

Kindred Spirits

Sharing Circles of Loving Presence



Kindred Spirits Sharing Circles are circles of love, inquiry, generosity, healing, and trust.

They are designed to create joyful connection to our innermost selves, to one another and to the sacred. In these changing and sometimes turbulent times, nothing could be more important.

Paradoxically, our journey inward often works best within the loving presence of community. Our small group live online meetups have proven to be so intimate and soulful! Here, we can explore our personal paths within a framework of shared experience that provides a peaceful sanctuary for all.

We'll explore and celebrate our individual and collective journeys in this beautiful, imperfect lifetime. And we'll engage in listening deeply... to our hearts, to each other and to our lives.

We'll spend our precious time together in three 2-hour gatherings, each session devoted to a unique theme. We'll learn, laugh, meditate, self-reflect and share our inspiration and insights in intimate breakout rooms of 3.

There is no homework, no advanced preparation. Just show up for each session with an open heart. Together we'll explore the blessings and challenges of living fully human.

To discover a kindred spirit is to find your heart in the heart of a friend

– Ann Parrish