



Art on left by Andres Lie; Photo on right by Martha Bergmann

The Emotional Body

As a way of deepening our understanding and appreciation of Feminine Nature Based Leadership we are going to dive into an exploration of 'The Emotional Body' the part of us that feels and responds emotionally to all that we experience in life. One of the qualities of the feminine is her capacity to feel deeply, and for those of you who are aware of The TreeSisters Blueprint for a Restorer Species, you will know that the first half is very much about connecting to our feelings about what is going on in our world so that we can be more deeply informed about the best ways in which to take action. This is part one of a three part series.

Welcome everybody, welcome to the June Grove Tenders Wisdom Circle. Really warm welcome to all of you that are here live and also to all of you that are listening to the recording. And a particular hello and welcome to any of you that are here for the first time and maybe have just discovered TreeSisters or the grove tending element of TreeSisters.

It's really, really beautiful to gather in this way and to feel our network growing more strong every week. You know, it's really, really rooting down in the grove tenders aspect of TreeSisters, which is just beautiful, really beautiful.

So as I've mentioned, this call is going to be recorded and it will also be transcribed for our Grove Tender sisters who don't have access so easily to the internet across the globe. So just being aware of that.

And whilst I say a little bit more about the call, it would be really lovely to know who's here, where you're from. And given the call today, we're going to explore the emotional body, the feeling body, it would be really lovely to know how you're doing in your emotional body, in your feeling body. So it's just great to get a sense of the circle that we've gathered, and whether any of you are here for the first time. So you can do that by bottom left-hand corner of your screen, there's a little chat box and you can just enter your name, where you're from, and how your emotional body is doing right now.

So these calls, for those of you who are new to listening to them, we gather once a month in circle in this way. And it's a chance for you as a Grove Tender to really come and receive from us TreeSisters recognition of what you're doing and appreciation of what you're doing as an organisation we are so dependent on the women in our movement stepping forward in service in the way that you're all doing, and this is what's making the difference. This is what's seeding the vision, strengthening the vision, planting more trees, connecting more women to this journey of reinstating the feminine consciousness back into its rightful place.

So I feel so much appreciation for all of you in what you're doing. And it gives me a lot of joy. Because I can also feel the delight in the journey of so many of you. And it's not to say it's not without stretch and challenge, it for sure is, but what I'm really hearing back is the absolute delight in creating these circles and in gathering with women in this way.

So we come together each month to explore an aspect either of our in-breath, which is the way we nourish ourselves in these circles or nourish each other and do things like drop more into our feeling bodies, into our feeling natures, into our sisterhood. And then we also explore aspects of the out-breath which is the inspired action that rises naturally when the in-breath has been deep enough to connect us and root us down into that feeling of resourced and connected, the actions that want to happen in the world through us. They kind of naturally rise, they don't need to be pushed.



And it's so important for us to have both these elements in our circles because, as we've seen, activism in the world can really lead to burnout if it's not nourished... if it's not nourished and space to feel about it and process. So that's the model of the circle.

And so we explore a particular topic each month and sometimes we explore something in more depth, and this is the beginning of a series of three, and we're starting with the emotional body. We're also going to explore the energetic body and the physical body because they're all elements of certainly being in circle as a woman and certainly being in a woman's form this lifetime. So this is a really lovely chance to go a bit more deeper into the topic.

The emotional body, the feeling body, is really something that is calling for attention right now. And it deserves a lot of attention despite what any of us have been conditioned to believe, what we've been told about our emotions, the kind of cultural learnings that have been passed down to us. There's a lot of unravelling of that in order to really reclaim the absolute gifts and beauty of our feeling natures. This is part of our journey today.

I'm going to just check-in and see if anybody's been able to let us know that they're here. You're starting to come in, that's really beautiful.

So we've got Juin from Birmingham, really lovely to have you here Juin, and she says "Hi Jenny, my emotional body is experiencing turbulence just now, lovely and soothing to hear you through this morning."

Really lovely that you're here Juin and so much love to the turbulence you are experiencing, it can be very, very stormy in our feeling bodies at times.

And we've got Karen from Marbella, Karen it's gorgeous that you're here, and Karen's sharing is "Hi (Jenny) very sad and empty over the last few days." Really sending you love Karen and I'm so glad that you're here and your sadness and emptiness is very, very welcome.

And Merrilee from Andorra, Australia says "I've been feeling very tired but feeling more alive here." Gorgeous to have you here Merrilee, really, really gorgeous. Yes, welcome.

And Vanessa from France, "Hi, I'm Vanessa from France. My emotional body is quite tricky these days, I find it difficult to find rest and stay centered."

I really hear you, Vanessa, I really hear you and I really know you're not alone in that. Yes, there's a lot of nervous systems in our world that are on alert a lot of the time right now. Again, lots of love to you and so glad that you've joined us and that we have another Grove Tender in France, it's really beautiful.



And Rachel, "Hi Jenny, lovely to be here and hear your voice, on day 27 of my cycle, really ready to be still and soak up today's shared wisdom." Gorgeous, lovely to have you here Rachel and I know you're in the UK.

And we've got Gomati from Honeymoon Valley in New Zealand, Gomati, "Blessing sisters, this is Gomati from the far north of New Zealand. My name is Gom-are-tea, rhymes with 'from a tree' Gomati, if that helps you with pronunciation. I'm so with you all in spirit as I sit alone here by the fire on this wet winter's eve, listening and feeling with you from these 84 acres of wild forest and rushing mountain streams." Wow. "I'm feeling at peace and dreaming up my future grove here and so grateful for the connection and inspiration in this circle." So gorgeous to have you Gomati, so, so gorgeous. Thank you.

So more women may well come in and join us through the course of our time together. And everyone's welcome at any time. And I will come back to the Q&A box to check on it in a little while.

And yes, so I'm in West Wales in the UK and I am the Groves Mama Jenny within TreeSisters. And my emotional body is feeling very, very present these days; a mixture of tender, it's changing a lot, very changeable and right now it's feeling a mixture of tender, a bit contracted, but also really, really calling to me, like it really wants my attention.

And that's partly why I was drawn to offer this because I kind of trust that what's moving through me is not exclusively personal, it's, I've got my version of it, but also like all of us, I'm tuning into the cycles, the rhythms, the ebbs and flows that are in our collective experience. So I feel that the emotional body is really something that wants to be noticed and responded to and listened to, really deeply at the moment.

So what we're going to do is we're going to start, I'm going to do a little bit of input about the emotional body, the feeling nature of the feminine.



Artist Partner [Arna Baartz](#)

And then I'm going to drop us into a short but hopefully relaxing and restful meditative space. And then I'm going to ask you some gentle inquiry questions about your relationship with your emotional body. Because I'm not the expert here. I'm the expert on my own experience, my own emotional body, but I know equally you are the expert on your own. And that's not to say we are islands, it's really important that we have the support of each other and we can be really inspired by each other, but ultimately our own expertise lays in our own system. And that's what we have the power in, to track and to respond to and to really honour.

So if you get yourselves really comfy and have something to journal onto, if you haven't already, just a journal or a piece of paper and a glass of water. And do what your body needs to do; if you need to lie down, lie down, if you need to get under the duvet, get under the duvet, if you need to really stretch and take space follow that. Just really, just really listening, listening to what's true for you in each moment.

And as you're doing that I'm going to just start giving a kind of context. I was just saying to Rachel, who's supporting this call, and I really want to thank you for doing that Rachel, these calls flow so much more easily because of the tech support which sits behind them and Rachel and Terra alternate, and this is how we've got Rachel holding us, so thank you beautiful, it really makes a huge difference. And I was saying to Rachel just before the call started that I had a dream, I woke up at three in the morning, that was a highly anxious dream about this call. And it wasn't in my conscious mind. I was really looking forward to this last night when I went to sleep. I do really enjoy these calls, although it's a bit of a stretch at times to do them. But more and more it's becoming into my comfort zone.

And so I woke up from this dream where I was late for the call; it was a classic anxiety when I couldn't find the website to log on to, I couldn't read anything because I couldn't find my glasses, I couldn't find my mobile phone. And there was another TreeSister here in the space who I don't know, I just know her through the online community, and I felt really exposed, for her to be seeing me in this real muddle and I woke up and I realised it's the content, it's the content of what we're exploring today, it's not doing the call, it's the daring to honour our feeling body, because like all of you, I'm sure, to a greater or lesser extent, I've been really shamed and shutdown and ridiculed for my sensitive emotional feeling system. And because of that, my system has a belief it's not safe to acknowledge feelings, to feel them and let alone celebrate them. That's kind of the context that we are in, so, that's all there in front of getting to our actual feeling nature and letting her flow, which is the nature, our feeling nature is to flow, to flow through us and tell the truth about what we're experiencing at any moment.

So I just want to name that because it's very easy for us as women to negate ourselves, to attack ourselves and to turn unexpressed emotion and unexpressed feelings into negative self-talk, and which then form negative beliefs and then creates a whole system around low self-worth. And actually, our feeling nature is one of our greatest powers, it truly is, it truly is.



Okay, so we'll go back to more context later I'm sure, as we get into more of a discussion, but for now, I want to guide us into a connection and an invitation to open softly and courageously. So let's close our eyes and imagine ourselves around a fire in a forest. See ourselves sitting in circle around this fire and extending our hands to the sister on our left and the sister on our right. How delightful to be connecting with each other from Europe, from Australia, from New Zealand, sisters from America. So let's see ourselves holding hands with each other, delighting in being close. And then behind us, let's see all the other sisters in our network, all across the world; sisters from Asia, from Africa, from all the far reaches of the globe, just lining up behind us, their hands on our back, the sister behind them, hands on her back.

So like a star going out from the fire, a star of sisterhood absolutely supporting. And let's drop our roots down into the soil, this beautiful, dark black soil. Some of you will have seen Clare's Facebook Live from the Kogi's; one of the core messages is that women simply are black soil, dark soil. So let's drop our roots down into that rich nature, that makes us up. And as those roots travel down through soil and rock they kind of intertwine with each other; dancing, tickling, stroking. And we start to remember, in the core of ourselves, we start to remember the truth of what we are and the connection that we have with all of life.

I'll invite you to just really notice your breath, that air element in your system and, without forcing, just noticing how your system is being supported through being breathed, just notice where in your body you can feel breath happening, even if it's really subtle and really shallow. Nothing wrong, it's all information, so just noticing and maybe putting a hand on the part of your body where you can sense the breath; it might be your heart, it might be your womb space, it might be your solar plexus, it might be just around your lips where you can just feel the faintest echo of breeze as the breath passes into your nostrils.

I'm really inviting you to feel and drink in this circle of sisterhood, we are all with each other, together. We can't do this alone, we need each other, we need to strengthen the collective body in order to strengthen the individual body back to her fullness. And just, in your mind's eye, just squeezing the hand of the sister on your left and right, and then letting it go and just bringing your hands back to yourself, at the same time still really feeling the presence of each other.

When Clare had the car crash into the tree and was given the download for TreeSisters, and was told that women are the missing piece and that the work of TreeSisters was to reinstate the feminine, what she later learnt through the map, which has now become the Blueprint for the Restorer Species and the Inner Journey, is that we have to feel for what's real and what's true, in order to know what needs to happen and needs to be done in the world. And it's through this feeling nature, this feminine feeling nature that we receive our guidance and that we are birthed back into the really powerful feminine energy, into expressions of that energy.



So as you gently scan your system it might be really apparent, your feeling body might be really, really strong, there might be waves washing through you, of emotion, and emotion simply is energy in motion. So our feelings are literally energy, and if we were without any conditioning, without any block, energy would simply flow. Tears would come, hearts would open, joy would be expressed, anger would be expressed and all of that would pass through us, effortlessly and easily.

So right now just drop into your system. Some of you may be experiencing strong waves and others of you might be less so but that doesn't mean your feeling body is not present. So what are the signs of your feeling body? How can you sense her? What quality of listening is needed to feel what's here?

If you move down the front of your body, through your throat, and your heart, and solar plexus, and womb space, down to your root. What do you want to say to your feeling body? What's the most precious thing to you about your feeling body and how can you express that to her?

And what's something you want your feeling body to know, what's something that feels important for you to let your feeling body know? And again, see if you can find a way of expressing that to her.



Artist Partner Alice Mason

And this time I want it to be the other way round, I want you to really listen to your feeling body, your feeling nature and I want you to ask her, how can I open to you in ways that will serve me? How can I best open to you in ways that will serve me?

And just trust what comes. It might not make sense, it might not be what you were imagining you were going to hear or receive, and if it's not clear just give it more time or you can come back to that same enquiry.

And then having asked how your feeling body can best serve you, a last question is, what wisdom do you have for supporting the feeling body in my Grove? And this is to your feeling body, what wisdom do you have for supporting the feeling body in my Grove?

And then when you are done, just returning to noticing your breathing, again no forcing, just noticing where the breath is moving through your body and feeling the contact between your body and whatever you are resting on; chair, the earth, the floor.

And I'd really love to hear any sharings from that, that you have, that you feel willing to share with us. So again, bottom left hand corner of the screen, the Q&A, you can just type into the Q&A. And also any questions you have, about working with the emotional body, the feeling body in your Grove, in our Groves.

And as you are doing that I'm going to share what came for me as we did that journey. So, in response to the preciousness, the thing that's most precious for me about my emotional body is how alive, it really connects me with being alive, it's like a direct experience of life moving through me when my emotional body is flowing. And, kind of, a feeling of being opened by life, that's really, really precious.

And then when I asked for guidance from my feeling body I was shown to sit in front of a tree and to really lean back onto the trunk, and it was something about really helping my energy root down, so that my emotional body can flow ever more freely, and about really rooting down into the lower half of my body, right down through my feet so that my emotions can do what they need to do much more easily. And then, in service to our Groves, what came was a sharing of all the different wisdom that we all have, because there is so much wisdom; in us, in our circle, in life, about something so natural as our feelings.

I'm trying to recall the fourth one, which I think was the second enquiry. Yes, for me, I kind of receive my emotional body very much through my sensations, through the sensations of my body and through, it's hard to put it into words, an experience of being opened, a bit like what I was saying about when the preciousness of it I feel opened, or there is an invitation to open and that's how I sense my emotional body.

So I'm just going to go back on the Q&A and it's lovely that we have also been joined by Anna-Maria from Stockholm who says, "I'm visiting the North of Sweden at the moment, always help me to calm down, getting back to myself and getting back strength as I've been disassociating a lot lately and not been grounded for a couple of weeks. Lovely to be here for the first time."

Oh, it's lovely to have you Anna-Maria, you are really, really welcome, and how beautiful for you to be visiting North Sweden, wow. And I just want to respond to what you are saying about the disassociation and not being grounded. With all these ways that our system very wisely takes us out of feeling, because at certain times in life it's too much, and that might be a historic thing, it might be an association that a certain feeling triggers, a memory of when we experienced something that our systems were just not robust enough for when we were younger or when too much happened at once in life, and so there's these mechanisms in our psyche, like disassociation, like shutdown, kind of survival strategies.



And they are really, really wise and then at the same time, over time they can get in the way of our longing to be fluid and open and flowing and that's why we need practices coming together, practices where we can really safely and gently come back into our feeling nature. Thank you so much for sharing Anna-Maria.

Karen from Marbella, "My feeling body tells me it has infinite wisdom and just to trust it will come through with going into the experience and flow of life."

That's really beautiful and I really, really, really get that, it really lands with me, there's something about, our feeling body is not something we have to work out, it really calls for trust and receptivity and it is mirrored in the flow of life. You know, life is very, very fluid and it will, life will guide us in this way. So yes, that's beautiful Karen.

Vanessa, "Hi Jenny, I find it difficult to distinguish between my emotions and the emotional field surrounding me. Is this distinction necessary? Are there any practices for not getting overwhelmed and just able to let them flow through?"

Such good questions Vanessa, really, really good questions and I can certainly give you my take on it and then I think it is a really important thing for you to journey with as an enquiry for you, because my system is going to be different from your system. So I think it is possible to distinguish to some degree about what is really live in our system and, what's more, live outside of us. Ultimately, there's no distinction, you know broad, broad brushstroke, we are all in this soup but, on the level of the relative in each human body, I do think it is possible to distinguish the difference.

And if you are someone who is very receptive and very sensitive to energy fields and you feel that you are getting overwhelmed a lot, and that you are not able to distinguish what's mine and what's yours, then I'd say it's really good to find a practice that will help you come back to your own edges. It's not about shutting down but it's more about protection and healthy boundaries. So I would really, you know, what I have done and what I've encouraged other people to do, is explore relationship to boundaries, explore relationship to feeling responsible for others, explore what happens when you say no to someone else's needs, what that touches in you, how able are you to do that and feel your centre.

And we can go into this more on the energy call, which we will do later this year, but there is something about energetically calling, really calling our energy in. Our emotional body, our physical body, our energetic body are obviously very intertwined and they do operate as one system but it can help to separate them out for the sake of exploring elements of ourselves. And there's a way in which we can call ourselves back to our centre, literally one way is just through our name, so if it was me I would just be like, "Jenny, Jenny, just come home right now, just come here, come here, Jenny."



So that's a really good practice for just coming right back to yourself in any moment. "Jenny, just come here, just right here and just feeling, feet on the ground, feeling sensations in your hand, just really coming back to your physicality." But those other things of boundaries and real inquiry into, do you hold a belief that you're responsible for other people's feelings, I think are very, very useful areas to explore.

There's a bottomless pit of emotional energy that isn't being felt on the planet that is looking for a place to be felt, and that's the work some people are doing. But we can only do that if we're in a robust and resourced space in ourselves. And I was somebody who, for a long time, hoovered up any spare emotional energy that wasn't being processed, and got really, really full in my system, I've got a system that can take a lot of emotion, but actually I was taking a lot of emotion that didn't really want to be transformed. There's a lot of stuck energy on the planet at the moment that's resistant, and it just doesn't really want to transform and raise.



Artist Partner Meganne Forbes

So there's something about being really selective about what we want to open ourselves to and it is possible, this might sound really strange to some people, but it is possible to make a deal with our system that we only feel and receive what's willing to be transformed and what's helpful to us. So it's like we can really tune into what will happen in our own systems and obviously that can change at different times, but you're perfectly within your rights, and I really encourage you to do this if you're feeling overwhelmed, to say, to affirm somehow, so right now I'm really enjoying that I'm feeling my own feelings and letting go of feeling other people, putting it in the positive, putting it in the present moment and just having that other affirmation and that's like inviting life to support you on that journey.

Yes, so there was a few things there, and they take time you know, those inquiries, they'll take time. Commit, maybe travel around a moon cycle and ask the moon to help you explore your relationship to your own emotional body and the emotional field surrounding you and just really notice, especially how you feel at different times in the cycle of the moon because that obviously will impact us as well. So I hope that makes sense. Let me know if that lands.

Oh, we've got Natalie, welcome Natalie from Dublin, Ireland. It's gorgeous to have you here. "My feeling body is so powerful that I often don't dare to connect to it. But I can feel now how connecting to the healing power inside, I can bring that to the world. Thank you, sisters. "Yay, gorgeous Natalie and what I want to say to you is that coming together in circle, even like this, it creates a really strong field. And if you are somebody with a strong emotional body, sometimes being alone with that it can feel too much and being in sisterhood, being in a circle, where the energetic field starts to strengthen and there's an intention of supporting each other and a stronger receptivity, individual emotional bodies can start to relax and they can start to come out more. You know I've found that hugely, that in circle more of me can come through. So I wonder if it's something to do with being in circle and that's something to really consider in your Grove.

That's why women need to gather, there's something about the fracturing of us that's gone on, that in coming together in circle, we are healing that and we're creating a strong enough field for broken parts of us, or wounded parts I'm going to say, not broken, wounded parts in us, to rise up and be healed. Because if there's a history of shutting our emotions down, being told to buck up, being told that we're making a fuss, that it doesn't matter that you're not feeling that and all of those messages that have been given to us, there's going to be a backlog of emotion and as it starts to move through our system, it can feel like a tidal wave.

My friend always likened it to a river that's been dammed and had loads of crap put in it, like shopping trolleys and plastic and litter and all sorts of stuff. And then if you undam that river the water flows but first of all, it has to clear out all that rubbish. So if there's a backlog of unexpressed emotions it can get a bit toxic in our system, and when it first comes out it's not necessarily pretty, it can be really messy.

And again, that's why we need the holding of a circle to clear that, because it can feel really scary to be out in the world as we're starting to open up when there's a backlog of stuff that's really, really raging in a way that's blaming and shaming and toxic and, if we express that in the wrong place, that's going to just create more of that, but it needs to be expressed. And that's why these circles are so important to create safe havens for us to cleanse and purify. I hope that makes sense.

Gomati, "I feel the preciousness of deep, sensual pleasure in my feeling body, in wide-open connection with mother earth, like a tapestry of the forest growing organically in my cells. I touch and feel her depth in me, her wisdom flows through me from this place of deep connection, the wisdom that knows all truth in every moment. This is the gift that comes to my Grove, calling forth from the powerful synergy of a circle of women."

Oh gorgeous, oh, beautiful. And yeah, so, so lovely that you've named the sensual nature and the sensual pleasure that is, absolutely, you know, as we open more to our feelings, we open more to our deeply sensual nature, our deeply erotic nature as women, our deep, deep connection with all of life, and it's hugely expansive, deeply nourishing.



That feels so rich Gomati, so rich and that's very precious for you and for the women that will be coming to your Grove, thank you.

Juin, "My emotional body is the place where I receive information about the web of life and my response to it." Yes. "I was guided to be more expansive, allow myself to feel more supported by life for the Grove, a sense of accepting, trusting and deepening through creating a profound sharing space."

Oh my goodness, how beautiful, and I love the way you are all saying it differently. I feel that you're all rivers going to the same sea, but you've all got these different ways of travelling there and that's what's so rich about these circles, there isn't one way. And I really get what you are pointing to Juin. As we expand and allow ourselves to feel more, we are going to be more informed about what's happening and that is going to guide us. So Juin, a question. Within that practice that you're doing and opening more, what do you put in place to ground yourself and come back to a place of centredness when you receive a download or an influx of information from the wider web, that would be really helpful.

Anna-Marie has come back in and said, "I've crossed my boundaries in the past week in three different and profound ways in order to try and belong and feel like I'm everyone else. This has taken a toll on me. I'm so tired and in so much physical pain. I got in contact with my grief now, my body said leave me be, don't push me like you do and also pray for help to accept the past and its consequence on me, my life and ability to love, feel connection and belonging. So difficult to accept, because if I do then it's a reality, and a part of me still struggles and doesn't want it to be. Thank you for this and your warm welcoming."

Yeah, I get that, I really get that, it's a dance between the really wise parts of ourselves that really, really trust the process of allowing, and really trust the process of opening and letting go and put aside the need to push. And then these other parts of us that, I would say, are like the younger parts that got arrested in their development at certain times in our lives. And they don't, and they can't trust that wisdom, because they haven't grown into it yet. And it's a dance between not making those young parts that want to hold on because they got a blast of connection and a blast of feeling through it, it's not making them wrong. And it's finding a way to convey the wisdom to them through love.

This is really big work, it sounds so easy doesn't it, let's just really open to our feeling body. But in doing so, we open to beliefs, we open to all the places that have shut down, we open to all the behavior patterns that have developed, the desperate places that are in us, the rigid places in us, whatever, we have all got a version of all of these in different ways. And in doing this work, it will bring light to the shadow. Because what we're doing, Clare calls it pipe cleaning, we're basically flushing out the system so that it can flow again, and inform what needs to be done through the masculine side of us, what needs to be done out in the world.



This first half, the left-hand side of the map, Reveal, Embrace and Embodiment, it's the soft feminine but it's also the strong, fierce feminine. Dropping into our feeling nature is not all soft and fluffy, it's really powerful. It can be really fierce, it can be really, really confronting and when we push, again we've all got push in our system, and push is something that is being really worked on through the TreeSisters network at the moment, because we're recognising it in the core team. There's been a dynamic of push and withdrawal and it's something that really, really wants to be healed because it's really come out very, very clearly. So it's for all of us to journey into that tendency to push ourselves and to shut down because they are how we push outward and how we push inward.

So I want to reassure you that you're so not alone Anna-Marie with overriding yourself for the sake of security, for the sake of feeling something rather than shutting down or disassociating, you're really not alone. It's not wrong, it's not bad, and at the same time, it is something that's calling out to be transformed. You're naming it, you're really noticing it so you're on that journey too.

So, another invitation for all of us to really, really become conscious of the tendency to push and override and when we are opening to that flow of feelings that's been blocked and we start to feel, our systems might start to get a bit frightened and there will be a tendency to push emotions out.

And there was a time, and to some degree, there still is a time for doing some cathartic work where you go to workshops or places where you're really encouraged to do very full-on expressing. It was very, very popular in the last few decades and it's still got a place if you're really, really numb, and there's no judgment here, you are numb for a good reason. If you're really numb, really shut down, sometimes cathartic work is really helpful and I really want to name trauma.



Artist Partner Tamara Phillips

We shut down for good reason, because of trauma in our system, and trauma is not something to push through. There is a danger of reactivating trauma and this is for all of us to explore and educate ourselves around, there are loads and loads of resources that we can go into to find out more about these areas.

We really have to take responsibility. As Grove Tenders what I always say is don't ask anyone in your Grove, don't encourage anyone in your Grove to do anything, or to go anywhere in themselves that you're not confident you can support them to come back to a centred place from. That's an absolute guideline, and don't suggest anyone does anything that you haven't done yourself.

You have a responsibility as a Grove Tender to hold the boundaries and hold the container of safety, and it's a dance between really encouraging each other to explore, and to absolutely become our own expert on our own experience and, in the same way you probably notice me doing, on these calls, there will be things that I respond to quite strongly and say, I really want to encourage you to relax with that or to really give yourself permission around that, because my system is sensing something of push or self-attack in the feedback that I'm getting from somebody. So as a Grove Tender it's navigating those moments where you feel a sister in your circle is willing to push herself through in a way that might actually harm her.

Okay, I'm just going to see if there's anything else that's come through. We've got Tess from Bristol, welcome Tess. "Not taking things personally, i.e. other people's behaviours towards you, especially when it's incongruous with your feeling about the reality of the situation, means you don't pick up that energy or attach the blame etc. to yourself, it skims over you. My feeling body is information, I trust it. I recognise where ambient messages are relevant, a certain resonance. If I don't feel to do something, I'm starting not to do that thing. I don't push my energy against its will so much, but a wild and petulant energy still speak sometimes. What a wonderful journey in relation with my body, loving yoga to support this, making artwork around this."

Oh Tess, how beautiful, thank you so much, you're so resourced in this area. Yeah, absolutely that guide of not taking things personally, which really ties in with not feeling responsible for other people's experience. Yeah, so, so beautiful. I know something that's got me into trouble in the past is a longing to be really open because it feels so beautiful to be so open, and at times I've opened myself up more than is good for my system and I've been more porous than is actually healthy for me and I haven't been discerning. And what you're talking about there Tess is the discernment and it links with what Juin says about the information in our body. Our feeling bodies are really, really receptive around information.

My system is feeling really joyful right now to hear and receive the wisdom that you're bringing and all of you are bringing so much wisdom. Those of you that are suggesting ways to hold boundaries, those of you that are exploring experiences of override, all of this is so useful.



So Juin's come in saying, "I moved away from the computer for a moment but I think I heard your question correctly. Receiving information from the web, I notice how my body responds, I notice how my three brains respond; gut brain, heart brain and the one in my head too. This enables me to see some of the places where I'm holding on, avoiding or stuck in habitual response and observe them with compassion and tenderness. Often true acknowledgement of what is or what I am really feeling is enough to move through inner emotion. This is what's happened to me this morning. When this call started I was feeling quite upset about an issue I often get triggered by. Taking a space to see what I'm really feeling, as we just did, has moved it on."

Yeah, absolutely. Absolutely. Thank you, Juin. Giving ourself space is really, really crucial. And I think, you know, I'm talking a lot to the experience of having a backlog, because when we've got a backlog that's what will create a tendency to push and so if we have got a backlog in our system with unfelt, unexpressed emotions then we do need to create space. A daily practice, 20minutes, something like that, makes a huge difference, of journaling, of meditating, of mindful movement, of lying still with your hand on your heart and your belly and just letting your system know that you're there present with her, anything like that will start to soften your system and will bring your system more alive, and movement, breath and sound are three really good keys for moving energy and we can we can go into that more in the energetic body. All of these three sessions are going to really overlap, they are absolutely, so we're in an ongoing inquiry into these three topics.

So we've literally got a couple of minutes left and I'm just going to see if anybody else has come in with anything else. It feels like this topic, and I'm so glad we are going to do this series of three, it feels like this topic is going to open up lots of inquiry. Let's journey together with it over these next three months, let's journey with it on the Grove Tenders Facebook page. If you're not already a member of that and you do Facebook, find us on there and request to join. It's a really lovely supportive network of Grove Tenders, all at different stages of groves and masses and masses of experience now and wisdom and let's really journey with these topics over the next three months. We will, I just feel like we're going to be able to delight in each other's wisdom.

So it's looking clear on the Q&A page, just Merrilee saying you've sent one. I got your original one Merrilee but I haven't had your second one, no, I have, okay sorry, for some reason I missed it.

Merrilee, "Feeling neutral in emotional body today, neither bliss, nor sad, nor angry. The energy I like to feel is love, so I usually focus on generating this, it isn't present. The tiredness today is feeling related, strained from reaching out to others. This doesn't usually happen, I meditate daily, reflect, surf etc, when I focus on the wisdom I have from my emotional body. I don't have a grove yet. It was to let go of not feeling good enough. I feel confident when leading at places, like previous work, but if with people who are energy healing gifted I feel like I don't have it like they do. I can't put this into a feeling like sad, happy, I don't think it's shame."



And quietly, the surface, the ceiling of the tent melts away and there is the sky. And there are stars and the stars are willing you to know the stardust that is within you, willing you to know that they themselves are within you, that the limitlessness of the cosmos is within you, that the creative power of creation is throbbing through you.

And below you, the forest floor, below you the roots of the trees, a cradle of support, a cradle of unconditional-ism. You are supported in circle, you are supported by the sky, you're supported by the trees, by Gaia, by your ancestors.

And again, come back to longing, your intentions, that longing to give yourself back to yourself, that longing that begins to call you up to your feet, to take your first steps towards that light. That spiralling light is all of us in our highest potential. It's home. It knows each of us intimately. And it's calling for us to step forward into the fullness of our light.

Our light is wanting to be known by us. So, start moving towards it very gently and noticing what rises in you. Are you ready to be light-filled? Just see how close you can get before you feel some resistance in your body and then just stop and feel it.

When there is something apparently in the way, when feelings start to arise in your body, you know what to do; just feel, give it presence, give it attention, notice it and let it become louder, let it give its voice. Accept it, it needs to move. Maybe you see it, maybe you see something in the shape; the space between you and the light. Could be debris, could be memories, could be anything. But just be present, let alchemy happen.

And then bring your attention right back to yourself. Just come right back into your heart, into your core. And also to all those others standing in circle with you, and let's rebuild the energy by believing in each other, and maybe it's easier to start with others, so again, just reach out your hands. And look to the people around you and find yourself saying to them, "You belong to yourself, you are a sacred being". "You belong to yourself, you're a sacred being." And just flush that around the circle, let's amplify the truth. The truth that we come from light, that we're born sacred; no matter what has happened to us, it doesn't touch our sacredness.

Feel that inner energy of connection to the sacred light inside yourself, and then in the centre of the room, and know that they are magnetically attracted to each other, your own being-ness in that core light beyond you is calling to you, it's beaming love at you, it wants you to know you're deeply loved, that you are your whole self and it's pulling you forward again. So, let yourself keep moving towards that light.

And again, breathe into that movement and into that experience. And again, as you move towards the light, that is your wholeness, if anything comes up, just stop and feel it, and listen to it, and allow it, and give it your presence.





Artist Partner Claudia Tremblay

Right, thank you. That sounds like a really, really good inquiry and I don't think there's a need to name it, what your energy body guided you to was to let go of not feeling good enough, which when compared to people who are gifted in different areas to you, that maybe comes up, so that sounds like a really important and helpful inquiry to be with, and if you want to do more of that through the Facebook page Merrilee, really happy to do that with you and if you are happy doing that alone totally trust you on that. I'm really sorry that I missed your message.

Gomati, "Thank you, Jenny, for speaking so clearly and strongly for the serious issue of dealing with trauma in circles. What you have voiced is very important as I am so aware of the nature of trauma, being a trained trauma therapist.

Reactivation without time, space and skill to hold and help heal the trauma can be devastating to someone and even dangerous as many deep traumas relate to suicidal feelings." Yeah, thank you Gomati. I really appreciate that and if you'd be willing I'd love you to share something on that in our page. I'll message you about it and see if that's possible.

Okay beautiful women, so let's just close our eyes again and just see ourselves back in this circle, in the woodland, in the forest, and I want to give thanks to the fire at the centre, to the earth beneath us, to the lineages of women behind us, ancestors and living, and to the air that moves through this beautiful forest of trees that surround us and are supporting us.

And I want to really honour the energy of sisterhood and honour each of us that is opening ourselves to take our space back in the tapestry, so beautifully, so uniquely and so collectively. So just taking the hands of women left and right and letting the love from your heart just move down through your arms, sending it around the circle, so sending and receiving at the same time, and then squeezing her hands and bringing your hands back in front of you and offering a gesture to circle, to the feminine, to the feeling body. Thank you so much sisters, I really look forward to more contact through the page and through these ongoing calls. And for now, goodbye.

*Transcribed by Samantha E. of the TreeSisters Scribe Tribe Team
Transcribed in British English*





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