



Untethered
a journey of self-discovery

Starts 22 September 2024

The Journey

This 3-month online circle and meditation journey is an exploration back to self, curated for women, non-binary people, and those who identify as women. Untethered is for those who are seeking release from the expectations placed upon them by others, themselves, and society.

In a world where we are asked to be everything, to everyone, all the time; Untethered is a gentle space to navigate a way back to our true selves with kindness and curiosity.

Through meditation, self-discovery activities, journal prompts, and by sharing stories in circle we can untether our innate rising wisdom. A wisdom that inherently knows how to guide us to exactly where we need to be.

The Offering

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Individual
discovery
call

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Exclusive
group
meditations

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Untethered
sharing
circles

8

Guided
self-discovery
activities

12

Reflective
journaling
prompts

The Experience

In ancient times, communities gathered in a non-hierarchical circle to share their stories. Whoever held the ceremonial stick or stone, known as the 'talking piece' would be able to share their story uninterrupted. They would not be offered any advice or guidance; but a platform to have their voice heard.

This sacred art of circle allows us to be witnessed in our word, and as a result we can feel truly heard and gently held in our vulnerability.

By combining circle with guided meditation, we can find a deeper connection to self as we travel inward and connect with our innate wisdoms. The additional journaling prompts and self-discovery activities helps to make this circle journey a transformative experience for those looking to reconnect with themselves.

Untethered

Leaning into this stillness
I find the place where my thoughts gather
like heavy storm clouds;
tentatively accumulating in my restless mind.



If I could just grasp them,
I would thread them together on gilded yarn
and weave them into stories,
to release like rain drops
into the expectant Earth.



For there is a sacred place I know
- an opening -
Where women gather with cupped hands
to catch the glistening droplets with
tenderness and knowing.

Sitting side-by-side in circle
their rising wisdom untethered;
they know the significance of these stories
and how to hold them in
revered silence.



Softly, and with whole hearts
they offer our stories to the Earth
for her safe-keeping,
bringing release from the storms
that we have known.



A peace, a pause, a beginning.
A blessing to behold.

The Dates



SEPTEMBER

Sunday 22 - OPENING CEREMONY | Sunday 29 - CIRCLE

OCTOBER

Wednesday 9 - MEDITATION | Sunday 20 - CIRCLE | Wednesday 30 - MEDITATION

NOVEMBER

Sunday 10 - CIRCLE | Wednesday 20 - MEDITATION

DECEMBER

Sunday 1 - CIRCLE | Wednesday 11 - MEDITATION | Sunday 15 - CLOSING CEREMONY

Ceremony 19:30 - 21:30 | Meditation 20:00 - 20:45 | Circle 20:00 - 21:30

Dates and times may be subject to change when this best suits the group

The Investment

EARLY BIRD OPTIONS

Early Bird Total = £333 available until midday on 8 September

Early Bird Installments = £111 deposit then 3 x £75

FULL PRICE OPTIONS

Full Price Total = £444

Full Price Installments = £222 deposit then 3 x £75

SUPPORTED PLACES

Guide Price = £222

The Guide

With a 25 year career as a clinical professional in healthcare, including 10 years as a clinical educator, Sophie's career has always focused on helping other people. However, due to her own life experiences Sophie embarked on a quest to heal herself when she found her way to circle, a place in which she felt gently held in her vulnerability,

Determined to offer this sacred space to others she has qualified as an advanced circle facilitator and a meditation guide, and has been offering circles to women and the LGBTQ+ community for the last 4 years.

Although she is training as hypnotherapist and psychotherapeutic counsellor Sophie does not include either of these modalities in this circle journey, so whilst this space can feel deeply nurturing, please be mindful that it is not therapy.

Sophie is trauma-informed and LGBTQ+ aware and welcoming.

Her facilitator training is of the Sister Stories lineage.



After a two decade journey of post-traumatic growth

RISING WISDOM

is the creation of Sophie Blackman-Smith

Sophie believes that when we turn our attention inwards, through meditation, therapy, journaling and circle; we can connect with our own rising wisdom.

A wisdom that inherently knows how to guide us.

The Testimonials

‘A calm presence, a warm heart. A true story. Sophie is someone who has known the darkness and the light, and can hold both magically’ - Stella

‘Sophie helped me through the darkest period of my life. Due to grief my life had just stopped, and I was unable to see the light. Sophie guided me to find the light inside myself. I am so grateful.’ - Ash

‘Sophie creates a special space for women and she is a fantastic space-holder. Deep wisdom emanates from her beautifully’ - Lauren