

Opening reading

Welcome, one and all, to this women's circle. Thank you for taking this time out for yourself, to lend your ear and to enrich the group with your presence.

Let us welcome our spiritual team and invite them to step into the circle to safeguard us, to protect us, to strengthen our safe container.

We thank Mother Earth, Father Sky, the moon, the sun and the stars for always being present, even though we may not appreciate and acknowledge their presence as much as we could. But for today, we give thanks.

For the elements – fire represented by flame; air represented by smudge; water represented by our drink; earth represented by the ground we are sitting on. For Father Sky above, Mother Earth below, and for our inner psyche to accept and encourage our wider learning. To be humbly present in this circle today.

This circle is now open.



Smudge prayer

With this smoke, purify the space you are in, the space around you and the space in you. Breathe in the healing smoke and allow it to release energy that no longer serves you. Invite in healing and positive energy; know that this space is now sacred.



Closing reading

It's time to close this circle today. Let us for a moment bring our awareness to everyone in the circle. Anyone we have invited in to join us today, we thank you for being present, for safeguarding us, protecting us and enhancing the experience. We thank you and say goodbye as we disconnect from your energy.

For all those who have attended today with an open heart, or who have tried to open your heart, thank you for being present. Know and accept that we are all at different stages of our development. For those who are trying and feel they are not getting it 'yet', be kind to yourself, and know that your presence is so important and that you do make such a difference by being here. For those who are open, thank you for sharing your energy and vibration in this circle. Know that you are all teachers. Thank you.

For this moment in time, thank the earth, the sky, the moon, sun, stars, the universe. Let us now close ourselves down, so that we can return back to the mundane world and not find the transition too difficult.

This circle is now closed.

