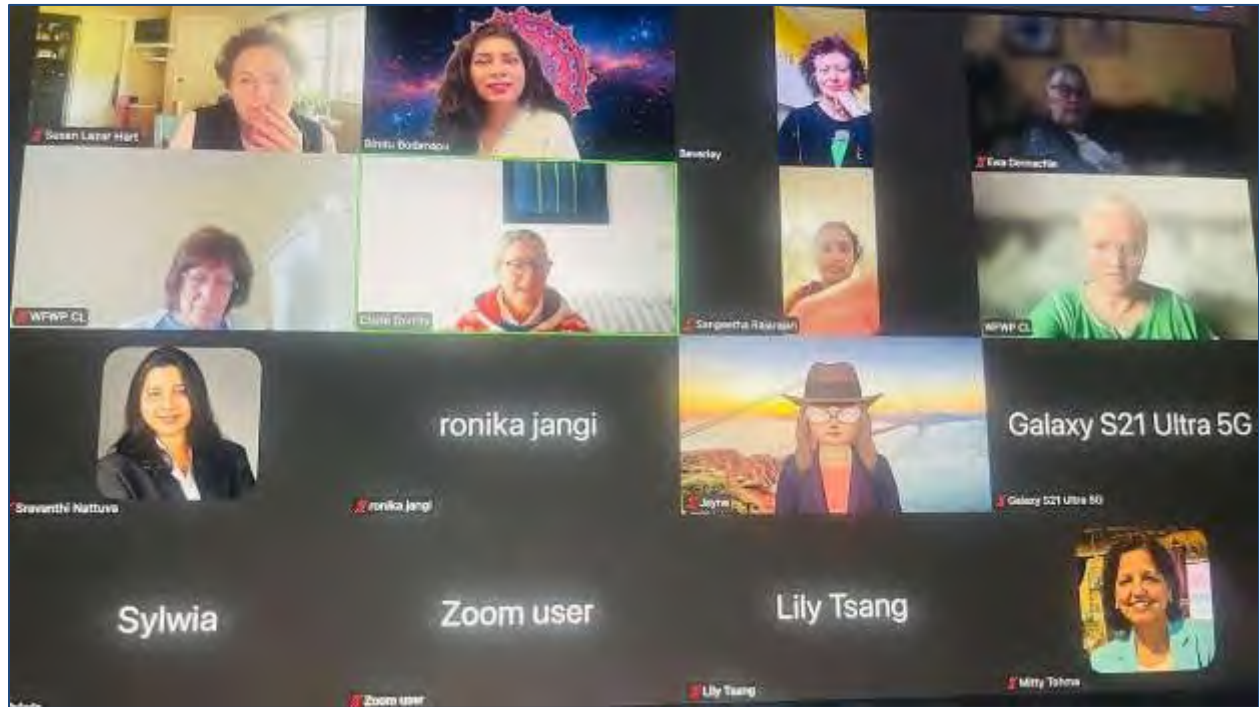


WFWP Central London, UK: Sacred Feminine Goddess Circle

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The Sacred Feminine Goddess Circle was an online meditation and well-being session organised by Women's Federation for World Peace Central London as part of its Women Empowerment Circle (WEC) programme. The session was led by Laureta and the meditation by guest facilitator Bindu Bodanapu, a doctoral researcher in consciousness and feminine wisdom, and focused on emotional healing, grounding, feminine empowerment, and inner connection through guided meditation and reflective practices.

The session explored the archetype of Mother Gaia, inspired by the ancient Greek Earth goddess, helping participants reconnect with nature, emotional well-being, self-worth, and inner peace. Through therapeutic meditation, guided visualisation, music, reflective journaling, and mitotherapy (healing through myths, stories, and archetypes), participants were encouraged to release emotional stress, reconnect with themselves, and reflect on personal healing experiences.

Approximately 20 participants attended the online session from different countries, including the United Kingdom, Ireland, Canada, Mauritius, and India, demonstrating the international and inclusive reach of the programme. Participants actively engaged throughout the session, with many sharing personal reflections and emotional experiences connected to family relationships, grief, healing, and emotional release.

Feedback from participants was highly positive, with attendees reporting feelings of grounding, emotional release, protection, peace, and connection. Many participants expressed appreciation for the safe and supportive environment created during the session and showed interest in continuing to attend future circles and well-being activities.

The project contributed strongly to several WFWPI focus areas, including Good Health and Well-being, Women and Youth Empowerment Education, Women, Peace and Security, and Global Women's Peace Network. The session supported emotional resilience, intercultural connection, self-awareness, feminine leadership, and community-building among women from diverse backgrounds.

As a result of the positive engagement and feedback received, WFWP Central London plans to continue hosting Sacred Feminine Goddess Circle sessions twice monthly as part of its ongoing well-being and women's empowerment initiatives. Participants were also encouraged to join the WFWP community group to stay connected and participate in future events and activities.

The Sacred Feminine Goddess Circle brought together 19 participants from different countries, including the United Kingdom, Ireland, Canada, Mauritius, India, and Switzerland. The online format created a warm and welcoming space where women from different backgrounds could connect, reflect, and support one another through shared experiences of healing, self-discovery, and personal growth.

Engagement throughout the session was very positive, with participants actively joining in guided meditation, visualisation, reflective journaling, and open sharing. Many women shared emotional experiences connected to healing family relationships, releasing grief and stress, and reconnecting with themselves on a deeper level. Participants described feeling more grounded, peaceful, emotionally lighter, and supported after the session.

The event contributed strongly to several WFWPI focus areas, especially Good Health and Well-being, Women and Youth Empowerment Education, Women, Peace and Security, Global Women's Peace Network, Climate Sustainability and Environmental Impact, and Collaborations and Partnerships.

The Mother Gaia theme encouraged participants to reconnect with nature, emotional balance, and inner well-being, while also promoting awareness of the importance of nurturing ourselves, others, and the environment around us. The session also strengthened intercultural understanding and women-led community connection by bringing together participants from different countries in a peaceful and supportive setting.

Feedback from participants was highly positive, with many expressing interest in attending future circles and well-being activities organised by WFWP Central London. Participants especially appreciated the calming atmosphere, emotional support, sense of belonging, and safe space for reflection and healing.

The event was organised by WFWP Central London in collaboration with guest facilitator Bindu Bodanapu, helping strengthen partnerships and expand community outreach. Following the positive response and growing interest, WFWP Central London plans to continue hosting Sacred Feminine Goddess Circle sessions twice monthly as part of its ongoing Women Empowerment Circle (WEC) programme.