

## Wisdom Circles



## ROBIN MULLIN FOSTERS COLLECTIVE EMPOWERMENT AND PERSONAL GROWTH THROUGH SUPPORTIVE RETREATS.

THROUGHOUT history and across cultures, women have instinctively gathered in circles, nurturing each other in profound ways. These sacred gatherings provide a space for exploration, connection, and the celebration of life's beauty. Building your own wisdom circle transcends mere friendship; it's about cultivating a sanctuary where feminine energy thrives and collective wisdom blossoms.

Robin Mullin, Founder of Wisdom Circles, LLC, stands as a visionary leader and passionate advocate for women's empowerment. She emphasizes the transformative power of women's circles, highlighting their ability to deepen friendships and amplify the voice of the soul. Mullin's work focuses on providing intimate group experiences supporting conscious evolution, collective wisdom, and expanded creativity through online and in-person gatherings, retreats, and circle leader mentoring.

Gathering women around a shared intention of mutual support lies at the core of this endeavor.

Mullin underscores the power of creating a safe space for women coming together in circles. When a confidential container is created, conversations flow freely, inviting women to discover and share deeply about what has heart and meaning for them. Within these sacred spaces, women engage in various activities, fostering collective empowerment and growth. Mullin shares, "Through listening, witnessing, storytelling, mirroring, laughing, crying, grieving, and more, women in circles support each other and discover themselves through connection with each other."

In today's increasingly divided world, the need for intimate communities is more pressing than ever. Women's circles serve as beacons of light and love, transcending differences to unite individuals in a shared purpose. Mullin describes these circles as "webs of love," offering support in challenging times

and celebrating together each other's triumphs. Embedded within most women's circles are the "Elements of Soul Tending," where participants nurture their souls while supporting others on their journey. These elements include centering, reflection, inquiry, affirmation, ritual, and gratitude. Through active listening, compassionate witnessing, and genuine empathy, these circles create a haven where vulnerability is honored, and authenticity flourishes.

Popular types of women's circles include moon circles, dream groups, and mother's support circles. A "Wisdom Circle" uses a technique called the "Way of Council," an ancient practice that fosters equality and inclusion. By sitting in a circle (in person or virtually), passing a talking piece, speaking from the heart, and allowing spontaneity, each member's voice is heard and respected. This practice encourages deep listening and mutual understanding, paving the way for profound connections and transformative insights. Women's circles are catalysts for personal and collective growth, nurturing individual souls and contributing to a larger tapestry of community and connection. Each woman who is changed for the better by a circle experience takes an expanded capacity to support others into her world of relationships. It is often a natural evolution for many women who love their circles to want to offer the experience to others by leading a new circle. The more circles there are the more women can contribute to building stronger families and harmonious communities.

Guided by leaders like Robin Mullin, women worldwide are answering the call to gather, share, and uplift one another. As we embrace the wisdom of these circles, we embark on a journey of self-discovery, empowerment, and profound sisterhood. Women are leading the way to a better world one circle at a time.