



## The Mother Journey Begins

### 5th Moon

#### The Mother:

She is our authentic maternal instinct. The one who comforts us when we are afraid, or hurting. She nudges us to dare, to reach, to try. She teaches us to be open, soft, kind and nurturing. She guides us to mother ourselves: to be true to our essence, to be good, strong, understanding, caring and compassionate to self and others. Her wisdom is older than life itself. She is the aspect within us who is inclusive, who gathers others into her heart, who embraces, holds and encourages. Her emotions run wild and deep. She is a giver, sharing who she is; her wisdom, her home, her body, her mind and her love and affection. The mother is the natural part of our being, the energy of the earth: She who seeks life and shelters, nurtures, nourishes and tends to the process of growth and well-being. Find her within your own wild woman nature.

*When did you first begin feeling the urge or desire to nurture, to cradle, to protect, or to create?* For most little girls, it began as the young *daughter*, pretending to be *mother* to the dolls she played with. For other little girls, it begins with her deep love of a pet or other animal she befriends. For most every young girl, it creeps in unknowingly with her wild imagination as she draws, colors, pretends, and plays. During these innocent, playful creative acts of self-expression the inner mother is whispering secrets, singing the ancient songs and magickal ways of the Cosmic Creatrix. This is her gentle way of preparing us for the sacred art of birthing (babies, dreams, and our self).

The act of creation is no small matter. Every element in nature: aether, fire, water, earth and air unite together to form the lush, fertile land of our world and our imagination. Creativity lives in the dark, murky depths within. It is made tangible when our thoughts, feelings, body/motions, and soulful expression energetically align and unify. This focused field of our vast awareness is our sacred womb space, where our dream seeds germinate, gestate and grow until they are ready to be born. This is the Divine Feminine in action - fluid, flowing and giving forth life. She is powerful. She is both feared and adored. She is the mystery of all creation. The magick of life itself. It is important that we honor this aspect of who we are so that we do not become dry, depressed, stagnant, blocked or barren. Our womb space, whether we are holding infants, dreams, careers or creative ideas, is sacred. It requires us to acknowledge and respect its cycles: preparing / growth / holding / birthing / holding / releasing / letting go. By being conscious of this flow, we may fully embody the energies of the mother.





### Homework:

- \* If you are a mother to a child, spend some time this moon immersing yourself and your child in comfort, granting extreme and loving compassion and understanding, as well as sharing of yourself.
- \* Delve into your maternal energies. Decide what lesson are needed, and choose to teach by singing a lullaby, being a storyteller of the ancient wisdom, or by being an example to follow.
- \* Listen to your inner child. What does she need that you were not given? Release all blame from your mother and discover ways that you can nurture yourself today, that will heal these old wounds.
- \* Tend to your daily needs in ways that are both practical and pleasant. Care for your body, your clothing, and your living space. Listen to your moods, emotions and dreams. Learn something new, explore, read and awaken your imagination. Pay attention to your desires; follow where spirit leads. Give of your time, your love, your patience and your attention by whatever means you wish.
- \* Think of something that you really, *really*, want to be, have or do. Plan out the steps required, the items needed, etc., and set aside the time (or money) to make it a reality. *Do it for yourself!* **Believe that you are worth it.** Trust in your ability. Know that what you seek is also seeking you. Be brave and enter into the unknown. Give birth to your wildest or most cherished dream!

**Come to the Sanctuary:** *As the weeks of this moon time unfold, listen for the voice of your inner mother. Pay attention to your mother essence. Record her wisdom, even if it seems far from wise, now... You may look back on it in the near future, and understand just how profound it actually is. Please share whatever thoughts, insight or memories come up for you. Sharing helps us to honor and give her voice power.*



### Profile photo assignment:

*Honoring the Mother*

Post a photograph of yourself as a mother or 'mothering' a project, or a pet. You may also post a photo of your mother, if you wish. If you can not find a photo of yourself as a 'mother', you may choose to post an image which represents mother energies.

We are all born from 'mother'. She is so much a part of who we are, whether we realize it or not. Her wisdom and ways are written in the marrow of our bones and pulses through the blood within our bodies. Consider what the energies of mother mean for you. How do you mother yourself and others? Gaia, Mother Earth, is also your mother. In what ways do you experience her mothering?,

At some point during this moon, do one thing to honor yourself as mother. It can be something as simple as picking a bouquet of flowers for your bedside, table or desk, or as thought out or time consuming as planting a tree, baking a cake, or building a labyrinth in honor of mothers worldwide.

*Afterward, share what you did in honor of 'mother' in the sanctuary or on facebook.*



**Our mother self is the keeper of our sacred womb.**

What is your inner mother wanting to manifest through you?

Our mother self is empowered with a holy mission. It is her purpose to bring forth new life. Her fertile body is ripe with possibility. There is a strong magnetic power in her sexual energy field that draws fulfillment unto her, via whatever means she desires. She is earthy, stable and grounded, yet she weaves the ethereal realms of creation within her physical womb, and also within the energetic womb space of her imagination. Her message is to embrace that which we love and to allow this flow of love to grow strong within us; then, in time, to be birthed through us.

The mother archetype is deeply rooted in our psyche. She is the most ancient of divine energies. Her womb is cosmic. Her wisdom births everything we know into existence. She is the Great Creatrix; the Mother of all. As mother, we stand between two worlds... the one we *know* and the one we are about to be transformed *by*. It is from this unknowable place of potential within us that our thoughts are formed, that our emotions are stirred, that our body is animated, and by which the breath of spirit bestows upon us the passion to live. It is a mysterious and ominous force that gives balance, grace and structure to all life, and to the world itself. As women, we are born with a womb and *all* the seeds we will *ever* want, or need. Our bodies are designed to awaken, blossom, bear fruit and to lie dormant in a state of regeneration until such time that we begin the sacred cycle once again. The nature of our spirit seeks that which has no words. It is an internal urge: 'our mother instinct' wants to gather, hold, shelter, comfort, know, embrace, give, nurture and love others (*sometimes even more than we are willing to love our self*). Consciously, or not, women desire to share the truth of who they are.

Our inner terrain is dark and mysterious, and therein flows a wild river which keeps us lush and juicy. From this hidden garden within our being we uncover our treasure, remember the ancient wisdom and find the inner resources we need to cope and thrive in this world. It is in this rich land, the core essence of who we are, where we grow strong, healthy and ever more authentic. Yet, if we neglect our self, or our needs, we can become dry and barren. Therefore, it is vital that we care for and tend to our own inner garden if we wish to flourish. This journey of self-exploration into the great unknown often begins with an indescribable desire to break away from the familiar, to follow an ache or a yearning, to be one with a lover, our dreams, a cause, an idea, a goal, or our life path. All women long for their hearts desire; be it a child, a way of life, a new beginning, or an exciting, messy, creative self expression.

From this profound need for union we are ultimately led to give birth, and to transform our self, our life and even the future. Though, it is seldom easy, often we are hindered on our path by those who fear the unknown places that we instinctively *know* we must traverse. Somehow, we know intuitively that our irrational bravery, our painful experiences, and/or our risky behavior is necessary in order to birth that which we desire to conceive and bring forth into this world. We enter into the unknown land of creation without a plan, without experience, and without full awareness of the consequences of what we are doing/choosing. Fortunately, even as we *begin* to grasp a hint of the magnitude of our power, we are given the strength, the courage and the will to follow through, no matter what the cost may be, *because* we intuitively trust our inner guidance. *When we believe in the value of our desires, we are abundantly rewarded.*



4

This intrinsic aspect of our self, gives us the fuel we need to live healthy, productive, meaningful lives. If we are unable to birth children or our dreams, our life becomes empty - without meaning. As with all acts of courage, we must enter into and suffer through the intimidating unknown; which is often painful, strange, frightening and very challenging. This solo journey of transformation dictates that we must break free of our preconceived limitations, beliefs and fears in order to become the mother.

The beginning of our initiation leads us into the fertile, uncharted territory where it is safe to plant and grow our soul seeds.



#### Journal Questions:

1. Remember as far back as you can... When was the first time you embodied the energies of the mother? What did you nurture or love? How did it feel? How did this experience assist you in becoming the woman you are now?
2. How do you express mother energy, today? Did you give birth to children? Do you mother animals, projects, or care for others on a professional level? How does this make you feel? What are the joys, blessings and rewards? What are the sorrows, frustrations or struggles?
3. Spend some time contemplating your own mother and how she expressed these sacred energies. Take time to consider the ways she taught the ancient art of motherhood. What lessons did you learn? How do they serve you today? In what ways could she have been a better example of a loving, wise mother? How can you implement and embody this for yourself, and for those you mother?
4. What areas in your life do you nurture the most? Why? In what ways do you neglect yourself? Why? How can you better mother yourself? What do you need most, that you did not receive as a child? Take action to heal this now. Your own inner mother can be everything you require.
5. Think of the maternal energies... Which ones come easily/naturally for you? Which ones do you reject, ignore, or have a difficult time expressing? Why? Knowing this, how can you bring balance into your life?
6. In what ways do you nurture and tend to your inner garden? Are you lush and juicy, or are you feeling dry and barren? Explore ways in which you can dig deeper into the soil of your psyche. What dream seeds do you wish to plant and to grow to fruition? What do you truly wish to manifest? What do you soulfully desire to give birth to? Why?
7. What aspects of being 'mother' are most unpleasant for you? What fears came up? What message of wisdom do they offer you?
8. How do you feel about your womb? Do you honor it as a sacred vessel for your spirit to create? Or, do you fear its mystery and power? In what ways are you creative? In what ways is your creativity blocked? Contemplate ways that will allow you to flow more freely with the divine feminine energies...
9. What are your thoughts and feelings about your breasts? Do you love them? Or, are you critical or in some way ashamed of them? Why? In what ways can you begin to appreciate them for the nourishment they provide, the beauty they provide to your form, and the pleasure they give?
10. Which stage of the sacred cycle of mother are you currently in? How can you honor this place of being? In what ways can you appreciate and flow with the forces that move through you? What lessons and gifts does this stage offer to you?



**Honor Your Mother Energies and Create:** *Invite your inner mother to play.*

Our inner mother is a creative force! Within our psyche she envisions dreams, cradles ideas, and makes plans for all that she desires to manifest in your life. Our inner mother is birthed from the fertile realm of imagination. These were the holy grounds you roamed, explored, tended and played in as a young girl. She is as much home *there*, as you are in your conscious daily life. She knows where all the deepest wells are hidden, where all the juiciest fruit trees and sweet roots grow. Long ago she was taught the ancient art of gathering, so that now, she is able to share the most bountiful of harvests with everyone in her circle. She prepares sacred ceremony and joyful celebrations. Her gifts are abundant and selfless. She delights to cherish, embrace and entertain the sweet company of others. From her rich inner land of honey and milk, she graciously feeds and nourishes others, even when she neglects herself. Though most every pathway is fragrantly flowered and heavily trodden, there are still so many she has yet to follow. These are the ones which will lead toward your joy and pleasure. These are the ones which you must claim as your own. Because, the mother archetype is focused so much on what lies without and around her, it is vitally important that you take time to honor yourself: rest and play.

#### **Mother Self-Nurturing Play Dates:**

- \* Indulge weekly in a hobby that comforts you.
- \* Take time daily to care for your physical needs.
- \* Make art and express your inner feelings/thoughts.
- \* Find or experiment with healthy, new recipes.
- \* Grow a garden: flowers, vegetables, herbs or fruit.
- \* Go on a vacation or to a healing spa.
- \* Nourish your body; both inside and out.
- \* Allow a body of water to hold and embrace you.
- \* Take a hike in nature and commune with the Gaia.
- \* Respect your feelings, impulses and needs.

For those who do not have children, pets or an outlet to express and share your mother love; you may wish to select from the following list.

#### **Nurturing the Inner Mother Play Dates:**

- \* Donate time to nurturing motherless children.
- \* Bake or prepare meals for the homeless.
- \* Sew, crochet, knit or make clothing to give away.
- \* Plant trees, or start a community garden.
- \* Volunteer at an animal shelter or wildlife refuge.
- \* Give away hugs to those who need them.
- \* Nurture or mentor someone.
- \* Offer kindness to strangers.
- \* Adopt a pet or pet sit for others.
- \* Help a neighbor or a friend in need.



To nurture and be nurtured by our own inner mother enables us to live our life with compassion for self and for others. She will take care of us when we take care of her. Open your heart and embrace everything that brings joy or brings a sense of purpose and love.



### **Honoring & Birthing Our Inner Creativity**

#### **Nurturing Our Creativity Assignments:**

Our mother energy is that which propels us to give birth to our self through self expression and creativity: the act of bringing something to life that was once only a dream or a thought.

As women, we hold within our being an image of what we want our lives to be, of what we wish to see, do and have. When we silence this inner yearning to bring forth our deepest desires, we stop the flow of our creativity. It is this holding back that causes us so much pain and sorrow. We must allow ourselves space and permission to become fully aware of what grows within our spirit wombs, so that we can give life to our dreams and to our most authentic selves!

*Creativity is at the very core of who we are!*

Though we were born creative, somewhere along our journey many of us have lost the connection with this fertile aspect of our self. Perhaps, we became fearful of the messy unknown... or our inner spark was dimmed by criticism; or the want for perfection. Maybe, we found it difficult to trust that our unique way of *birthing* was allowed or good enough. Whatever has been breached within us, can be gently turned around so our life force can more easily move along the path of manifestation.

Our creative core needs to be engaged: we do this by exploring, experimenting, being present and deeply listening to what is felt, wanted, needed. Once we know what it is growing within us, we can help it flourish by giving it a voice, by expressing its mood, by sharing its colors, and its deeper meaning and truth.

**What dreams do you hold for yourself?**

**What wishes do you want to bring to life?**

By being open to the flow of creativity we can give birth to all our deepest longings and become the woman we wish to see and know, and show to the world.



This first assignment is one of discovery, of looking within and of allowing *what we are* and *what we desire* to merge into one.

### **Giving Form to Your Creativity**

#### **materials-**

a white or black poster board | old magazines | scissors | black or white marker, chalk or crayon | glue or glue stick

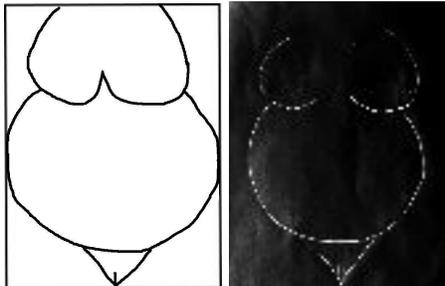
#### **preparation-**

Look through old magazines and cut out every image that speaks to your heart and soul. Do not censor what you are intuitively drawn to, just gather a collection of images that in some way represent what you want, need or feel on a soulful level.

#### **directions-**

On the poster board, draw breasts, a pregnant belly, and a yoni shape (you may use a pencil before tracing the permanent outline). Draw this shape as close to your own body image as you can, or desire.

#### **examples:**



Next, begin to fill in the belly space (collage style) with the images you have selected. You may glue them down as you place them, or you may first arrange them and then glue down. Note: Everything you place within your 'womb' space should represent what you desire to create or birth into your life/world (consciously or not). Keep in mind, some of the images you have chosen will be symbolic in nature. For example: Flowers represent blossoming, health, beauty, grace, trust, etc. If there is something already in your life that needs extra nourishment to grow stronger or that needs comfort, extra love, or attention (such as your career, houseplants, your need for courage, health, self worth or abundance) place these images within the breasts. Likewise, if you desire more juiciness in your life, you may wish to place images of sweet fruit in the yoni area. Be creative, playful and allow your intuition to guide you. There is no right or wrong way to do this project. Simply allow yourself and your deeper knowing to be expressed.

Once you have completed this art assignment you may wish to take some time to meditate upon the messages the images wish to share with you via your higher consciousness. You can make note of your *power words*\* in the unused space of the poster board.

#### **\*Power words:**

LIFE, LOVE, GROWTH, CHANGE, SELF LOVE, etc. (any word that represents the message/meaning of the images chosen).

This creative art assignment is known as a '*Dream Board*'. It is used as a visualization tool during meditation or dream work. If you place it somewhere you can look at it often, (home, office, creative workspace, bathroom, closet door, etc.) it will help you to manifest all that you wish to nurture, embrace, and give birth to in your life.



8

## Giving Voice to Your Creativity

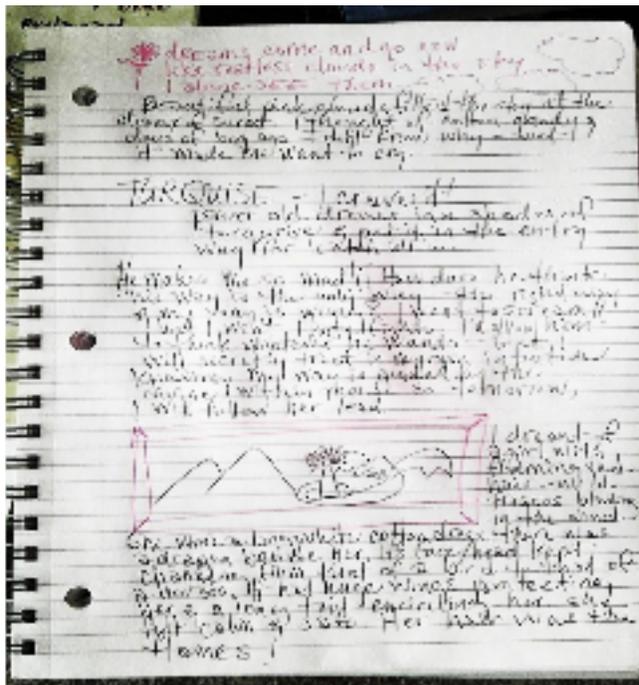
### materials-

a spiral notebook (with lined sheets of paper) and a pen or pencil

### directions-

Purchase an inexpensive, simple (school-type) spiral notebook. Don't choose a pretty journal for this assignment as it may hinder creativity. This notebook is something you will be using to jot down flashes of inspiration, raging or uncomfortable emotions, random thoughts, daydreams, spontaneous bits of poetry or prose, snippets of conversation, or quotes from books, movies, etc. that struck you as important - or awakened an idea - or seemed to be a key to something deeply hidden within your memory, or knowing.

### Example:



Keep this journal with you throughout the day and evening. Record whatever words (heard or thought) which have importance, meaning, value or purpose to you. Do not worry that they will not make sense to anyone else. This is your private book of insight and inspiration. It is meant to illicit the deep truth that you have within... It is meant to be a safe place to wade into your depths - at your own pace... to splash, to play, to get muddy and messy. This notebook may very well become the source book for your future expression, your creative outlet, and for re-awakening that which your subconscious/unconscious mind wishes to remind you of. It may seem cryptic, but if you are diligent in filling its pages, you will be rewarded with much fodder for your creative imagination.

### Remember:

Do not censor yourself... write whatever you wish, whenever you want. Do not concern yourself with penmanship, spelling or punctuation. Scribble if you want to (you may want to write parts of a dream in the dark of night!). This is a safe place: it is meant to be unorganized, messy, scattered or nonsensical in nature. Don't try to coerce it to be anything other... Think of it like compost for your garden!



## Mothers Wisdom is Poetry:

### The Great Mother Speaks

#### A Wisdom Path Poem

*There is a wisdom path, beloved, deep inside your woman body. It weaves you back to the first woman that ever was. It weaves you to your mother and her mother before her. It is a cosmic umbilical cord that rhythmically undulates from belly to belly to belly to belly across all time and space. It holds the divine encoded wisdom of your ancestors. Their stories are held in your blood. It binds you to every woman on this earth. It binds you to every birth and every death. It binds you to the first woman that ever was. It binds you to the Great Mother.*

*There is a wisdom path deep inside your woman body. This path is the cycle of Mother Nature and the belly of the earth, of the moon waxing and waning every month, of the seasons coming and going, of breath entering and leaving, of creation and destruction, of life and death.*

*There is a wisdom path deep inside your woman body. Just as a flower goes from tiny bud to full blooming, radiant beauty and back to seed again. Notice your life unfold each battle of your being opening, unfurling and revealing within a great beauty of depth, wisdom and grace.*

*There is a wisdom path deep inside your woman body. It speaks of the wisdom of your feminine being, the maiden in her first blood, the mother giving birth, the crone who has farsighted vision. This wisdom sings of the treasures and the teachings of each cycle of life. It knows you as sacred. It reveres you as the wisdom keeper of life. It honors you as the heartbeat of the universe.*

*Beloved, there is a wisdom path deep within your woman body. It is the seat of your creativity, your passion, your purpose, your fierce love. It is your very life blood. It is a sacred umbilical cord that weaves from your belly to your mother and her mother and her mother and her mother before her. Belly to belly to belly to belly out across time and space, seeing your mother, grandmother, and your mother line spanning back all the way to the first woman that ever was.*

The Great Mother





10

*THE COMMANDMENTS OF THE GODDESS*



Behave toward yourself as a healthy mother behaves toward her child:

As a mother gives birth to her child, *so must you give birth to yourself.*

As a mother teaches her child, *so must you instruct yourself.*

As a mother wisely guides her child, *so must you wisely guide yourself.*

As a mother feeds and clothes her child, *so must you nurture yourself.*

As a mother entertains her child, *so must you engage yourself.*

As a mother plays with her child, *so must you indulge yourself.*

As a mother laughs with her child, *so must you amuse yourself.*

As a mother is patient with her child, *so must you be with yourself.*

As a mother looks kindly upon her child, *so must you look kindly at yourself.*

As a mother protects her child, *so must you protect yourself.*

As a mother heals her child from illness, *so must you heal yourself.*

As a mother hopes for her child, *so must you believe in yourself.*

As a mother loves her child, *so must you love your self.*

As a mother nourishes and shelters her child, *so must you nourish and shelter yourself.*

As a mother holds and embraces her child, *so must you hold and embrace your self.*

*unknown*



11

### **Creative/Art Assignments:**

#### **Sacred Womb - Belly Love**

We are all intimately familiar with the Mother archetype, from whence we are born... Within the womb we grew into our life form. Sacred is this womb space which nurtured us. Sacred is the belly which surrendered, expanded and was stretched beyond the maiden skin she wore just months before to fully embrace us. Like a great spiral our bellies unfold and open to the forces that we allow to grow within us. This art assignment is in honor of our belly. It is in honor of the sacred space it holds for us on energetic levels... Whether we have held a baby within our wombs or not, it is our holy connection to the creative life force. Our womb space is represented by the sacral chakra, our creativity center, which is located below the navel. Its energetic colour is orange; the colour of change, endurance, personal power, creativity, sexuality, pleasure, intimacy and new beginnings. It is about allowing motion; the free flow of emotions and sensual energy. The sacral chakra relates to water (orgasm, tears, menstruation, circulation, urination). A healthy sacral chakra allows us the freedom to flow, move, flex and change with ease.

### **Spiral Chakra Belly Healing**

#### **the theme-**

##### *A Mother Belly Blessing*

Many women experience stretch marks and other signs of change in their bellies during and after pregnancy, and with age in general. This can cause a sense of disharmony, stress, hold trauma, lower our self-esteem, or be a source of embarrassment or shame. By giving our bellies love, we can change these feelings. By blessing our womb space, we begin to heal and open up to the forces of life within us so they can once again flow freely. This is what allows us to live juicy lives.

#### **materials needed-**

- \* smooth, polished gemstones that energetically relate to the sacral chakra: carnelian, citrine, rose quartz, orange calcite, amber, milky quartz, moonstone, red jasper, orange chalcedony or selenite.
- \* essential oils for balancing the sacral chakra: neroli, bergamot, orange, cardamom, clary sage, patchouli, ylang ylang, sandalwood, rosemary, rose otto, chamomile, lavender, geranium, jasmine or basil.

#### **comfort items:**

- \* yoga mat or towel to cushion the floor
- \* a pillow for your head
- \* soothing or relaxing music (sounds of rain, ocean, wind chimes, instrumental, etc.)
- \* candle/s or soft lighting

#### **Preparation-**

1. Spread the yoga mat or towel on the floor where you can perform this blessing in a quiet, private space, and place the pillow where you wish to lay your head.
2. Turn music on at a low volume (if desired). Light candles or dim lights.
3. Arrange gemstones beside mat or towel, close to where you imagine your hands will lay.
4. Blend massage oil by adding 5 - 10 drops of essential oil (any combination; your choice) to a carrier oil (such as olive, almond, coconut or sesame oil). Mix well. Place oil bottle beside gemstones, for easy access.
5. Undress and lay upon floor mat.



12

**Directions:**

1. Breathe in and out gently, concentrating upon your belly. Direct your thoughts toward love, acceptance, healing, gratitude, blessing, etc. Center yourself. Breathe into your belly area. Allow it to expand and deflate. *Breathe in and out, slowly, fully.* While doing so, fill the space with the energies of love and acceptance and wholeness. *BREATH E.*
2. Once you feel very relaxed, pour some massage oil into or around your navel. Using both hands, gently rub the oil over your belly with both hands in whatever way feels good. Using only your right hand (*giving energy*), begin to swirl the oil from the outer edges of your belly in small clockwise motions, spiral inward, making ever smaller circles until you reach your navel. As you are doing so, focus and project your intentions like a prayer to your sacred womb space. Then, glide the oil outward from your navel with your right hand (*receiving love energy*) in a counterclockwise motion, making larger and larger circles, as you visualize your prayer and intentions being manifest/fulfilled. Repeat the process for each prayer/dream seed you wish to plant in your womb. Do this several times until you feel love swell in your belly/womb area.
3. Slowly and without straining, pick up each stone, one at a time, placing them in a spiral upon your belly. When the stones are in place, *breathe*, relax and allow their healing energies to deeply penetrate your sacred womb space. Be open to any feelings or thoughts which you may have. Remain in this quiet position for 15 minutes or longer.
4. Whenever you desire, give gratitude to the gemstones, and one by one remove them. Slowly sit up. Breathe in deeply and exhale deeply several times. When you are ready, stand up straight; with eyes closed, take a few more deep breaths in and out. Take another deep breath before opening your eyes.
5. Be sure to a drink 6-8 oz glass of water. It is also helpful to eat seeds, nuts or tropical fruit (mango, pineapple, banana, papaya, kiwi, oranges, coconut or figs) which resonate with the sacral chakra energies and aids in grounding. This act completes this healing art session. *How do you feel?*





13

### Spiral Mother Goddess Belly Art

The energy of our belly/womb space is spiral or circular in shape. Both the spiral and the circle are ancient symbols which represent the Goddess, the womb, feminine energy and power, fertility, change, the serpent, the unfolding of time, and the universe. The spiral represents how we flow through the situations and experiences of our life. The circle is our unity, wholeness and infinite connection with Mother Earth and the universal life force.



The following art assignment is designed to strengthen this eternal bond with the cosmic mother energies.

#### materials needed-

- \* soft, black eyeliner, or kohl pencil
- \* full length mirror or hand mirror
- \* belly paint - use non-toxic face paint or make your own (*see recipe below*).
- \* soft paint or cosmetic brush, as desired

#### Home-made Belly Paint

For each colour, you will need:

- 1 teaspoon cornstarch
- 1/2 teaspoon water
- 1/2 teaspoon cold cream
- Food coloring (non toxic, organic)

Mix ingredients in a small bowl, muffin pan, or egg cup; one for each colour.

#### Directions-

1. Standing before a mirror, naked (or in panties/bra). Look at your belly with love. Thank it for all it has been through or bless it for all it has lost. Listen. Go within: hear or envision the message of love your belly has for you.
2. Using the soft, black eye pencil, draw a large spiral from your navel outward or the other way, depending on what energies you wish to honor and acknowledge (consult direction #2 of the above chakra belly blessing).
3. Finger paint or use a soft brush, and paint as you desire over the spiral or between the lines. Follow your intuition and natural instincts to draw whatever you wish (ex. flowers, stars, tree, sky, bird, butterfly, moon, snake, etc.). Don't aim for perfection. Rather, flow with your energy in a playful, sensual or meditative manner. Be as simple or as elaborate as you are led to be.
4. Take a photograph of your belly. Consider the meaning/messages received during this art project, and if you wish, record your intentions, prayers, experience in your journal. Share your photo with us, if you're brave enough.



14

## Journal Questions

Our inner mother has many messages for us; her questions relate to our need and desire to create and share, embrace and nourish, then in time, to set free that which we have held. The mother archetype is deeply woven into our psyche. For many unremembered moons we resided within her warm, nurturing womb; the sacred place of our first transformation: from egg/seed to birth. Most likely, we do not recall her quiet earthly wisdom, her drum song, her soft, unspoken prayers of love whispered to us between the veil... nor the life giving nourishment that we received from her through our umbilical cord. Yet, somewhere, in the depths of our knowing, we remember loving her as the Great Goddess. Perhaps, you have *almost* forgotten that you were one with her, and with the mystery of life.

*Oh, darling, you still are!*

From the very beginning, each of our personal experiences of being mothered are as unique as we are. This is also true of our personal experiences of mothering - of being a creatrix. Whether we bring to life words, art or dreams, or give birth to businesses, babies, and *even*, or rather *especially* to ourselves, the maternal instinct is alive and strong within all women! It is time to remember our connection with the divine feminine. Once again, let's breathe in harmony with her, allowing our heart to beat in rhythm with hers. It is time we reclaim our birthright: our Mother Wisdom.

The messages, lessons and gifts from the mother archetype are as varied as we are. Her wisdom is profound and mysterious. It is up to each of us individually to listen for her voice. We must strive to heed the words she speaks to and through us. When we learn to trust our own deep knowing, it is her voice that we discover within. Once we remember that truth is ancient, and often found in nature, we begin to see evidence of her everywhere.

Perhaps, these questions will help us to find her.  
Let's listen for her voice...

## The Questions:

### The easy ones -

1. What does being a mother mean to you? What makes a good mother? What makes a poor or bad mother? How are the two different? How are they the same?
2. What are your favorite memories of being mothered as a child? Why? Can you create ways to replicate this feeling in your current daily life for yourself, or for others?
3. Are you a mother? If so, contemplate your memories of giving birth... Giving birth is a rite of passage; a profound transformation. How were you forever changed by the experience?
4. Mothering is instinctual, an inner urging akin to a soul purpose. If you are not a mother, in what ways do you currently *mother*? Do you devote yourself and your time to animals, to a cause, or to manifesting/creating? In what ways does this fulfill you? In what ways does it challenge you?
5. Mothering is a gift we give to and of our self. How well do you mother yourself? In what ways can you mother yourself to heal, support and encourage yourself in the ways that you needed or wanted growing up, but did not experience for whatever reasons?

**Remember:** *It is by this needful, loving act of truly mothering our self that we are birthed into the fullness of our being.*



15

#### The hard ones -

6. What were the most painful lessons you had to learn, either directly or indirectly from your mother? Did you ever feel hurt, misunderstood, ignored, betrayed or unloved by your mother? If so, how can you heal this wound now?

7. If you are a mother, what is/was the most agonizing experience you remember? What is most challenging or frustrating? Why? How can you be a better mother?

8. In what ways do you struggle to give birth to your goals and dreams? What are your fears regarding being/sharing who you are with others? How do you nurture your dreams into reality?

9. Have you ever had an abortion? If so, what were your feelings? How did you heal? In what ways do the scars remain? Have you ever given a baby up for adoption, or in any other way given or had your parental rights taken away? If so, how has this impacted your life? Have you healed? Have you been reunited? If so, what do you struggle with in your relationship? Have you ever had a miscarriage? If so, what feelings did you struggle the most with? How did you heal? Goddess forbid: Did your beloved child die? How did you survive this loss? Were you able to heal from this heart wrenching trauma of the soul?

10. Were you adopted? If so, what were the challenges of not knowing your birth mother? What were the challenges with your adopted mother, if any? If your mother has died, how has this changed your life and perspective/memories of her? If you are estranged from your mother, why? How has this wounded or helped you? Do you have a surrogate, mentor or soul mother? If so, how has she enhanced your life? What lessons has she taught you?

#### A Gift From Your Inner Mother....



#### Homework Assignment:

Listen very carefully to your inner mother. She has an important message for you.

She wishes to give you fruitfulness...

**Affirm:**

I AM OPEN &  
WILLING TO RECEIVE

Remain open to create, manifest and receive...



16

What desire stirs within your sacred womb?

Whatever 'it' is - Embrace it! Let it Grow!



*She Tuned Into  
Fruitful Abundance*

*Happiness  
Warmth  
Peacefulness  
Wellbeing  
Health  
Quiet Relaxation  
Satisfaction  
Contentment  
Good Feelings  
Love*

Fruitfulness is the birthright of every woman. We each have something to offer the world. Our energetic womb space is fertile ground for the unseen seeds of our creative life force.



*What seeds grow within you?  
How do you care for and nourished them?  
How will you nurture them to fruition?*

Remember:

*Only you can give birth to your dream seeds! Celebrate your divine gifts of fruitfulness by sharing them with others.*



### **Begin a Nurturing Practice of Self Love**

Do you nurture yourself? When was the last time you *really* nurtured yourself: mind, body and soul? **What does it mean to nurture?** *It means that we care so much about ourselves that we make choices which honor our soul, feed our mind, and nourish and heal our bodies. It means we create environments that support, encourage and foster our blossoming and well being. It means we surround ourselves with people who respect, promote us and have our back.* When we nurture ourselves, we supply our self with the nourishment required to thrive, we educate ourselves in the ways of wisdom, and we do whatever we can to further our own development. Yet, our inner mother devotes so much of her energy giving, holding space, loving, nurturing, teaching, protecting, sheltering, healing, encouraging, mending, supporting, gathering, nourishing and attending to others that she often neglects her own needs. Thus, the reason it is so vitally important that we claim time and space to love and nurture our self!

**Using the guidelines below, create ways that you can nurture yourself: mind, body and soul.**

#### **Nurture Your Mind:**

- \* Read.
- \* Meditate.
- \* Learn something new.
- \* Expand your awareness.
- \* Focus on the positive.
- \* Speak kindly to yourself.
- \* Take mental breaks.
- \* Listen to soothing music.
- \* Gaze upon nature scenes.
- \* Indulge in aromatherapy.
- \* Experience colour therapy.
- \* Honor your truth; refuse to lie.
- \* Forgive yourself, other, and the past.

#### **Nurture Your Body:**

- \* Go swimming; float.
- \* Walk, practice yoga, stretch.
- \* Keep hydrated and eat well.
- \* Indulge in massage and bodywork.
- \* Lavishly moisturize - hair and skin.
- \* Soak in healing waters or mud baths.
- \* Dry brush skin before showering.
- \* Engage in body pleasing activities.
- \* Care for you body in loving ways.
- \* Practice healthy rituals and habits.
- \* Get plenty of sleep and needful rest.
- \* Wear sensually pleasing clothing.
- \* Choose only the finest linens for your bed.



18

**Nurture Your Soul:**

- \* Live soulfully.
- \* Express your passions.
- \* Listen to your spirit guides.
- \* Practice mindful breathing.
- \* Treat yourself like a goddess.
- \* Be blessed. Be open to receive.
- \* Honor your knowing; self-validate.
- \* Believe in love and be loving to self.
- \* Trust that only good will come to you.
- \* Disengage with anyone who is not kind.
- \* Experience silence; your center of peace.
- \* Engage in activities that support your spirit.
- \* Respect your core essence and honor her voice.

When we take time to nurture ourselves, mind, body, and soul, we are more empowered to live our lives fully with renewed purpose, passion and grace.





### Goddess Guides

She who nurtures, honors and celebrates the mother.

There are countless Goddesses, each with their own energies, traits, themes, messages and expressions. Below are some *Mother* Goddesses who you may contact for guidance, support and blessings:

#### Amaterasu



**The Goddess Amaterasu** assists us in seeing our own radiant beauty by reclaiming our holy feminine power.

Her name means "Illuminating Heaven" or "Great Sun Goddess".

She weaves a silken blessing of protection around us. She reminds us that we are her daughters, of royal heritage and made of stars: be noble.

Her nature is gracious, kind, forgiving, patient and gentle, but she is also wise and strong.

Her symbols: *mirror, gold and yellow items.*





### Shakti



**The Goddess Shakti** assists us in embodying and effectively communicating our supreme feminine powers of: instinct, intelligence, sexuality, energy, willpower, action, and transcendence.  
Her name means: "sacred force", "empowerment" or "to be able". She is the primordial cosmic energy, a great force for change.  
She reminds us to honor our kundalini: our fertile, creative energy to manifest our hearts desires.  
Her mysterious psychospiritual force enables us to be mother, healer, home-keeper, creatrix, destroyer and lover.  
Her symbols: *lotus, # 6, lion, the colour red, conch shell, sword, and magickal charms.*



# MOTHER

21

## Pachamama



**The Goddess Pachamama** assists us in being a good mother and companion to women. Her name means "Mother of All" or "Mother Land or World"; when angry she is known as the "Dragon Goddess". She brings grounding, centering, and tranquility. She reminds us to honor all life, to reconnect with our wild self, which is the source of our creativity, our intuition, our energy, our dreams and deep restless craving for wholeness.

Her symbols: *trees, earth, wind, water, breath, dance, and caves.*





### Ninkharsag



**The Goddess Ninkharsag** assists us in healing, being cooperative, meditating, and in interpreting our dreams.

Her name means "Lady of the Sacred Mountain". She is a very ancient mother goddess known as the 'Great Queen'. She reminds us to be passionate lovers, to honor our sacred womb (where all precious things grow), and when needful to be assertive.

She wishes us to remember: "The Divine Feminine is un-tame without being wild."

Her symbols: *lions, fish, serpents, U-shaped items, cows, and breast milk.*





### Mami Wati



**The Goddess Mami Wati** assists us in our female initiation rites, grants fertility and bestows money and love when we are in need.

Her name means "Mother or Mistress Water". She is both a fearsome and beautiful mother.

She reminds us to be brave when we enter into the unknown state of change and transformation, and to be good and kind.

Her symbols: *large snake, combs, mirrors, fragrantly scented objects (soap), jewelry, and seashells.*





**Mama Oclo**



**The Goddess Mama Oclo** assists us in marriage, managing time, spinning, weaving and menstrual health.

Her name means "Moon Mother", "Mother Egg" or "Mother fertility". She offers us protection and grace. She reminds us to be warm hearted, a orderly domestic goddess, and to be wise in matters of home and heart.

Her symbols: *rose quartz, thread, woven textiles, moon cycles, and silver.*



# MOTHER

25

## Isis



**The Goddess Isis** assists us in being faithful, spiritually aware, insightful, and centered.

Her name means "She on the Throne", "The One Who Is All" and "Lady of 10,000 Names".

She gifts us with the strength of femininity, sustenance, and protection. She reminds us to rebirth and empower ourselves, to be creative, to engage the depths of our feelings in relationships with others, and to use our personal gifts to manifest the life we want.

Her symbols: *full moon, papyrus, diadem headdress, perfume, milk, wings, lotus, gemstones, scarabs, and the cobra.*





Dea Matrona



**The Goddess Dea Matrona** assists us in uniting all our mother aspects, gathering the fruit of our labors, and in healing.

Her name means "Great Mother" or "Divine Mother Goddess". She is a triple, ancestral Goddess.

She reminds us to take time for refreshment, to eat well, and to command attention when needed.

Her symbols: *cornucopias, babies, baskets of fruit and flowers, dogs, palm fronds, roses and cheese.*



# MOTHER

27

## Saule



**The Goddess Saule** assists us in growing strong, being kind and nurturing, and in seeing our own beauty.

Her name means "Sun Mother or Virgin". She rules all parts of life from birth to death.

She reminds us to shine our light, live in a healthy way, and sunbathe for a short while each day.

Her symbols: *red ferns, braided wreaths, fire, the quadrangle, amber, the sun, scythe, copper, horses, apple tree and grass snake.*





Gaia/ Mother Earth



**The Goddess Gaia, Mother Earth** assists us in connecting to her healing sources of energy, to trust and be at peace with the forces of nature.

Her name means "Earth or land"; She is known as the "Primal Mother Goddess Personified". She is Mother of us all.

She reminds us that we are whole and complete, to be thankful for the abundance we have been given,  
to nurture and protect all children, and that we are one with all that is.

Her symbols: *spiral, the Earth, seasons, fertile womb, python snake, life, honey and barley.*





29

### Great Creatrix



**The Great Creatrix Goddess** assists us in claiming our power as women. She is the Universal Mother of All, the Cosmic Mother, the Great Mystery. She is beyond defining. She is chaos and power and life and death and everything known and unknown. She reminds us that we are her daughters. She shares Her power with us. Our womb is Her gift of life to us. Through our sacred womb space we create our entire reality, we birth children and dreams into this world. Her symbols: *eggs, seeds, potential, feminine principle, celestial star seeds, spirals, infinity and eternity.*





### Demeter



**The Goddess Demeter** assists us on our sacred path of mother, comforting us, encouraging us to move through the unknown, and strengthens our mother love so we do not easily give up.

Her name means "She Who Loves the Earth", "Mother Earth", and "Mother of the House". She is ancient power. She reminds us that we are bountiful, we have an unlimited potential to create, birth, provide and care for others.

Her symbols: *sheaves of wheat, bread, poppies, oak trees, fruit, and harvest time.*





## Mother Altar

**Mother altar** in honor of the fertile, creative, giving essence.

Building an Altar helps us to focus our energies and intentions, and to honor all that our mother self has been re-awakening within us.





32

## Creating the Mother Altar:

How to create a 'mother' altar:

### Items Needed -

#### **altar-foundation/base**

I chose an antique wooden bench.

#### **cloth-adornment**

I chose a quilted turquoise altar cloth and dish towel: it represents home, family, nurturing, blessings, caring, responsibility, dedication of time and energy.

#### **candle-fire element**

I chose a pink Virgin Mother candle; it represents love, harmony, community, healing, and the divine.

#### **salt, egg and rose petals-earth element**

I chose rose petals and a rose encircled dish with pink Himalayan salt and an organic brown egg; they represent grounding, beauty, health, unconditional love, nourishment, essential needs met, longevity, nutrition, the eternal circle of life and the life force.

#### *special note:*

*Pink Himalayan salt assists us in our connection with the ancient mother, renewal, communication, and balances emotions.*

#### **bowl-water element**

I chose a pottery bowl; it represents oneness with the elements, holding, abundance, purity, grace, sharing, and strength.

#### **books and prayer scroll-air element**

I chose a prayer scroll and books (a small journal and [Songs of the Earth](#)): they represent the higher mind and connection between heaven and earth.

#### **tools-power items**

I chose a wooden spoon and a kitchen knife. They both represent a side of mother. The wooden spoon symbolizes connection with the earth, creation, and nurturing others. The kitchen knife symbolizes the need to cut away what is not growing, sever cords, and the need for destruction so new life can be born.

#### **offerings-spiritual gifts or symbolic items**

- Gaia - Mother Earth statue; as a reminder that we are born from and connected to the Greater Mother. It is our sacred expression of this love that weaves the world together in honor of all energetic life forms.
- a cowrie shell; represents the sacred yoni from which we are birthed; from which we give birth to babies, to our dreams.
- a rose quartz rabbit; which represents fertility and loving, gentleness of spirit.
- two heart stones; they each give the energy of love. Rose quartz - aids us in expressing love in every form. Blue Angelite - aids in calming anxiety, promotes trust.
- strand of pearls and ancient trade beads - they each represent mother love and ancient wisdom.



33

### **Creating an Altar Ritual**

helps us to integrate the wisdom we have gathered. It is a focus tool which helps us to manifest our intentions.

A private ritual is a personal matter. You may either write out and plan your ritual, or you may allow it to flow without a premeditated format. It can be as simple or as complicated as you deem needful. Create/design it to suit your feelings, intentions and intuitive knowing.

The following is a list of guidelines; please make them your own.

- \* Gather the items needed and mindfully arrange them on your designated altar space.
- \* Clear your energy (clap your hands, jump up and down, or take a bath), calm your breath, center your thoughts.
- \* With a sense of sincere, sacred and humble attitude begin your ritual by asking the energies of 'mother' to come into the space you have created in her honor. Light a candle to help guide her there.
- \* Speak, whisper, sing, or silently prayer the words you have written, or that flow freely from your consciousness.
- \* Sit quietly in her energies and allow them to be one with your own. Communicate in any way that feels effortless and natural.
- \* Closure.

You may either blow out the candle or allow it to extinguish by itself (*never leave it unattended*). You may choose to thank your mother energies for spending time with you and release her (disassemble the altar) or you may choose to allow her to remain for as long as you desire, giving you the opportunity to leave little gifts for her, pray to her or spend more time with her when you feel the need.





34

**Mother Moon**  
**photo and art credit:**

**Page 7**

Poster drawings by *Leesa Wilson*

**Page 8**

Journal page #43 by *Leesa Wilson*

**Page 10**

Mother Earth Altar Statue *private collection of Leesa Wilson*

**Page 13**

Sun Star Body Paint (The Planet Series) by *Filippo Ioco*  
(embellished with spiral sun by *Leesa Wilson*)

**Page 16**

She Tuned Into Fruitful Abundance by *Janice Taylor*

**Page 18**

Cosmofilius by *Tessa Mythos*

**Pages 19-30**

**Amaterasu** | Goddess Amaterasu by *Hrana Janto*

**Shakti** | Altar Art by *unknown artist*

**Pachamama** | Pacha Mama by *Eva Ruiz*

**Ninkharsag** | Queen of Heaven by *Kelly Houser*

**Mama Wati** | Mama Wati by *Laura James*

**Mama Ocello** | Lady Spinning by *unknown artist from the Cuzco School of Painting (Peru)*

**Isis** | Isis by *Hrana Janto*

**Dea Matrona** | by *Olivia Rayner*

**Saule** | The Latvian Sun - Saule by *Dysharmonnia on deviantART*

**Gaia/Mother Earth** | *unknown artist*

**Great Creatrix** | Mother of Us All by *Monica Sjöö*

**Demeter** | Demeter (Ancient Feminine Wisdom Tarot) by *Kay Stevenson & Brian Clark*

**Page 31**

Mother Altar by *Leesa Wilson* | The Gypsy Priestess

**Page 33**

Earth Mother Altar Candle *private collection of Leesa Wilson*





35



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**Namaste**

**The goddess in me honors the goddess in you.**

