

Walking the Spiral: the beginning

1/26/2026

6 Comments

What do you want to create space for this year?
What do you want to bring into alignment?
What support do you need?

6 Comments

Anna

1/27/2026 10:12:13 am

"Planting words, like seeds, under rocks and fallen logs--letting language take root, once again, in the earthen silence of shadow and bone and leaf." (Abram, 1997, p.273)

Reply

Prerna

1/29/2026 02:12:44 pm

Hiya, first off, it was lovely to see you all on Tuesday (27.01) in our first meeting, and I am looking forward to meeting Emma soon. I am excited to be on our collective adventure with Anna steering the ship/boat/hovercraft/hot air balloon of our journey.

In response to the set of curiosities (i use the word imaginatively here!), I'd like to share the following:

What do you want to create space for this year?

- Space to explore parts of my voice that I subdue/hide in order to "fit in".

What do you want to bring into alignment?

- My inner and outer worlds

What support do you need?

- A community that is curious, kind and invested in collective liberation

Reply

Emma

1/29/2026 10:19:59 pm

Hello everyone! So sorry I wasn't able to be on the first call. Very much looking to seeing you all on the next one.

I watched the recording last night and found it all very moving and powerful.

I'll share some of my revelations from the meditation in here in the coming days.

Had I been on the call, in answer to something people might not know about me, is that I changed my birth name, Joanne Németh, by deed poll to Emma Taylor in my late twenties. As a massive David Bowie fan, I was gobsmacked by your story Anna!

Emma x

Reply

Penny

1/30/2026 10:05:20 am

Hello all,

Lovely to spend time with you at our first call, looking forward to meeting you Emma. I am excited to be part of this community where we can explore our stories.

What do you want to create space for this year?

A writing practice that is more than trying to create something 'publishable' but that dives deep into the stories I really want (need) to tell

What do you want to bring into alignment?

I want to align my writing practice with the material I really want to write/explore

What support do you need?

A kind and curious community that can hold space for all the questions and emotions that may come up for all of us

See you next time

x Penny

Reply

Sharne

1/30/2026 04:50:59 pm

Hi Everybody,

Loved meeting you all on Tuesday and look forward to meeting Emma next time.

What do you want to create space for this year?

Me and my art practice which includes writing and giving a priority.

What do you want to bring into alignment?

My energy and focus, it has all gone a bit chaotic.

What support do you need?

Having a very supportive community to explore all of the issues from the group. Hoping to learn from you all.

Best wishes and see you soon

Sharne x

Reply

Anna

1/31/2026 12:10:51 pm

Hello All - looks like this way of sharing is working. Thank you for sharing.

It would be good to know your expectations around your notes. Whether it is enough to write then discuss in our sessions, or whether there's space for a discussion here...

Penny - rightly so - has asked for a stronger password for security reasons, which we can sort the next time we meet.

I'll add some more notes/thinking closer to our next meeting, but wanted to acknowledge you all :)

Blue skies today, and the snowdrops are plentiful

Imbolc tomorrow/ Monday. May the fire of Brigid light your way.

Thank you

Anna x