What is a Women's Circle?



A Women's Circle is a gathering of women in which they get together for the purpose of cultivating a safe, sacred space to receive the ancient medicine of sisterhood. Women's circles provide a container in which women can navigate the experience of being a woman with the support of other women as a witness. In these containers, rites of passages that come with womanhood can be honored, wisdom & resources can be shared, stories will be told, hearts are given the opportunity to heal, and trusted bonds are created.

When women gather in circles, they are tapping into the oldest symbol of time: the never ending circle. The alpha and the omega. The round womb space where all creation is born from. As women, we thrive in the circle, because it is non-linear. Women flow more easily in spaces that encourage collaboration, unity oriented goals, and healthy feminine containment.

In our modern world, many women lack safe spaces to gather, because we live in a male-dominated society that promotes masculine roles over feminine roles. The Patriarchy is an inversion of nature, or as some of us like to call her: Mother Nature. So it is also an inversion for WOMEN.

When we live in harmony with nature, we exist in a healthy, cohesive, and holistic ecosystem. Natural ecosystems have many parts that work TOGETHER to create harmony. Every plant, animal, rock, human, and element has its role for the entire environment to function properly. In the Patriarchal worldview, the environment is seen as a resource to extract and profit from. Systems are inflicted upon the environment, without regard for how it may affect the many other parts of the environment. As a result, these systems are not sustainable. They lead to sickness, poverty, scarcity, division, and war over resources. More problems at a big cost.



In a Women's Circle, we bravely face all of these distortions to create a safe space where women are held in reverence. Women's circles are the antidote to the Patriarchal machine. These spaces allow women to begin to relax back into their instinctual ways of being, heal from abusive societal expectations, and experience the harmony of an ecosystem working together.

Many women are also indoctrinated with the belief from a young age that they must be in competition with one another, whether it is for sexual partners/husbands, jobs, beauty, popularity, the list goes on. This creates a lack of safety and desire to lean on one another, increasing scarcity mentality, blocking women from seeing each other as sisters on the path of life, and creating more issues rather than solutions.

There is also a deep lack of matriarchal lineage initiation in our modern society. So many young girls do not receive a proper rite of passage when they have their first menstrual cycle, leading to confusion in their role on this planet as the divine creatrixes of life. Many young girls do not know where to go to receive education, guidance, and sacred wisdom from other women who have spent years menstruating, conceiving, giving birth, raising children, and eventually becoming menopausal. These are all extremely fundamental rites of passage that every woman deserves to be celebrated in, as these rites are part of many women's sacred duty on this planet.

Women's Circles allow for women to experience the medicine of being acknowledged in important aspects of their human experience. These moments include first menses, blessingways, birth, self-marriage, marriage, menopause, death, and so many other rites of passage. We provide resources for women to receive support and wisdom during the many phases of womanhood. And we do ceremonies to mark these rites so that the woman can flourish in each stage. The more we honor these moments in community, the more our world will come back into balance.



Women’s Circles have been around since the dawn of time. In hunter-gatherer societies, women gather food together from the land and the men hunt. Women gather together for child care and men are in charge of protecting the tribe. The village was always and still is the backbone of every single person, because alone, no one can survive for very long. But together? We are able to have thriving lifestyles that provide for everyone.



I help host women’s circles in the Southeast Florida area. I am currently a council member of Red Tent Goddess in Plantation, FL where we circle each month and offer a lot of incredible resources for women. If you’re interested in attending a circle, reach out to me!

If you'd like to learn more about the Red Tent movement, please go to:

www.redtentgoddess.com

If you're interested in hosting a space for a circle, I am happy to facilitate and carry the torch of sisterhood to your place. Please schedule a free consultation to learn about how we can facilitate this sacred space together.

Work With Me: www.calendly.com/fearless_holistics

History of Women's Circles

In the Middle Eastern and Mediterranean cultures, women would have a physically red tent that they would gather in when they were bleeding or in childbirth. This is where the "Red Tent" was born from (you can read The Red Tent by Anita Diamant to learn about this). The Red Tent was (and still is) a real place. Women would gather with one another to receive nourishment, support, laughter, share stories, give advice, and more, all while reveling in the experience of womanhood

In many African societies, there was a structured environment where older women imparted essential life skills, cultural knowledge, and moral values to the younger generation. The rituals and ceremonies conducted within these circles were deeply symbolic, marking important transitions such as puberty, marriage, and motherhood. This is still the case today in many parts of Africa, but due to colonization, it is not as widespread.

In Native American societies, women would also gather together when they were bleeding, separating themselves from the men as they bonded with one another. Many Native American tribes also utilized the Temezcal/Inipi or Sweat Lodge to honor the womb and the moment of creation.

Women's circles have also traditionally happened where women would gather together to worship the Goddesses in ancient Celtic, Egyptian, and Greek traditions. These goddesses represented various aspects of life, including fertility, wisdom, and protection. Working with these goddess archetypes helped women embody more of their feminine qualities, connect with their spirituality, and embrace their communal roles.

These are just some examples of how women have been circling for centuries. It is not just a way of life for some people. It is a fundamental support system that can be embraced by all. Women's circles allows ALL women to go through the experiences of womanhood with dignity.