



S- for Story, Self Care & Self Soothing

S- for Somatics, Senses, & Sustenance

S- for Semblance & Spirituality

S- for Sanitising, Scapegoating & Sacrilege

S- for Sexuality, Shame & Satisfaction

S- for Sorrow, Song & Sacredness

And finally

S- for Synergy, Strength & Salvation!

**(Hopefully an external Graduation Gathering
before getting ready to hibernate,
on the Winter Solstice)**

Ok so here is the juicy details... if any of this is confusing to you, then please email me on atimetogather@gmail.com with any questions you may have.

This **S**earch will be broken down under the **ABOVE** themes.

The focus of this group is to assist those identifying as women (LGBT inclusive) to deepen their relationship with the *Witness*, both self and other. How? We do our individual process each week, between sessions and then collectively support each other by sharing in a group setting online. This is a collaborative learning experience. *Let's create a roadmap*, considering change under predefined steps in a creatively contained process. One of our greatest gifts is our capacity to re-imagine ourselves. Let's re-imagine together!

WHAT IS THIS?

- This is a 7 week immersive heart-warming experience broken down into 6 online sessions and 1 individual personalised session (*this is an additional 90 min individual session, person to person **online**, outside of the 6 group meetups, at a time designated by you, during the first week*).
- **The process Starts the 1st week of November.**
- Each week you will receive, into your inbox, a new section of the Sister Seekers Handbook, as your own personal resource. This your guide towards self reflection under predefined themes.
- The following week we meet to discuss the theme in a supportive online Zoom group.
- The last Zoom call week is currently planned on the 2nd week of Dec.
- The Solstice gathering should happen between **Sun 20th-Mon 21st of Dec 2020**, hopefully in the flesh!
Full schedule breakdown on final page!!

The group is small to provide an intimate space so we can go deeper into connection!

You go at your own pace. There is absolutely no pressure to do anything and you will have these resources for later on so do it in your own time. Everyone who chooses to join the group need not feel under pressure to produce anything. You can turn up on the Zoom call with nothing more than your sweet smile (or sorrow) and this will be held in whatever way suits you. You will have the opportunity to share with me directly but you can also share your thoughts with the wider group in the Zoom room.

For the Seekers graduation, on the last theme, **S is for Synergy, Strength & Salvation**, the suggestion is we do a collective meetup, in the flesh (this is yet to be arranged). We can use a Facebook secret group as a safe and sacred space for you to drop into, whenever you need some support and love. (We can vote on whether a Whatsapp group would suit us better). You can share photos, songs, videos, books, poems, anything that has inspired you and might inspire your **Sisters**. Let's come back to this!

WHAT YOU NEED

- A journal to record musings from your process (or your laptop).
- A good wif-fi connection and access to a computer, headphones, or an android phone.
- A designated place in your home or garden (*perhaps with candles or flowers and something that represents your aspirations for your relationship with your journey*).

And finally... you will need

- Dedication to your-self process (remember everyone will benefit from you being happier)
So... take time for yourself, learn how to let go of your burdens and the parts of your narrative that no longer serve you! This includes dedication to the group, and a commitment to show up for your **S**isters.

A note on **S** - for **Sexuality & Shame & Satisfaction**

For the most part, these three are intertwined. The motivation on this *S for Sexuality, Shame & Satisfaction* is to offer support around what has been disowned in your relationship to your sensuality, sexuality and connection to your body. During this session we will be looking at our relationship to the words Vagina/Clit/Yoni/Cunt etc. We will be talking about conscious menstruation, transitioning into the menopause & onwards and looking at the concept womb (space) trauma and inherited shame. *We will also be considering the concept of pleasure vs pain.* N.B. You will receive lots of supporting materials in the workbook and time to consider the individual aspects, and a chance to get additional support if needed. We will be very gentle and tentative in how we deal with, nurture and support each other when looking at these themes, *together*. This topic may be the one that brings up the most for the group, so it is placed towards the middle of our journey to give us time to build on trust and security and then for us to integrate the awareness that comes up for us in our investigations. *If the way this topic is presented doesn't resonate with you, because of orientation or how you consider your gender you can highlight that with me privately.*

N.B. It is important to turn up on a group call in support of the process. Nobody will ever be required to speak, just being present, in a witnessing capacity is good enough. Each call will involve a quick check-in with each participant (if willing) and then it is an open forum with a focus on sharing stories. *There is flexibility if someone needs to skip a session because of an external commitment or emergency.*

And now for the **commitment**.

- I contract to deliver to you the support as laid out.
- Your contract will be to support the work by offering

A Time To Gather an exchange and financial commitment of **€245** euro, which can be broken up into 7 payments of **€35.00**, *based on a payment plan request*.

Possible additional cost - Synergy and Salvation

Our external group meetup session may involve a small contribution towards the cost of room rental or lunch/dinner. We can get to that closer to the time & plan this piece together.

Extra therapeutic support

I am happy to read over emails and contribute in the shared group media space at no additional cost. However, if you feel you need additional 1 to 1 sessions we would need to negotiate a rate or an exchange that reflects this offering. Let's see. You may have external support through a therapist or coach and the possibility to lean into them. We will talk openly about the importance of taking responsibility for reading or mapping your well-being and asking for help if needed.

A final note -

Please, do not feel pressured into doing this WORK! It can only be approached with a sense of commitment that is coming from passion & availability. If you feel torn or overwhelmed already then wait, come back when it is time. Hopefully there will be another round. If it is feeling like this group work could be supportive, then jump in, but do so with an understanding that it could well stir things up before connecting you back into your individuality, roots & Home. Choose well.

What's next?

Email atimetogather@gmail.com or Whatsapp message me to say you are interested. When I see how many we are, I will then put out proposed dates and times and we can try to negotiate a schedule that suits us all.

Tanya x

OUR S THEMES	START	Signed up Sat 30th Oct	Fully registered by 8pm Sat
Check your INBOX for the following theme:	1st part of the Handbook	Sun 1st Nov, a.m.	Reflection and journaling
STORY, SELF CARE, & SELF SOOTHING	WEEK 1	You pick a day between the below dates	This 1st theme will be covered on the individual call
<i>1ST ZOOM IS YOU & ME</i>		4th-8th Nov	Person centred 90 min Zoom at a time that suits your schedule
Check you INBOX for the following theme:	2nd part of the Handbook	Friday Nov 6th	Reflection and journaling
SOMATICS, SENSES & SUSTENANCE	WEEK 2	1hr TBA between 12th - 15th Nov	GROUP ZOOM MEETUP
Check you INBOX for the following theme:	3rd part of the Handbook	Friday Nov 13th	Reflection and journaling
SEMBLANCE & SPIRITUALITY	WEEK 3	Sometime on the 3rd Week of Nov	GROUP ZOOM MEETUP
Check you INBOX for the following theme:	4th part of the Handbook	Friday Nov 20th	Reflection and journaling
SANITISING, SCAPEGOATING & SACRILEGE	WEEK 4	Sometime on the 4th Week of Nov	GROUP ZOOM MEETUP
Check you INBOX for the following theme:	5th part of the Handbook	Friday Nov 27th	Reflection and journaling
SEXUALITY, SHAME, & SATISFACTION	WEEK 5	Sometime on the 1st week of Dec	GROUP ZOOM MEETUP
Check you INBOX for the following theme:	6th part of the Handbook	Friday Dec 4th	Reflection and journaling
SORROW, SONG & SACREDNESS	WEEK 6	Sometime on the 2nd week of Dec	GROUP ZOOM MEETUP
Check your inbox for the following theme:	7th part of the Handbook	Friday Dec 11th	Reflection and journaling, getting ready for our Graduation!!
SYNERGY, STRENGTH & SALVATION	SOLSTICE GATHERING	Sun 20-21st Dec	FINAL GATHERING Maybe in the Flesh!! Closing Ceremony