

Sophia Circle: Awakening the Divine Feminine Within.



How might your life have been different if there had been a place for you ... a place of women, where you were received and affirmed? A place where other women, perhaps somewhat older, had been affirmed before you, each in her time, affirmed, as she struggled to become more truly herself.

Circle of Stones: A Woman's Journey to Herself by Judith Duerk

Anciently women have gathered in circles around the moon cycles, seasonal cycles and physical cycles to celebrate, to pray, to create a sacred container where feminine ceremony and ritual can safely be expressed. This kind of gathering awakens us into our divinely feminine nature. This nature includes our intuition,

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inner knowing, receptivity, embodiment and creativity. A women's circle creates a container that allows our feminine energy to feel safe and held.

Most of us have had to shut down our feminine capacities early in life to protect ourselves from a world that has not celebrated the Beauty of the feminine. We have shaped ourselves into the over culture's ideal of femininity which has been distorted and often toxic. Perhaps this is why many of us resist or recoil at the idea of being in a feminine space.

Though it is safe now to let this feminine energy arise within us, we may not feel safe enough in our nervous systems to allow for this on our own. A healthy women's circle can create and cultivate a nourishing space for you to heal and and nurture the divine feminine within you. It is this healed feminine that will help our inner masculine to heal so that both can dance together in balance and harmony. This is then expressed in a healthy relationship to ourselves, our bodies and environments, as well as in relationship to others. When we reconnect and nurture our feminine, we also reconnect with our earth and as many cultures acknowledge, we begin to relate to her as our mother.

A healthy women's circle is a space for a woman's voice to be heard without judgement and, appreciated for its unique perspective. Each woman holding her own inner authority contributes to the collective wisdom of the circle.

A healthy women's circle is an inclusive space for women of all stages and walks in life to be in community together. A healthy women's circle is not "anti-men" or negative towards the patriarchal structures that have wounded us all. A gathering that awakens and celebrates the feminine is the antidote for the wound, a medicine that is freely shared in the wider community.

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Exploring the feminine aspects of the Divine allows us to see our own image in the Divine. This is a deeply healing and vital revelation for women and allows us to birth, mature and embody our feminine nature.

Exploring the feminine through the Maiden, Mother and Wise-woman (Crone) archetypes create a map of woman's inner terrain and psychological development from childhood to sage. As a woman can create and cultivate a healthy inner mother, she can then mother all the younger parts of herself that await her nurture and care. She can then mother herself into her wise woman years with character and grace.

These archetypes also help us explore our shadows which mainly have been banished to our unconsciousness. Part of developing our psyche is to accept, heal and integrate our shadows within the whole of ourselves. It is the integration of the shadow and the light aspects of the self that allow for a woman to birth more authentic expressions of herself.

All 3 of these archetypes can be explored and integrated at anytime in a woman's life. In our Sophia Circle we will utilize familiar myths and fairy tales to better understand these feminine energies and how they can support our spiritual and psychological formation.

We will also explore a variety of movement practices to allow for grounding and giving voice to the body. Simple expressive art and writing practices will be encouraged to further explore the subconscious regions with.

Each Sophia circle will begin with inviting Sophia [The Feminine aspect of the Divine] to hold and guide our circle. Each participant is free and encouraged to bring their own expression of faith/

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practice to our circle. This can be done by creating a small and simple altar beside your computer to convey your prayers and intent.

For those wanting to go deeper throughout the month (between sessions), supplemental reading, practices and journal prompts will be given to support your growth. As well as discounted one-on-one accompaniment sessions with Jodi if desired.

Once registered a preparation guide will be sent to your inbox. For further questions or inquiry's for Jodi Krahm please contact her here:

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"Being a part of a woman's circle and facilitation women's gatherings for the last 15 years has been profoundly impacting on my personal journey of maturation as a female. These experiences have allowed me to heal many of wounds in relation to females and the feminine.

Exploring the feminine aspects of the Divine has freed me to accept myself as also made in the image of the Divine. Learning to call that Divine mother as well as father as deepened my respect and appreciation of the material world and my own physical body.

It is my joy to weave together my personal journal, knowledge and practice of depth oriented psychology and my learning and love many spiritual formation practices as well as my training as a spiritual director into group spaces to support the psycho-spiritual growth of women.

Our world needs awakened and healthy women so that the feminine in everyone can heal and thrive!"

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Only out of woman, conscious of her feminine grounding and the world's desperate need of it, can be born a new awareness, strong enough to contain the anguish and anxiety of civilization driving itself to the breaking-point, fragmenting under its burden of terrorism and torture.

It is as if the whole world were a latchkey child waiting wistfully and fearfully at the door, hoping to be let in to the warmth and nurture it so deeply needs to sustain it ... waiting to hear a voice, a new clear feminine voice of substance, softness, and strength, "Come home ... to rest."

Judith Duerk