



# Why Mersea Island for Courses?

Clare Spink N.D.



# The Womb Space

All UK courses are hosted as a Retreat from my log cabin on the beautiful Mersea Island, near Colchester, Essex with accommodation and meals provided.

Each course will be with a **maximum of 6 women**; which creates a wonderful opportunity for women to learn with me and have **virtually one to one teaching** and the opportunity to truly dive into their own healing journey whilst **feeling safe in this intimate space**.

Staying together enables a beautiful **deepening of the sisterhood** as we all bond deeper over meal times and evenings spent chatting, taking walks on the beach and embracing the friendships that develop.



Having taught for the last 3 years from Mersea, with smaller, intimate groups, they would all testify that the experience was richer and juicier than they expected!

# So WHY Mersea?

**"Mersea is Magical"** I hear this time and again from students who do the course with me here. So here's why I think Mersea is where this work needs to take place...

The land of Mersea sits on a bed of London clay; absorbing the energies that are released & cleared during the course.

Negative ions are abundant in nature, especially at the beach, and hold many healing benefits.

As you stand, feet placed at the waters edge, you can feel the purification, drawing the energies down into the mud, being washed away by the waters, clearing & cleansing whilst also earthing and grounding you!

The optimal end to a day in the "log cabin doing THE WORK".



At the end of each day, a walk on the beach allows time for reflection; another sense of “liminality” – the psychological space between not knowing and knowing.

The tides are a constant reminder of the moon, with each Full and New Moon, we can be cut off from the mainland, reminding us to slow down, connect with nature and feel the energetic cleansing of the land and selves.

Mersea encapsulates that liminal edge - the space "in between" where one thing becomes another. The landscape, where the tide alternately reveals and conceals the land; ... where dry land merges into mud and then water on the marshes. Reminding us to freely transition, to feel our own edges and boundaries, process our own changes and be aware of our relationships with self and outer world.

**All of this explains WHY Mersea is the sacred holder of this rich & deep feminine work.**



# The Liminal Space

## The Threshold between the old & new.

Mersea Island is in **constant flux**; the tides changing the lands edges; never being completely solid or liquid, where there is always a process of moving, changing and flowing.

The perfect description for how we should be too, constantly unraveling, growing, shifting and being open to the changes that arise.

Women are called to the course, ready to disentangle, cleanse & heal; **crossing the threshold** as they process & evolve through a journey, freeing themselves to embrace a juicier & vibrant life.

Students have described the 5 days as a **Rite of Passage**, an Initiation...and that Mersea is the ideal place for holding this.



# Oysters - Mersea's Totem Animal

West Mersea Oysters are a delicacy, famous worldwide and interestingly, the Mersea land outline is shaped like an oyster!!

With that in mind, the oyster is a representation of the Mersea "spirit animal" which is about **hidden treasures within**; as a producer of a beautiful **Pearl** from something so simple as sand, mirrored on the course by Women realising they hold so much wisdom and strength inside, and the 5 days is the filtering process an oyster goes through to create the Pearl.

**An oyster depicts balance of masculine & feminine, with the hard outer shell and soft inner.**

I just love that when I started to explore the reasons that I KNEW I'd been called to live on this land and DO THE WORK from this land, that all the pieces of the puzzle came together, confirming my inner knowing of the Magic of Mersea!



# History of Mersea

Steeped in history, Colchester is the oldest recorded town in England, only 9 miles from Mersea, with the Island being the chosen place for the Romans to **rest & find solitude**.

The Romans would walk across the mud at low tide to gain access to Mersea, fortunately we now have The Strood, the one road that connects Mersea to the rest of the mainland and first built by Anglo-Saxons in the 7th Century.

The beauty (depending on how you view it) is with every Full and New Moon, we are cut off from the mainland and literally become an Island!

Being deep in Essex, we are also holders of the **mysteries of the witches** who worked & cherished (and also perished) on this land.

Mersea also has many myths of Roman ghost sightings...



# My Family

Teaching from a log cabin at the end of my parents garden means that every woman gets to meet and be invited into the warmth of my parents home.

For a while, my FEAR of “not looking and being professional” kicked in as my daughter, parents and dog all float around during the day (not in our working space).

BUT every student so far has said that **THIS IS EXACTLY WHAT MAKES IT MORE SPECIAL.**

I'm in my natural environment, you see the REAL and RAW me, and at times each member of my family takes their place in assisting with healing.

What was truly beautiful, on one course, one of my beautiful wombies said to my mum “ Your daughter is truly amazing, but you know that already, BUT do you know that she is amazing, because of you & John?”





This then came up in a discussion amongst all of the women, who all commented that it is a true blessing having my parents in the background of the course and they can see why I am the way I am.

I am deeply appreciative to both my parents for the different strengths and characteristics that make me WHO I am, and have created the WOMAN that students warm too.

My extraverted and slightly “wrong humour” but loving personality derives from my dad and the deep love and maternal instincts from my mother. Each woman that comes to the course **gravitates to one or both of my parents, finding the love they may crave from their parents, or healing a broken bond.**

At times, my daughter has stepped in to partake in healing, often sharing her wisdom or bringing playfulness to the energy.

And then there is Lexie - my adorable "Disney Dog" - she too gravitates towards students who need to rekindle their playfulness or be nurtured, or nurture...she likes to believe she is the KEEPER of the WOMB CABIN!!

So when you step on to a course with me,  
you are getting a WHOLE lot more  
than just a massage course!



*Heal the Womb*  
*Heal the Woman*

# About Clare Spink



Clare is the founder of **The School of Empowered Feminine** and the creatrix of therapies and courses in *Womb & Fertility Massage, Trauma Release, Embodied Rhythmic Massage & Entangled Roots Trauma.*

Clare's creations combine her three passions in life; Wombs, Movement and Trauma. This fusion supports women to truly know & heal their bodies, their wombs and their minds. Empowering women to unravel their emotional wounds and connect to their innate wisdom of their wombs enables them to live a fuller and juicier life.

Clare has taught 900+ therapists worldwide and has 11 International Teaching Associates who all share her passion in helping women to reconnect and heal their womb. Believing that our wombs are our creative centre whereby all life & visions are created, Clare coined the phrase "***Heal the Womb, Heal the Woman***"

# Connect with Clare



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