

Embodied Women *No Bullshit* Circle

Let's begin - I've put 'no bullshit' in the title because it's so important for me to not be adding to the 'New Age love and light' deal - which *can* be pretty false, not always - but instead to curate a circle of women who are down with doing the work, wading through the shadows and asking the challenging questions of themselves and the world around them.

Not airbrushing with 'just be positive' or 'easy peasy manifesting'. Instead a way to develop genuine power by being truly yourself and truly embodied.

Embodied, for me:

In your body

In control of your body

Using it as a tool for yours and other's good

Being truly alive

Feeling, in a world that is so often numb and allows the abuse and manipulation of women's bodies.

This is work I've been doing for years - personally, with other teachers and with clients at The Warrior Programme, which some of you will know of.

- Exploring my shitty beliefs, derived from past experiences, and turning them into something that actually works for me.
- Coming out of pain in the body and learning from it.
- Learning to feel again.
- Learning to be more than a number on the scales or in the bank.
- Moving through the chronic culture of overworking and self-abandonment.

I'm still doing all of it and will be for as long as I'm here.

Attending this circle is based on the following assumptions:

- You don't like bullshit! You like plain-speak, honesty and openness.
- You pride yourself on being authentic and real.
- You're perhaps curious to explore different ways to look at things and the spiritual realm.
- You're interested in caring for the earth and your body and your mind.
- You're down with asking yourself challenging questions in pursuit of your own growth.
- You want to find a group of women to feel supported by and to provide support within

Our intention for the circle is to create:

- A collective of women who want to support & learn from each other. Genuine female power-discovery, beyond the dominant culture term of 'empowerment', which doesn't always change anything.
- The chance to meet likeminded sisters, when so many of us feel like we're alone or born in the wrong time.
- Time carved out every month to focus on you and your own development. Not work. Not family.
- An environment to learn - we will have a guest expert every month in topics such as astrology, herbalism, hormones, facets of spiritual business.
- Genuine, personally vetted speakers, not just 'influencers'.
- The opportunity to explore different periods in time, archetypes and mythology - find out where you fit.
- Genuine spiritual exploration for all. No one way, no 'hard teachers' or dominating 'viewpoints'. Let's explore the possible 'answers' together.

How it works:

- A monthly women's circle held via Zoom – for 90 minutes. Join live ideally or engage in the recording if you can't make that time.
- Between circles, join our 'Embodied Women' Facebook group for regular content and connection with other members.
- One speaker per month – to teach us all more about her background and wisdom.
- Opportunity to share – only if you want to, zero pressure.

You don't have to be 'experienced', to have all the answers, a strong viewpoint or to have ever been to anything like this. I'm very practiced at holding safe spaces for people – all you need is a good attitude, curiosity and a desire to connect and find like-minded people.

How to say yes and reserve your space on the circle:

- Your offering to the witch so to speak is £30. To reserve your space, please send this to <https://www.paypal.com/paypalme/themusclyartist>. Please choose friends and family to avoid paying a fee. If a fee is passed to me, I will need to seek that it is reimbursed.
- If you bring a friend, you may both attend for £20 each for your first circle with us as a thank you.
- If you would like to pay a pass forward to someone tight on cash right now, please send £50.
- Please take action on this as soon as you've decided that you'd like to come. I'm grateful for your prompt and efficient action with this.