


# New Moon Women's Circle | Guidelines

Together, we create a safe holding space for everything that wants to be seen and held by our circle. To guard this space we all follow a few guidelines. You're invited to read and honor them .


## **Agreements**

Together we create a safe space and a culture that is nourishing, transformational and empowering.

## *Confidentiality*

Anything you share will be kept within the circle. If you are inspired by another story, please first ask the woman if you may share her story outside the circle anonymously or with her name.

## *Self-Responsibility*

You are invited to be in your own experience, letting go of any caretaking or fixing that may arise when others share. Instead of giving advice or commenting, we give each other a loving space to be heard and seen . Also, please ask for permission before touching another woman.

## *Emotions*

Emotions are natural and beautiful waves that ebb and flow. Sometimes in the loving space of a circle, emotions bubble up to the surface naturally.

If they arise, this is a safe space to welcome and feel what arises. Your tears are sacred and embraced in this space.

This is a judgement-free zone. You are invited to practice self-acceptance and acceptance of others.

## *Additional*

- You're invited to bring a notebook and a pen.
- We won't take photos during circle (only when all women agree collectively)

## **Guidelines on sharing**

- A circle is a sacred space to share. Think of your shares more like drops than bucketfuls. We all have equal time and space to share.
- After a sister shares, we refrain from commenting/coaching/giving advice. Together, we simply are the loving space.