



Art on left by Andres Lie; Photo on right by Tuce

The Energetic Body

Working with the Energetic Field in our GrovesThe third and final session of the three part series that began in with 'The Emotional Body', continued on with the physical body in 'Physical Embodiment' and with this one 'The Energetic Body' will conclude with an exploration into our energetic body and ways of incorporating these more subtle ways of being / seeing / knowing into our Grove Tending.



treesisters • groves



Jenny: Welcome everybody. Welcome! It's so lovely to feel you here. My name is Jenny. I'm the TreeSisters Groves Mama, and this is our August 2018 Grove Tenders Wisdom Circle. A huge welcome to all of you that are here live, and also to all of you that are listening to the recording. And a really special hello to any of you that are here for the first time. Maybe you're new to Grove Tending or new to TreeSisters. It's really, really lovely that you've joined us in this circle.

These calls are held once a month. It's one of the ways that we offer support and connection to any of the treesisters who have stepped forward to become Grove Tenders - basically holding a women's circle around the world. And these times together each month are a way that we can feel our togetherness as we do this because sometimes it can feel that we're doing it on our own, holding our circle, particularly if tending alone. So it's really lovely to come into circle and feel our sisters around us who are also on a similar path. As I mentioned, these calls get recorded, and they also get transcribed for our grove tender sisters who have less access to internet across the globe.

Today feels really special because it's being co-hosted with me by one of our lovely Grove Tenders Fee who's based in Cornwall in the UK. And Fee's also holding the role of Grove Guardian for UK Grove Tenders, really helping them connect with each other. So if you want to just briefly say Hi, Fee and introduce yourself, and then we'll come back to you in a bit.

Fee: Yes, thank you, Jenny. So I'm Fee. As Jenny said, I live in Cornwall so I'm not terribly far from Jenny, although we're kind of in slightly different areas. And it's gorgeous to be here with you all. And thank you, Jenny, for inviting me to come and share being a co-host with you. It feels a little new, but it's very welcome, really welcome that chance to be of service in a way to TreeSisters, sharing something that I have some experience with. I've been part of TreeSisters since the campaign started in October, I think it was. And I've just been sort of feeling my way intuitively, winding my way into TreeSisters and exploring the connections, and I probably know some of you a little bit. I'm not sure who's on the call. I look forward to just finding out who's here and hearing from you all as well. Thank you. It's lovely to be here.

Jenny: It's really lovely to have you here Fee. I felt the difference approaching the call this morning. I could feel the difference of having you alongside. Gorgeous to have you here. So I'm going to say a little bit more about the call in a moment, and it would be great to know who's here and where you're from and how you're doing right now. I'm going to speak a little bit more about this in a moment, but the focus of the call is on the energetic side of the Feminine and of being in circle. And really, what we're inviting in now is a little sharing of how you are so we can feel what energies are present in this circle. If you're online, you can just do that by filling in the Q&A box, which is to the bottom left of your screen. Who you are, where you are and how you're doing. And then throughout the call, you can use that medium to share any feedback or post any questions. We've already received one question from Kristin. That's great. Keep them coming as they come.



So whilst you're doing that, I'll just say a little bit more. I also want to appreciate Rachel hosting us technically today and again, that's a huge support. On one level it's so practical. But on another level, I feel very held by Rachel's energies and her attention to detail and her commitment to holding this space beautifully.

Today's call, some of you will have been on the calls in the last two months or have listened to the recordings. And we've been in a series of three and it's been serious exploring, in a bit more depth, elements of what we call in TreeSisters Feminine Nature-Based Leadership. And it's a really beautiful chunky term. There's so much to explore in it. And it was coined by Clare to describe something that she tries to wrap words around all the time when she's teaching, and she does it so beautifully. But actually, her invitation is for all of us to explore our own relationship to Feminine Nature-Based Leadership. It's not that what I say or what Clare says or writes about is the definitive truth. It's more how it comes through me as a woman in my leadership, how it comes through Clare as she leads and how it comes through all of you as you step into leadership through Grove Tending.

Grove Tending is one of the ways that TreeSisters invites our members to step into Feminine Nature-Based Leadership and what roughly or loosely, what we're meaning by this term is all the ways in which we can lead through the Feminine. And the Feminine is rooted in receptivity. That's at the core, the heart, of feminine energy. It's the receptive. If you think about the moon or the Earth - which are feminine energies on our planet, in our cosmos - those energies are very receptive if you compare them to something like the sun. And it's the ways that the Feminine can receive. In our first call we looked at the emotional body, so how we feel, the feelings that move through our system, our emotional responses to each other, to experiences, to ourselves.

And then last month we explored the area of embodiment, and how we feel things through our body, like our sensing systems, the sensations that pass through us. And again, how that's like information and feedback to the wider environment that we're part of.

And today, what we're exploring is how we energetically sense things. Our intuition, our sensing of how things shift and change on the energetic, on the more subtle realms. And a lot of these things can't be quantified and that's part of the magic and the mystery of the Feminine. It's also been what has been mistrusted and kind of denigrated about the Feminine. It's really hard to quantify. It's really hard to rationalize. And that's the beauty of the Feminine. It calls for a huge degree of trust. And it calls for us to drop out of the conditioning that's called us into the more rational realms of logical thinking and of proving and reasoning and that kind of thing. That's a broad introduction to this topic of Feminine Nature-Based Leadership. And all of these topics, the emotional realm, the physical realm of embodiment and the energetic realm - they're huge. You could give a lifetime easily to just going into depth into any of those three. We're just offering a very, very simple introduction.



And I just want to acknowledge that for anybody to work in any of those areas professionally, it takes a lot of dedication. It takes a lot of investment. For a psychotherapist working in the area of feeling and felt sense in the body and intuition, it's years of training. And it's the same for an energy worker. One of the things about being receptive is listening and feeling for what's true and right for us in any moment. And letting go of the pull to jump into places that we're not actually ready for, but maybe we feel excited and want to be there for.

You know there's something about being really grounded with all of this and holding integrity and responsibility in the way we practice any of these things. There are so many ways in which we can work with these areas in our circles that are very simple, very safe and very, very potent. And Fee's going to be leading us in something in a little while to give you a flavour of the kind of thing that we might do in a circle and the kind of invitations that you might offer out to the women in your circles.

Okay, so let's have a look and see who's gathering. It's nice to just come in, and it's just always really fascinating to feel who's here because obviously, we're here. The ones of us that are here are the ones of us that are here. And that's how life is playing out right at this moment.

I know Kristin's here, and Kristin thank you so much for your question that came in this morning. And I'd like to come back to it after we do our exploration together with Fee, our meditation. I'm going to return to that later. But lovely to have you here and you're from San Ysidro. I hope I'm pronouncing that well. Welcome.

And GoMati, really lovely that you're here from Honeymoon Valley in New Zealand. Gorgeous that you're here GoMati and you're saying, "Blessings sisters." Thank you.

Karen from Lincoln, "So beautiful to be with you Jenny and Fee and all of you sisters."



Artist Partner Ana Castilho

Aaaah. Did you say something Fee? Did you want to say something?

Fee: No, I'm just humming with contentment and feelings as well.

Jenny: Ah gorgeous. It's just lovely, isn't it? Feels really lovely.

And we've got Lure from Bondi Junction, "Hi Jenny and Fee, lovely to hear you be there together. And hi to all the women here. I'm back in Sydney, pretty jet-lagged but here." Loads and loads of love to you Lure as you transition back into Australia from your amazing travels around the UK.

And we've got Jenny from Axminster Dorset, "Lovely to hear your voice Fee. Gorgeous as Jenny says. Hello Jenny." Hello Jenny. This is Jenny. There's a lot, so many Jennys in TreeSisters.

And we've got Sue from Much Wenlock, not I'm not sure if I'm pronouncing that right. Lovely to have you here Sue. We've had a little bit of connection in the Grove Tenders page. "Hi. Thank you. I am starting out and planning to hold my first Grove in the next few weeks. Feeling good today. But sad about potential fracking etc to the land and trees in the UK." I feel bad as I'm reading what you're sharing. My heart's really responding to what you're sharing Sue. And let's hold that tenderly in this circle together, what's being done to the land and what's being done to the trees.

So anyone else, you're welcome to share as you feel to and as I said, just bring questions in or feedback as it comes.

And we've also got Denise from Keswick, Ontario, "? ? ? ?" I'm not quite sure what that means Denise. Lovely for you to be here, really lovely. And you're saying, "Warm greetings. Really lovely to be with you all. I'm feeling a sort of heavy fullness, a need to slow down." Total permission to do that Denise. So let's just take a moment to pause and just feel, feel our circle with these different flavours and different energies. And I'm going to just say how I'm feeling and then if you want to add anything Fee.

I'm in West Wales, sort of the middle of Wales on the west coast. Really, really beautiful part of the UK. So very increasingly connected here. The land here is stunning. Ancient and slow. And I'm feeling, my heart feels really full. Feels really, really full and I feel really rooted and I feel excited about our call today. Yes, I feel really good. And actually, my energy's changed within the first 10 minutes. When at first I was saying to Fee and to Rachel that there was some tension in my neck, kind of stress feelings and that's changed. So that's beautiful just to notice how things shift just as we come together with each other. And our energies change. How about you Fee. How would you describe your energy right now?

Fee: Thank you. Yes. It's quite interesting, just obviously new to the call. I've done quite a lot of internet... connecting through calls in the past, but I haven't done it for a little while. And then I feel there was a part of myself coming forward to speak.



I'm quite often fairly shy and I have an experience that my energy, being in and connecting with my energy in my heart as I am right now, sometimes switches my brain off, so there's a little part of me saying I need to know what I'm doing. It's like my mind is trying to hold some kind of concept, but actually my body's just enjoying the energy coming up in me and feeling excited.

Jenny: Gorgeous. I really get what you are saying as well. You know that beautiful responsibility that the mind holds. Our precious minds try to do so much. I just want to acknowledge our minds and let them know that they can rest too, and everything's taken care of. Fee, I'm going to hand it over to you now to lead us into a meditation. Thank you so much.

Fee: Okay, thank you. Okay, I'm just putting away notes that I've made knowing full well they'll have no bearing in my mindless state. And I would just really love you all to drop into spaces, space. Let's just give ourselves some room to relax and to receive as Tenders that we can use the space to see for ourselves. And let's all take lovely big deep breaths together. Just shake off anything, like any tensions or any expectations of ourselves. And breathing, breathing in, allowing the energy of allowing ourselves just to be as we are. And as you breathe, gently dropping your conscious awareness, your awareness into your body, into your physical body first. So feeling, maybe touching your physical body, just feeling this is my physicality here. This is where I'm sitting or lying. And being aware of the physicality of the bed or the chair that you're sitting on or the earth wherever you are. And maybe feeling the blessing of this, that we are able to be here together through connection with this physical body that holds us and connects us with this physical support that is the earth, part of the earth beneath us, holding us. And I would just love for us all to breathe together and just drop even further into relaxation in that space. Not being concerned with trying to analyze ourselves or anticipate ourselves. And feel how beautiful that simplicity is of just being within our physical selves. And that we can really just feel this Earth holding us and giving us this acceptance.

And imagine letting go of any tension. Taking your breath in through any areas of your body that feel slightly tense or tight. And basically now feel, feel what it is to give yourself more space. So it's as if you can let your physical body kind of grow. I know in our society there's a tendency to want to make our bodies smaller, or I don't know it's not for everyone, maybe, but there is that tendency to hold ourselves in a certain way. But I would love for us to really give acceptance and space to ourselves. You can actually imagine your physical body expanding to twice the size. And that the bed or the chair beneath you also begins to grow and become fuller and more sort of plumper, just more comfortable, more able to hold you as you widen yourself.

Okay, now just begin to feel into the vibration around the Earth, the vibration around you, the sense of your energy. You don't need to try and analyze it or define it in some way. Just know it's there and it'll probably be doing its own thing, probably moving in a way, in different ways around you and through you. But just give it your breath and feel. See if you can sense any movement. It's letting yourself be in a very playful and relaxed space where there's no expectation. There just is a witnessing and sensing out into your energetic field.



And if you feel that there's anything sitting within your field that feels a little difficult or uncomfortable, just give it acceptance. Don't judge it. Just give it some space. And that it's okay just to be as you are right now, within your energy.

I'd just like to bring one perspective in. We all exist within connection with other beings and trees and within nature, within the elements, within sunlight, within connection with the Earth and the mountains or the sea. And I'd love for you to feel through and out, through your energy field, and just intuitively receive the energy of something within nature that wants to come and be with you, that will support you and offer you maybe a feeling of more expansion or more relaxation in yourself.

It may be that you feel yourself moving into a place where there's a beautiful lake and your energy wants to swim out through the water and just expand itself through, maybe through the element of water. This might feel really supportive for you. Or it may be that you want to just simply open to the sunlight and let your energy expand into the sun. This feels beneficial for you, feels loving for you to allow this expansion and this interconnection. Or it may be a tree. Maybe there's one of our beautiful trees or a forest that you can allow your energetic field to expand into. Maybe you can expand your energy out through the rustling leaves of the tree, out through the bird song. So anything, just really intuitively allowing yourself to just know which elements are calling you and offering you relaxation and a widening of yourself.



Artist Partner Jaine Rose

I'd love to just give us a minute or two to, with no expectation of ourselves, simply just the invitation to expand and receive and be fed energetically by these beautiful elements of our environment. Let's just stop in silence for a moment and dance and flow. . . . Keep breathing and relaxing. Give yourself a few more moments in this expansion. If you're feeling that. It might not feel that (way) for you, so don't judge it. I'm feeling I would love to kind of stay here all day. However, maybe now just invite this experience to come back into your physical body. Just like you can draw all of that energy and all of that interconnection and support, maybe the warmth of the sun, whatever it is.

For me, it was like I just needed to swim out into the water and that felt so beautiful.

But just imagine that you take this experience deep inside your belly, into your body so it's not an external experience. It's like you're calling it deep into yourself. And let it fill you, just really enjoy within the slightly wider – my body's fairly wide anyway - but it feels very happy to take that energy in and store it for when I need it, to support me throughout the day. Just breathe in. Suck it in. And then we can give gentle thanks to this beautiful intelligence of life that offers us this amazing experience of feeling energetically. And offer thanks to your own body for being so incredible, beautiful.

Just come back and feel yourself really rooted and grounded, back into your chair. Let yourself come back to your normal, semi-normal state of being in touch with your body. Maybe have a little rub and just really feel yourself present again here on the call. And I'll hand you back to Jenny.

Jenny: Thank you Fee. Ooooh, my body is really, really appreciating that. That was lovely.

Fee: Me too.

Jenny: Not to rush anybody out of where you're at, it would be really lovely to hear any feedback and any questions or comments you have around energy and Grove Tending. Again, big topic, but let's see where we go with that. So just take your time and see what wants to be expressed.

I found myself in lots of different landscapes. First of all, I went into a cave. Caves for me are very - they call me really, really strongly – caves. There's something about the dark and the earth and the containment. I think there's a part of my system that will almost need a cave-like containment in order to come through. That was pretty beautiful. And then after a little while, there was a very, very tall tree outside and again something about the size of it, the bigness of the cave and the depth of the cave and the size of the tree allowed more letting go. And then there was a strong waterfall, which went into quite a, not as strong as turbulent, but strong currents in the river. And then the light of the moon. The sunlight felt too strong for my system. The moonlight felt really like a dappled kind of moonlight so felt digestible for my system. It was really interesting seeing the different landscapes and textures of energetic place and nature's energies.

Fee: We're so affected by the energy that we're within and we experience around us, aren't we? The environment can feel like such a sanctuary for us.

Jenny: Yes, absolutely. And there's something about taking time to rest and be still and allow our energies to do what they need to do. Again, that thing of my energy's so different now, after 10 minutes of sitting together and receiving, receiving and noticing. It's very receptive, not active. And it's one of my favourite practices - to sit and just *be* in it.



Fee: Yes and one of the things that we were talking about earlier together was that. And it's the very simple things that can be soothing and the most healing for us.

Jenny: Yes.

Fee: Literally just that practice. For me, it feels like a reset button of just acknowledging what's there and not trying to change it. I mean, we don't want to do lots of complicated processes, that involves having to think. Very literally just staying with the breath can be so, so beautiful. And, in our Groves, I feel that the simple practices can just be enough, that we don't need to embellish loads or try and create because we are magic! We already are that magic. We might seek to create that space for others, but we already are that. Allowing that to be present.

Jenny: Absolutely, absolutely this. I think there's something key about simplicity in the Groves. There's something moving through the TreeSisters system, the wider TreeSisters system around simplifying everything. And feminine energies have become overly complex, possibly because of how they've been treated, on the planet and actually, there is something very beautiful in simply receiving and opening to that.

Okay, so I've got a couple more comments. Denise saying, "It was a Canadian flag." Sometimes the emojis don't translate on the InstantTeleseminar page. Lovely, lovely, lovely that you're here from Ontario.

We've got Maura. It's really lovely to have you here Maura. I'm just reading your words and I can hear your voice. Your voice resonates really deeply in me Maura. And you're saying, "Hi Jenny. I just want to express how thrilled I am that there is now an Irish TreeSisters Grove and that I am part of it." Oh, I feel so excited about this.

Fee: It is exciting isn't it? The energy.

Jenny: Lure initiated this. Oh, let's just feel that move through the system that the Groves have been birthed in Ireland. It feels amazing.

And Maura says, "Some years ago I wanted to start one up locally, but it just was not possible for various reasons. I especially want to say thank you to Lure who organised and administered the first gathering here and I'm looking forward to connecting with my Irish sisters. Lots of love, Maura."

I'm just raising my hands up in excitement. I'm just so excited about that. It's magnificent and amazing. And thank you so much Lure, and Michelle and all the other women who have gathered.

Fee: And it feels every time, I can't remember the lady's name, but she was saying she was having her first gathering soon.



And that every time a woman shares that, for me, I just feel like my whole body just starts to sing with excitement and then it's kind of deepening in this collective sisterhood that we are in. It's so precious, and I feel so grateful for that connection with you all.

Jenny: Yes, absolutely. And it's that simple, isn't it? Sitting in a Grove circle and inviting the women to check in. And having done something like this at the beginning, and then noticing how each woman's check-in, noticing how it shifts her energy. That simple, just tuning into our energetic connections with each other and how we respond to news around what's going on on the planet like the fracking.



Artist Partner [Claudia Tremblay](#).

How we respond to the birthing of a new Grove. And it's not wrong or right. It's simply our energies adjusting. That's happening all the time for us. And as we put our attention there to these more subtle realms, it's like we're receiving it more. We're receiving more of ourselves.

Lure's come in saying, "That was really beautiful Fee - thank you. I went to the grandmother fig tree in the park nearby. I was hoping to visit physically today but I slept most of the day. I was especially feeling its ease and grace of holding, and just how much it holds here in this city. It seems completely effortless, a graceful expression of being. I'm resting into this ease of holding, helping me come back to ground here while holding all I'm holding."

Fee: Oh, how beautiful. The trees just offer so much grace, don't they?

Jenny: Yes, absolutely. So, I want to go back to Kristin's question. Not sure if you're still with us, Kristin. Let's come back. Kristin your question is, "What might your thoughts be on holding the space energetically for others who have not yet taken the step to greater awareness? Would it mean holding a lower vibration than what you have?"

That's a great question Kristin, and I'm really glad you've brought the awareness in around the vibrations, and the lower/higher vibration, the way that vibration can be seen as lower and higher. And I'm going to respond with my responses and then I'd be interested to hear your response, Fee on this. I guess my question is, is there such thing as a lower or higher vibration? There are certainly energies that feel different and more dense and maybe that creates more reaction in each of us. But I would say that different energies do that to each of us. So energies that my system might react to, wouldn't necessarily get the same reaction from another woman because it's kind of particular to me. It's the experiences I've gone through and the way that I have come to read certain things and have associations with certain things. So I'm wary of kind of categorising things as lower or higher just because of the association that higher might sound better or more advanced.

And ultimately at the core of everything is the same energy of love and life. Even the most densest seeming atrocity, actually - and this is really hard to talk about because the mind wants to get hold of perspectives like this and kind of dissect it - but at the heart of everything, in my experience and in my perspective, is the same energy. A very pure energy of being, of life, of love. So for me, it comes back to the kind of checking in with our own responses and taking responsibility for them from a place of real tenderness and real love. And I think the way we speak in terms of making Groves accessible to people, it's really really good to kind of check our language and always ask for feedback. Is that landing? - because words can be quite individual and again can be quite inaccessible or dense sometimes. Yes, so that's my initial thoughts. What's your response to the question Fee?

Fee: Hi Kristin. What was coming up to my heart when Jenny was speaking was really that I feel every single soul on this planet will have a very unique energy. It's like it's really for me it feels there's a place of really honouring the uniqueness of your own individual energy and allowing it to... well, trusting in the people that come, the people that are drawn into that experience of wanting to share and feel resonant with you. And I also struggle a little bit with the kind of sense of higher and lower energy as I feel like we all contain all of those, all levels of energy within ourselves. And we access them at different times.

So, wherever we're at feels whatever experience of ourselves energetically in a way it feels like it's usually perfect for the people around us. It can feel a vulnerable place that maybe senses that there's something more that you need to create your energy to become in order to support and facilitate something for someone else. But my hunch is, my gut tells me that it's all around just really accepting ourselves and our uniqueness and this vibration that we hold and the gifts that we bring that are very different from everybody else often around us and that there's a place for all of us to sit together and learn and grow together.

Jenny: Yes. And there's something about everybody in the circle being a teacher as well as the circle itself being a teacher and all those energies are all calling and teaching us in different ways.



Fee: Something is coming up to share. I have a teacher, Susan Weed, she's quite far out, lovely amazing woman, but she always says that she really struggles with our higher selves, and she always likes to think of it as a deeper wider self that we grow that encompasses all that is. So it's almost like we can just all, as we come together, there's potential for more depth and more width. Together. That we'll grow into a wider field of presence together. For me, that felt like a real relaxation away from trying to aspire to some higher kind of vibrational thing that I felt like I was trying to scrabble for it above my head somewhere, someplace. That's just personal, and I'm sure everybody experiences it uniquely and individually in their own way. But for me wide and deep-felt... oh yes, I can invite others into wide and deep. That's easy.

Jenny: Absolutely.

Fee: Very Feminine and of the earth as well.

Jenny: Absolutely and rooted, rooted and expanded. For the trees to expand, they need to be rooted really strongly. It's a really beautiful metaphor. And just one last thing Kristin, just in terms of what our thoughts are on holding the space energetically. Maybe inviting the space to be held as opposed to feeling that on your own as a Grove Tender, there's something about asking for support. Before each meeting, before each gathering, to just ask for the support that's available, for the space to be held with as much of whatever qualities you're wanting to invite in... harmony, ease, depth, integrity - whatever the qualities that you're drawn to inviting. Thank you so much for asking that.

Ok, so Sue has come in, "Lovely. Loved 'sucking in' a glorious green glade." Oh yes, that feels really nice. I love that expression "sucking in" - that's gorgeous.

Karen, "Wow! Fee, thank you. I expanded to the size of a room, with a big fat Buddha belly. I turned towards my spirit tree outside my window and connected with it even before your suggestion. The leaves on the tree gently came to flutter lightly at my harsh tight throat and voice. Then the whole energy expanded out to all on at all and all not able to be with us, especially our Ugandan sisters. Loving gratitude energy." Thank you, Karen. Totally amazing.

And Karen's also added, "Hi lovely Irish sisters."

I keep getting loads of question marks after people's comments and I know that's not what you're putting but the emojis aren't translating.

Fee: Kind of like grins, smiley thoughts.

Jenny: Canadian flags and loads of smiles.



And Lure's come in saying, "Oh my, Maura's comment! As you started reading, I felt such a current move right through my whole being ... like the tree who just came to support - just the inside rivers of the tree flowing through me and holding me up." Gorgeous. Really, really gorgeous.

So anybody else who wants to share anything or raise anything, feel free. There's a couple of things I want to say before we close.

Karen is saying, "Thank you Jenny and Fee for acceptance of each individual person's energy. Thank you, as sometimes I feel I haven't opened into my wisdom and clarity yet and your words just allow me to unfold in my own time." Totally, totally.

Fee: I really feel that. I don't think it's a place that we ever really fully arrive at either – that place of feeling like oh, yes, I'm totally in my wisdom - in that knowing of myself. My sense is that we, I don't know, it's like we're just in movement within ourselves and there is deepening. And for me, I always feel like I'm on the edge and there's always more to know and that always feels like a big arena of grace. And I've never experienced myself as kind of sitting right in the middle, well rarely experienced myself sitting right in the middle of that place.

I think self-acceptance really helps doesn't it, to not judge it and try and work it out.

Jenny: Yes, definitely. I mean it's infinite isn't it, what we're starting to turn towards. It's really infinite.

And Lure's come in saying, "Such a great question from Kristin. I started hearing music as I listened, the deep, the beautiful deep voices and the high sounds and how beautiful they can be together." Yes the symphony, the symphony of all our different energies and the incredible spectrum and range and diversity... extraordinary, extraordinary.



Artist Partner [Emily Balivet](#)

I want to offer something really practical that you can take to your Groves and play with. And it's, I was always taught when I did some energy work that breath, sound and movement are three key ways for moving energy. And so if you're holding a circle, I mean particularly if you've been sitting in circle for a while and there has been lots shared and maybe some things shared that are harder to digest, then just bringing in something really simple – sound, movement or breath - can be a really, really powerful way of just moving energy. I mean, if you're inside just opening the window how it feels to just open a window and just having the breeze come through, ringing a bell, standing up and shaking, making a sound offering a movement doing some dance together. All of those things will move the energy and it is possible for energy to feel stagnant and stark and heavy. And there's nothing wrong with that, but there is the chance of moving that if you want to, and it can revitalize a group. If you have gone through something together, that's been quite a lot, just doing something to consciously shift energy can be a beautiful practice and really supportive of you as a facilitator because again you don't have to shift the energy. You can just invite the energy to shift, and you can do it collectively with the women in the circles. So yes, I wanted to speak to that.

Fee: Oh Jenny, can I just add something there as well?

Jenny: Sure, yes.

Fee: I just wanted to say touch as well. When there's a lot of energetic movement within the group that just offering touch to each other. Like recently I was on a retreat and there was a lot going on. We were shifting through a lot and it felt really... phewww. But at the end, we all just lay down under a tree with a friend or someone and one of us would just lie down on the front under the tree and the other one would just put her hand on the back of the person we were with. And it was just so grounding and so it was just like saying it's okay, you all can feel a bit phewww, you know? But actually the touch for me it always feels so welcomed and kind of reassuring and soft. And it doesn't even have to be in an intentional touch offering some great healing or anything, but just touch can really soothe and holding hands a little.

Jenny: Absolutely, absolutely. And, again if you've done something that has really expanded energy, really good like Fee did, to bring back into the physical, come back into hands on body, either your own or each other's, connection to the Earth, connection to the tree. I don't know, I was going to use the expression closing down. It doesn't feel quite true to me, but there's something about coming back into yourself and feeling yourself. Inviting the women to do that if there has been something quite expansive in your circles because it... we are talking about changing states and then going back out into life that feels very different from the energies in a held very open-hearted circle. It can be quite shocking. So yes, encouragement to really check in with the women before they leave and find a way of checking in with them afterwards on that, for them to know that they can reach out if the contrast touches anything in them as they move away from a Grove and back into life.



Fee: Also before we came on the call, Rachel was sharing how beautiful it was that she just has this moment of just sitting and feeling and sort of dropping in. And you're saying that it's like that, just how precious, even if you're feeling like often there's a sense of, I'm putting chairs out and getting water and creating space in a physical way for women to come in, but to just sort of almost like schedule in, even if it's five minutes and even if when you sit, just to sit and just breathe a little bit, just to give a little space and acceptance to yourself. And not even if you're nervous and it feels a little uncomfortable in this part us sometimes that runs away from the nerve and doesn't want to sit and feel. I find that sometimes really helps to just give yourself these and a little bit afterwards instead of rushing back into your life. Like both ends can feel really honouring of yourself.

Jenny: Absolutely. Fee, thank you so, so much. It's been such a pleasure to do this together.

Fee: Thank you. It's been very beautiful. I just feel very brain dead. Really gorgeous to have a chance to speak from that depth of feeling space, which was fantastic.

Jenny: Absolutely. And as we close in this last minute, I'd like to invite us to drop into our hearts. First of all, really appreciate ourselves for all that we are within this life and all that we're bringing through. And then I'd like to extend that out and appreciate each other for being here in this sisterhood supporting each other. We can't do it on our own. We just can't. So really, really thanking each other for showing up and playing the different parts that we're all playing. And to the wider Grove Tender community all across the world, to the women that come to the Groves, to the women in the wider TreeSisters network, and to the men that support all of us doing what we're doing. And lastly to TreeSister herself, to the entity, the energy that is TreeSister. Thank you so much. Thank you. Really looking forward to next time. Goodbye.

Fee: Goodbye. Bye, everybody.

*Transcribed by Linéa Stewart of the TreeSisters Scribe Tribe Team
Transcribed in British English*





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