

## About Woman Within Circles | a new kind of connection

**How is a Woman Within Circle different?** When you get together with girlfriends, you tell them what happened to you. When you go to a therapist, you tell them what happened to you – and how you felt about it. When you come to a Woman Within Circle, you may briefly say what happened to you or how you felt about it. But Woman Within is based on the premise that our bodies, intellect, emotions and spirit are all connected to each other –



and that all of these parts of ourselves hold valuable information for us if only we'd slow down and allow ourselves to listen, to experience.

**Why is this important?** Many of us may have learned how to not listen to our bodies....to turn them off and to live *in our heads*. We may use a lot of words because our feelings are too overwhelming to feel. In a Woman Within Circle, you'll be encouraged to turn your antenna inward – and to notice all of the things that your body is telling you about your emotional responses, your spiritual needs and your intellectual judgments related to what happened to

**You'll learn how to use empathic listening – and the link between your body and your emotions – to make the changes you want in your life.**

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you. We do this so that you can make more fully informed choices for yourself in the world. Woman Within Circles employ both empathic listening skills and body/emotion processes to help you transform all that you are holding into what you want in your life.

**So how does that happen?** Here are some examples of empathic listening that you might experience in a Woman Within Circle and how this type of listening is different than what you may experience in other parts of your life.

**1: Hearing your own words**

Have you ever spoken about something deeply important to you, only to have the other person turn the conversation around to focus on themselves? Did you feel heard? At a Woman Within Circle, *you* will hold the floor when you speak. In fact, at some point, another woman may ask you if she can repeat back to you what she heard you say. It can be very powerful to hear exactly what you said. You may not realize how you speak about yourself or your life. You may gain insights that you might not otherwise have accessed – simply by being heard fully.

**In a Woman Within Circle, you won't get advice. You'll simply access your inner voice.**

have allies alongside you as you face the big, challenging patterns in your life that you seek to shift.

**3: Simply being heard**

How often have you spoken of an issue in your life that is troubling you, only to have a friend give you advice about what to do about it? Did you want that advice? Were you able to use it? In a Woman Within Circle, you won't get advice. What you'll experience instead is quiet, respectful, compassionate listening – by every woman in the room.



**There is an unspoken power in learning to make more fully informed choices for yourself in the world.**

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You may realize that the act of simply being heard – without comments, judgments, fixing or advice – is just what you needed to find your own answers. The only exception to this rule is that if you ask for ideas to solve a problem, other women in a Woman Within Circle would then share various ideas with you. But what you do is always your choice. You are in charge.

**Say the things you've wanted to say for a long time – and be met with acceptance instead of judgment.**

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Here are some examples of the body/emotion processes that you might experience in a Woman Within Circle and how these processes are different from simply telling others about what happened to you.

#### **1: Clearing up issues with others**

Have you ever found yourself complaining to a friend about a nasty co-worker or acquaintance? In a Woman Within Circle, you might be invited to imagine that person sitting across from you, then take the opportunity to say the things you haven't been able to speak to that person so that you can fully understand what happened that caused your response, how you responded emotionally, what meaning you assigned to their actions and what you need to be able to resolve the issue.

#### **2: Grieving a loss**

Have you ever lost a pet, a job, a loved one, a lifestyle or a marriage? At a Woman Within Circle, you can cry, let go, sink in a nest of pillows or into the laps of other women, without judgment or words. You would be able to feel – and move through – your grief. In this way, when you are ready, you could claim its gifts for your life.

**Cry. Laugh. But most importantly, feel.**

#### **3: Celebrating yourself**

Have you ever experienced all the good parts of yourself that others see? Woman Within Circles are the perfect place to be honored and celebrated as a woman. Maybe you recently accomplished a goal or passed a milestone. Or maybe you just want to experience all the parts of yourself. At a Woman Within Circle, you could hear each woman in the Circle describe what she sees and honors in you. And someone may even write these statements down for you so that you can use them as affirmations.



*Written in 2015 by Marcia Stone, a certified Woman Within Facilitator and Past President of Woman Within International.*

**Are you ready for an inner adventure?** Woman Within Circles are places of inner exploration, full of delightful surprises, insights, challenges and transformation. Are you ready for the journey?

**Ask your local Woman Within Community Contact about Woman Within Circle Training,** where you can learn the skills you'll need to take part fully in a Woman Within Circle – and get the maximum benefit.