

## Heartland Circle: Oct. 2016 - Oct. 2022

### Sample of Themes

The time spent on each topic varied from one session to over a year.  
In some cases, examples of prompts used are included.

#### **Lunar nodes**

#### **Feminine and Masculine**

**Suffering** – several sessions plus in-person gathering

**Forgiveness** – in-person gathering

**Confidentiality** - How do we “hold the story” of another?

#### **Belonging, through the 7-year phases**

- 28-35 year old phase: What were you opening/closing to belonging to?

#### **Mars years, age 42-49**

**Festivals**, as presented by S. Prokofieff -- several years

- Easter: an experience where intellect failed us
- Epiphany: a person we experienced as love/light
- Pentecost: how do I prepare myself for the dropping in of Sophia’s wisdom?
- We also noted and observed the “season” of divine feminine festivals during August and September, such as the Assumption of Mary, August 15

**Sophia, the divine feminine** –over a year, plus a zoom retreat during the pandemic

#### **Some of the Prompts for check-in at beginning of our calls**

- Beginning of Advent: What are you dreading and what are you looking forward to as we approach the holidays?
- Sharing our experiences of the Holy Nights
- What brings you comfort in your day to day life?
- How are you doing in body, soul and spirit?
- After Sophia Rising conference: What is rising within you now?
- What is easy for you?
- What gifts has the summer offered you?