

SHAPE.COM > LIFESTYLE > MIND AND BODY

Can "Moon Circles" Help You Feel More Fulfilled?

Moon circles offer women a deeper connection in a busy world. Find out if the practice is for you.

By **Rachel Khona**

June 08, 2018

[Save](#) [FB](#) [Tweet](#) [More](#)



CREDIT: MAHMUD TURKIA / GETTY IMAGES

Carefully arranged on the table were various pink and white candles, offering a warm glow against the cloudy evening. A mini statue of the Hindu goddess Durga sat next to a set of mala beads. Flowers were strewn about, while a small spray bottle of

something curiously called "DNA Activation Spray" sat to the side. I sat quietly with 10 other women around the table, chatting and drinking tea. The moon circle was about to start.

In a world where women are increasingly working longer hours and living busier lifestyles, it's easy to feel exhausted and unfulfilled. We're getting married later, doing more of the household work if we are married, and increasingly moving away from traditional support systems. We're rejecting the confines of organized religion, trying to please everyone, and finding ourselves increasingly disconnected from our own sense of self. (P.S. You really need to stop answering emails at night.)

Women have been turning to book clubs, networking events, and mommy meetups for years. But now there is a movement developing around spiritual connection for women. Could moon circles be the answer? (Have you heard of cookbook clubs?)

Representing a fresh start, moon circles take place during the new or full moon, and not just in New York and California. Around the world from Austria to Singapore, women are gathering in moon circles. Moon circles usually take place indoors with everyone seated around an altar of sorts. Circles last about an hour but can be flexible depending on the needs of the group.

Using writing, affirmation, mantras, and meditations, women set intentions and focus on manifesting their desires. A supportive environment encourages women to open up,

discussing their fears, personal struggles, and more. It can get pretty deep.

Inspired by ancient traditions and the power of ritual, moon circle facilitator [Sonya Genel](#) felt drawn to moon circles. "Our modern culture perpetuates individual isolation, competition, and fear," she says. "But moon circles are a place to reclaim connection, spirituality, and love within a supportive community."

"Women have been gathering in circles since the beginning of time," says [Bianca L. Rodriguez](#), a spiritual psychotherapist. "Supporting, nurturing, and helping others is a way many women experience fulfillment. Moon circles create a space for women to share and relate, which feeds this basic need."

The women at the circle ranged in age from 20s to 60s and encompassed various ethnicities. The reasons for coming to the circle varied. Some women came simply to connect with others. Others came to work on self-love. Another shared a story of losing her child. Another spoke of a divorce. And some women just came for "me" time.

"Women are expected to do and be a million things and execute them all flawlessly," says [Laurel Marlantes](#), a moon circle facilitator in Bainbridge Island, WA. "Our culture still rewards business, but being busy doesn't allow for going deep or connecting with others in a really meaningful way." That's where moon circles come in. "They put it on the calendar for you and give you the opportunity to dive into these spaces that daily life doesn't always have time for."

Shana*, a busy working mom, feels this firsthand. "Between a demanding job, my young kids, and husband, I feel like I don't have time to breathe," she says. "I was craving an emotional connection with myself that was free of any obligation to someone else."

While some women attend as a way to reflect inward, others go simply for the raw emotional connection to other women.

Caroline* a PR exec who attends moon circles in New York says, "The city can be a lonely, intense place. It's all about the latest restaurant or newest gadget. I'm not from here and a lot of my closest friends are still back home. Sometimes I just want to be around other women in a deeper way that doesn't involve the latest celebrity breakup."

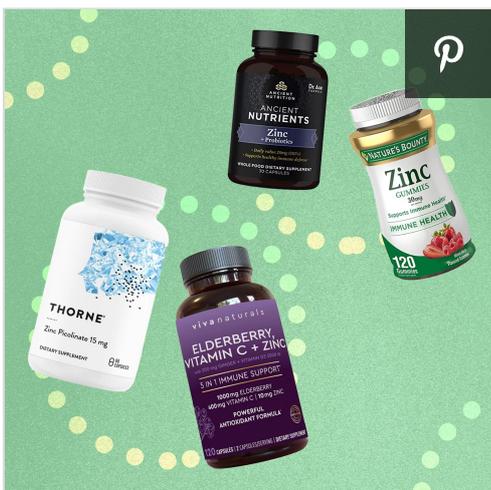
There are real health benefits to these types of bonds. "Connection with other women is more important to our health than exercising and eating right," says Naama Barnea-Goraly, M.D., former Stanford brain researcher and founder of [Telle](#), an app to improve female friendships. "Yet most women feel like spending time with their girlfriends is an 'indulgence' and don't make enough time to nurture the female friendships in their lives."

She's right. According to the ongoing [Harvard University Grant and Glueck study](#), people with solid relationships live longer than those who are lonely. And their lives may be *better*, too. As Genel puts it, "Finally, I show up more bravely, authentically, and compassionately for my life, my community, and my work in the world."

**Names have been changed.* Are Moon Circles the Latest Wellness Trend?r example, they've found that it helps relieve harmful levels of stress, which can adversely affect coronary arteries, gut function, insulin regulation, and the immune system. Another line of research suggests that caring behaviors trigger the release of stress-reducing hormones.

By Rachel Khona

Popular in Mind and Body



The 10 Best Zinc Supplements to Support...

≡ Article



TikTok Is Obsessed with This Ear Wax Hack — B...

≡ Article



Johnson & Johnson's COVID-19 Boosters

≡ Article

All Topics in Mind and Body

FIT GETAWAYS

BEAUTY

FASHION

BRIDE

SEARCH 

Comments



Add A Comment

Be the first to comment!

Shop | **SHAPE**

SCALES

WORKOUT TOPS

YOGA MATS

VITAMINS & SUPPLEMENTS

FOAM ROLLERS

ACTIVEWEAR

RESISTANCE BANDS

WORKOUT VIDEOS

SKIN CARE

NUTRITION BARS

SHOP MORE →

Shape may receive compensation when you click through
and purchase from links contained on this website.

SHAPE

Magazines & More

Learn More

Subscribe

Customer Service

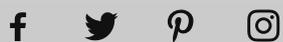
Advertise

Content Licensing

Affiliate Program

Connect

Follow Us



Subscribe to Our Newsletter

OTHER MEREDITH SITES



Shape is part of the Instyle Beauty Group. © Copyright 2021 Meredith Corporation. All Rights Reserved.

[Privacy Policy](#)

[Terms of Service](#)

[Ad Choices](#)

[California Do Not Sell](#)

[Web Accessibility](#)