HEALING THE FEELING; EMBRACING SELF-LOVE

A Women’s Sacred Praise and Healing Circle for Spiritual Gain

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Women’s Sacred Praise and Healing Circle

Introduction:
Too many women are in search of remedies, cures that will numb their inner wounds, heal their fears, dismiss any challenges and offer a quick and easy fix that will smooth the rough pathways leading to life changes.

A Sacred Praise and Healing Circle is a women’s support mission that shares spiritually-based ritual activities that promote health and wellness to all of its participants. The Circle offers an opportunity for all women to be empowered, reconnect to the God of her understanding and to support others in making life transitions endurable. This supported journey enables women of all ages, beliefs to join together in peace and harmony with a goal to grow spiritually and raise awareness to the necessity of living a spiritual-based lifestyle.

Aim
All participants are embraced with compassion, a caring smile and a comforting hug, and receive non-judgemental and non-critical feedback in a safe and trusting environment. The Circle is a framework of compassion that aims to:
- Engage participants in sharing with confidentiality her-story, thoughts and feelings;
- Promote spiritual empowerment;
- Effective interfaith inspirational dialogue occurs in an atmosphere of respect;
- Share culturally inspirational messages and ritualistic activities;
- Restore faith in self and the Creator;
- Convey non-critical and non-judgemental responses;
- Promote the discovery of one’s underlying dynamics of aliveness;
- Release trapped and stagnated energies;
- Rebuild self-love and regain inner balance;
- Re-shape positive values and responsible behaviours’;
- Promote methods and tools that make life changes okay;
- Develop and enhance spiritual energies;
- Network with supportive women; and
- Nurture the emergence of wisdom.

Methods
“A Sacred Praise and Healing Circle” is a model Women’s Spiritual Support Service incorporating the following activities: spiritually guided rituals, movement, dance, song, prayer, affirmations, creative arts, meditation, visualization, laughter, trance writing, and sharing inspirational messages.
Conclusion

A Sacred Praise and Healing Circle support mission is called upon by invitation and/or need and has been held throughout the USA among diverse network of women. Participants are given an orientation to the purpose of the call for Circle, rules and expectations prior to the event.

Women participating in the *Sacred Healing and Praise Circle* have reported over the past twenty years the following changes/outcomes:

- Spiritual growth – able to understand, manage and accept healing from chronic illnesses/life challenges;
- Feeling emotionally uplifted and hopeful;
- Changes in feelings and emotions;
- Lessons learned and skills improved in anger and stress management;
- Boost in self-love and self confidence;
- Personal relationship with the Creator;
- Faith in relationship changes and social life;
- Lesson/skills in managing challenges;
- Speak fearlessly what one believes;
- Show compassion for the suffering of others;
- Sense-of-belonging to a larger picture in life;
- Increase in available social and spiritual knowledge support;
- Freedom from negative self-talk;
- Improved family relations; and
- Trust building in women.

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