



Photo on left by Darius Bashar; Photo on right by Kent Banes

Turning towards Our Feminine Nature Based Leadership

In this call we'll lean into the medicine that Nature gifts us with, her cycles, seasons and different faces; and we'll explore how we too can bring those teachings through us in our feminine Nature-based leadership.

We'll start with a meditation and then journey into an experiential exploration of how our own nature is fused with the same energies as the wider nature of which we are intrinsically part of.

Welcome, everybody. Welcome to the new moon series 'Gathering in Circle'. So really, really welcome to all of you and especially to those of you that are here for the first time, maybe new to TreeSisters, maybe new to our calls. Really lovely to have you here. Welcome to you if you're listening to us live and also to all of you that listen to the recording. Each month we come together in this way at New Moon.

These calls are one of the ways that we offer you a way to come together to feel the support of being held within our global sisterhood circle. Really to drop into receiving something, to feel nourished and to relax together, and to have a gentle exploration of different aspects of creating and holding sisterhood circles. Firstly, through the experience of being in a circle like this, and then through doing a little bit more of an inquiry.

In a moment, I'm going to say a little bit more about today's call. Whilst I'm doing that, it would be really lovely if you could let us know who's here. You can do that by scrolling down the screen and bottom left there's a Q&A box. So yeah, just letting us know where you're from, who's here, how you're doing.

At anytime in the call, you're really, really welcome to pose any questions about groves and about our circles. Although I might not respond to all of those during our call in this hour, all the questions that come up from our time together I'll take over to our grove tenders group in the Nest. So afterwards, we'll continue this shared experience and conversation over in the nest space.

Today's call is called, 'Turning towards our Feminine Nature Based Leadership'. And its kind of subtitle is, 'What would it mean to lead from a quality of receptivity?' What would it mean for us to lead from a quality of receptivity?

Feminine Nature Based Leadership is a TreeSisters term that is really birthing itself through all of us exploring what it might mean to us, because although it'll come to be a generic term, all of us will have a different relationship to it. Broad brushstrokes speaking, it is a term for a new way of leadership that combines connecting to the wisdom of our natural world, along with an attuning towards a felt sense of our own nature, and our connection to all of Nature. And for that felt sense to be a guiding force in how we bring ourselves forward through our leadership and through offering our gifts and our service to the world.

It really calls on us as women to utilize the gift of the innate receptivity that we have. Within the feminine there's this incredible receptive nature that can attune and feel and redirect and receive. And within all of that is where our emotions and our intuitions and our sensations all arise. We're going to explore this, just holding the question of what might it be like to lead from this way.



Actually, it's not something that's going to be new for us, because it's already embedded in us. It's already innate. But it might be something that we've turned away from through conditioning and through the kind of more cultural expectation of leading more from the kind of masculine leadership style, which is more directive, less receptive, more directive and more proactive. Whereas the feminine is much more receptive, and intuitive, and sensing.

It's always really lovely to remember that we don't have to learn anything new. We're really returning to something that we already are. That's so much of what TreeSisters philosophy and teachings are calling us to. It's a remembering of what we are, rather than a striving to be something else, which is incredibly healing for most of us who have messages of not being okay as XYZ.

There's going to be two parts to the call. We'll start off with a meditation where we'll drop into this receptive field of ourselves. Then we'll follow that with the gentle inquiry in terms of how that might reveal itself through our leadership.

So it would be great for you to have your journals, and to really get comfortable with yourselves in whatever way that is, whether that's getting a drink, getting yourself really, really cozy with blankets, moving your body, having something to eat, stretching.

Let yourself start off our time together with just the first question, 'what do I need right now?' What do I need? Do I need to shift my position? What's my body inviting me to do? How does my body want to move? Do I need to loosen my clothing? Do I need to really arch my back or relax my jaw? What's your body calling for right now? So just take a moment or two, just to drop into that. I'm going to see who's here.

Oh lovely, lots of you here. Oh, Monique's here. Hello Monique, lovely to have you here. Yeah, really lovely, from Penarth in Wales. Sulyn, "Thank you and green blessings from my perch on Vancouver Island". Blessings to you too. Nico, "Nico and Diane here from Cork in Ireland". Lovely to have you here sisters. Rupy from London, "Hello from London, it's my first call, lovely to connect with you all". So, so welcome Rupy, wonderful that you've come into the circle.

Rosemary from Canada, "Hello". Hello, Rosemary. Vanessa from France, lovely, welcome, "So thrilled to be here, the new moon has been very potent already". Hasn't it just, yeah, new moon in Gemini yesterday, really really strong. Lovely that you're here, Vanessa. Trisha, "Grateful to be here". Lovely that you're here, Trisha, welcome.

Rebecca from Kentucky. Rose from Falmouth, "Happy to be here for the first time". Wonderful that you're here, Rose. Leigh from Pinelake, that sounds beautiful, "Just saying hello". Jane, "First time here". Lynne from Delaware, "Good afternoon and thank you". What a lovely mix. Linea, "Hi Jenny and sisters", from San Francisco. Welcome, Linea.



So we've got a real lovely, lovely mix of TreeSisters that have been TreeSisters for a while and some of you that are coming into the journey of finding out whether TreeSisters resonates for you. You already have a seat in the circle so you're so, so, so welcome. Sisters will be joining us over the next little bit of time, so let's hold that energy of invitation and welcoming in our hearts and know that our circle has space for everybody.

Getting yourselves comfortable. I want to just share that we had the first of our TreeSister groves actual circles for women who want to be grove tending last week in Cardiff. It was so beautiful to come together in the flesh, it's rare for TreeSisters to do that on that kind of scale.

But what we know to be true about meeting in this way, gathering in circle in this way, is that it's incredibly potent and the connections are really strong because when we then do come together in the flesh, it really feels like we've met each other before. There's not that much difference apart from you can physically hug and hear each other's voices and kind of sit much closer in close proximity, but there's just this real familiarity and knowing. So this way of gathering is really, really potent.

We're going to come into what sometimes we call sacred space or intentional space. I want to invite us to close your eyes if you're comfortable to do that.

If you feel more at ease just dropping your gaze, either way, I want to invite you to soften your gaze and start the journey of tuning into your receptivity. So turn your gaze inward. Start that journey of really coming home, much more deeply to yourself.

Let's see ourselves in forest, surrounded by forest, at this dark moon time. So really, really dark forest, and really noticing the smells of the earth and the calls of the night birds. Noticing after time that our eyes start to become accustomed to the darkness and they start to adjust.



Jenny (wrapped in a blanket with tall boots on) with the Stargazer's Grove

Becoming aware that there are many, many other women around us, all gathering in the woodland. And even for those of us whose first time it might be to gather in this way, recognizing in our bones, in our ancient knowing, that this is really, really familiar for us to come together in this way.

And really feeling the welcoming from the trees. Really, really receiving their pleasure at us becoming closer to them and meeting them on their home ground.

Let's put aside other things that may be calling at us, let's just offer them as gifts to the Earth. Promises for later, commitments for later, things we will attend to later. For now, let's make a commitment to really be here fully.

And then through the clearing in the forest we can make out the familiar sight of a really beautiful red Bedouin tent. The door is starting to billow open slightly, but it stands really steadily in the grove in the forest.

Those of us who know the way will slowly start to make our way over there, extending hands to those that are here for the first time and inviting them to follow us. So all of us, moving as one, really slowly through the woodland. Delighting in the noises beneath our feet and the sounds around our bodies. The stillness and the darkness, so tangible, we can really, really feel that quality of silence, that everything is rising up within.

Two women are holding the door open by the tent. All of us, as we take our shoes off and bend down to enter into our space that we share together, we become aware of the spiraling white light at the center of the tent, and then the mass of rugs and sheepskins and cushions laid out in circles within circles around the tent.

We walk into the tent and sense where our space is for this particular gathering, and we make our way to our sitting space. Again, noticing if sisters are a little unsure, or needing some company or guidance, offering that to each other. Just spending some time taking our space and coming into this beautiful held energy field that we build together over the months, over the years that we gather.

Just noticing how it is for you, for other women, to be coming into the space and how it feels in your system. Your anticipation of being in circle, is that something that feels exciting and welcome in your system? Is it something that unnerves you at all? Just welcoming whatever response comes (pause for meditation).

As we all sit, let's put one hand on our heart, our right hand on our hearts. And let's put our left hand on the back of the woman to our left. So, meeting her heart space on her back and having our heart space met on our back by the woman on our other side. And without effort, just allowing the energy of our hearts to circulate around the space.



Whilst within that, let's invite all the supportive energies that are available to be with us for now, and for any energies that are not supportive, to transform into supportive ones or to leave (pause for meditation). Just noticing again the white spiralling light, transforming all the energies in the space as they need to be transformed.

So just bringing your left hand back to yourself now. Really, really dropping into attention into your own bodies, just feeling the soles of your feet and the palms of your hands. Feeling the warmth of your energy moving out through your hands, as the heart energy, the shared heart energy in the space, starts to expand and permeate our consciousness (pause for meditation).

Really, really gently just notice the experience of breathing. Really turning your attention to the experience of being breathed, and inviting softening around that. Not really changing the rhythm or the depth of the breath, but giving your system permission to soften. Again, to receive this incredible gift of being breathed by life (pause for meditation).

From your heart space, allowing an intention to rise up of receptivity. Gentle, kind receptivity (pause for meditation).

Feeling the breath and where she touches your body as she moves through you - maybe through your heart, maybe through your belly, maybe on your upper lip (pause for meditation).

In the same way that you softened your gaze and turned it inwards, see if you can invite your whole system to turn inwards, even if that doesn't make sense to your rational mind. Just invite your body and your energy system to turn inwards (pause for meditation).

Noticing a contact between your body and whatever you're sitting on, whether it's your bed, or the floor, or the Earth, see if you can receive whatever it is you're sitting on. See if you can receive that into your system, that contact (pause for meditation). Really softening.

You might notice that there is a field of energy that moves through you and that is all around you. You might sense it as a vibration, something that feels very alive or very still. Just put a very gentle attention onto that, just letting that be what you are orientated towards. It's very inwards (pause for meditation).

As you rest in this place, you rest in this field, everything else will be received within it. Any sensation, any thought, any emotion, all of that will rise up out of this field and do what it does and then bubble down into it. So there's a possibility of residing in this, in this nature, in this natural field of yours, which is connected to the field through all of life. Leaning into this and leading from this.



If the mind gets anxious about not being able to feel the field or sense it, give it some reassuring kindness and just bring your attention back to something really soft within your experience. So the sensations in your hands or the feeling of your breath moving through your body, and just soften, soften, soften (pause for meditation).

Just relaxing your jaw. It's really interesting, it sounds like it's really passive, because it is very much about letting go, but it's actually very receptive and there is a qualitative difference between passivity and receptivity. Receptivity is a conscious allowing of what is, it's a conscious choice. Passivity is more like, maybe when this is a feeling of not really being a choice.

So, here in the Bedouin tent with this energy field moving through all of us, between all of us, let's also know that that same energy field expands out through the tent into the forest (pause for meditation). And that same energy field roots all the way down into the Earth (pause for meditation).

It can feel like there's us and the energy field, and that's fine that it feels like that. Sometimes it's helpful to imagine leaning into it, resting back into this. Over time, there's more of an experience of 'this is us'. This is what I am, we are.



Artist Partner [Claudia Trembley](#)

In leadership, in our roles of leading, when things come through us, this is where things come from - inspiration and guidance, intuition, knowing. Through receptivity, through simply turning towards our receptivity, there's an opening to what needs to be known.

And there's an experiencing of our absolute innateness, our own nature, our deeper nature. Not the labels we put on ourselves, not the beliefs we hold about ourselves or each other, but our incredible nature that births us, and forms us and lives us.

So, just letting your body move as she needs to move, as this nature, as this field. She might really enjoy being still, she might want to really stretch.

Gently taking hold of your journals and your pens. I'm going to give you a couple of journal prompts. They're going to be the beginning of sentences that you can complete just with whatever wants to come, you cannot get this wrong, you obviously cannot get this wrong.

The first prompt is, "Listening to my own nature allows me to...", "listening to my own nature allows me to...". I'm going to give you a couple of minutes to just free write whatever wants to come (pause for journaling).

Okay, the second prompt is, "My own nature wants me to...", "my own nature wants me to..." (pause for journaling).

And the final prompt is, "The nature in me knows...", "the nature in me knows..." (pause for journaling).

So any of you are welcome to share. It'd be really lovely to receive any of what you've discovered through the journaling. It's the same way, through the Q&A at the bottom left.

I want to invite you all to do whatever you need to do at this point. If you just need to really stay very close to yourselves and relaxing, resting more and more into this field, absolutely, yeah, do that. Follow that. And for those of you who want to carry on with some sort of inquiry, I'm really interested to hear your reflections on what it might feel like, or what your sense of it, what it might be like, to lead from this place, where you're really, really rooted in your nature.

We are rediscovering ourselves as part of Nature, as an absolute intrinsic part of life's natural web. It's not that we are a tree, or we're not a fish, or we're not a cloud. But there's this connection that runs through all of life's expressions, that runs through us too, that joins us as part of the natural world.

As that comes through us, that's what then births us as these individual forms, or these seemingly individual forms, with a particular flavour of life. We can get very busy with this seeming individuality and personality and preferences and likes and dislikes and all of that, and lose sight of these deeper roots that we have, which is this field.

We're so blessed as women to have this copious amount of receptivity in our systems that, paradoxically, really strengthens us. Receptivity sounds like it is very, like I said, quite close to passive. But if we root ourselves in our receptivity, what we find is this incredible, stabilizing, interconnected strength with all of life that informs us of the wider field at all times.

It's a real relearning because it's not located in the rational at all, but it's deeply intuitive, deeply wise, deeply consistent. It's always there. We might lose our connection, our conscious connection to it, but we simply cannot lose our connection to this. It's impossible to be here and not have a connection to this.



Chantal, "My own nature wants me to Shine". Shine with a capital S!

Vivika, Stockholm, "Listening to my own nature allows me to feel the connection between everything. My own nature wants me to deepen my spiritual path and my service to Mother Earth. The nature in me knows which step to take next on my path". Yeah. Yeah. That's incredibly reassuring and relieving to know that.

Juin, "It feels effortless, co-creating and connecting. I have an experience of being a part of the network of life, able to give to it and receive from it, as easy as an in breath and out breath. It feels gorgeous". Yeah, beautiful. Effortless is a real, real quality of this. Again, we're so conditioned to strive and try, and again, the feminine quality is receptivity and allowing. It's allowing.

Nico from Cork, "Listening to my own nature allows me to be more free in my movement and speech. To be authentic with myself and others. It allows me comfort and ease in my actions. It allows me a sense of flow, the way a woman should be. It allows me to be in touch with the natural world from whence I came - the water and earth perfectly combined to create me". Wow, that's really, really rich. Really, really rich.

Deshanta from Toronto, "The struggle between the receptive nature and the conditioned, egoic self is hard. Today I'm picking up on this". So my nature reading that, Deshanta, my nature wanted, it's response was to breathe more deeply and receive that, receive that struggle. Allow that struggle to be here. There's something about our nature that doesn't make anything wrong, and again, it's not about being passive and not having clarity and boundaries. But when there's something internal going on like a struggle, it's not wrong. It's simply what's happening in our system.

Rupy from London, "Listening to my own nature allows me to love, love and love... The word love just kept reappearing in my stream of journaling on this point." How beautiful!

I'm not sure if I'm going to pronounce your name right, Dwainia from Long Beach, "The meditation was stunningly awakening. It made me embrace the beauty and value of embracing our nature self. I'm encouraged to step out and share the gifts and abilities into the Earth, flowing as beautifully as the trees and nature." Yeah, so beautiful, so beautiful.

What I'm noticing in response as I'm reading your shares, is that my nature is deepening and expanding in receiving more of yours. And that again, it's the paradox. It's as we open to our receptivity, kind of makes complete sense really, more and more can come forth. As we turn towards ourselves in this way and receive ourselves, on the outside it might look quieter, may not necessarily but it might, but as an experience of receiving more and more and more and more of us being present. It's really, really beautiful.



Cheryl from Edinburgh, “My own nature wants me to connect with it more often, to find security and stability and strength within it”. Oh, I’m going to read that one again, Cheryl, what a beautiful invitation, how wise. “My own nature wants me to connect with it more often, to find security and stability and strength within it.” Yeah, absolutely. It’s just offering. It’s offering you everything you need.

Linea, who I read earlier, you’re sitting in the Juniper tree, which is just so beautiful, Linea, “Listening to my nature allows me to be whole and connected, joyful, strong, deeply in love with life. Nature in me knows I have never been separated and nothing can separate me, my gifts at this elder time of life are exquisite and precious, even as they are subtle and invisible”.



Artist Partner [Dierdra Tara Michelle](#)

I’m getting a real fizz of energy moving through me, so lovely, “My nature wants me to sit here in Juniper’s lap and commune with her more often, open to the non-ordinary more often.” Yeah, yeah, yeah.

So I’m not sure who this is from because I haven’t got your name, but it’s a lovely share. “It’s interesting that the first two prompts brought very gentle, beautiful and loving responses, and the third brought up the world situation with words like dire, deception and cunning, encouraging boldness and strength for our future here on Earth.” Yes. Yeah. Receptivity requires a sensitivity, as in, we turn towards and we attune and we listen. But it doesn’t mean that what comes through us is not really strong and passionate and direct and a clarion call. It’s like we are open to receiving that too. So that’s really, really beautiful that came through you and you were really able to receive that, you were able to receive that. Beautiful.

Vanessa, in France, “I strongly feel the importance of coming together with women to support me to reconnect with my power and the wisdom of the Feminine. Tonight I feel I finally really understood what coming into circle is about. My own nature wants me to flow.” I feel that too, Vanessa.

There is something about, for sure we can do this on our own. We absolutely can. I really encourage all of us to have a practice of dropping into our natures in whatever way that looks like, whether it’s on a medicine walk in Nature, or through a meditation practice, or through chanting, or through cooking, or whatever, whatever we can connect with that place in us.

Coming into circle with each other, we create a stronger field, the sum of us is greater than the parts. There is something so potent about coming together in circle and allowing this field to cook. As Clare talks about through the sistering, allowing it to reveal the places where we have stains, and for those stains in our systems to be really lovingly removed, and allowed to dissolve and come back into what they truly are, which is, as the anonymous sharer was saying, was love. Actually it wasn't anonymous, I think it was Cheryl saying, is love. Yeah, sorry, I can't remember who it was.

The potency of coming together in circle. It's getting clearer and clearer all the time that we need this. We so, so need this, because this energy field is one of the things that's going to make such a huge difference as we go forward, our conscious connection to it. It's always there. It's always in service, there and present with us, but our conscious connection to it allows us then to be instruments of it, conscious instruments of it.

Oh, welcome, Tina. Lovely that you're here. Karen from Watford, "The nature in me knows this is why I'm here. This is who I'm meant to be. This is where I belong. THIS IS MY TRIBE," in capital letters. Welcome Karen.

I just want to read this one from Leigh on Pine Lake, "My nature wants me to rest, to stop trying to be better all the time, and just witness what emerges". I so hear you, Leigh, and I completely support that. I completely support that.

Often when we do turn towards this conscious connection with this natural field that runs through us, we realize how exhausted we are because trying and striving is so, so tiring and being exposed and trying to process all that's going on in the world is exhausting and too much.

And so often the first thing that comes up is a real call to rest and absolutely do that. It's radical, it's radical as a woman to let yourself rest, and it's radical for women to come together and rest together. If that's what you do in your circles, to me, that's sacred activism, getting women together and resting. Because when has that happened in the last hundreds of centuries? And, like you say, witness what emerges, things will emerge. Things absolutely will emerge.

So, how we take this into our circles. I would really, really love for any of you who are interested to explore leadership from this place, feminine nature based leadership, which like I said at the beginning of the call, it's a generic term, nobody's got the authority on what that actually means. It's an invitation for all of us to explore what that means to us. It's such a beautiful phrase, Feminine Nature Based Leadership. Three really powerful things to explore: the feminine, nature based, and leadership.

For any of you who want to explore that, and to be supported to explore that, I'd so encourage you to come into the groves in the nest, into the grove tenders group, because the groves are sisterhood circles, we have a global web of circles in many different countries now around the world.



That's your chance to practice and experiment with this way new of leading, this feminine nature based leading, which is leading from a connection to your feminine nature, which is your connection to all.

So come over and join us. You can bring any of your questions about how to bring this into a circle, how to come back to this in leadership when it feels like you've lost it and you find yourself trying to control situations, or feeling like you've got to have all the answers, or when you go into being directive rather than receptive. It's not that being directive is wrong, there's a place for that, it's not that we would never be directive in circle. That's absolutely got a place, and the quality of receptivity is much more the dominant quality because it's about invitation. It's about not seeing people as problems to be fixed. It's about receiving each other fully so that the fullness of each other can come through.

Oh, the anonymous is Tina! So lovely that you're here, Tina. So, so lovely. We do so need each other, you are so, so right. Every time I hear myself saying that, or hear another woman saying it, it touches me, my heart opens. I want to let those emotions come through because it's incredibly heartbreaking to recognize how much we need each other, and how much our hearts are defended against that. So let's keep acknowledging that we do need each other and soften those walls that have kept ourselves from each other.

Jewel from Halifax, "Love the calm beauty of being but how can we convince people that us going inward will prevent the planet dying?" Well, there's kind of a couple of things in what you're saying. I don't know that we know that the planet is dying. I don't know if we know that that's true. Certainly a lot of life on the planet is dying. And, I don't think it's our job to convince anybody. What might have more effect is to show the way through how we are and through how we live.

Leading from example is really, really powerful, rather than persuading people and trying to cajole people who are not there yet. I really get how challenging that is. There's something, Jewel, about connecting to this place and being powerful from it, it's like this calm beauty of being is our foundation. It doesn't mean that we're not powerful and challenging in our expression, but that's where our love is fierce. If this fierce love arises out of us, and it isn't rooted in this field of love, it becomes blaming and accusatory and it's more akin to anger and challenge than it is to fierce love.

So it's kind of a lot here. I'm wondering if you're the Jewel that's coming to the Sheffield gathering on Thursday, I'm hoping that you are and we can carry on this conversation there. But if you're not, come over to the groves, come over to the grove tenders. I'm going to bring your question to the grove tender group. Because it's really, really important what you're bringing, and there's a lot there for us all to unpick.



There's nothing that this field is not capable of. The more we allow ourselves to be this field and for this field to come through us, there's nothing it's not capable of. But that's way bigger than our minds can make sense of at this point, with what we're facing.

Thank you all so, so much for making the time, for giving this to yourselves and for giving this to each other. Like Tina says, we can't do this alone, we need each other. We've all created this here.

So bring all your questions, bring all your questions to the nest. You can join the nest, which is the TreeSisters online community at www.treesisters-nest.org. Then when you're in there, you can ask to come into the grove tenders group. So, www.treesisters-nest.org, and then come into the grove tenders group.

You can find out everything about groves, how you join groves, how you start groves, and how you find the courage to take your first step in even considering that you might be part of creating a circle. There's no kind of time scale. You can take it at the pace you want to.

So yes, beautiful sisters, just inviting you to put your hands on your hearts and really, really thanking yourselves for giving this to yourself and for bringing this to each other. So, so much love. Thank you and really looking forward to next time we gather. Okay, bye bye.



Artist Partner [Kathleen Brigidina](#)



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