

## Guidelines to facilitate the Mujeres que Despiertan women's circles.

### “By taking part in a circle we are awakening”

We invite you to take part in this initiative by creating your own circle of "Mujeres que Despiertan" ( MQD), you can facilitate the circle without any previous experience. We will provide you with all the materials and tools you'll need to facilitate the circle.

We are a world-wide network of women who want to reconcile with our own nature, to remember who we are by accepting and honouring the fact of being a woman, awakening the magic and the power of feminine love in the planet.

In less than a year and a half, over 100.000 women, mostly from Latin America, have joined us with the desire to nurture a new humanity starting with our own healing and empowerment.

*"We are the ones who understand that change starts by opening the heart*

*We are the ones who walk in peace with our cycles, with our Moon, with our sacred menstruation,*

*We are the ones who are no longer afraid of happiness and who turn our life into a blossoming garden,*

*We are the ones who welcome men (the Divine masculine), we invite them to walk alongside us, leaving behind competition, generational rage and the gender differentiation,*

*We are the ones who dance and sing when we are sad, until the Universe's joy eases our pain,*

*We are the ones who understand that inside of us live many, and that it is ok to let them be,*

*We are the ones who are awakening."*

*Laura Moreno*

This program is designed under the energy of the new moon, since our goal is to make conscious what is not, to shine a light on the hidden information of our subconscious mind that conditions our decisions and experience of life.

This is a path of self-knowledge and transformation.

**PROCESS TO START AN MQD CIRCLE, no experience is required, you only need to follow these 5 steps:**

- 1. Register through the Facilitator's registration form :  
<https://goo.gl/forms/bNyWvTWcRJc4jUjg1>**
- 2. Read the Guidelines document to facilitate the Mujeres que Despiertan women's circles.**
- 3. Send via email the Facilitator Letter of Agreement signed**
- 4. Start the circles**
- 5. Share your notes from the circle with our Facebook group  
<https://www.facebook.com/groups/FacilitadorasMQDInternacional>**

#### WHY GATHER IN A CIRCLE?

"I see the return of a generation of priestesses who are able to understand again the language of the soul" Carl Jung.

"In the circle, women take back their ancestral power, we knit wisdom and heal our scars."  
Laura Moreno

It was in a circle that our ancestors, around the fire, began communicating.

When we sit around in a circle, we behave as sisters, our brain perceives everyone as equal because everyone is at the same level in the same position as us.

Sitting around in a circle reminds us that life is circular and that the processes are cyclical and not linear.

In a circle, powerful energetic waves are generated which spark healing and initiation in everyone who takes part of the circle.

In a circle we learn how to listen (since life often receive clear guidance in life about what to do, but our inner noise doesn't allow the guidance to be heard or followed)

In the circle we generate a sense of sisterhood, complicity, support, protection and healing.

The power of a circle goes beyond human and rational understanding, it goes beyond spiritual and therapeutic processes.

## WHY START AND FACILITATE A CIRCLE?

Because you could create your own group for personal growth, open your inner barriers and learn from other women's experiences. Being with people like you, you can accept, honor and recognize your own nature and discover the hidden languages of your feminine side. You can expand your mind and heart for your own sake; no longer as a secondary actress of your life, but as an empowered protagonist of your story, and at the same time you can inspire other women. It's an invisible weaving that multiples with little actions.

## WHAT DO WE WANT TO REMEMBER IN THE MQD WOMEN CIRCLES?

- \*That we are the factory of dreams and humans beings of the planet.
- \*That we are the healers of humanity
- \*That inside of us lays the information of nature's mystery, which by connecting with own cycles it begins to reveal.
- \*That we are mothers, sisters, friends, daughters, grandmothers, containing the love of existence.
- \*That our natural powers are sweetness, intuition, mystery, bringing life into matter, support, care and love.

## HOW TO START A CIRCLE?

The first thing to do in order to open a circle is to have the desire, the will and the commitment with yourself and with your process to support this.

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.” W.H. MURRAY (the Scottish expedition to Himalaya)

## WHO CAN FACILITATE OR START A MQD WOMEN CIRCLE?

Any woman of any age can facilitate a circle, you only need to have the will to do it. After you register with us we will add your contact number on our website's spreadsheet (if you agree to that) in order to be visible for other women who would be interested in going to the meetings you will hold in the name of MQD ("Mujeres que Despiertan").

#### WHAT NOT TO DO IN A MQD WOMEN CIRCLE:

DO not use the meeting for personal, religious, political or commercial purposes: to sell products from multi-level marketing companies, for recruiting members of any religion, etc.,

#### WHAT YOU SHOULD DO AS A FACILITATOR

##### THE INVITATION:

You can make an invitation by means of flyers, emails, text messages, phone calls, etc. Invite women who might be interested of taking part of the circle, they can be your friends, relatives, neighbours, etc. You can personally invite each one, or use social media or mailing lists.

What should be included in the invitation?

Topic of the circle

Your contact information: (name, phone number, organization that supports you (if applicable))

Address of the place of meeting.

Date and time of the meeting.

The logo of Mujeres Que Despiertan.

Your logo or the support organization's logo.

State the suggested donation (we suggest to ask for a monetary contribution that does not exceed 6 USD). Remember that these circles are not for profit, although we understand that the organization and logistics of the circle can cause some expenses, which is why we authorize a monetary contribution.

Note:

Mujeres Que Despiertan (MQD) will make an invitation form to which you can add your information. However, you can make your own, as long as it contains the aforementioned items.

#### THE MEETING PLACE

Search for a space where the group can have privacy. It could be a living room, a backyard or any adequate area of a house or apartment, a yoga or meditation studio, a quiet place in a park, etc... Search for a place where the participants will feel comfortable and safe, you can ask the participants to bring a cushion.

## MQD CIRCLE GUIDELINES

### -THE ALTAR

In *Mujeres Que Despiertan* (MQD), we have designed a special altar for our circles, located in the center of the women's circle. This altar supports the energetic work and the intention with which we have opened these meetings. Therefore we recommend:

-having a special fabric, blanket or carpet on which to put the altar. This must be at the center of the circle. The color is of your own choice.

-having a central red candle: the elders suggest to have a candle in every altar because in this way we invite and call the four elements of the planet:

-Earth (the wick of the candle)

-Water (liquid wax)

-Fire (the burning flame)

-Air (what makes the fire burn)

-We recommend having a big candle so that it lasts for all the meetings, this central fire will be ignited circle after circle, it will get bigger and will be more energetically charged after each circle.

-Having a jar with water: It simulates our womb and the spirit of our emotions, it also goes at the center of the altar besides the candle.

-having food: In the invitation we ask women to bring food to share because it's part of our nurturing and it symbolizes the abundance that we are asking for our in our lives, so we place the food on the altar and it will be eaten by everyone at the end.

You should ask each participant to bring a red candle: the candle will be lighted during the whole meeting, one for each woman, forming a circle of light around the altar, to contain, protect and honor the moment. It's also a symbolic and energetic way to honor our nature, our cycles and to symbolize the reconciliation with our menstruation, (whether we are menstruating or not). We suggest that those candles should be burning together with the central

one. Why a red candle? Because red is the color of our blood and in this way we are honouring and healing our relationship with our nature, our cycles and our blood. To accept ourselves as we are, it's a practical action, that gives us power and self esteem.

Setting up the altar should be done by everyone together. These are the basic suggestions, please remember to honour your intuition and be creative to personalize your circle.

## METHODOLOGY AND PHASES OF THE CIRCLE

Generally we wait for 15 minutes after the scheduled appointment time in order to allow everybody to arrive and settle. This time can be used to collectively set up the altar.

You can welcome everybody as you light the red candles around the altar, introduce yourself and announce to everybody the theme of the circle.

It's key that you have an object to pass along, a “talking stick”, to organize the interventions otherwise it might get too disorganized and you will run out of time. This object can be a stone, a stick, a jingle, a bowl, etc. The idea is that the one who has the object has the floor to speak. You open the circle and when you are done you pass the object to the person at your right side for her to speak; when she finishes she will pass it to the person on her right side and so on.

The food can be shared after everybody has spoken or during the conversation, the important thing is that this doesn't distract the focus and attention of the participants.

At the end when the “talking stick” comes back to you, after it has made a round in the circle, you can share the water with everyone so that all that has been told, prayed, asked, etc. gets integrated into the bodies through the information collected by this vital liquid. If you want to know more about water intelligence you can read about the work of Dr. Masaru Emoto.

The candles at the altar can be taken home by the participants and brought for each meeting.

You can collect the money contributions at the end of the meeting, we suggest you have a little basket to pass around at the end of the meeting, while you close the circle. After that, the basket must be put on the altar for a few minutes in order as a symbol of abundance for the circle and its participants.

## NOTES

After finishing the circle, -it can be the following week -, we recommend you write down the conclusions of the circle and post them in the Facebook group for Facilitators <https://www.facebook.com/groups/FacilitadorasMQDInternacional/> where they will be

available to everybody, along with the other notes of all the other simultaneous meetings. In this way we can all know how we experience some aspects of our lives depending on our culture, region, etc. We can connect with groups from other countries and exchange our experiences with them.

#### THE USE OF THE IMAGE AND THE LOGO OF MQD

Our image can only be used in invitations to the program of the 13 women's circles that we have designed. We ask you to not use it for meetings other than these. In the future, we will launch the MQD training where you will be further supported in your facilitator role, and you will have a certification. For now, please use it only for these not-for-profit gatherings.

#### RECOMMENDATION

We suggest that you prepare a spreadsheet where you collect all the participants' information, so that you can send them information and invitations.

#### THE TOPICS OF THE CIRCLES

At the following link on the MQD webpage you will find the information about the topics of each of circles and the meditations that we suggest you do to close the therapeutic process: <http://www.mujeresquedespiertan.com/#!circulos-mundiales/c1146>. As we design new topics at MQD we will send them to you via e-mail, and please remember that you can start the cycle at anytime.

#### SCHEDULING THE CIRCLES.

You can schedule the circle until three days before or three days after the new moon, the scheduling is important since you want the circle's participants to harness the energy of the New Moon in their personal process. You can check the Moon Calendar here: <https://www.timeanddate.com/moon/phases/>

#### FACILITATOR'S FACEBOOK GROUP

<https://www.facebook.com/groups/FacilitadorasMQDInternacional/>

We have created a secret group on Facebook so that you can share your experiences with other circle's facilitators, you are invited to share the notes and memories of the circles, materials and information. In this sharing space we are weaving a worldwide network of facilitators where we will be sharing exclusive information, events and special offers.

This document was translated from Spanish by Sylviana Geoffray.

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