



*Photo on left by Jacob Buchhave; Photo on right by Prophsee*

## For All Our Sisters

We will explore the necessity of coming together and how the long term climate emergency is calling us to create ways of responding that are rooted in resilience and sustainability.

You will be able to reflect on how to seed your TreeSisters Groves. You will be supported to feel into the ways that you might like to create a local circle, to imagine what your version of a Grove might look like and to identify your next steps so that you can support the hatching of your circle.



So we hold these new moon calls once a month. They are one of our offerings to any treesisters around the world, partly as a way of coming together to just feel our togetherness and our connection within the global circle, and it's a way that we can offer you some nourishing time. Those of you particularly that are looking to step into holding circles out in the world, which is a way that you're going to step into leadership, this is one of our ways of supporting you to do that.

As I've mentioned, this call will be recorded, and it's also going to be transcribed because some of our Grove Tender sisters don't have so much internet access across the globe. I want to say really big thanks to Terra for hosting us really beautifully today, and I'm going to introduce the call. As I'm doing that, it's always nice to get a flavour of who's here in the circle, how you are. You can do the Q&A at the bottom left of your screen. You can just send in a message and it will be lovely to know who's here and how you are doing. So you can just feel what the energies are as we come together. Also, whilst I'm just giving a little overview of what we're going to cover in this call, I want to encourage you to just think about what you need to be really comfortable. So maybe get a drink, definitely get a journal. It's a call tonight where we're going to take quite a journey of journaling and reflection. So you definitely need something to write with and in and get a blanket, whatever you need to get really, really nestled in for the next hour.

Today's call is an exploration into how we seed our Groves. For any of you that have already got a Grove, it's a really good opportunity to revisit that original impulse that arose in you to gather a circle. It's really good to spiral around this exploration regularly as a Grove Tender because your Grove will be organic, it will ebb and flow, it will change and it will grow. So if you're new to Grove Tending, if you're already experienced in Grove Tending, this will still be a really, really useful exploration.

I want to just say a little bit about why we're supporting women to create local circles in TreeSisters. It's becoming so apparent that the climate emergency that we're with is really going to be here for the long haul. It's going to be here for the rest of our lifetimes and beyond. So our response to it needs to be really enduring and resilient. Going it alone, in the face of what we're facing, is not really an option, the risk of overwhelm and burnout is just too high. So the Groves or any women's circle really, is an invitation to admit what deep down we always know, that we do actually need each other. It's not from a place of collapse, you know, I'm going to die if you don't hold me. It's more of a place of, let's be here with each other. Let's put our hands on each other's backs through this time. Let's remember who and what we really are.

What makes the Grove circles distinct from other models of circles is that they're two fold - they're made up of the in-breath and the out-breath which is the signature of TreeSisters. Within a Grove circle, we commit to nourishing ourselves and each other as well as taking action in the world. Because of that, our real deepest wish is that they can become circles for the long term, possibly even the mother trees of the global forest of sisterhood. So we want our Groves to be enduring and resilient and resourceful.





Okay, so I'm going to guide us into sacred space in a moment. I'm going to just look and see who's here.

Okay, lots of you are here. Oh, wow. So lovely to see all of you. Oh, so hello, Heide. Hello, Cloud King. Hello, Fee. Hello, Eva. Someone from northern Italy, who's excited to connect and learn with us all, you're so welcome. Juliana from Lancaster, welcome. Ann-Lie from Sweden, welcome.

Ann Marie from Port Hope, "so pleased to be here, feeling anxious today and alone, and glad for this community and chance to rest and just be". So glad you're here Ann Marie.

This goes for all of you, really have this call in the way that it suits you. It's going to be recorded, you can come back to it. So if you just want to close your eyes, drop in and just kind of receive it, absolutely do that. If you're feeling a bit more enlivened and engaged, you can do the journaling. Oh, there's lots and lots of you.

Jayne from Malvern, "feeling chilled on dark and new moon retreat". Absolutely.

I want to say something about it being new moon in a moment. We've got a whole host of you here which is really, really beautiful. As always with any circle, there's going to be a whole mixture of energies. I want to just really welcome all of your energies and all of you, wherever you are, whoever you are, and however you are, you're so, so welcome.

So let's gather together a little bit more intentionally, and come into what we might call sacred space. Within circles, this is what makes the difference in a circle, when we cross that threshold from kind of ordinary relating, which is beautiful and great and important and necessary, to something a bit more intentional, which is where we invite ourselves to drop into a deeper connection with ourselves, with each other, with everything. So that where we speak from and where we listen from, we're a little bit more connected to, we're a little bit more conscious of, and so we can really call out more of ourselves and each other.

So let's see ourselves in the forest. Let's see ourselves at this time of Dark Moon, which is so potent for coming together in circles and dropping inwardly and into a deep state of receptivity. Let's see ourselves gathering in the forest and notice as our eyes start to acclimatise to the darkness and we start to sense the shape of each other and the shape of the Bedouin tent that's just in front of us. Just notice how it feels to approach the Bedouin tent knowing that we're going to come together in circle inside. It might raise a whole host of feelings and all of them are really welcome and so important to notice, because this is what we're going to be inviting other women to do as we call them into circle. Two beautiful sisters are just holding open the doors to the Bedouin tent and we just bow down a little bit to get our head underneath it and make our way into the space inside that's been prepared with sheepskins, and rugs, and blankets.



There's a really stunning white light right at the centre that's spiralling and that white light harmonizes all the energies as they arise in the circle in the tent.

So just make your way in, taking your time, taking as much time as you need to cross that threshold. Reaching out a hand to a sister who might need a bit of support. Make your way in and see your space and make your way over to your space. Just notice the feeling in the tent, that tangible feeling of togetherness of our energies starting to find each other's and to settle. As we find our place, I want to invite all of us to just set an intention for the energies in this circle, in this space, to be really heartfelt, to be really kind, supportive. Let's just open our hearts and ask any energies that need to be transformed into that to be transformed and give gratitude for that happening. As you settle, just notice what you need, do you need to lie down, do you need to shimmy up to the person next to you and ask if you can hold them or be held. Do you need a little bit of space for yourself, just really feel into what's right for you.

As we quieten I want to put our attention towards the space right around the light at the centre. I want to invite all our sisters who are no longer with us, all those women that we've really loved and have, for whatever reason, had to say goodbye to already this lifetime, I want to invite their energies here and honour them for having been so important on our journeys. And that they're so not forgotten. They're still with us in many, many, many ways.

Okay, so I invite you to close your eyes and let your energy start to descend down from your mind. Down through your body and down into your belly. Just really gently, no forcing, just really from an invitation. As your energy is making its way downwards, just notice how the soles of your feet are feeling. How the palms of your hands are feeling and how it feels to be amidst this energy body, this energy going down as far as the forest floor, with energetic roots finding each other and out through our hearts to each other in this space.



Artist Partner Arna Baartz



**treeSisters**  
women seeding change

Just taking a couple of really intentional breaths, breathing in through the top of your head and out through your heart space. Breathing in through your neck, and out through your belly. Breathing in through every pore in all of your skin, and out once again through every pore.

Seeding and growing a Grove really begins by nurturing yourself. This is how we embody the in-breath as Grove Tenders. Really, really nourishing ourselves through the process of creating a Grove because the energy with which we create a circle will kind of be its blueprint for the circle. Obviously that's something we can come back to and revisit so it's not something that's set in stone, but it is something that impacts what follows. So what we're going to do in this time together is we're going to journey around the TreeSisters map, which some of you will be aware of some of you won't, those of you who've been in the Inner Journey or who've been doing the Moon Calls for some time will be familiar with the TreeSisters map. We're going to go around it tonight. I wanted to say tonight, I knew I'd slip up. I'm in the UK. So it's tonight. We're going to do that today in this time. We're going to ask certain questions relating to different aspects of Grove Tending that correlate with the different places on the TreeSisters map.

So like I said, you can come back to this call as many times as you want. There's also an equivalent recording of this with Clare doing the journey. That's part of the Grove Tending support materials. And if any of these questions really land with you, I want to really encourage you to really take time to come back and go in as deep as you want to. What you'll probably notice is that some places on the map, really speak to you and others might not so strongly. That doesn't mean that Grove Tending isn't right for you. It's just really useful information about possible growth edges and also possibilities to consider if you're going to co-tend with another treesister, which is really encouraged. For a lot of us, we've done a lot on our own. It's our default. And actually, having another woman alongside you tending a Grove is a real gift in so many ways, and it means that you can also get some holding whilst you're holding space. So if you notice there's areas where you're less connected to or a bit more intimidated by or whatever, they might be areas that a Grove Co-Tender could really compliment you with.

Moving into Feminine Leadership is something we talk a lot about, Feminine Nature-Based Leadership, in TreeSisters. It's an exploration that all of us are having. All of you will have this through your Grove Tending. Grove Tending is one of the strongest ways in which we invite treesisters into this kind of leadership. The core quality of Feminine Nature-Based Leadership is receptivity. It's all about listening for and feeling for what's happening, and what's needed in response. It's not a head thing. It's a really embodied experience and quality. So Feminine Leadership is something that needs to be felt in our heart, in our bones and in our womb space. When I talk about our womb space, I'm not necessarily talking about the physical womb, it's the energetic space of our womb. It might be that we have a physical womb, it might be that we don't. But our energetic imprint is always there. Being in that place, leading from that place is profound. It's an ongoing journey. It's bottomless, absolutely bottomless.



So I want to invite you to again, drop your attention into your into space and again, a really gentle, loving attention. Just opening to what is there, whether there's connection, aliveness, discomfort, pleasure, whatever your experience is. This is the place of Belong. This is the place at the centre of the map and the centre of TreeSisters, potentially a huge place of power. If we can call ourselves and each other deeper and deeper into this connection with ourselves, our response to what's going on in the world, and how we support and guide a Grove will be rooted in absolute feminine knowing.

As you connect here, I'm going to give you a journal prompt. So just taking your journal and a pen and I'm going to start you off with a sentence for Belong, "I am here to ...", "I am here to ..." I'm going to give you a minute or so to complete that (pause for journaling).

If you're lying down resting in for this call, just let the questions kind of do whatever they need to do through you, over you. Let them be received by your body. Just reassure your mind that she doesn't have to, she can rest too now. And the second statement for this central womb place, Belong, "How do I want to grow within my circle, or the ways that I want to grow within my circle include ...", "The ways I want to grow within my circle, include ..." (pause for journaling).

Okay, so we're going to move to the next place. This place in the map is represented by your left arm it's the place we call Embrace. So just put your attention into your left arm. You might want to just move it, stretch it out or just notice what's the relationship with this part in your body. Let this part of your body speak to you for a moment. Just notice how you feel. And again, just be present to what is, without changing it. So you might notice aliveness, flow, numbness, pain, familiarity, feeling that it's a bit alien, just receive what this part of your body is sharing with you, your left arm. In the map, it's the place of love, relationship, sisterhood, circles, and togetherness. And really, it's the core place of starting a Grove.

Your first statement from the place of your left arm, Embrace, is "I'd like the togetherness in my Groves to feel...", "I'd like the togetherness in my Groves to feel..." (pause for journaling).

And the second statement, "The sorts of things I'd like to do to strengthen intimacy and togetherness in my circle include...", "The sorts of things I'd like to do to strengthen intimacy and togetherness in my circle include..." (pause for journaling).

And the last question for the left arm, this is the question, "Who do you want in your circle, and why?", "Who do you want in your circle, and why?" Really don't censor this. Let yourself be really, really honest. It could be really, really revealing. "Who do you want in your circle, and why?" (pause for journaling).

Okay so for now letting go of the left arm and moving your attention around your body to your left leg. So again, just finding away to connect with your left leg.





You might want to move it, stretch it, put your hand on it or just drop your attention into it and notice how you feel. Again, just receiving the information, not trying to change it. So on the TreeSisters map this is Embody. And this is the place of intimacy with Nature, the place of indivisibility where there's a knowing that we are the sky, the plants, the Earth. It's our body knowing so it's our intuitive, instinctual awareness. It's how we plug into the greatest flow, the greatest power available to us. In our recognition that we're not separate. So just notice what the connection is and become interested in that. Notice your responses to what you discover and become interested in that.

The first enquiry is, "In your life now what do you do to deepen your connection with Nature?", "In your life now, what do you do to deepen your connection with Nature?" (pause for journaling).

Okay, and the next question for Embody, "How would you like to help your Grove deepen their connection with Nature?" Really trust what comes, see if you can get out of the way and just see what wants to come. "How would you like your Grove to deepen their connection with Nature?" (pause for journaling).

Okay, letting go of our left leg, thanking it for now and moving our attention to our right leg. This is the point in the map where we move from the Feminine to the Masculine side of us. So the Feminine is where we feel, we really listen in for what wants to be felt. It's very relational.



Artist Partner Tamara Phillips

The right side of the map, the Masculine is much more about our response and the action we want to take. So as we cross over to the right leg, notice how you feel and whether it's different in any way to the previous two on the left. This in our right leg represents how we want to live in the world, how we want to take responsibility, what choices we want to make in the world, given what we've tuned into, on the left and how we feel.

The first question with the right leg, which is Activate, the base of Activate, "What would you like your Grove to do for Nature?", "What would you like your Grove to do for Nature?" Again, just stream of consciousness. See what comes (pause for journaling).

And then the second enquiry. Given that what we most love to do will give us the most energy, it's really important to tune into what you love, what gives you joy, when you lead anything. So the question is, "What activities do you most enjoy?", "What activities do you most enjoy?" Let them come whatever they are (pause for journaling).

Okay, letting go of the right leg and moving up to the right arm. Same thing, notice how it feels, notice your connection, your experience. How different this part of your body feels to the others. This is the place of courage on the TreeSisters map. A place called Shine, it is the out-breath of the heart. It's our love made visible. It's our creativity, our desire to serve and our desire to bring our gifts in service to Life.

So the first question here is, "When you think about finding ways to call forth the unique gifts of your Grove sisters, how do you feel?", "When you think about finding ways to call forth the unique gifts of your Grove sisters how do you feel?" (pause for journaling).

And secondly, when you're ready, "What are the ways you could actively do that?", "What are the ways that you could actively do that?" (pause for journaling).

So I can see some of you are just coming in. It's fine. You're welcome to join with where we are or you can just drop in and listen, this is being recorded so you can go back to the start when you listen to the recording. We're working our way around the map with questions that relate to Grove Tending. You're really, really welcome. So just come in, however feels good.

Okay, so at this point, just let your body shake or stretch or move in the transition as we put our attention up to our head. So just stretching or shaking or rolling. It's so important with Feminine Leadership to plug our bodies in first and let our heads follow. This is so counterculture for almost all of us, so different to how we've been wired. But this is the invitation. This is the invitation with Feminine Nature-Based Leadership to really plug our bodies in first and then let our head follow, because on the map Clare starts the Inner Journey with Reveal. When you're stepping into leadership, this is the place of humility and the place of servant leadership. So it's about really following, following and listening. As you put your attention to your head, just notice how that part of your body feels. Your relationship with your head, this place of servant leadership, this place of humility, this place of being willing to follow what's being revealed. With the Grove this is about how you as leader, how you listen to the Grove, how you follow it, and how you listen to yourself about how you want to be in the Grove. And although Groves all have a form, a standard TreeSisters form of the in-breath and the out-breath, they also all have a very unique expression in themselves. There's some Groves that will be 80% in-breath, very little out-breath, some Groves will be 80% out-breath, very little in-breath, some Groves will chop and change over time in terms of what they do and how they express themselves, so that is what will be revealed to you from your Grove and your journey as the Grove Tender and it will be something that's organic and fluid.





So, as you go deep inside and connect with your head, “How do you want to hold this leadership of a Grove or shared leadership of a Grove?”, “How do you want to hold this?” (pause for journaling).

Some Grove Tenders have a very clear idea of what they want to offer. So their facilitating will have a certain degree of directness around it. Others simply want to open a space and let the Grove grow organically and find its own shape completely. Both of those are completely valid and welcome. “How do you want to hold the leadership or shared leadership of your Grove?” (pause for journaling).

Again tuning in to this place of servant leadership, this place of humility, “How do you want to actively listen, follow and guide your Grove?”, “How do you want to actively listen, follow and guide your Grove?” (pause for journaling). Okay, really deep breaths, making a sound, just letting go if you're ready to let go of that process and dropping your attention just back into your centre, just the sense of place, your womb space where you can feel all of you. To conclude, I'd like to ask you, “In this moment, what is your overarching purpose in starting a Grove?”, “What is your overarching purpose in starting a Grove?”

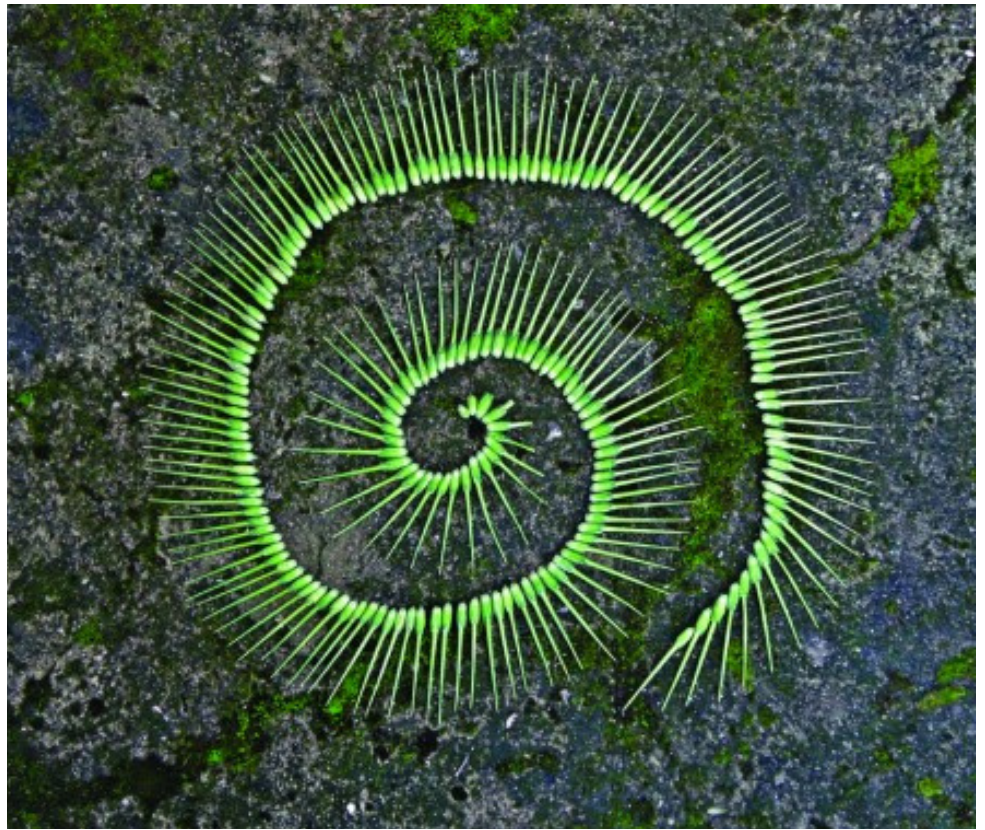
You can't get this wrong. There is enough space for as many Groves as want to be and as many expressions of TreeSisters Groves as want to be. This is one of the beautiful things about this invitation, that is we're inviting you to bring your unique offering, as a treesister, as someone exploring Feminine Nature-Based Leadership, and create a circle that expresses that. So you really can't get this wrong. The journey might be very different to how you imagine it's going to be. That can sometimes feel like we've got it wrong, but it isn't, it's simply... that's the thing with receptivity, listening and being guided and trusting the experiment. It's that original invitation that Clare was given to have everything as an experiment because our fear of failure is what's holding us back.

If any of you want to share any of that, or ask any questions, you're really welcome to do that on the Q&A and I'll respond to as many as we've got time for with the rest of what we've got, just under 10 minutes. I'll also copy all the questions into our Grove Tenders Group in the Nest, which is where we have more in-depth conversations of this nature. So if you're not already in the Grove Tenders Group in the nest, please do come in. This is where we explore our journeys with all of the Grove Tenders who are either at the beginning or who have started recently or who have been tending for some time. Between us we support each other. It's really, really beautiful to see the growth that's happening. Groves being birthed in different countries around the world, and different types of Grove. It's always so beautiful to hear your stories about why you're doing it, how you're doing it and what's coming through. If there's anything you want to ask or share, you're really, really welcome to.

Ann Marie from Port Hope, “rejuvenating and inspiring, thank you so much”. You're really, really welcome.



And Jayne from Malvern, “thanks for the prompt to do this exercise again, Jenny. It was as inspiring and powerful now as it was the first time. Some aspects remain the same, some have changed in the past 17 months since last doing it. Thank you”. That's so good to hear, Jayne. Jayne's been tending a Grove for some time. Again, it's the Feminine Nature that we spiral, we're cyclical, we're not linear. So it's so valid to return to these questions and enquire and have a seasonal approach to our Groves, have a cyclical approach to them.



Artist Partner Ana Castilho

Because we're all a work in progress, we're all alive, we're all growing all the time and what wants to be birthed through us will change.

Jeannette from New Mexico, “wow this time when I went through this my feelings and responses were way different than a few months ago. Love to you. Also I love love love your invitation at the beginning to let the spirits of those before come and gather with us”. Good, good, thank you Jeannette.

Cloud King, “how do you know if a person is right for your Grove?” That is such a good question. I wonder if we do know, I wonder if we do know. For me, it depends on what sort of circle I want to create. If I was feeling I was very new to Grove Tending and I was dipping my toes in for the first time, I would want to create a circle that I felt quite secure in. And so I would purposely invite women who I already had some degree of trust in and who had some degree of trust in me, and that would form a foundation of solidity and steadiness. And then if there was somebody who I wasn't sure, I'd enquire into and just be really honest with myself, you know, what's coming up? What are my doubts? What are my judgments? What are my fears? So I'd like to really look at my response. If it's a simple case of “how do I know?”, we probably don't, we probably don't. Again, it depends what we're willing to do in our Groves. Are we willing to create the kind of circles where we can grow together through having individuals and different energies within a circle, or are we looking for a circle that feels quite in alignment with ourselves and possibly more safe. Both of those, again, are really valid. Really, really valid.



I'm interested to hear a bit more of what's behind the question. Maybe we could look at that in the Nest, Cloud King, it's a really, really great question. I'd like to understand a little bit more about what's behind you asking it.

From Bristol, "if there are already Groves in your city, is it better to join an existing Grove and how do I join, or start a new one?" Well, again, great question. If there are already Groves, I mean, in Bristol, I know there's already an active Grove. Bristol for sure has got space for more than one Grove. I can imagine there being five plus Groves in Bristol. I think again, depending on what sort of Grove you want, check in to what the Groves are already doing. We've got different types of Groves, we've got creativity Groves, we've got Nature-Based Groves, we've got meditation Groves, we've got very TreeSistery Groves. Are they doing what your vision is or do you want to create something different? What my vision is for when there's a lot of Groves in the same city is you have your individual Grove meetings and then every quarter of the year, every three months, you come together and have a big Grove gathering, that would be really beautiful. In terms of joining an existing one we have got an interactive map with all the Groves but it's currently down from the website so if you want to know if there's a Grove near you, you can email us at [groves@treesisters.org](mailto:groves@treesisters.org). Soon we'll get the map back up.\* (See end note) Then it would just be a case of contacting the individual Tenders and seeing if their Grove's open. Some Groves are open, some Groves are closed.

Really good question. "What are some safe and open ways to guide a Grove? I feel something along the lines of being open and sharing myself and own experiences as a mirror for others, giving others permission to do the same, finding our own wisdom, power and transforming, alchemising." Beautiful, that's Taila from London.

So Taila, I've written a whole series of blogs, and they're on the website. Again, they're in the Nest as well. There's lots of Grove blogs, lots of blogs about individual Groves, the story of how they started and what they've done. But I've written a whole series called the in-breath series. That's all about creating safety, which is so important. So, so important, it is the foundation. If you create safety, you'll be able to go deep and you'll be able to hold when things are a bit more challenging, when things want to change. You'll be rooted in something that everyone trusts.

There's a series of three blogs. The first one is all about creating safety. The second one's all about Sistering, bringing Sistering, which is our core listening practice in TreeSisters. I can't remember what the third one's about, but they're all about that. They're all about that area. I love what you're saying about being open and sharing. I think as a Grove Tender it's really, really healthy that you're there in leadership to some degree, but you're also there as a woman in sisterhood. It's not about anyone having to be more or less than anybody else. There'll be different experiences, different qualities, different energies, which will all be really, really healthy to draw from and will all be of value. So, absolutely sharing yourself. There's something about, that's the wisdom of having a Co-Tender because if you are holding Groves where you're holding circles that do invite deeper sharing and do invite transforming, it's quite something to hold space and to really take part in that fully.





To have a Co-Tender, you can share that. Then a year down the line, when you've brought a circle together, and you've really got some trust between you, you can open that out more to peer holding. But when you first start a Grove, and you're offering a space for others, you are in the position of holding space. As I said, the first few meetings are really about creating the safety. So just being careful about how much you go into your own sharing. Always make sure part of you is able to hold the space. It's kind of a dance. That is where having a Co-Tender really, really pays off because as one of you shares, the other one can be really present to what's also there in the circle, and vice versa.

I can see you're in London, there's quite a few TreeSisters in London, there's some that want to start Groves. So if you're wanting to find a Co-Tender we could connect you with someone. Come into the Nest. If you're not already there you go to [www.treesisters-nest.org](http://www.treesisters-nest.org). That will take you to a sign-up page. The Nest is the general TreeSisters online space. Once you're in, you can search in groups, and you can find Grove Tenders. If you're already in and you've joined some groups but haven't yet found Groves, go to 'Groups' that will drop down your existing groups and at the top of the page there's a tab thing and that will drop down all the remaining groups that you can join. Any problems with joining us in Grove Tenders just email me at [groves@treesisters.org](mailto:groves@treesisters.org) and I can send you a direct invite.

So we're coming close to finishing now. There you go. Juliana is just asking for the link so there you go.

Alisa in Oregon, "I'm so ready to start a Grove internally and yet externally I'm brand new to my community. So it's unknown how best to find like-hearted women to share this work with. I feel if I can find my initial co-leader that would be enough to start. I'm thinking finding other dancers and artists to create with would be a good start. Do you have any idea of how to initiate this?" Great questions. I think you're really on it. I think finding one other treesister or not even a treesister, another woman who might be open to TreeSisters. That would be enough to start. I would then encourage you to practice Sistering with each other. To do the process we just did, to do that together, so you can co-create your Grove. Then it will start happening as you energise it, it will start happening.

We've got a beautiful story from Lori when she first moved, I can't remember which state in America she moved to. She'd been a TreeSister for a while and she moved to a state where she didn't know anybody. We've got a stunning video which I'll put in the Nest tomorrow of her finding her grandmother tree, which is a whole other thing in Groves. We've got a video of her journey with her grandmother tree and that became her first sister and she just really communed with the tree and was guided about how to create her Grove with the tree. So that's what some women have done. Their first sister has been a tree, others find a Co-Tender, you could join a circle, I'm not saying to poach the women from that circle but just join circles in the area, just to kind of sense into what's already there and what the gaps are. You seem to be really clear in your vision for other dancers and artists, there'll be creative spaces that you can put some flyers in - health food shops, art spaces, theatres, any community spaces.



And we can keep calling out for you in the Nest. There's someone from Medford, I don't know how far you are from there, there's someone from Medford in Oregon, she wants to create a Grove. She's looking for Tenders. We're going to start getting much busier now in the Nest with Grove Tenders looking for others. So that is the place to come and call out for the people in your area.

Anne-Britt from Norway, "my longing for Grove has awakened, I realised through this session how much Masculinity in the structures when we meet, so lovely to get this inspiration for creating a space for the Feminine to grow and show itself" Yeah I'm so with you, I'm so with you. I mean, I tend the Groves and I've been in a lot of women's spaces, I was kind of born into a women's circle, I had two sisters and a very strong mother, and I was in my first circle in my early twenties. But actually coming into TreeSisters and calling in a Grove, it took me a good year to meet my Grove Tender. There was quite a lot that needed undoing in me and I had to face the part of me that was so tired from pushing through with the Masculine. I'm sure that will resonate with a lot of you, that many of us have pushed and overridden ourselves, because that's what we've been wired to do. The idea of kind of doing something actually makes part of us very tired and this is this is like an invitation to allow something to happen through us, to really listen to what wants to happen and hold that vision and let it come. And it will, it will. But it might not be the way we suspect.

And then Brett saying, "such heartfelt provoking questions to align us on our path. Gratitude". You're so, so welcome.

Thank you so much for taking the time, and for your energy here, and for engaging, it's a real honour to do this together. Like I said at the beginning, we're with this for the long haul. So our response to it needs to be rooted. It needs to be heartfelt, it needs to be one that we really feel yes to. Otherwise we will burn out. It's very, very easy in activism to burn out. That's the beauty of the invitation in TreeSisters, is that she's inviting us to really come home to ourselves before we go out there in the wild.



Artist Partner [Claudia Tremblay](#)



My vision for the Groves is that I want to support you to remember the potency of our togetherness. I want to support each of you to remember the essential place of nourishment in circle. And I want to support all of us to tune into the power of activism that's rooted in heart centred resilience. So, come and join us in the Nest. Download the Grove Tender's guide, which is in the Nest, and we'll go from there. Next month, in April, we're going to have this call and I'm going to walk you through lots of ways that you can bring Sistering into your Groves, which is a really beautiful way to deepen sisterhood to really strengthen the connection, build the trust and really call forth the more of us, our Nature-Based selves, the parts of ourselves that have not been damaged, have not been wounded, that can hold all those places in us and in each other.

So, so much love. Thank you so much and I really look forward to connecting all of you. Bye bye.

*Recorded and transcribed in March 2019  
Transcribed by Rebecca Bell of the TreeSisters Scribe Tribe Team  
Transcribed in British English*

\*The Groves Map was re-launched on our website in January 2020. We invite you to explore the Groves already registered on the map which you can find here on our website:

<https://treesisters.org/groves-map>

Here you can also find a step-by-step guide for registering your own Grove!







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