

# M O D U L E O N E

## Your Mama Vision

### *Welcome to your first module!*

So what sort of mama do you want to be? What sort of relationship do you want with your children? Are you very clear about what this looks like?

In this module, we answer those questions and set a clear vision so that you know where you're heading and how to get there.

In this module you'll:

- develop a clear vision of the mother you desire to be and start to embody the vision;
- become clear about what qualities are important for you to nourish in your child;
- become aware of your triggers that take you away from this vision – what we call the Pain-Body;
- use embodiment practices to begin to dissolve the negative patterning that comes from this, and begin wiring your brain to your deeply desired being-ness;
- begin developing the art of powerful presence and emotional connection for yourself.

We're going to do processes, exercises and use playsheets to do this, and you'll be supported with embodiment meditations. You can make it light and fun, AND you can honour it as the deep and meaningful process that it is.

Be aware that the processes can bring up all sorts of emotions from your inner world. I encourage you to be compassionate and gentle with yourself (use this mantra: I'm doing the best I can in my situation right now, and that's good enough).

Use the support in your own networks and in the [Intuitive Motherhood village FB group](#) and stop or turn the volume knob down on any activity that is getting too much for you.

ALWAYS get professional help if distressed.

OK, so let's get started on your journey towards Intuitive Motherhood.

# SEE CLEARLY. SET YOUR VISION

Just as in business when you set a business plan for an overall vision for your company, **Your Mama Vision** is also about finding clarity about where you're heading in regards to the greatest job of all - motherhood.

And when you really EMBODY this vision, not just as a concept in your head but as a real tangible BEing-ness, you'll literally begin wiring your brain to become the mother you really desire to be.

That's how our brains work. The latest neuroscience supports that if we have clarity about how we want to be and if we immerse ourselves in experiences that create similar inner sensations, feelings and thoughts, either real or imagined, we'll begin forming those neural pathway in our brain. We begin to change from the inside out.

And when we have clarity about our family desires and the qualities we want to evoke in ourselves and our child, then our brain will be activated to scan the environment to notice opportunities to support this.

This is an incredibly powerful first step to take before we launch into strategy.

*Don't be tempted to skip this step, or dismiss it as not important.*

This mama vision exercise introduces the foundational concepts that underpin the whole program. You'll need it to follow through strongly with the rest of the program content. For example, when we explore creating new boundaries in Module 3, you're going to need to have a strong vision of what you want and who you are so your boundary setting is not haphazard but instead aligned with what's real, true and important to you as a mother.

This mama vision plan of being the 'mother you really want to be' will be much more fluid than a business plan. This is because you're accessing your natural neuro-hormonal state that comes with motherhood, and allows you to tune into your child's spontaneity and your own feminine flow. Don't worry if you think you might find this difficult. I'll gently lead you there.

Having your mama vision doesn't mean you'll need to be 'doing' more things. In fact it can be quite the opposite. It can be choosing to take a slower pace, to cultivate more being-ness to balance the doing-ness. Over time a new paradigm begins to emerge as you and your child's new desired reality. It will be aligned with the vision of what YOU created.

You'll begin cultivating the qualities of the mother you desire to be, and choosing to immerse your child in the experiences they need to grow their brain towards these positive outcomes.

When you have a clear VISION of what you really want, what your core embodied desires are, you can bring all your parenting decisions back to this ONE vision.

**It's like the North Star:** you know where you're heading, you keep your eye on the vision, and ALL of your decisions end up being based on what you truly desire.

You don't have to feel so wobbly second guessing yourself. You don't have to listen to other people's opinions and get caught up in the competitive world.

You can relax and check-in with your embodied vision and let your embodiment practices, and the intuition that develops from this, guide you.

We're going to do an exercise to help you get clear about your vision. This is called the **Mama Vision Process**.

{Download the [My Mama Vision Info and Playsheet](#) and do this exercise alongside the [Mama Vision Embodiment Meditation](#). Report back and share in your [FB village](#) once you've completed it}.

The Mama Vision Meditation is a powerful process. Listening to and experiencing it daily this week and regularly throughout the program and beyond will begin developing positive neural pathways in your brain to support your vision.

After you've set your vision, you're going to bring awareness to those aspects of yourself that get in the way of achieving this vision. This is also an important part towards creating the process of CHANGE towards being a more intuitive mother. But first...

Complete the Mama Vision Process before coming back to finish this second part of the Module. You need both parts to get the full experience of Module One.

So go ahead - download the [My Mama Vision Info and Playsheet](#) and do the exercise alongside the [Mama Vision Embodiment Meditation](#). Report back and share in your [FB village](#) once you've completed it}.

Do this NOW.

# PAIN BODY

In the last section we activated your mama vision - and what the embodiment of this feels like (what I call being in your Mama Goddess).

In this section we're going to access what we call your Pain Body. This is the shadow aspect of your being that has you unconsciously say, do or react in ways that you may later regret. This negative patterning often stems back to your earlier experiences in life and is powerfully described by Eckart Tolle in the book, 'The New Earth', as your PAIN BODY.

You may have noticed that when you did your Mama Vision there was another voice that said something like:

*"But I'm not like this a lot of the time."*

or

*"Its too hard. If only my situation was better, I'd be a better mother."*

or

"If my child was different or if I had more help, or if there was less pressure ... I'd be the mother I really want to be."

or

*"I'll never be the sort of mother I'm yearning to be."*

This negative thinking is your Pain Body speaking. It's a neural (brain) pathway from your past that is manifesting now in your body, feelings and thoughts.

For a lasting change to your Pain Body you need to bring awareness to these old unhelpful pathways and patterns and use embodiment and transformation practices to create new supportive brain pathways.

*We're going to explore this Pain Body so we can bring awareness to it and begin the process of change.*

{Download, print out and do the exercise in the [Info & Playsheet, 'Pain Body Process'](#). Listen to the [Pain Body Healing Meditation](#) to accompany the 'Pain Body Process' and to support you to release unhelpful patterning}

You're invited to share in your [village FB group](#). Even though this can feel vulnerable many mothers find it very freeing to put it out there and be witnessed in such a loving space.

Listening to and experiencing the Pain Body Healing Meditation daily this week and regularly throughout the program and beyond will begin developing positive neural pathways in your brain and you will begin to expect healthy shifts in the way you manage your reactions to life experiences.