



## **SISTER BLANKET** *a charter of womankindness, a reminder of intent, a comfort of words to wrap around our circle...*

1. **KINDNESS** sits at the heart of any meaningful gathering of sisters for our words and actions have the power to heal or harm
2. **HONOUR** offered to our sisters from a place of love, wisdom and peace; honour to our own lives, our inspiration and our edges
3. **RESPECT** for other women and ourselves; for the ways in which we are different and the same; for the courage it takes to travel our path
4. **ACCEPTANCE** without judgement or conditions, an immeasurable gift that we can offer to each other
5. **COMPASSION** we may not know what a sister carries, the ground she treads, the stories knotted in her heart; we sit with her and listen close
6. **EMPATHY** for a sister even when she expresses herself in ways we do not understand; reaching beyond her defences to the woman inside
7. **TOLERANCE** we cherish sisters even when behaviour irritates and words annoy; we appreciate the space given to our own peculiar ways
8. **GRACE** blesses all we do and think and say, how we sit in circles with our sisters, how we tend our sacred fires
9. **HOLDING** space when a sister seeks comfort or needs to be witnessed; keeping our gatherings strong and safe as guardians and protectors
10. **HEARD** may all our sister's words be honoured, whether one word or a torrent; let us not miss a treasure
11. **SUPPORT** the touch of another woman's hand when we are struggling to cope, words that make a world of difference
12. **TRUST** the loyalty of sisters; the faith we place in each other every time we share a story, a raw memory, a yearning vision, a revelation
13. **EMBRACE** taking into our hearts the struggles, strengths and insights that our sisters bring; giving a hug when it is needed
14. **TENDERNESS** towards our sisters, treading gently, behaving with care, being gentle with their vulnerabilities
15. **SANCTUARY** the nest that is formed by the strong and loving arms of all our sisters; we are cradled by the drumbeats of their hearts
16. **NOURISHMENT** of sister souls and bodies; songs that soothe, hands that heal, a warming brew, earthy food, good chocolate, fine cake
17. **LOVE** placing our hearts into the circle, meeting our shared times with warmth, showering love upon our sisters, caring for ourselves
18. **WILLINGNESS** remembering to have the word yes tucked into our belts, to go that one step further, to face the challenge
19. **HOPE** for here lies the source of our inner strength, our bravery and resilience, our ability to positively quest and seek change
20. **COURAGE** to be the women we know we truly are and will be, to stand firm, to let go and fly; to journey with sisters, to journey alone
21. **HONESTY** let us honour the truth and openness we bring to our circles; let us recognise when stark honesty requires a softening touch
22. **GENEROSITY** towards our sisters with time, care, support, space and any tangible thing we have to share
23. **SERVICE** to our sisters is an honour and a delight; extending ourselves selflessly is grounding and draws us closer as friends
24. **AWARENESS** of our sisters, being fully present in our gatherings and always mindful of how we respond
25. **DEPTH** we have the capacity to go way beyond the surface of things; let us reach far down to speak from that profound place
26. **WISDOM** we all carry the resources of wise knowing, ancient memory and intuitive understanding; may we grow into our wisdom
27. **INTEGRITY** remembering our own truth is not more true than that held by our sister; ensuring our eager feet do not trample on her
28. **ANCESTORS** through our ancestral mothers we are all woven deep, at the core of our sister circles we are linked by blood & bone
29. **WILDNESS** wild women need to let our wildness out! we shout in the wind and shake our hair and run like untamed mares!
30. **SOAR** we lift each other up; may we fly together and carry sisterhood on our broad wings to other women that we meet
31. **FREEDOM** to be ourselves (sometimes with humour), to stretch out and grow, to leap mountains and swim oceans
32. **STILLNESS** is the pause between the actions that weave our words together, a holy place where we reach into shared silence
33. **CLARITY** letting our eyes perceive on all levels, see through dark or mist, change our perspective, view visions, move with light
34. **EQUALITY** remembering that no one of us is greater or lesser; in a circle we all sit equal distance from the fire
35. **SHARING** joy, pain, laughter, tears, fears, fun, exciting anticipation, strange adventures, intimate spaces, sacred moments
36. **BELONGING** may we each enjoy the vibrant warmth of feeling connected, relish the loving care in which we are enfolded
37. **MAGICAL** within all our threads and weavings lies the mystery of the cloth we form together, the moons and magic of our lives
38. **GRATITUDE** for sisters met and the murmurings of those yet to be met; for the chance to gather, dream and drum together
39. **SISTERHOOD** is an experience, a way of being, an understanding, our undertaking, our remembering, our gift

