

My Mama Vision

PROCESS & PLAYSHEET

Exercise

Note: there's no such thing as 'getting this right'. Your answers can be fluid and change over time. You might like to use stick-it notes on the fridge/walls and adjust your answers during this program. You'll eventually get more and more clarity.

First lets take a moment for you to sense your body as this process is done through sensing your body and accessing your feelings and your thoughts.

Take big deep breath and let yourself have a whole body sigh. Allow yourself to do this two more times on the out breath sense your shoulders dropping down your back, and tension draining through your feet.

In your imagination cast yourself forward to when your child is 25 years old. He or she will be an adult alongside you. Can you picture this or get a sense of it? Even though it may seem a long way off this moment will eventually come! You'll be spending a lot more years with your children as adults than you will with them as children!

Imagine you are THE MOTHER YOU DEEPLY DESIRE TO BE {I call this your Mama Goddess}. You have the inner skills and qualities that light you up and make you feel really complete and happy as a mother.

What's happening between you and your child? (Write down your answers)

Focus on your Bodyfulness: What's happening in your body? Notice sensations, posture, tone of voice, movement?

Focus on your Heartfulness: What are you feeling? Name three desired feelings that you have a strong sense of?

Focus on your Thoughtfulness: What are you thinking? What words would you want to say to your child or yourself?

What would you believe as a mother? Eg. I am a wonderful mother. I've done such a great job. My child's life is going to be ok. My child trusts me, respects me. In all my imperfections I am enough.

As your future Mama Goddess what would you be doing the same that you're already doing now or have done in the past?

What would you be doing differently?

It's SO important to savour and acknowledge the areas in which you have already been achieving your mama vision.

Can you remember any times or experiences in the past? Write them again here:

Soak in the feelings and success of this. Sense the achievement. Open yourself up to really feel and embody this. Let it soak into your Being-ness like it's infiltrating your trillions of cells. This is the beginnings of activating the practice of MAMA TRANSFORMATION- A practice that is essential for brain rewiring for you to develop the qualities and being-ness the mama you deeply desire to be. We go deeper in this in Module 4.

Now that you have a sense of the embodiment of the mother you deeply desire to be, what qualities would you like to nourish in your child?

Report back to the [Village FB group](#) and share the body wisdom, feelings, thoughts and beliefs of your mama goddess; how the experience of this embodiment process and accompanying meditation was for you; & what qualities you'd like to nourish in your child.