

A Mother's Blessing: Honoring the journey into motherhood

Unlike the traditional baby shower, where most of the emphasis is quite literally showering the soon to be Earth baby with gifts that will make their transition from womb to Earth easier and more comfortable, (along with special items to help the mother and father assist and adjust in that transition) a Mother's Blessing is a ceremony to bring focus on the mother, and shower her with love, support, and empowerment on her path to birthing and raising their baby.

A Mother's Blessing is derived from the Navajo American Indian tradition called a Blessingway. During this ceremony, a circle was created amongst the tribe in a sacred space. The Blessingway provided the expecting mother with a deeply rooted and woven web of support by the women she trusted and cherished, who all took part in blessing the journey of motherhood ahead. Congregating together in this form was the essence of tribe life.

In a Mother's Blessing, those qualities are continued and passed on to the next generation of mothers. Through love, nurturing, lifting, and empowerment, the expectant mother has a strengthened foundation in the joys and challenges of her journey, through the encouragement of her own tribe.

The Ceremony:

- 10-15 attendees will come together on a selected date when the expectant mother is about 36-38 weeks pregnant.
- **Smudging/ Cleansing with sage:** Smudging is another Native American tradition where sage, or other herbs, are burned to help cleanse and clear any negative or non-serving energies. The cleansing helps everyone who attends to start anew, opening their energy pathways to embody and emit all of the love that they are there to give.
- **Group meditation:** The ceremony will begin with a guided awareness of the reasons why each attendee is there, and open the portal for their love, strength, support, and guidance to flow freely and unconditionally throughout the ceremony.
- **Ribbon Binding:** Each attendee will take part in holding a piece of ribbon that binds each and everyone of them together through the expectant mother's journey. The ribbon will be passed around to each individual, which as this time, they can take a moment to bestow a prayer, poem, words of experience, and/or words of encouragement and support onto the mother-to-be. Once everyone has shared, each attendee will cut a small piece of the ribbon to wear on their wrist until the mother goes into labor, signifying the solidarity of the group.
- **Group Blessing:** The ceremony will end with the tribe coming together with a unified blessing for the expectant mother.
- Small eats can be provided by a member of the group to conclude the gathering.

A sacred space is offered at Lift Easton Yoga Studio @ 54 S. 2nd Street, Easton, Pa 18042
Suggested donation for the ceremony \$75 Duration: Approximately 2 hours

Please contact Hayley Weichler @ hayley.weichler@gmail.com for scheduling and planning. If there are other aspects you wish to include, those can be incorporated as well.

