



NURTURING THE NURTURER  
THE BLESSING WAY

## The BLESSING WAY Honouring woman becoming a mother.

### OPENING THE SACRED CIRCLE MEDITATION / HEALING MUSIC.

We all sit in circle around an altar, all made with meaningful objects for mama to be, flowers, candles, etc. We start with a meditation to invite and bring all the guests into the circle, make them feel fully present into the here and now.



### LIGHTING THE BIRTH CANDLE

Usually we invite the mother to be to choose one main candle that is going to be larger than the rest. This is going to be the mother's Birth Candle. She will light it when she goes into labour. Also we need to be sure we have enough candles for all the guests. Have the mother light her candle, usually we invite in a spiritual way our mothers, grandmothers, great grandmothers: energy and light. Then all the guests one at a time come and light their candles from her flame inviting their female ancestors. If your group likes to sing, this is also a perfect time to sing a song together.

Once all the candles are lit and the song is sung, have everyone blow them out to save them for the birth or keep them. When the mom goes into labor she can tell someone to tell every one that it is time for them to light their birth candles. All the candles will be lit again to support the birth.

Sometimes I bring with me some lavender or rose petals and quartz, with crystal bases for their candles, so every guest can do their own candles and put the intention of giving and sending light to you during birth time. This is up to you!

## BELLY PAINTING

You can use body paint or natural henna to decorate her full, round pregnant belly. This is great fun for everyone involved. One thing to keep in mind is that henna lasts longer than body paint.

You can choose a design or mandala.

## BIRTH AFFIRMATION FLAGS

I bring with me some colouring affirmation cards, your loved ones can colour them and at the back they all can write their best wishes for you and your baby so you can have them by your side during birth!

Once all the pieces are gathered, they are strung together like prayer flags.

The new mom then hangs the birth flags in the room she will be birthing in.

<https://www.cc-cuartocreciente.com/product-page/conscious-mama-coloring-affirmation-cards>

## THE RED THREAD

Symbolically, there is a red thread that connects us all. It is called the umbilical cord. We were, at one point in time, connected to our mothers and to each other. The red thread is the web of life that we are all a part of.

I will bring enough red thread to wrap around all the guest's wrists and ankles. In circle you will pass the thread, wrap and pass into the person on her left. Here is also a beautiful moment to sing a song about birth or healing song too. This will have an intention to you during birth, it will be until the birth that there will be cut to release all their magical wishes to you.





## **BEADS CEREMONY**

Each person will be invited to bring a special bead that they have picked out for the mother. The bead should be something the guest has picked with the mother in mind, this can signify birth, babies, womanhood, transformation - whatever the giver feels moved to give. At the blessing way, we string all the beads onto a cord for the mother to wear or have during labor. It is a powerful and tangible way for the new mother to be reminded of just how much support she has.

## **CLOSING THE CIRCLE**

For closing the circle & ceremony I like to finish with some dancing to bring joy into our day and fully open our hearts. Be the Goddesses we all are!



I will be pleased to take some photos and video while the ceremony. The price will vary depending in how many guests, hours and material to bring.

## QUOTE

3 or 4 guests. / 2 hours. 200 au.

We can have a proper chat to discuss Blessing Way details.

Thank you for contacting us.

If you have any further questions or comments you can contact us at:

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