

A PRIVATE TASTE OF THE UNBOUND MAMA

Both Can Be True

A guided writing ritual
for homeschool mothers

GUIDED RITUAL • TEA • WRITING • COLORING

with Azizi Tuere



You do not have to choose one clean truth.

You can love homeschooling and still need room for yourself. You can be proud of the life you have built and still admit that parts of it feel heavy. You can be grateful for the time with your children and still want something that belongs only to you.

We tend to think one feeling cancels out the other. If I am tired, maybe I am not grateful. If I need space, maybe I am not devoted. If I question something, maybe I was wrong to choose it.

But your full truth was never meant to fit into one respectable sentence. Sometimes the most honest sentence begins with and.

“This is not about deciding whether you chose the right life. It is about giving the woman living it somewhere to tell the truth.”

There is room for all of you here.

Azizi

Make a little room.

01

Choose twenty quiet minutes.

You do not need a perfect morning. You only need a small pocket of time when no one needs an answer from you.

02

Bring a pen and paper.

Your spelling, grammar and handwriting do not matter. These pages are private. Nothing has to sound wise.

03

Make something warm.

Tea is lovely. So is warm water, coffee or simply holding a mug between your hands. Let it mark the moment.

04

Put the phone out of reach.

You are not disappearing from your family. You are giving yourself fifteen minutes to arrive inside your own life.

One promise to yourself: You will not use what appears on the page as evidence against you.

ABOUT TWO MINUTES

OI Arrive where you are.

Sit somewhere your body can be supported.

Close your eyes if that feels right. Or soften your gaze toward the floor.

Feel the weight of you. Notice how the chair, the bed or the ground is already holding you. You do not have to hold yourself up all by yourself right now.

Notice the temperature of your hands. Notice what they are resting on.

Now notice your breath. You do not need to deepen it or slow it down. Just let it keep happening.

Whatever mood you brought into this moment is allowed to be here. You do not have to get into the right frame of mind. There is no right frame of mind.

In a moment, you will write. You are not writing to produce anything. You are writing to listen.

When you are ready, turn the page.

02

Let both truths sit beside each other.

Write two truths about your life as a homeschool mother that you rarely allow to sit beside each other.

Do not decide which one is more correct. Do not make either truth cancel the other. Let them both exist.

IF YOU NEED A WAY IN

- *I chose this life, and I also...*
- *I am deeply grateful for..., and I also...*
- *I love what we have created, and part of me...*
- *One part of me knows..., while another part...*

Set a timer for twelve minutes. If it helps, play soothing music, nature sounds or whatever feels good for uninterrupted writing. Keep your pen moving. You do not have to finish the thought.

Both can be true.

Begin anywhere. Let the sentence be unfinished if that is how it arrives.

No explaining. No fixing. Just the fuller truth.

03 Let your pen rest.

You do not need to reread what you wrote. You do not need to make a decision from it.

Notice what just happened. You let two truths exist without asking either one to disappear.

Nothing collapsed because you told the fuller truth.

You did not betray your choices by acknowledging their complexity. You did not become less grateful because another feeling sat beside your gratitude.

Place a hand somewhere on your body that could use a little kindness right now. Take one breath into that place.

Say quietly, if you can: *I do not have to simplify myself to trust myself.*

Your writing does not need to become anything today. It was enough to let it exist.

Go gently.



A COMFORT RITUAL

Both Can Be True Tea

This is less about the recipe and more about letting one ordinary cup belong only to you.

YOU WILL NEED

- 1 chamomile tea bag or 1 teaspoon loose chamomile
- 1 cup hot water
- A splash of oat milk
- Maple syrup or agave, if you like
- Optional: a pinch of cinnamon or a few lavender buds

MAKE IT SLOWLY

Steep the chamomile in hot water. Add oat milk and something sweet if you want it. Hold the cup with both hands before you take the first sip.

For these few minutes, do not drink it while answering messages, cleaning the kitchen or preparing something for someone else. Let this cup be yours.

*Let the warmth
mark the moment.*

Both can be true.

Color without trying to finish. Stop whenever you feel complete.



One small unbinding.

You paused long enough to let more than one truth exist. You did not turn it into a plan. You did not defend it. You simply made room to hear yourself.

That is the heart of The Unbound Mama. For six weeks, we meet three mornings a week for fifteen minutes of guided writing. Your pages stay private. Your camera is optional. Every session is recorded, so there is nothing to catch up on and nowhere to fall behind.

THE SIX-WEEK PATH

PERMISSION

Nothing you feel disqualifies you.

REST

You do not have to earn the right to pause.

TRUTH

The truth is information, not betrayal.

UNTETHERING

You can leave the rules that never belonged to you.

CHOICE

You still get to choose.

RETURN

Come back without leaving yourself behind.

The Unbound Mama will begin when enough mothers are
ready to gather.

Only women on the waitlist will receive the \$97 early enrollment price. When enrollment opens to the public, the price will increase to \$147.

[JOIN THE UNBOUND MAMA WAITLIST](#)

azizituere.com/unboundmamawaitlist

There will be a seat at the table for you.