

Coastal Karma Sisterhood Circle

Hello, and welcome to this Sisterhood Circle! I am Rev. Laura Kew, and I am a Metaphysical Minister who performs weddings and life celebrations and ceremonies, and I am excited to expand my realm of spiritual service to include Sister Circles. Sister Circles are safe, sacred, in-person gatherings where women are supported in sharing our truths, seeing others and being seen, deeply listening to others and feeling heard, healing, growing, and transforming into the women we were born to be.

Together we will warmly welcome any women who would like to participate at or near the New Moon in a truly positive, uplifting and powerful way.

Circles will be held in Powell River, location to be announced prior to the circle by invitation.

Metaphysical spirituality involves different beliefs for different practitioners. It can involve the use of crystals, smudging, cleansing, incense, healing arts, healing touch or Reiki practice, yoga, ceremony, astrology, karmic law, tarot, mysticism, auras, nature, angel guidance, paranormal, mysticism ... this list could be as long and varied as there are practitioners. What it does not involve is religious doctrine, or an attitude of thou shalt, or thou must... in any way shape or form.

The belief that I truly uphold is that we all have our own wisdom. We share when it's appropriate, and we receive from others when it's appropriate. We can choose who/when/where that may occur, and we can do it without intention, or with great intention. We learn with, and from each other in every moment. I believe that love is in the forefront of every intent from the moment we are born onto this earth we share. The desire to love and be loved is innate in each and every one of us. Deep connections are what make us feel loved, honoured and respected. My goal is to surround myself and others with light, with positivity, with connectedness and with love, and with heart fully engaged and open.

We are all a work in progress, and sometimes strength comes from within. Sometimes it needs to come from outside of ourselves, and by supporting each other in Sisterhood Circles we can help to form those connections, make the bonds of love and strength stronger within us, and within others.

A Coastal Karma Sisterhood Circle will look something like this:

Welcome
Gratitude for the space together
Overview of the evening
Altar for crystals or items you want to have charged by positive energy
Introductions: You may say your name, the name of your grandmother, mother, sisters,
Or any others you wish to be held in the circle
A one word intention or descriptive word about how you are feeling
Heart Meditation (led)
An activity may be presented, or a reading
Sharing Circle: each woman will have a few moments to share from her heart. Intentions, breakthroughs,
gratitude; whatever comes in that moment. Time will be agreed upon depending on the size of the circle.
Break halfway through
Sharing of light snacks & beverages
Continue Sharing Circle
Brief Meditation and Thanks to close circle
Any Community Announcements

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