



THE POWER OF CELEBRATING SISTERHOOD

MY NAME IS CARLA, I AM 56 YEARS OLD AND I LIVE AND WORK IN THE NETHERLANDS. I WOULD LIKE TO SHARE ABOUT THE NOURISHING AND GROWTH OF WOMEN'S POWER DURING THE WOMAN'S NATURE RETREAT IN SOUTH AFRICA, AMIDST NATURE, NEAR CAPE TOWN. FOR ME THIS WAS ONE OF THE MOST IMPACTFUL EXPERIENCES IN LIFE. I WAS INSPIRED TO ATTEND BY THE STORIES OF DIN VAN HELDEN (SHE IS ONE OF THE FACILITATORS). I HAD MET HER IN A DIFFERENT CONTEXT, AND FOUND HER TO BE A STRONG, OPEN, HONEST AND CARING MENTOR. SHE REALLY KNOWS HOW TO TOUCH AND CARE FOR PEOPLE. HER STORY AND STRONG WISH TO CELEBRATE SISTERHOOD BETWEEN SOUTH AFRICAN AND WESTERN WOMEN, SPOKE TO ME SO STRONGLY THAT I IMMEDIATELY SAID: "I AM YOUR WOMAN, I'M IN!".

AND BOY DID I ATTEND....WITH EVERY FIBER OF MY BODY, MIND, HEART AND SOUL. THERE WAS NO WAY AROUND IT. AS SOON AS I HAD FOUND MY OWN QUARTERS, JOINING LOUISE (MY ROOMIE), I COULD BE PRESENT AND PREPARE TO ALL THAT WAS TO COME. INTENSE DIALOGUES, PERSONAL REFLECTION, CONNECTING TO NATURE WITH YOUR BODY, ALL PRECIOUS ASPECTS OF A VERY SPECIAL WEEK. IT BROUGHT UNIQUE EXPERIENCES FOR EVERY PARTICIPANT. IT WAS UNIQUE BECAUSE OF THE FULL PICTURE: LOVE AND ATTENTION FOR EVERY ASPECT AND DETAIL, SENSE FOR THE SYSTEM DYNAMICS, LOVE FOR EVERY AUTHENTIC PERSON PRESENT, LOVE FOR THE WILD ANIMALS AROUND US AND THE SUSTAINABLE AND DELICIOUS FOODS. BUT ALSO, THE LOVE AND ATTENTION FOR WATER, BEING SPARSE AT THAT MOMENT.

I WOULD LIKE TO SHARE A FEW INTENSE AND PERSONAL EXPERIENCES. FOR ME BEING IN CONTACT WITH NATURE WAS THE MOST IMPORTANT. WE HAD SEVERAL MOMENTS EACH DAY TO BE PRESENT IN NATURE. THE SCENERY, THE SURROUNDING MOUNTAINS AND THE SKIES WERE SHARP AND PURE. IT BROUGHT ME CLARITY AND I COULD EXPERIENCE MYSELF WITHIN THE UNIVERSE. NEVER HAD I FELT THE EARTHS ENERGY FLOW INTO MY BODY THROUGH MY HANDS, AS I EXPERIENCED WITH OUR BODYWORK IN THE MORNINGS. IN THE FIELDS, THERE WERE TWO BODIES OF WATER, ONE FOR FISHES AND ONE TO SWIM IN. ON ONE OF THE DAYS I WALKED UP ON MY OWN, TO THE LAKE TO JUMP IN THERE, I ALMOST DANCED IN THE WATER, PROCLAIMING THE PROCESS THAT UNFOLD TO ME, LOUD AND CLEAR TO THE MOUNTAINS AROUND ME. MAKING CONNECTION WITH MY OWN ESSENCE AND WITH NATURE AS A SOURCE OF POWER WAS VERY SPECIAL.



Mutual Learning

THIS RETREAT FOR ME WAS ABOUT EXPERIENCING LOVE AGAIN. LOVE FOR MYSELF, THE OTHER WOMEN AND FOR LIFE. IN OUR JOURNEY THAT WEEK WE MANAGED TO SLOWLY “PEEL” OF OUR LAYERS TO WHO WE ARE IN ESSENCE. IF YOU CONNECT THROUGH THAT ESSENCE, IT DOESN’T MATTER IF YOU ARE BLACK OR WHITE, RICH OR POOR, OR BELIEVE IN ALLAH OR GOD. IN THE FLOW OF THE WEEK DIFFERENCES DID ARISE, BUT WERE TREATED THEM WITH KINDNESS AND LOVE. THE POWER OF THE GROUP MADE US SINGING AND DANCING LOUD ON THE LAST DAY AND WE ALL FELT COMPLETE FREEDOM AND CONNECTION IN THE GROUP.

BACK AT HOME IN THE NETHERLANDS THE AFTER-EFFECTS OF THE WEEK LINGERED FOR QUITE SOME TIME. I STILL EXPERIENCE IT. IT WAS SELF-EVIDENT TO ME THAT I STAYED IN CONTACT WITH MY ROOMIE LOUISE. USING THE MOBILE PHONE I HAD GIFTED TO HER DURING OUR GOODBYES, WE HAVE CONTACT USING WHATSAPP A FEW TIMES A WEEK. THE VOICE-MESSAGES ARE THE MOST POWERFUL, WE SHARE THINGS THAT KEEP US BUSY, ALSO ON A DEEPER LEVEL. HEARING EACH OTHERS VOICES IS ENOUGH TO FEEL THE CONTACT. A SPECIAL FRIENDSHIP HAS GROWN. A FRIENDSHIP IN WHICH WE ARE THERE AND LISTEN. A FRIENDSHIP IN WHICH WE HONOR EACH OTHER OUT OF LOVE.

CARLA ROEBROECK



Womens Nature Retreat South Africa

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