

# motherbloomed



## Mother's Blessings | INFORMATION PACK

Empower and honour your  
sacred motherhood journey.

# WHAT IS A MOTHER'S BLESSING?



A Mother's Blessing is a heartfelt ceremony that celebrates a woman's transition into motherhood. Unlike a traditional baby shower, which focuses on the baby, a Mother's Blessing centers entirely around supporting and empowering the mother.

The concept of a Mother's Blessing draws inspiration from the ancient Navajo tradition of a Blessing Way. It serves as a rite of passage, honouring the significant transformation a woman undergoes as she journeys into motherhood.

It is an intimate woman-centered gathering of close family and friends - the sisterhood, solely dedicated to celebrating, honouring and empowering the mother. The intention is to share and provide wisdom, emotional support, love, and encouragement.

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## WHAT HAPPENS DURING A BLESSING CEREMONY?

- A safe and sacred environment is created where guests will circle around a beautifully styled alter.
- The circle is opened with a sage cleansing to rid of any energy that does not align or fears that guests may be holding onto, so that we can journey through the ceremony with an open-heart and mind, holding space for the mother.
- A flower crown is woven for the mother to wear during the ceremony.
- An opportunity for any fears or limiting beliefs the mother is experiencing can be shared and released.
- Guests will share affirmations, poems or words of encouragement they have prepared for the mother.
- The 2 selected rituals are performed and a beautiful red thread is woven to connect everyone present.
- A guided meditation will take place to help surround the circle in a bubble of love, connection and positive energy.
- The circle is closed and any final parting words for the mother are spoken.

**Let's embark on a journey of creation  
- a day etched in memory, a  
celebration woven with intention.  
Together, we'll craft a ceremony that  
honours and uplifts YOU, keeping  
your comfort and essence at the  
forefront. Within an intimate and  
secure space, we'll infuse meaning  
and significance into your circle and  
birth journey.**

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## WHO SHOULD COORDINATE THE BLESSING?

The ceremony is typically organized by a close friend, mother, or sister. In many cases, the group collectively contributes to cover the fee as a gift to the mother.

The intention is that the mother's role during the ceremony is solely to receive.

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## WHERE ARE THE CEREMONIES HELD?

Typically the ceremony will take place in a location and space that the mother-to-be feels most comfortable and safe in. This could be in her home, at someone else's home or outdoors in her favourite nature spot.

They can also be held in places like yoga studios.

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## WHEN SHOULD A MOTHER'S BLESSING BE HELD?

Generally during the final weeks of pregnancy, ideally from 34 weeks.

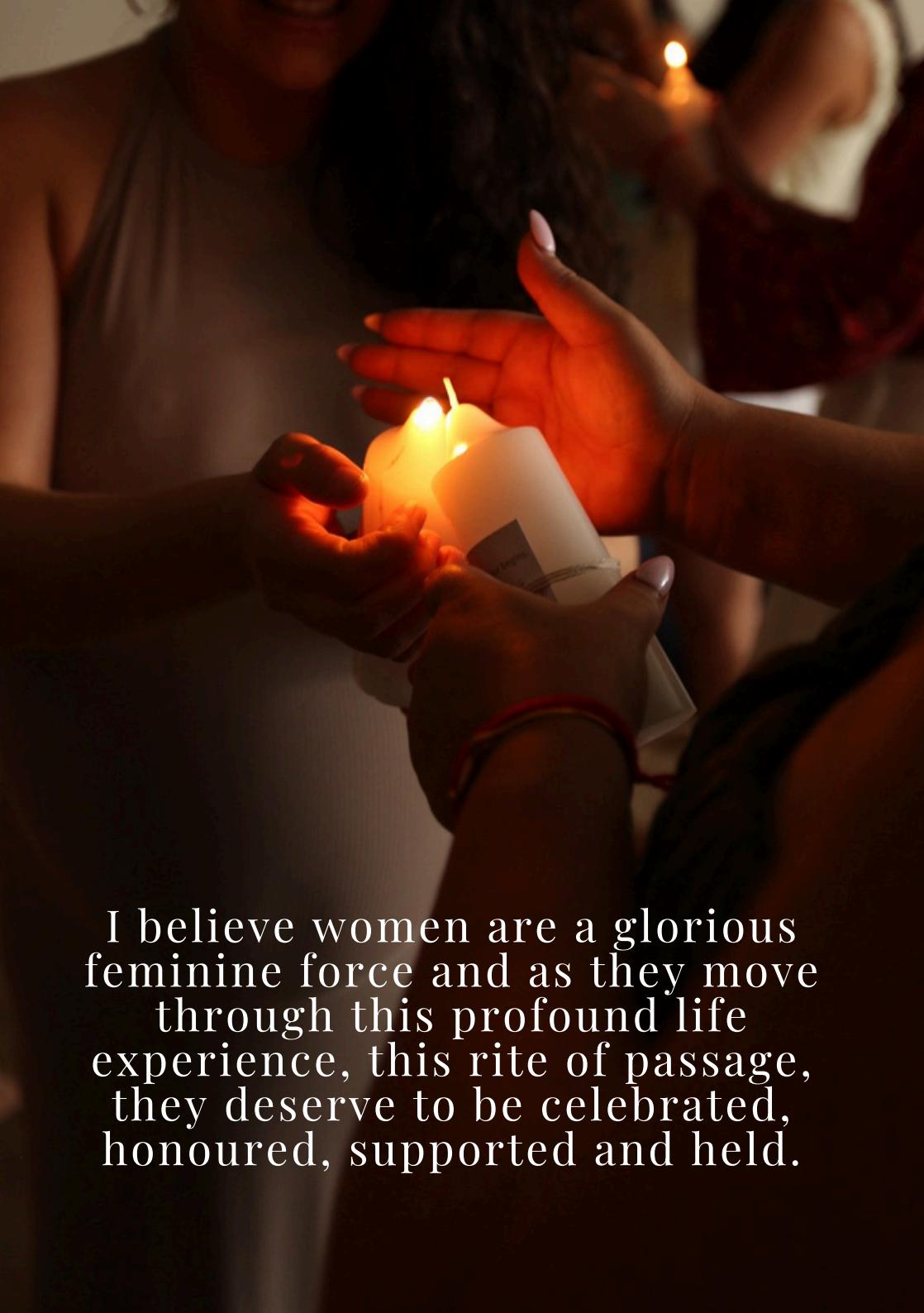
It is a beautiful way for her to be surrounded with love, encouragement, and positive energy, during those final weeks of preparing to birth.

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## CAN I HAVE A MOTHER'S BLESSING IF THIS ISN'T MY FIRST BABY?

Absolutely!

Every pregnancy and birth experience is unique, a blessing provides an opportunity to honour and celebrate the beautiful divine mother, her strength, vulnerability and transformation, regardless of whether it's her first or subsequent baby.



I believe women are a glorious  
feminine force and as they move  
through this profound life  
experience, this rite of passage,  
they deserve to be celebrated,  
honoured, supported and held.

# RITUALS

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## BEADED BIRTHING NECKLACE

Each guest brings a bead that represents their support and love for the mother-to-be. During the ceremony, each guest adds their bead to a string to create a necklace for the mother to wear or keep in her birth space. As they do this, they offer a spoken blessing, or words of wisdom for the mother. The necklace is a tangible reminder of her village.

## FOOT SOAK

A grounding ritual where the mother-to-be's feet are gently soaked in warm water with salts, flowers, herbs, or essential oils, often followed by a light massage. Before the salts are added to the foot bath, guests can write words of intention on small pieces of paper, placing them into the bowl of salts and herbs, infusing them with love. This honours her journey, encourages rest, and acknowledges the physical and emotional path she's walked.

## WOMB AWAKENING MOVEMENT

This ritual involves slow, rhythmic movements that connect the mother-to-be to her womb space. With soft music playing, everyone is invited to sway, circle their hips, or place hands over their bellies – for the mother, this is a way for her to tune into the life within.

## AFFIRMATION ARTWORK

Using art supplies such as watercolour, paint, crayons or markers, guests create or write affirmations, mantras, or messages of empowerment and love for the mother-to-be on cards, sheets of paper, or fabric flags. These can be displayed during the ceremony, hung in her birth space, or compiled into a keepsake.

# PRICING

## **\$420.00**

For circles of up to 15 women, including the mother-to-be.

## **\$600.00**

For circles of 15+ women, including the mother-to-be.

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## WHAT IS INCLUDED?

- 1.5 hour blessing tailored to the mother and intention for the ceremony, facilitated and guided by Kathleen.
- Custom digital invitation to send to guests.
- Beautifully styled circle and alter including throws, cushions, flowers/foliage, crystals and candles.
- All materials required for the ceremony's rituals.
- Gifts for the mother infused with love, strength and support from her guests.
- Sweet treat and blessing candle for each guest to take home to light when baby is born.
- Set-up, pack-down and travel within 25kms of City of Darebin, Melbourne.  
*(A quote will be provided for travel outside of this.)*

# ABOUT ME

Hello beautiful, I'm Kathleen...

I'm here for the women walking the sacred path of motherhood — the ones who want to feel deeply connected to themselves, supported by sisterhood, empowered in their birth, and aligned with the woman and mother they're becoming.

As a mother of three, a certified Master NLP practitioner and transformational coach, women's circle facilitator, and a woman endlessly devoted to personal growth and soul expansion, I believe your mind is your most powerful tool. When you learn how to work with it, you unlock the ability to create the experience you truly desire — in birth, motherhood, and beyond.

Not just as a mother, but as a whole woman.

I hold space for women to be seen, celebrated, and deeply supported — surrounded by love as they step into one of life's most transformative journeys.



You don't have to  
walk this path alone.  
You were never  
meant to.

# TERMS & CONDITIONS

- A 50% deposit is required to secure your booking. Your booking is not considered confirmed until your deposit has been received. An invoice will be issued outlining all payment details.
- The balance is required to be paid, in full, at least 7 days prior to your booking date.
- If your booking is cancelled with less than 7 days notice, the deposit is non-refundable.
- Final guest numbers are required to be confirmed at least 7 days prior to the booking date.
- Sage smudging and candles are used during the blessing. An appropriate space is required that does not restrict these elements.
- Access to the space for set-up, is required at least 1 hour before the commencement of the blessing and 45 minutes to 1 hour, is required for pack-down, once the blessing has concluded.
- On occasion photo's and videos are taken to share on social media/marketing. If you do not wish for your blessing to be photographed, please advise when booking.



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**Your sacred celebration starts here.  
Reach out via email and let's begin the journey.**

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INSTAGRAM [@motherbloomed](https://www.instagram.com/motherbloomed)