



*Art on left by Andres Lie; Photo on right by Travis Colbe*

## Physical Embodiment

These Wisdom Circle calls are a way of supporting you in your journey as a Grove Tender. In these calls we invite you into circle gathering with us where you can receive nourishment from our wider circle, inspiration from other sister Grove Tenders and an opportunity to reflect on aspects of your Grove. In part one we explored the topic of 'The Emotional body' and shared our experiences of the feminine capacity to feel deeply and inform the more masculine trait of taking action. This month we will build upon this as we move to the topic of 'Physical Embodiment' - the physical body and how that relates to what we at Treesisters call Feminine Nature Based Leadership.

Welcome everybody to the July Gove Tenders wisdom call. It's really, really lovely to have you here with us. My name is Jenny I'm the TreeSisters Groves Mama. And this is our monthly call. So welcome to all of you that are live and any of you that are listening to the recording, and a special hello and very warm welcome to any of you that are here for the first time, maybe new to TreeSisters or maybe new to Grove tending. So these calls we hold once a month. It's one of the offerings that we give the TreeSisters Grove tenders around the world. And it's a way of us coming together to feel the support of being held within this global circle. It's an opportunity for you to drop into some relaxing time together and also to explore an aspect of tending so that we can develop ourselves in our inner circle work with women around the world.

So as I've mentioned, this call will be recorded and it will also be transcribed for our Grove Tender sisters who have less access to the internet across the globe. I'm going to say a little bit more about tonight's call. So whilst I'm doing that, it would be really lovely if you could let us know who's here, where you're from, and how you're doing right now. It just feels really nice to have a sense of the circle that we're gathered in, and if any of you are here the first time let us know. And also do what you can to get comfy. Find a comfortable position to be in, get a drink and also grab your journal or something to write with and write in.

Okay. So today's call is a follow on from last month's call, and it's a lead into next month's call, so we're in the middle of a series of three. We don't always do the calls like this, sometimes we do stand-alone calls on particular aspects, but this one is a series of exploring the different realms of the feminine. And last month we had some time to explore the emotional body, the feminine capacity to feel. And this month we're exploring the area of physical embodiment. And I've just been reflecting on how strange it feels to be exploring embodiment online. It's so juxtaposed to the nature of embodiment, so it's going to be interesting to do that. And it's what we have, so it's what we'll work with.

It makes the point immediately of how embodiment and really being in our bodies fully is becoming more and more foreign to many of us, because we're spending so much time online and doing things that don't really call for much connection to the physical, to our physical nature, so it's very interesting that it's panned out like that. So the reason we're doing this series around the bodies is to support an exploration into what we at TreeSisters call Feminine Nature-Based Leadership, which is a term that Clare coined to describe - this is her definition... it describes the enhanced intelligence, intuition, wisdom, intentionality, courage, authority and creativity that arises through women when we're more consciously connected to Nature as the root of our power and our knowing.

So as we consciously connect tonight, chat, and deeply inhabit that knowing that we are nature, our ability to lead in that feminine way will increase. And there are different levels of knowing this truth that we are Nature. There's a level of understanding that of course, of course, how can we not be Nature, how can we not be Nature? We're here, we're birthed, we die, like everything else on the Earth, we are Nature.





And of course, that makes sense. And then there's a level that's much deeper than that, which is to embody in every cell of our physicality. And that's the journey, that's the journey because when we speak from a place of embodiment, it doesn't matter what we say, it is the transmission of truth that comes, that's expressed from every cell in us that can permeate those that we're talking to. And that's where we go into the energetic transmission, which is what we're going to be talking about next month.

So the emotional body, the physical body, the energetic body, they all interweave and it's kind of interesting unravelling them and looking at them separately because they're not separate. But it's quite useful if we want to explore them more deeply to unpack it a bit. So we're going to explore what we mean by embodiment and we're going to do a little bit of a personal exploration of that. And then I'd love for us to have some discussion about how we can work with practices in the grove that really support embodiment.

Okay, I'm going to just pop over to InstantTeleseminar, the page has just been updated. I'm finding my way through your Q&A. Okay, lovely - your comments are coming in. We've got Ellen from Arcata, California - "I can hear you on the phone, but not see? Doing fine except for my issues!"

It's actually just audio this call Ellen. So we're on InstantTeleseminar rather than Zoom. I know when we did a grove call recently we were on Zoom. It's just audio, so you're good. You're good.

We've got Fee from Cornwall, "Hello gorgeous sisters. I'm in Cornwall. Resting back and enjoying being here with you all."

We've got Simona from Germany, "Hello! Here is Simona from Germany. First time in this call - thank you to make this possible."

Really lovely to have you, Simona. Gorgeous. And we had - I can't remember the name now - but we had a new Grove in the last month from Germany. So Germany is definitely starting to rise in the Groves which is really lovely. So we can connect you. If you do Facebook, we can connect you through the Facebook page, which is something that I'll mention at the end.

We have Ruthe in Arizona USA in the tense borderlands with Mexico, "I feel resolute and receptive to Spirit as I reunite with my partner after needing time apart. May I find clarity in speech and action as I embody love. It means so much to know my sisters are so supportive as we listening care."

Really beautiful. Really, really feel you.

And we've got Lure calling in from Bridport in Dorset.



And I'm saying that with so much love because I know Lure is normally calling in from either Australia or Tasmania and she's in the UK, currently in Bridport staying with Grove Tender Lucy and linking in with other UK Grove Tenders, which is beautiful. And Lure says, "Hi Jenny. So lovely to be here, although I might have to go partway through." No problem. No worries.

And we've got Abi from Hurstpierpoint in the UK. So lovely to have you. "Hello! So good to be here and taking it as a great chance to lie down!"

Absolutely. I kind of think lying down is good for this call. If you feel that, if your body's feeling that way, it's a perfect call to lie down to.

And Juin from Birmingham, "Hi Jenny, sorry I am a bit late, but here now, good to be here with you all."

So, Terra, who is hosting us beautifully tonight. Thank you so much. Terra and I were just saying that it's July 4th so our American sisters might be very busy with celebrations on July 4th. Ruthe you're here with us, which is lovely. So I'll pop back over to the check in board and see if anyone else comes in overtime. Sometimes women do come in late. But how lovely for us to be together in this way.

So – embodiment. What does that word even mean? It's a word that's used a lot now in certain circles. It's one of those words that is beautiful and rich and used very freely. But I wonder what it means to each of us. Embodiment. Embodying something. I looked it up earlier. And the definition that I came across was "a tangible or visible form of an idea, quality or feeling... a tangible or visible form of an idea, quality or feeling." And to me the word that stands out there is tangible.



Artist Partner Autumn Skye Morrison

It's like embodiment, I think is hard to describe in words, but it can be felt. I know when someone's embodied. I feel it. I feel their power. I feel their truth so much more deeply because it's coming from deep within their physicality.

And what we're going to be exploring tonight - tonight in the UK, earlier in other parts of the world - is feminine embodiment. What does that mean? The feminine embodiment, the energies of the feminine. And the feminine can be likened to the moon. It's Yin, in the Yin and Yang. It's Shakti in Shiva Shakti. So the metaphors of the language of this are very, very rich and there are lots that we can all dive into in time if we feel called to. But for tonight, we're going to come into circle and as much as possible via the online media, we're going to do an embodied experiment into embodiment.

So I want to invite you to close your eyes. Close your eyes if you feel safe to, comfortable to. And let's see ourselves walking through a forest from all different directions of the globe. Walking towards a beautiful grove with a fire pit at the centre with a fire lit in the pit. And just feeling that forest floor under your feet. Feeling leaves, needles, seeds, anything that's dropped from the beautiful trees. The earth, rocks. Just feeling that on the soles of your feet as you make your way to our central place for gathering. Let's sit ourselves around the fire. And let's, as we see this in our imagination, let our bodies receive the gifts of this imagined call and gathering. Feel your body respond to the fire. Feel your body respond to the sensations of the forest, to the sounds and calls of the birds and animals whose home we're sharing.

So sit yourselves down around the fire and get yourselves comfortable. And feel how your body is. Really feel how your body is with no judgment. Our bodies are gauges. They're like radars and gauges. They are our radar for information. Innately wise and in the present moment so strongly. Feel how your body is. And as we place our bottoms on the forest floor, let's send down our roots, down down down deep into the forest floor, deep into the earth. And those energetic roots, just letting them find their way through the earth, soil, around rock towards the heat of the core of our Earth. And watch them light up with delight as they meet the energetic threads of each other, as we circle together around the world.

And each time noticing how this feels in your body, what is registering? Everything registers as a physical sensation. Every thought, every experience registers through our body, so it's a portal of absolute truth. It really is. And if we can bring, if we can gift our bodies with absolute acceptance and compassion and wisdom and patience and love, our body is possibly our greatest teacher. And let's see ourselves joining hands around the circle and see if we can feel that.

As we sit here holding hands, I'm going to read you a poem, which some of you I imagine will know. It's a poem called Wild Geese by Mary Oliver, and she wrote it in 1986.



## Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
For a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body  
love what it loves.

Tell me about despair, yours, and I will tell you mine.  
Meanwhile, the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.

Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting --  
over and over announcing your place  
in the family of things.

I'm just going to read that first few lines again, "You do not have to be good, you do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves." So there's an invitation here about our animal nature, the soft animal of our body loving what it loves. And that can bring us home more deeply. And at the same time. It is so absolutely important to acknowledge that many of us, if not all of us, have had messages or experiences that have taught us that it's not okay to be fully in our bodies. So, this embodiment work and this embodiment aspect of circling with women is an area to approach from a huge degree of respect and caution. And it's really important to be led by the circle, the circle itself of women.

So letting go of each other hands and coming back to ourselves. And what I want to invite you to do is to place one of your hands on to the other. Just bring your hands into contact with each other. Just start with just gently making contact in stillness. And in those moments of pause and stillness, notice what your body feels, whether this touch that you're making with yourself registers somewhere else in your body. And how it feels for the hand in the hand to be contacting each other like this.

You don't have to describe this in words, just drop into the physical experience of the contact.





And then slowly let the hand that touched the other hand start to offer some kind of movement touch and let that be whatever is needed. That might be something soft like a soft stroke. Or might be something firm and reassuring. Or it might be something explorative. And I want to invite you to make contact with yourself as if for the first time. What is this, what is this that you are coming into contact with, this human hand? Wow.

And maybe the thing is, the mind wants to get busy.

Pausing and just choosing to bring your attention back to the sensation in your hand. You can vary the kind of touch. You could try the difference between stroking softly and then holding firmly. And you'll get a clear message back of what you enjoy, and that's what to follow, what feels good. What brings an ease in your system. What opens your system. What relaxes your system.

Just noticing how touching a small part of your body like just the area around one knuckle, stroking one finger, can have the possibility to open up other parts of your body, to make those other parts of your body more sensitive. Just bringing your hands to stillness and scanning very gently, scanning your body, and notice which part of your body is calling for some attention and would enjoy some touch, some contact.



Artist Partner Meganne Forbes

And then moving your hand there. Maybe your cheek or your heart, your mouth, your whole arm. No wrong or right, just wherever is signalling to you. And it might be right that you just stay with your hand. And again tuning into what quality of touch is wanted. And notice it's a real exploration between the hand that's doing the touch and the part of the body that's receiving, the communication between the two. It's not like one doing it to the other. It's a two-way communication. I'm smiling because I've been reading about symbiosis and that just came to mind. And just follow, let yourself follow how what's being called for in your body - whether you want to stay there, whether there's somewhere else that you just want to stroke or hold, rub or sort of dance your fingers on. And just start to follow, start to follow the call of your body.

This is like a process of really listening to your body, really learning to listen more deeply than most of us do most of the time.

And as you're exploring that, I'd like you to just drop these two questions into your experience. So the first question is "What would help me to drop more deeply into my body? What would help me to drop more deeply into my body?"

And the second question is, "What does my body long for in my circle of women? What does my body long for in my circle of women?"

And just let what comes, come. Let it be uncensored. You don't have to share it. You can, you're very welcome to, but you don't have to. Just let yourself receive the responses.

So for the rest of the time in this call, feel free to stay with this practice. Stay connected to your body. Be your body as much as possible. Listen, really listen through your body.

I would love to hear from any of you who have anything you want to share from these questions, from those two questions, or anything else you want to ask or reflect on or feedback from or share with the grove tenders and myself about bringing embodiment, the element of embodiment more overtly into our groves. The ways in which we can do that. Questions you have about that. Suggestions, concerns, anything. Let's just kind of open it wide, because it's a beautiful area to explore. And it's one, like I said at the beginning, that needs to be approached with a huge amount of respect and some healthy caution. So I'd love for us to share questions and responses with each other about our experiences. So we've all got a rich, rich pool of knowledge and experience that we can draw from.

On the Q&A on the left-hand side, please feel free to give any feedback, ask any question, any aspect of embodiment. And please, I want to remind you, there's no such thing as a stupid question. There really isn't. If you ask a question, you will guarantee to be asking it for several of us, so ask things that sound simple. They can be the best questions sometimes. So ask whatever you want, and reflect on whatever you want.

I'd love to hear where you're at with the idea of embodiment work in the Groves. It's an area that I'm interested in, and I know that has huge, huge value. And also I feel strongly that has to be handled carefully and wisely. Okay, so I'm going to just wait to see what comes in.

And I'll just say a little bit about embodiment work in circles. So similarly to when we spoke last month, in that the emotional body can, when we gather in circle... basically we're joining with each other, so the field of energy is naturally larger when there's more than one person in the space. And particularly, if there's a conscious intention to come together, to connect, to drop into deeper, deeper truths of ourselves, or deeper ways of being.





So a women's circle is a very potent space for work in terms of revealing more to us than we might be able to get to on our own. And so we can become more aware of our emotions. We can also become very much more aware of what's going on in our bodies. And there's something about the physical female body, that's because of what we're built for in terms of our menstrual cycle, breastfeeding, giving birth, the physicality, even if we haven't given birth and even if we haven't breastfed, we still have the form that is built for those visceral experiences in life. So there's something about our nature that's very embodied.

And many of us have been shut down to our true embodiment in all sorts of ways, for all sorts of reasons. And it's possible to reclaim, to reconnect with our bodies and to come back in. And I'd encourage that that's done through gentleness and through invitation, as opposed to trying to push ourselves back in, because that's not the feminine way. It's really not. Our systems respond to gentleness and to encouragement and to allowing that real beautiful capacity of just allowing. So in a circle of women particularly, there's something about the ways our bodies can come alive, which can be a bit different to how it can come alive in relationship to the Masculine. And it's not that it doesn't, of course, it does. But there's... maybe it's through the conditioning. There are ways in which women feel shame about their bodies, judgments about their bodies, that it can be very safe to explore that with women because we all know that territory. We haven't all had the same messages. For some of us, it might be an edge to explore that with women and maybe safer with men.

But there's something about all of us sharing something that makes this very rich in women's circles. And it can be such a relief. It's very natural for the Feminine to feel. It's very natural for the Feminine to be embodied. There's something of a relief in the collective feminine nervous system, where we're given permission to do that when we give each other permission to do that, where we stop putting pressure on ourselves to make sense of everything through rational explanation and through words.

Words are beautiful, and language is phenomenal. And dropping into connecting through bodywork, through the physical, the emotional realms is really potent, and like I say, can be a real relief in our systems.

Okay, so June from Birmingham has joined us. Really lovely to have you. So lovely to have you here. "Hi, Jenny, sorry I am a bit late, but here now, it's good to be with you all."

Yeah, great to have you here.

So Ellen, "Felt so good to sink into my body with your beautiful meditation. My body mostly wishes to be held in the circle, and I do feel held, but my need for this holding seems to be rather huge. My body also wants to be able to offer my gifts and be received. Embodiment turned out to be my strongest place on Clare's Map of Awakening."



Interesting. So I'm interested to know what you mean by your strongest place Ellen. Whether that's the place you connect to most or whether, I think that's probably what you're saying, like where you feel most at home? And I really resonate with what you're saying about the holding, about the longing to be held. And I want to speak to that a little bit and then I'd like you to come back in and say what's true for you.

Yeah, what's happened to us, in recent times on Earth as women, has been shocking and has led to a mass disembodiment. So many of us operating just from our minds, or just from the head up, the neck up, or at best just kind of from the waist up.



Artist Partner Arna Baartz

And being very full of heart and kind of giving out. Or we've disconnected from our heart, and we just operate more from our sexuality. It's kind of a split in the feminine. This kind of split two ways, it's kind of typical. And in order to come back in the place, there is a real place of being held in that process. So we can feel a sense of holding just by sitting with each other, by coming into circle and we can feel energetically. We can feel the connection and something is very, very relaxing about that.

And then actually getting closer and feeling that more on the physical. So literally sitting closer together, or actually holding each other, gives permission for more of us that have been split off, to come back home, into our bodies. It's so powerful. And it's such an incredible gift that we can give each other. And it needs to be done with such sensitivity because the thing is, the parts of us that have split off and the wisdom that has taken the sensitivity to parts of our body, they split off for good reason. They split off because it wasn't safe to stay in the physical in those moments. And they need to know that it really is safe to come back in. So if there's a real-life unquenchable thirst for holding - which I can put my hand up, I've had that at times, and I can still feel that the times - I would see that as long-term work. Not as if it's going to take forever, but it's not all going to happen in an hour. It's not all going to happen in one circle. You can do a lot in one circle. In three hours with a bunch of 10 women, you can do a phenomenal amount if you just want to work on the physical realm in terms of resetting systems, and inviting deep healing to happen and deep reclaiming to happen.

And, there will be a natural rhythm and timing in each of our systems. And we'll take whatever is possible to take in one session and something might close down again. And there's a real wisdom in that. So again, I want to point back to the not pushing through.

And I don't know if it's true for you, Ellen, I'm going to name it because I think it's true for a lot of us. The asking for holding can touch into a huge vulnerability because it can be from quite a young place in us that we didn't get that holding when we first had that necessary holding taken away. And so it takes a lot of courage to ask for the holding. But our body is grateful, and our bodies know it is essential for us to be fully in our power. It's so paradoxical that we kind of need to go to some of the most vulnerable places that feel like the weakest - which they're not but they get judged as the weakest - for us to feel our strongest. It's fascinating having to work in that way. So I'd be interested to hear what you say to that Ellen. I hope that makes sense to you.

Kathie, welcome Kathie from Canada, "For years on my healing journey of awakening I worked my body intuitively. I realized after years of working with my chakras - without thought - I was healing myself by working with my energy chakra system. During dream time at night, I spent all night long with one hand on my heart and my other hand on my other chakras. I spent most time on my root and sexual/creative chakras. Intuitively I moved up the chakra system in this way. I realized what I was doing when I got to my 3rd chakra - the "I love me" chakra. I was very, very ill from many things. This energy work was a major healing."

Gorgeous. Gorgeous. I get that. I really get that. And well, well done for listening so deeply and following your intuition so strongly. And it is extraordinary what we know without knowing how we know it. We do know what we need if we listen. So what you're describing Kathie I hear as a combination of energy work and physical work. So to have your hand on your body, it sounds like you had one hand on your heart and the other hand on other chakras, so actual physical contact. I mean, we're going to explore the energetic realm more next month.

And it's possible, as all of you will know, to change things without physical contact. And it's real. And to feel things without physical contact. And that is as valid as what we're talking about tonight, but tonight is focusing on the physical. That practice at night and in the morning, hand on heart, I used to do hand on heart, hand on the womb. And if you haven't got a physical womb space anymore, you can still put your hand on your belly where your womb was and connect to the energetic space of your womb, your energetic womb space. That's a very tender practice. And it's that holding of yourself, like mothering yourself, loving yourself. It's really, really beautiful. It is a very simple practice you could bring into the Grove. Just creating a beautiful space and finding a comfortable position, and then lying, just spending 10-15 minutes lying together with your hands on your heart, your hands on your belly.

Just listening to something, listen to something meditative or just drifting in the silence, and then sharing afterwards how that was. That's a very safe, and also a very profound practice that you could bring in.





Thank you, Kathie, for sharing. And if there's anything else you want to say in response to my response that'd be lovely.

Ruthe, "That poem is SO beloved to me... I have had it in our bedroom for several years. I take this as an additional sign of how much synchronicity and support can come in a virtual circle. Thank you. The simple hand to hand touching practice moved me deeply. I felt my breathing deepen and tensions ease. My Grove is twice a month on the phone. You have shown me how physical embodiment and deepening can happen through voice and intention."

Yeah! Wonderful. Wonderful. I know it's true and it's possible Ruthe. I've worked on a few services where there's been phone, email, tech support, and I have felt so much and the people that I've worked with, in my body, my energy. And I'm just wondering, is your Grove online because you're geographically spread, or because you want it to go online. I'm wondering if you ever get a chance to meet up. Because having said that, it does translate online, but there's something profound about being in the physical. There really is. I've just been in circles for two weeks in the physical - two different circles, one facilitating and one a peer cycle on the land for two weeks - and it's just extraordinary, what that holds - the coming together and the being on the land, you don't need to do much else.

I encourage all of you to do the embodied practices as much as you can as well. Okay, let's see what else.

Fee, "My body is feeling excited within my touch today. I've had a first pain free winter in a while." Oh wow, good. "And through touching and listening have felt a long-held story has moved on. My touch goes deeper, feels like a relief to not meet with old fears and to experience a deeper sense of myself." I really hear you, really hear you. And of course, it's a relief when things relax and dissipate, that's going to bring relief. And when we do repeatedly meet with the same sensation and the same contraction, what that contraction and sensation and pain is longing for. And I know this is challenging, and I don't live with pain most of the time. I'm not someone who... I've had periods of strong painful sensations, and I've worked with strong painful sensations, but it's not a day in/day out experience for me, so I can't pull from that level. When I put myself in that place, it feels so tough, so so tough. Oh my goodness, one of the hardest paths of all time. So I'm not saying this, I don't want to minimize anything by saying what I'm about to say. When we encounter contraction, and when we encounter pain and difficult sensations, what they long for, of course, is to be met with acceptance. And of course, it's not always possible to do that. And that's why having someone alongside us at times is so important, so important to kind of widen the energy field that those contracted sensations are held in.

So what happens if one woman is feeling something in her body that's painful, and other sisters that she trusts are close to her body, maybe with our hands on her body in ways that she's given permission for, there's a wider field that that contraction in her body can relax into.



Some of us, lots of us are moving things through our system that is a lot for one system. We do it in different ways. Some of us move huge emotions through our bodies, though I call it our systems. It's all of us. It's our energy, physical, emotional, mental, spiritual system. Others move huge physical... on the level of the physical move huge physical sensation through their bodies. And at times it is too much for one system, so the need to come into circle and have support is there. Lovely to hear that, Fee. Really, really lovely.

Ellen, "Yes, Jenny, so much vulnerability from the infant and child who was not held." Yeah, absolutely. "So much healing is now opening up to be held, especially by women. I was quite hurt by my mother, who was deeply wounded and grew up in a generation where women were told not to nurse and to let their babies cry it out in their cribs!" Yep. "So there has been a rigidity in my body/being of trying to hold myself...and not relaxing and trusting others, especially women. But I grew up backpacking, and wilderness opened me to so much sensuous pleasure, making love to rocks, rivers, trees, mountains. This love affair has helped me embody and is where I get my strength. I find my body knows so much more than I'm consciously aware of."

Oh my body is just responding to your words Ellen, really responding. I resonate with a lot of what you said. And yeah, there's a lineage, there's a lineage of women behind a lot of us who (a) didn't get what they needed and (b) were misguided in what their nature would have been to give to their children. And there's a lot of pain there. So this wider, wider mothering from nature is so important. And absolutely - resting against trees, lying on the earth, making love with the mountain, with whatever in the natural world, is also absolutely embodiment.

So having a Grove in a grove of trees and just all leaning against the tree. And then Sistering, doing a Sistering practice. And being sistered as you describe, "What's going on in my body right now?"



Artist Partner Tamara Phillips

Again, that would be very safe and would be an edge for some women, to just even name my body feeling tight right now. I'm feeling like a creeping over my cheeks as I feel you looking at me. That's an edge. And it's kind of finding processes and practices in the Groves that really meet the women where they are in your circle and of course there'll be a spectrum. There's a beautiful line in a song about going as slow as the slowest part of me needs to go. And there's some truth in that. In a group, you have to accommodate the women who need to go slower. And, Terra is going to smile at this I know, we're tuning forks for each other so we tune each other in different ways. And the women who appear to be going slowly will actually be putting other women into a vibration of growth. The woman who appears to go fast will be tuning women in different ways. There's no hierarchy in the Sisterhood. Women might have more experience in some way, but the gifts they all bring are very equal.

Okay. Abi, "We have spent time offering touch in small groups, which has been really nourishing and a great place to practice our boundaries too. I am interested in bringing the subject of how we feel about our bodies and all the conditioning that we have had around it. It feels like quite a vulnerable subject but potentially so healing to name some of the shame we carry and re-write stories together. I enjoyed the touch of my hands so much, so delicious. Thanks, Jen."

It's lovely to hear that Abi. And it's lovely to hear what you're doing. And breaking up into small groups. Really, really beautiful. If your Grove is maybe bigger than six or seven women, break into smaller groups and start bringing embodiment practices in with each other. I love the area of how we feel about our bodies. A way that could be safe to do this or that could feel safer - it will feel an edge for some, maybe all - is to be sistered from parts of the body. So again, set out the Sistering practice with one woman taking a turn, and each take it in turn to speak from certain parts of the body. So to speak from our breath, to speak from our belly, to speak from our face.

The parts of us that get so much conditioning as women that we have been told a million times should look like this, shouldn't look like that. Too this or too that. Not enough or not enough that. No matter what kind of body we have, even if it's a "perfect body" by the media standard, we are still going to have absorbed not enough/not good enough to some degree, particularly in the West. I'm interested to hear more differing cultures around this because it's not the same everywhere. However, in most parts of the world, if not all, women's bodies are being heavily abused in one way or another. So the disembodied Feminine is very real all across the globe.

Okay, so we've got six minutes left. It's really lovely to have the comments.

So Ruthe, "Our yet-to-be-pinned Grove is global: USA, Canada, Germany. We talk on the phone - not the internet. Four of eight of us have met in person after four years together. I may suggest we try Zoom so we can see one another." Lovely. Really lovely.





Yeah, I'd encourage you to do that Ruthe, because I think if you've got the visual and the kind of eye contact – you can kind of make eye contact on Zoom a little bit more - that might support something.

And Ellen's come in, "Sistering and naming my body responses is definitely a huge edge for me!"

Great. Great Ellen. And so as the Grove Tender, maybe try it with one of the women in your group first. Ask one of the other women that you have some trust with, an affinity with, to do it as a practice first, so you can experience it because my memory is that you're Grove tending alone in your Grove at the moment. And then you can bring it to the Grove with some confidence, and some empathy. And you're already going to have empathy because it brings that up in you – "Oh wow, I can feel that going to stretch me" - when you offer to facilitate it for the other women. And that comes up for the other women like 'Woah, I don't think I can do that' - you can really be with them in that.

And you could do it for a minute. What are the ways that you can invite women to stretch in this way? Remember the safe/the comfort zone, the stretch zone and the panic zone. We want to be really careful that we don't take women into a panic around this because what the danger is, what happens is that something shuts down. And the woman continues to do the practice, because she's kind of lost trust with herself, and she's lost her....she's lost her radar basically. So when you're doing embodiment practices in your Grove, keep checking in that it's landing. So if you're doing something, do it really, really contained initially. So a minute of the Sistering, just to be sistered naming what's going on in the body for a minute. And then go into pairs and show how that was. That kind of puts some safety parameters.

And maybe the same with you Abi. Do it in pairs, speaking from your body. Speaking from my belly. It's incredibly vulnerable. And we're in the month of Reveal at the moment with the Inner Journey with TreeSisters. These are very revealing practices, very revealing practices, sharing how my body feels in the world. It's like an invitation to come in much more deeply to each other. Very, very rich.

Abi, "Aha I think you just answered my question of how to do it!" Brilliant. Brilliant.

So we've just got a couple of minutes left. If there's any final reflections, comments, feedback, you're very welcome to give them. I'm going to just look at my notes to see if there's anything else I wanted to say.

Sounds and movement - a very safe way to come more into the body if it feels like your circle, or you as a Grove Tender, you don't feel confident yet to go to the direct contact. So dancing together, playing music and moving through the elements, so earth, fire, air, water. Doing that, moving through the space will help all of you become more embodied together. That's really beautiful. And it's a stretch for some women to do the dancing.



Everything you offer will be a comfort zone for some, stretch zone for some and that's okay. And that's why it's good to get feedback from your Groves - what would you like? What kind of things are you enjoying? What do you want to grow through? That sort of stuff.

I'm going to finish. I'm going to just look back at the page, and then I'm going to finish by just sharing something about wolves. Any final comments?

Lure, "This call sounds so beautiful. I'm sorry, I missed the middle bit but so looking forward to hearing the rest."

Yeah, thank you Lure. Feels really nice to be exploring this. I've had a very long journey around embodiment, and I'm excited. I'm excited for this to come into the Groves.

And Juin, "Beautiful, loving this session, so much food for thought, feeling very soft and tender, feeling held".

Sending you so much love to you Juin and really, really big hugs.

I just want to share wolf wisdom. So the wolf, the wolves, a matriarchal species. And one story of wolf pack behaviour is that when they go out hunting and they come back from hunting, and they're tired, and maybe their systems are a bit stressed, whatever - they lie close together. You see dogs doing this as well as cats. They lie close together, and they bring their breathing in sync and they breathe together until their breathing is in sync, which is a sign that their nervous system has come back into balance. And I think that as a practice for women can be taught. And I know that there's a journey to get there, that's not going to be a comfort zone for a lot of women to go straight into that. But just hold that as maybe visualize on that and meditate on that. And you could sit in circle and just let your breathing come into sync and hold hands. And you can build up to it slowly.

Anyway, we are at time. And as always, I would love for further discussion to happen on the Groves page about this. I'd love the sharing, the questions. And we can just come back to this as often as you want. We will definitely revisit this again in the future, this area, as there is like you said Juin, much food for thought.

So let's just return to closing our eyes and in our circle in the forest around the fire. And let's just bring our hands in front of our hearts in gratitude for ourselves and each other and these beautiful, beautiful trees and the Earth that holds us. inviting our energies to come back into ourselves and letting the appreciation for each other and our network just move through our bodies. Just feel that appreciation move through the system. And thank you so much, everybody, who's attended. And then thank you so much for all of you, for what you're doing with your Grove.



So much love to all of you and look forward to connecting with you again really soon. For now goodbye.

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





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