

Welcome to Root & Rise!

I'm so excited that you're here. We're going to get started properly on Monday but I wanted to share a few things with you before then so you can begin as strongly as possible and keep the momentum going throughout.

Feel it all

Root & Rise is about recognising your eco-anxiety, fear, guilt, anger, paralysis – whatever it is you're feeling – as a healthy response to the unravelling of our world. And not just healthy, necessary too. What you are feeling are the cries of the earth calling you back into belonging and into authentic action. So I invite you to allow all of your feelings and responses to be here, and to try to regard them all as equally valid.

Be yourself

Throughout the programme you will be re-weaving the threads of who you are within this magical, interconnected web of life on earth, and the part you are being called upon to play. Not anyone else, *you*. So if you notice you're comparing yourself to others at any point, gently bring yourself back into your own lane. This is where you will have the greatest impact because this is an alignment of what *you* love, what *you're* good at and what *you* feel called to improve in the world.

Trust in the process

The journey ahead is not a straight line. It may sometimes feel like we're moving away from our destination, but in order to rise up, we first need to spiral down. I invite you to trust in the process, let go of what you know and embrace the unknown. Easier said than done, I know! But if you'll let me guide you, we can walk the journey together.

Keep digging

You may well come across a question or exercise that you've answered or done before. Rather than skip it, I invite you to do it again, because your journey of becoming who you were born to be will never end, and you can always spiral deeper and uncover new layers. Ask yourself, where are you not embodying this in your life?

I'm holding time

I've designed these daily sessions to be as doable as possible, because I know how hard it can be to find the time, energy and motivation. So I've made sure they are a maximum of twenty minutes, some are less. If you know you have more time, please do pause the recording if you want to create more space for an exercise. I'll also sometimes offer optional suggestions that take you outside of the twenty minutes. Please take or leave these, depending on where you're at.

Embrace the ebb and flow

The aim is to have more clarity by the end of the programme BUT you may find your newfound clarity feels short lived. This is because we are constantly ebbing and flowing through cycles of growth. So having emerged from the programme with a deeper sense of who you are and what you offer and enjoying some time in the sun, you may find your confidence wobbling as you descend into another phase of the unknown, what Kate Northrup calls the Fertile Void. I encourage you not to be discouraged by this! On the contrary - embrace it. This is an important part of any cycle, mirroring winter when everything rests. That doesn't mean nothing is happening. In the rest of nature, beneath the surface seeds and bulbs are maturing. On the trees, buds are forming. If you can surrender to it, you will emerge with even more clarity and even deeper roots in who you are and what you offer.

Don't be alone

You are invited to join a private Facebook group specifically for women taking part in the Root & Rise journey. I'm aware that seeing what we see in the world can be a lonely thing and I really wanted to give you the opportunity to connect with other women who get it. This is a safe space to share and dig a little deeper into what's coming up for you - if you want to. It's also intended to keep you motivated throughout the journey. Please feel free to start your own posts, respond to mine or both. I'll also be at the end of an email throughout the whole process. I invite you to use this support as much or as little as you need.

Keep up the motivation

Starting Monday, you'll receive daily emails linking you to that day's recorded session. It will also be automatically added to the private podcast so you can go straight there if it suits you better. The emails also act as a gentle nudge, reminding you to listen in.

Some of the creative ways we'll be working

Open sentences

Many invitations will come in the form of open sentences. This basically means I give you a sentence to finish. For example, *"I'm reading this PDF because..."* and you might write something like, *"I'm reading this PDF because I want to find out more about the course and feel prepared for the journey ahead. I'm also not clear on a few things so am hoping they'll be covered here..."* Etc. The idea is to write whatever comes without judging, censoring or analysing.

Stream of consciousness writing

This leads us nicely onto stream of consciousness writing. I want to invite you to quieten your mind while writing, the aim being to let all and any thoughts and feelings onto the page without first being deeply filtered. Try to let the words flow from a place of intuition instead. It takes time to master, so rule number one is to be gentle with yourself. Rule number two is not to read what you've written until you're finished. Rule number three is to let the writing take you where it wants to lead, even if it doesn't make sense or seems obscene! Go with it. Rule number four is, if trying to write this way is getting in the way of doing the programme, then give yourself permission to let it go and do it in a way that suits you. This is just an invitation after all and this programme is all about finding *your* way to do things.

Embodied exercises

We will also be working with the body including five minute dance parties to let off some steam (it's a good idea to have some upbeat favourites ready to go) and also some guided movement work. I'm a trained dramatherapist so you're in good hands! I'm also aware that our culture has conditioned many of us out of our bodies and this kind of work can feel very strange and maybe vulnerable too. With everything I offer, I encourage you to give it a go and give yourself permission to play, just see what happens. And if my instructions are not making sense to you, don't take that on yourself. Feed it back to me so I can make it easier for the next person, *and*, in the moment, do it *your* way. Don't worry about getting it 'right', go with what feels good.

Please let me know if you have any questions.
I can't wait to journey with you.