



# *Sister Circle Facilitators Handbook*

Hold space for women to heal, nurture, share & flourish

By Her Zen Network





# WOMENS CIRCLE *Facilitator* Program

Hold space for women to heal,  
nurture, share & flourish

## Hello and Welcome!

We are so excited to support & honor your calling & dharmic path of leading womens healing circles in your community. What a beautiful & much needed way to be of service to your sisters, holding safe space for women to heal, nurture & awaken their true queen goddess selves.

Sister circles are needed more than ever now, as we have such a need to be lovingly & safely seen, heard, and held by other women. When given this space, women can find healing for their wounds, jealousies & insecurities, and reclaim our true divine feminine power. Sister circles are sacred, as they support & honor the natural desire that women have for sisterhood connection and closeness.

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WHO IS A

# Sacred Sister Circle Facilitator?



## Who is a Facilitator?

Leading a women's circle is like finally arriving at a space where all of your life skills, self-care, training & experiences come together, allowing you to beautifully serve your community of women, as the priestess you know yourself to be.

For the women attending your sacred sister circle, you want the experience to feel like they are entering a glorious temple surrounded by nature, incense, candles, nourishing foods & the healing presence of women who are there to support & love-up on them. This is the experience you want to create, as a facilitator, & this handbook will offer you guidance on how to do just that.

# CEREMONIES +RITUALS

## CEREMONIES +RITUALS

HERE ARE SOME COMMON & FAVORITE THEMES FOR WOMEN'S CIRCLES. THEMES GIVE A SISTER CIRCLE BALANCE & STRUCTURE.

### NEW MOON OR FULL MOON CIRCLES

These circles are based in the lunar cycles and are great outlines to teach women how they sync with the moon and the natural energetics of the feminine.

### SOULSTICE OR EQUINOX CIRCLES

Like the lunar phases, the two soulstices and two equinoxes each year hold powerful wisdom for women on the healing journey. They are also incredibly potent with the season changes and remind women of the power of creation AND releasing.



*“A sister circle space is where you can find yourself again and again.”*

# CEREMONIES + RITUALS CONT...

## CEREMONIES+RITUALS

### RELEASING CEREMONIES

These sacred circles invite women to release the heaviness that weighs on them to find freedom. Some ceremonies include the elements of fire or water to encourage the art of letting go and returning to inner peace.

### WOMB MEDITATION CEREMONIES

The womb is our center of power, presence, intuition and guidance as women. By helping women tap into their innate wisdom, we also help them return home to themselves. A womb meditation or ceremony is a sacred container to explore what may be stuck within, reconnect to intuition and establish a relationship with one's cyclical nature and menstruation.

### MOVEMENT CEREMONIES

Whether it involves bellydance, ecstatic dance, somatic movement / shaking or yoga, these ceremonies help women to get in their bodies and find peace through the act of embodiment.



*“A sister circle space is where you can find yourself again and again.”*

# SISTER CIRCLE

## Items Checklist

Important items to make sure you include in your Sacred Sister Circle group.

### CHECKLIST #1

- Variety of colored candles
- Aromatherapy room mists
- Bowl of water
- Calming music or Drums
- Warm blankets



### CHECKLIST #2

- Healthy refreshments
- Comfortable sitting options
- Accommodations for disabled
- Handouts. paper, pencils etc.
- \*Bonus take home goodies

## TIPS FOR CREATING

# SACRED HEALING SPACE

No matter where you decide to hold your circle, here are a few tips on how to make the atmosphere feel nourishing, safe, and 100% sacred!

### 1. Clearing the energy of the space.

- LIGHT INCENSE TO SCENT THE ROOM, OPEN DOORS & WINDOWS.
- SPRAY AN AROMATHERAPY MIST AROUND THE ROOM (IDEALLY ORGANIC/WILD-HARVESTED ESSENTIAL OILS).
- TONE TO CLEAR YOUR OWN BODY AND TO SET THE VIBRATION OF THE SPACE.

### 2. Setting the Mood

Dim the lights and light candles (unscented are recommended)).

- Create an altar in the center of circle, optionally inviting women to bring altar items such as a necklace, picture, nature item or crystal to “charge” up on the altar during the circle, & return to them after the circle completes.
- A vase of flowers or a flower for each woman.
- Use chairs or pillows on the floor (it’s nice to have a couple chair options) and arrange them so there’s spaciousness and ability to see everyone clearly.

### 3. Creating the Altar

- A simple bowl of water to bring in the Divine Feminine energy.
- Crystals to invite in desired energies and elements (see the “crystals 101” e-book in this program.)
- Natural elements like stones, flowers, or other nature-based offerings.
- Photos of loved ones, guides, or teachers.
- Other items that are sacred and special to you.

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# TIPS FOR BECOMING A MINDFUL FACILITATOR

Exude a calm sense of ease and openness that will affect the women positively as they are arriving.

## 1. Be in the moment & help others do the same

GUIDING YOUR GUESTS IN LETTING GO OF WHATEVER HAPPENED IN THEIR DAY, QUIETING THEIR MINDS, CALMING THEIR BODIES, AND ASSISTING THEM IN BEING IN THE PRESENT MOMENT IS IMPORTANT BEFORE THE CIRCLE BEGINS. DOING BREATHWORK, SOUND HEALING & INTEGRATING AROMATHERAPY IS A GREAT WAY TO GO ABOUT THIS PRACTICE.

## 2. Arrive early & create space for introductions

INTRODUCE YOURSELF • INVITE OTHER WOMEN TO SHARE THEIR NAME AS WELL. DEPENDING ON THE THEME OF YOUR INTENTION, SHARE A FEW WORDS ABOUT HOW YOU ARE FEELING. THREE THINGS YOU LOVE ABOUT YOURSELF & ABOUT WHAT YOU LOVE ABOUT BEING A CIRCLE FACILITATOR.

## 3. Evoke Mindfulness

- Acknowledge the wonderful women who have come to your circle by making eye contact with each of them and gentle gestures of acknowledgement (smile, hand on heart, prayer pose etc.).”
  - “Go around the room and each woman will say their name and a welcome to others.
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# TIPS FOR CREATING A SAFE SISTER CIRCLE

One of the most important aspects of leading a circle is creating a safe space for women to share, by creating a supportive space that fosters connection, respect, openness and a positive experience.

## 1. Sharing Process

- WHEN SHARING STORIES OR EXPERIENCES, GO ONE PERSON AT A TIME.  
DO NOT COMMENT OR REPLY TO ANOTHER WOMAN'S SHARE TIME.
- LISTEN TO EACH WOMAN WITH COMPASSION, OPEN HEARTED-NESS & RESPECT.
- LISTEN CLOSELY TO EACH SISTER, INSTEAD OF THINKING ABOUT WHAT YOU ARE GOING TO SAY.

## 2. Navigating Emotions

INTRODUCE YOURSELF BRIEFLY INCLUDING YOUR NAME AND INTENTION FOR THE CIRCLE. MODEL THE WAY YOU WANT OTHERS TO SHARE BY DOING SO FIRST. • INVITE OTHER WOMEN TO SHARE THEIR NAME PLUS ANY COMBINATION OF THE FOLLOWING DEPENDING ON GROUP SIZE: YOUR INTENTION FOR BEING HERE, ONE WORD ABOUT HOW YOU'RE FEELING, A SOUND/MOVEMENT THAT IS UNIQUELY YOU IN THIS MOMENT  
A FEW THINGS YOU LOVE ABOUT YOURSELF

## 3. Sacred Sisterhood

- A sister circle is a judgment-free zone. It is a space that encourages self-acceptance and acceptance of others. • Practice being open, sharing & willing to allow this sacred space to allow you to get to know each woman.
  - You want to welcome different points of view & open diversity of each woman's lifestyle, experience & even culture.
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# CLOSING THE CIRCLE

## Closing the Circle

It's very important that women feel grounded and balanced before they leave the circle space. This is why closing the circle is very important.

Closing your circle gives the women a chance to ground, reflect and prepare to drive, walk and/or be back in the "real world".

You can close the circle by guiding women through a short meditation to relax, or you can have women lie down to receive, while you play relaxing music, or simply sit in silence together.

- If emotions were high, suggest follow-up self-care that will help soothe & nurture as they move into the rest of their evening.
- Remind them to drink a lot of water or healthy fluids to stay hydrated.
- A fun way to end the circle is with dance or singing! This will get the energy moving and ground the experience in the body.



- *Abstain from taking photos or offer an optional group photo afterwards.*
- *Please wait until a woman has stopped speaking and raise your hand if you need to leave the circle early, so that no woman feels as though you are being inconsiderate.*



# Thank you!

Thank you for deciding to embark on this important journey as a Sacred Sister Circle facilitator.

With immense love & gratitude.

-Her Zen Team



## Deepen Your Journey

Offer Sister Circles **ONLINE!**

*Expand your reach & work from home, offering a healing space online for women, through your very own mind/body website!*

*Visit our website to learn more!*

