

# Mother Blessingway Ceremony





## ***Mother Blessing Ceremony***

Each Mama Blessing is designed to reflect what resonates with you and your birth intentions.

The ceremony typically includes:

- A cherished circle that brings everyone together
  - Warm sharing of insights and encouragement from the heart
  - Thoughtful rituals designed to feel the support of the women in your village
    - Blessings for a positive birthing journey
  - Engaging activities that serve as meaningful tokens of support
- \*Duration is approximately 1.5- 2 hours and are more intimate with up to 12 participants, this allows for meaningful connection among everyone present.


### ***What activities would you like to include:***

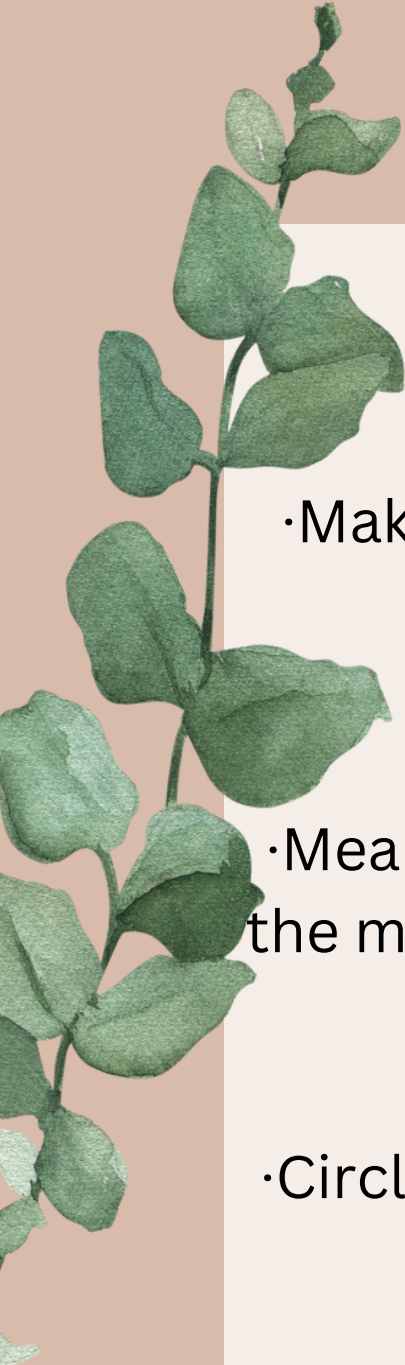

\*Please keep in mind the time frame you want to stick to. 4-5 activities for larger circles, 5-6 for smaller circles.

·Sound healing 20mins

·Hand/foot Massage or foot bath for the Mama with rose petals (each attendee can add rose petals into foot bath)

·binding of wrists (red string to connect all women in circle, is then cut off wrist once baby is born)




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- Making a flower crown for the Mama (everyone in the circle can add a flower onto the crown)
  - Meaningful words/affirmation/quotes/blessing to share with the mother to be. (Can share these in the circle, if each person wishes to!)
  - Circle sharing: share positive stories or words of wisdom and encouragement in the circle.
  - Burning of fears-everyone is asked to write down their own fears, or the mothers' fears/anxieties regarding the upcoming birth on a piece of paper. They are then burnt off in a fire safe bowl.
  - Bead ceremony (bracelet or necklace to wear or use in labour)
  - Candle ceremony (each guest lights a small candle. Which they then take home & light when the Mama goes into labour.
  - Making card Birth affirmations or Messages for the baby (that can then go into a book for the baby)
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***Options for what you kindly ask guests to bring for activities.***

(depending on activities chosen)

- A seed or plant – to represent growth and to plant with baby’s placenta or as a blessing for your baby.
    - A candle for the labour space at home
    - A flower for Mums hair or flower crown.
  - Meaningful words/affirmation/quote/blessing to share with the mother to be.
    - 1 bead for a labour necklace / bracelet for mum
  - A crystal for the labour space, for mum to rub and look at during labour.
  - Guests could each be asked to bring a dish for the freezer or a plate to share
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### ***Things to Consider:***

What you want guests to share in the circle?

What you want your circle to create for you?

What you want your circle to create for your baby?

My intention is to give you an emotional, spiritual or mental way during the Mother blessing ceremony.

Please consider inviting women who “build you up” and not inviting women you don’t have a strong connection to, or who “take away” from you.

Have people in the circle you can be utterly vulnerable with; you want the right energy in the circle.

### **Invites:**

You can find these on Etsy or make your own on canva  
brief explanation of what a Mama blessing is

items you kindly ask guests to bring

(this must be planned b4 invites go out!)

time, date, location


quote that speaks to the intention you are setting

colours that resonate with the Mum

Ensure the invite wording conveys the vibe,

feeling and intention you have in creating

the Mother blessing ceremony.





***What's Included in my fee:***

Email/phone consultation to organise your  
Mother blessing ceremony

Early arrival for thoughtful space preparation

Professional facilitation of all circle activities

All necessary supplies and ritual items supplied.  
Circle setup and cleanup

Investment: \$350

Contact Marisa for any enquiries.

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