circle

One of the most important aspects of a circle is creating a safe space for women to share by offering clear agreements that support openness, connection, and positive interactions. This is a way of inviting the participants to co-create a Sister Circle culture that is nourishing, transformational, and empowering.

It can be very powerful after each agreement to have every woman acknowledge understanding by either putting their hand on their heart or raising their hand.

Here are a list of agreement options for you to share at the beginning of the circle - please always include an explanation of confidentiality. And as always, make this your own.

Confidentiality

I invite each of you to agree that anything other women share during the circle will be kept within the circle. If you are inspired by another woman's story, please ask the woman first whether you can share that story anonymously or with her name outside of the circle.

Self-Responsibility

You are invited to be in your own experience, letting go of any caretaking or fixing inclinations that may arise when a woman is sharing. This means no advice giving or commenting. Give your sister the opportunity to speak and be heard. Also, please ask for permission before touching another woman (hugs or in any other way).

Language and Sharing

Please share succinctly, one person at a time. No commenting or replying to another woman's share.

This is a no-sorry zone. Here we practice no longer apologizing, offering justifications, or explanations for who we are, how we feel, or what we think. If you catch yourself saying "I'm sorry" you can say "oops!" instead.

To create a circle that honors our different experiences, you are invited to speak with "I" statements to share your truth rather than "We" statements that can be generalizations.

Example: "We often get overwhelmed with life," to "I often get overwhelmed." Together we can support each other in having greater authenticity and clarity in our speaking.

Remember to listen with respect, compassion, and curiosity.

Emotions

Emotions are natural and beautiful waves that ebb and flow during circle. You are invited to welcome and feel whatever arises for you during our circle.

If you need to step outside for a moment to catch your breath, please let us know you're leaving before you go.

Your tears are sacred and embraced in this space.

If uncomfortable feelings arise, know they are a natural part of the transformation process.

Sisterhood

This is a judgment-free zone, you are invited to practice self-acceptance and acceptance of others.

Please say your name every time before you speak so we can all get to know each other.

Together let's encourage and welcome diverse points of view.

Additional

No taking photos or using cell-phones during the circle. (Let them know there will be an optional group photo afterwards if you are choosing to do that.)

If you feel you need to leave the circle at anytime please wait until a woman has stopped speaking and raise your hand so we can give you a moment to share your reason for leaving the sacred space.

Remind them after sharing the guidelines that we are all doing our best, that we're learning and practicing these agreements together, and please don't judge yourself if you forget one.

Heart Meditation

Guided meditation is a powerful way to transform and connect us together. All women gathering in Sister Circle under the new moon will be participating in the Heart Meditation. It is designed to connect the women in the circle, create a safe and vulnerable space, as well as connect to the Global Sisterhood of women gathering all over the world. If you feel comfortable leading the meditation yourself, please feel free to read it out loud.

A helpful tip: Give time for women to experience what they are being guided to do before moving on to the next line of the meditation. Deep breaths and pauses are suggested. If you prefer, you may play the audio recording we provide.

Let's all hold hands.

Let's gently close our eyes and inhale together, slowing the breath. Bringing our attention to how our bodies are feeling right now, in full acceptance of whatever is present.

Notice where your body is touching the ground and bring your focus there. Begin feel the pulsing energy of the Earth beneath you.

The heartbeat of Mother Earth.

With an inhale, breathe in gratitude and love for all She gives us. Continue breathing, feeling your heartbeat, your unique beautiful rhythm.

Breathe deeply from your heart as you open to the sensation of love within you. Feel the pulsing energy of this love. Envision this love as a light glowing in your heart. Breathing deeply, see and feel this light getting brighter until it fills your whole body and surrounds you.

With your next exhale, think of someone you know who is having a difficult time in their life.

Imagine that this person is right in front of you. While remaining connected with the love in your heart, allow yourself to feel compassion for this person's struggle as you breathe, honoring their journey.

See the light in their heart as the same loving light that is within yours.

As you offer your love and compassion to this person, feel the light in both of your hearts growing brighter - together.

Now with an inhale, focus your attention back to your heart.

Feel the light grow brighter as you allow the love from your heart to nourish any parts of you that have been in pain.

Open to feeling compassion for yourself as you breathe the light of your love into the places where you have kept fear, grief, anger, stress, and insecurity.

Open to feeling nourished by the love within.

Offer yourself acknowledgment and respect for everything you are, how far you have come, and for the incredible beauty and power within you.

Take a deep breath and start to feel the woman to your right.

This woman has her own struggles, pain, fear, and insecurities.

Take a moment to feel compassion and great respect for this powerful woman beside you.

While breathing into your heart, feel the power of the love in her heart.

See and feel the light within her as it grows brighter, surrounding her.

Feel the light within your heart and the light within her heart growing brighter - together.

Take a moment to feel the woman to your left. This woman has her own struggles, pain, fear, and insecurities.

Take a moment to feel compassion and great respect for this powerful woman beside you.

While breathing into your own heart, feel the power of the love in her heart.

See and feel the light within her as it grows brighter, surrounding her.

Feel the light within your heart and the light within her heart growing brighter - together.

Feel the love and light of every woman in the circle being amplified. Growing brighter...filling the whole room.

Now let's connect with every sister circle that's happening on this new moon around the world.

Imagine the planet with sparks of light glowing where each Sister Circle is located, a golden web uniting our sisterhood.

Let's focus the healing power within our hearts on all of humanity and our beautiful planet.

If you have guided the Heart Meditation yourself please refer to the Theme Activation Guide. Verbally lead the women through the Theme Visualization with the provided prompts to complete the meditation.

Note: A new Theme Activation Guide with updated prompts will be provided every month.

Sharing Process

"A woman in her authentic feminine power knows how important it is to look at the parts of herself that she keeps hidden in the dark." - Rachael Jayne Groover

Invite the women to get into groups of 2-3 for deeper sharing.

Question options will be provided in our Theme Guide. Please choose one or two that feel most impactful or create your own. Determine how many minutes each woman will share and let them know before you start.

Invite the first woman to share, reminding her to be succinct.
Ring a bell or give some other gentle indication that it's time to switch who is sharing.

Group sharing

Invite them to breathe in silence for 1-2 minutes, while feeling what they want to share with the whole group (so they aren't thinking of their answer while another woman is speaking).

Invite each woman to share for 1-2 minutes on the specific question.

Use clockwise or popcorn style (see description in additional tips).

Remind them no commenting or to use "Acknowledgment-style" (explained below).

Intention Setting Process

“Energy flows where intention goes.”

The new moon is a powerful time to set personal and collective intentions with your sisters! As we are meeting every new moon, women can update and celebrate the intentions they set at the last circle - creating a rhythmic sharing and alignment with the lunar cycles.

Intention setting suggestions

Invite the women to write in their journal about their intentions, either in general or related to a certain area of their life. This may be informed by the astrological sign of the new moon, our theme, or intuition.

Then have them prioritize 1-3 of the most meaningful intentions.

Invite each woman to share in the whole group the 1-3 intention sentences without backstory or explanation. (It can be very powerful to have them individually stand up to share!)

Reminders to assist women in creating powerful intentions

- Write in the present tense
- It is impactful to create both specific tangible intentions and ones that focus on how they want to feel or who they desire to become.
- Use any of the following: I intend : I am : I choose : I affirm : I claim : I invite

Additional Tips

Sharing styles: Clockwise - start with any woman and then go to the left (aligned with natural rhythm of mother earth).

Popcorn sharing: a more intuitive, spontaneous way to share. Invite whichever woman is inspired to speak first and then the next, etc.

Acknowledgment-style: Rather than having the women be silent after a sister speaks, they can be invited to use any of the following if they are authentically feeling it: 'Thank You,' 'I Love You,' or 'I See You.'

Handling Potential Challenges

Feeling triggered

If a woman gets really triggered and is intensely expressing emotions, trust your intuition as to whether it would be most appropriate to support her in the group setting or invite the group to journal and/or stretch while you support her individually.

If a woman is triggered and wants to leave, you may want to give the whole group a 5 minute stretch and movement break while you speak with her privately. Remember that a woman choosing to honor her experience and leave the circle is in no way a failure on your part as a facilitator.

If conflict arises, encourage those involved to honor their own experience, refrain from judgement of self or others, and use tools such as [Nonviolent Communication](#) to help clearly communicate their desires and needs.

Low or scattered energy

If the energy feels low or scattered, have the women engage in a quick exercise:

Get up and stretch

Dance for one song

Shift where they are sitting

Teach them a simple song to sing together

Invite them to chant Maaaaaa - sound of the Mother Earth

Do one minute of breathing, only through the right nostril

Photos

Keep in mind that some women may not be okay with being in photos. It may be most appropriate to have an optional group photo at the end. If you want to be able to use the group photo publicly please have everyone give their verbal permission.

Sensitivities/Allergies

Ask whether any women have sensitivities to aromatherapy (we recommend only therapeutic grade organic or wild-harvested) or to smoke (palo santo or sage) so you know beforehand whether you can use any during the circle. (For example if a woman is upset and releasing some emotions, it can be supportive to use aromatherapy or smoke to be used to assist clearing the energy. Always ask her permission first before entering her personal space.)

Closing your circle

Recommend additional self-care if it has been an emotional circle. Invite them to go slowly and be gentle with themselves as they move into the rest of their night.

Remind them to drink a lot of water to keep energies circulating.

It's great to end with a dance song to assist in moving energy and grounding the experience in our bodies. Or you might want to end with them lying down to actively receive the goodness from the circle experience.

You can hold hands, breathe in all together and breathe out with sound, to unify your energies one more time.

Let them know about the theme and date of next circle!

Share with them about your My Circle Page (on our GS Platform), your Sister Circle FB group (if you've set one up), and our [Global Sisterhood Facebook group](#).

Thank you for playing an important role in as a Global Sisterhood facilitator. Trust yourself, have fun and please contact us if you need any support or have suggestions for future upgrades of this guidebook.

Lauren Walsh, Emma Juniper, Kat Lindsay, and the Global Sisterhood team