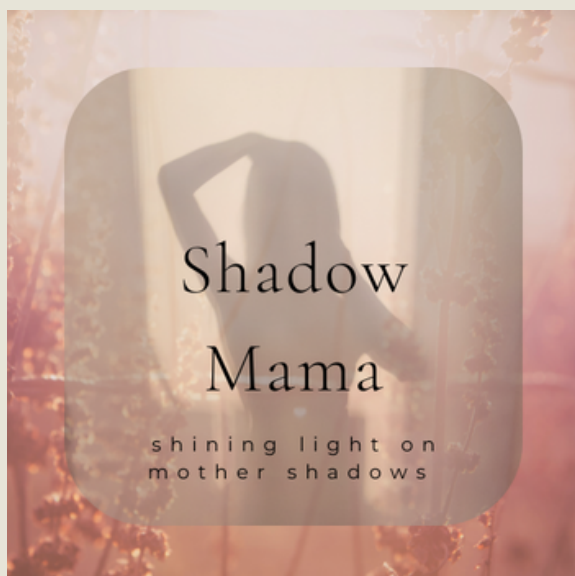


**A SHADOW MAMA RESOURCE
FOR MOTHER + DAUGHTER CONNECTION**



P R E S E N C E
M O T H E R & D A U G H T E R
B O N D I N G R I T U A L S



Georgia Leigh Alchemy

As a Mama to two beautiful girls, I have felt the initiation of moving through stages of motherhood from being birthed as a mother myself, with my firstborn's birth, to experiencing post natal depression (PND) with my youngest. I too felt The angst of losing who I was and the realization that we aren't supported in the ways that we need to be. My experience with PND made me realize how being thrust into motherhood can bring up unhealed wounds, left to fester, the archetype of the dark mother has shown up in my life and as I have learnt more about the impact of trauma on my parenting, I have begun the long walk back to myself, my center, my wise mother self and a reconnection that I hope will foster deeper connection between my daughters and myself. These rituals have helped me to connect with each of them and to create a more mindful way of being in relationship with myself and with them.

Suggestions:

Include your Daughters in choosing items to work with –dress your Ritual space together. It can be a cosy spot in the lounge, or bedroom. Or take it outside and create a haven of comfort under a tree. My girls and I did this in our backyard under the pear tree, laden with Summer fruit.

It was the end of the school holidays.

I took each girl in turn so we had an afternoon together, while the other was with Nana. Whew!

I suggested they bring items to add to our tool kit, make their own notes or drawings and asked them what types of ritual they would like to do.

They wanted to enjoy some massage, playing with oracle cards, a yummy cacao, and some fun – we always enjoy a Mama + Daughter Dance! I felt it was particularly beautiful to dance barefoot outside, and very grounding.

Keep ritual short and your Daughters involved, you can always modify these suggested rituals and use them alongside one another or just on their own.....



MAMA + DAUGHTER CACAO CEREMONY



YOU WILL NEED:

YOUR CHOICE OF CACAO
I LOVE CERES ENLIVENED CACAO
YOUR CHOICE OF MILK
FAVORITE MUGS

A POT AND WOODEN SPOON – FOLLOW
THE INSTRUCTIONS OF YOUR CACAO,
MAKING IT TOGETHER AND STIRRING IN A
BLESSING OR TWO



CREATE A BEAUTIFUL SETTING, GET
COMFY WITH RUGS AND PILLOWS, OR
HEAD OUTSIDE AND MAKE A NEST. LIGHT
SOME INCENSE AND PLAY SOME
RELAXING MUSIC

BLESSING:

CACAO IS A BEAUTIFUL, POTENT AND ANCIENT PLANT
MEDICINE, IT IS RESPECTFUL TO HONOR THE PLANT BY
CLOSING DOWN YOUR EYES AND TAKING A BIG INHALE,
BREATHING A BREATH OF GRATITUDE AS YOU BLOW GENTLY
ON YOUR CACAO AND BREATHING THE HEADY SCENT OF
CHOCOLATE IN.

MINDFUL CONNECTION:

HOLD YOUR CUPS TO YOUR HEART, (BE CAREFUL OF THE
TEMP!) AND CONNECT WITH A SOFT GAZE AT ONE ANOTHER,
MAYBE A GENTLE SMILE. YOU MAY WANT TO ACKNOWLEDGE
YOUR FAMILIES ANCESTORS, ESPECIALLY THE WOMEN WHO
HAVE COME BEFORE YOU.

SENSORY ENJOYMENT:

TAKE YOUR FIRST CAREFUL SIP TOGETHER, AND ENJOY THE
WARMTH OF THE CACAO AS IT MOVES DOWN YOUR THROAT.
YOU CAN NAME SOME SENSATIONS AND TALK ABOUT WHAT
YOU NOTICE THE MOST: IS IT THE SMELL, THE FEEL, THE
TASTE, OR THE SLURPY SOUND OF THE CACAO BEING TAKEN
IN?



MAMA + DAUGHTER GROUNDING CONNECTING MEDITATION



YOU WILL NEED:

A NICE COSY
RESTFUL SPACE

WARM BLANKETS

NICE SCENTS OR
INCENSE

A SMUDGE STICK

OPTIONAL: ADD IN
A FAVORITE
CRYSTAL OR
OBJECT TO HOLD
AS A **GROUNDING
TOOL**

YOU CAN ADD IN SOME
GROUNDING IF YOU LIKE, BY
JUST NOTICING THE EARTH
BENEATH YOU, MY
DAUGHTERS AND I LIKE TO
VISUALISE OUR ROOTS
GROWING DOWN DOWN
DOWN INTO THE WARM
BELLY OF THE EARTH

BLESS THE SPACE WITH A SMUDGE
WAND OF YOUR CHOICE

HOLD HANDS, PERHAPS EVEN
PLACE A HAND ON ONE ANOTHERS
HEARTS

CONNECT WITH YOUR EYES,
EXPRESSING THE LOVE YOU HOLD
FOR YOUR CHILD/MAMA WITH A
LOVING GAZE

CLOSE DOWN THE EYES WHEN
READY AND FEEL INTO THE EARTH
BELOW YOUR SEAT

BREATHE IN FOR 4 COUNTS AND
OUT FOR 4 COUNTS TOGETHER,
COUNTING GENTLY FOR YOUR
CHILD IF NEEDED.

LENGTHEN THE EXHALE AND
PLACE A HAND ON THE BELLY

ENCOURAGE YOUR CHILD TO TAKE
A NICE DEEP BELLY BREATH IN, SO
THE BELLY RISES LIKE A BALLOON
BREATHE LIKE THIS FOR HOW
EVER LONG IS COMFORTABLE,
FOR SMALL CHILDREN A COUPLE OF
MINUTES IS MORE THAN ENOUGH



WHEN YOU ARE READY, GENTLY
SPARKLE YOUR FINGER TIPS AND
WRIGGLE YOUR TOES, ROLL YOU
HEAD GENTLY FROM SIDE TO SIDE
AND SLOWLY OPEN YOUR EYES,
LETTING THE LIGHT IN GENTLY

HOLD A LOVING RECONNECTIVE
GAZE WITH ONE ANOTHER, AND IF
YOU BOTH FEEL IT, FINISH WITH A
NICE LONG HUG, BREATHE INTO
ONE ANOTHERS HEART SPACE
AND INTRODUCE A WEE HUM....
THIS IS SO NOURISHING FOR OUR
NERVOUS SYSTEMS!

ENJOY!



ALTER BUILDING INSIDE + OUTSIDE

INSIDE -
YOU WILL NEED:

GATHER ANY AND ALL SACRED
OBJECTS, NATURAL OR NOT AND
DECIDE ON A SPACE TO PLACE YOUR
ALTER.
SOMEWHERE WITH PLENTY OF LIGHT
AND PERHAPS AN OPEN WINDOW IS
GOOD

GIVE THE SPACE A GOOD CLEAN AND
INCLUDE SOME SMUDGING

YOU MAY LIKE TO SAY A BLESSING
BEFORE YOU BEGIN DRESSING YOUR
ALTER

MAYBE YOUR CHILD CAN MAKE ONE
UP

PLACE A SOFT BEAUTIFUL MATERIAL
OR BASE- FOR EXAMPLE, WE HAVE
USED A WOVEN BASKET TRAY WITH
LEAVES CARPETING THE BOTTOM, A
SHELF WITH A PRETTY SCARF
DRAPED ON IT
A FLAT STONE
A ROUND PLACEMAT

AN ALTER CAN BE ANY SIZE WITH
ANY NUMBER OF OBJECTS
JUST KEEP IT TIDY AND CLEAN

PLACE YOUR OBJECTS
AND IF YOU LIKE, MAKE SURE TO
INCLUDE A NOD TO THE ELEMENTS -
A CANDLE FOR FIRE
A DISH OF WATER FOR WATER
A SMALL JAR OF DIRT FOR EARTH
A FEATHER FOR AIR

LIGHT CANDLES AND INCENSE
LEAVE AN OFFERING OF FRUIT AND
CHOCOLATE
RING BELLS

SOAK IN THE SWEET ENERGETICS OF
YOUR ALTER

AN ALTER CAN HAVE ANY
INTENTION BEHIND IT, WITH
SOME KNOWLEDGE OF
SYMBOLS, COLORS, ELEMENTS
AND CRYSTALS, YOU CAN
THEME YOUR ALTER.

FOR EXAMPLE - AT SAMHAIN,
A TIME TO HONOR OUR
ANCESTORS, WE PLACE
CANDLES, PHOTOS OF OUR
LOVED ONES WHOM HAVE
PASSED, REPRESENTATIONS
OF THE EARTH, DIRT, ANIMAL
BONES, HUSKS OF CORN AND
BLACK CRYSTALS SUCH AS
OBSEDIAN. THIS IS AN
EXAMPLE OF A SEASONAL
ALTER.

OUR MONEY ALTER HAS
GREENS, PINKS, REDS, AND
GOLDS. WE HAVE COINS,
ELEPHANTS WITH TRUNKS
RAISED, BELLS AND PLENTY
OF CITRINE! THIS IS ALL
EASILY FOUND IN BOOKS AND
ON THE INTERNET





OUTDOOR ALTER

GATHER ALL THINGS NATURE
BUT IF YOU ARE COLLECTING FROM LIVING
NATURE, PLEASE BE SURE TO ASK AND SAY A
PRAYER OF THANKS IN RETURN, NEVER TAKE
MORE THAN YOU NEED AND RESPECT THE
INDIGENEOUS CULTURES OF THE LAND, IF
YOU CAN RESPECTFULLY INCORPORATE
THEIR PROTOCOLS, PLEASE DO. THIS IS
BEAUTIFUL FOR CHILDREN TO LEARN

CREATE YOUR ALTER BY BUILDING
PATTERNS,, VISUAL REPRESENTATIONS OF
YOUR TOGETHERNESS
ADORN WITH FLOWERS, BRANCHES, SEED
PODS
CREATE A BEAUTIFUL MANDALA AND LEAVE
FOR THE NATURE SPIRITS TO ENJOY



FUTURE READING...



THIS IS A LOVELY
RITUAL TO DO
TOGETHER AFTER
YOUR MEDITATION.

THIS IS BORROWED
FROM THE HEALING
MODALITY OF
THETA HEALING....

TAKE TURNS TO GO
INTO A RELAXED
SPACE WITH YOUR
EYES CLOSED,

TAKE A LITTLE
JOURNEY,
BY VISUALISING A
WARM LIGHT BEAMING
DOWN ON YOU AND
THEN MOVING YOUR
CONSCIOUSNESS OR
YOU CAN SAY, YOUR
IMAGINATION UP UP UP
ABOVE YOUR HEAD,
AND TRAVELLING
ALONG THE WARM
TUNNEL OF LIGHT,

YOU CAN IMAGINE
MEETING A JELLY LIKE
REALM AND MOVING
THROUGH IT SLOWLY, ITS
SO WARM....

YOU NOTICE A GLOWING
LIGHT AND THIS LIGHT IS
THE SOURCE OF ALL
KNOWLEDGE.

YOU ASK THIS LIGHT TO
PLEASE SHOW YOU THE
FUTURE OF YOUR
MAMA/DAUGHTER AND
YOU ALLOW ANY
VISUALS, FEELINGS,
INSTINCTS OR KNOWINGS
TO FLOW THROUGH YOU
AND WHEN YOU ARE
READY AND HAVE A
MESSAGE IN WHATEVER
FORM, THANK THE WARM
LIGHT OF LOVE AND MOVE
BACK THROUGH THE JELLY
LIKE SUBSTANCE, BACK
DOWN THE TUNNEL OF
WARM LIGHT AND INTO
YOUR BODY...

WRIGGLE YOUR TOES AND
SPARKLE YOUR FINGERS,
TAKE A DEEP BREATH IN
AND THEN FLUTTER OPEN
YOUR EYES SLOWLY AND
ENJOY SHARING WHAT
YOU SAW, HEARD AND
FELT WITH ONE
ANOTHER....



BRACELET OF GOOD WISHES

TAKE A PEICE OF
PRETTY STRING,
RIBBON OR WOOL
- IF YOU ARE
FEELING FANCIER
YOU COULD MAKE
A BEADED
BRACLET FOR
EACH OTHER

TIE THE BRACLET -
YOUNGER
CHILDREN MAY
NEED HELP - ONTO
EACH OTHERS
WRISTS, WITH A
GOOD WISH FOR
THE OTHER

"MY WISH FOR
YOU....IS TO
ALWAYS KNOW
YOUR WORTH.."

BONUS: MINI - RITUALS AND WAYS OF CONNECTING

YOU CAN ADD THESE ONTO
THE RITUALS WE HAVE
EXPLORED OR DO THESE
AS MINI WAYS OF
CONNECTING DURING THE
WEEK

MESSAGE - LOVING HANDS

MY GIRLS LOVE A BIT OF
GENTLE MESSAGE BEFORE
BED.

WE JUST USE A FEW DROPS OF
ESSENTIAL OIL AND COCONUT
OIL TO CREATE A BLEND THAT
PROMOTES RELAXATION.
DIM THE LIGHTS, MAKE THE
ROOM WARM, THROW DOWN
SOME BLANKETS AND
PILLOWS AND LIGHT SOME
CANDLES. YOU CAN PLAY
RELAXING MUSIC AND GIVE
EACH OTHER A SPA
TREATMENT!

OUTSIDE, MY DAUGHTERS AND
I TRADED A BIT OF A FOOT
RUB WITH YUMMY OILS,
BEFORE WE DANCED....

SONG + DANCE



SINGING TOGETHER
ALSO HAS BEAUTIFUL
BENEFITS TO IT, FIND A
TUNE YOU BOTH LOVE,
PRINT OUT THE LYRICS
AND HAVE FUN
LEARNING IT TOGETHER,
OR SING AN OLD
FAVORITE. YOU CAN
MAKE SONG A PART OF
YOUR DAILY ROUTINE,
PERHAPS A WAKE UP
SONG, OR A BRUSH YOUR
TEETH SONG, ITS ALL
CONNECTING AND ITS
ALL RITUAL!

AS A SOAMTIC DANCE FACILITATOR AND A DJ, MY
DAUGHTERS HAVE NO REAL CHOICE BUT TO BE
SURROUNDED BY DANCE AND MUSIC! IT IS UP TO
THEM HOW OFTEN THEY JOIN, BUT I DO FIND
MOST CHILDREN LOVE TO MOVE AND HAVE
NATURAL RHYTHM. IT DOESN'T HAVE TO BE
SOMETHING YOU DO EVERYDAY, BUT THERE IS A
SAYING THAT THE FAMILY WHO DANCES
TOGETHER IS STRONGER!

FIND SOME MUSIC YOU BOTH LOVE AND HAS A
FEEL GOOD VIBE TO IT
YOU DAUGHTER MAY JUST WANT TO HOLD
HANDS AND SPIN AROUND, OR SHE MAY FIND
SHE HAS A DANCE ALL OF HER OWN SHE WANTS
TO DO, HAVE FUN, GET PLAYFUL AND EXPLORE
DIFFERENT LEVELS OF SPACE.

CAN YOU BE CATS OR OTHER ANIMALS DOWN
ON THE GROUND, CAN YOU SPREAD YOUR ARMS
WIDE AND FLY LIKE A BIRD, SWOOPING
THROUGH THE SPACE, WHAT IS IT LIKE TO
DANCE ON YOUR TIPPY TOES? PERHAPS THERE
ARE FUN LYRICS IN YOUR SONG TO DANCE TO!
MOST OF ALL, MAKE IT LIGHT, SHORT AND GIVE
OVER TO MOVE HOW YOUR BODY WANTS TO
MOVE!

CLOUD STORIES

LIE ON YOUR BACKS AND LOOK UP
AT THE SKY, THIS ONE IS SUPER
SIMPLE, JUST PICK SOME CLOUDS,
TURN THEM INTO CHARACTERS AND
MAKE UP SOME STORIES! IF THIS
FEELS A BIT HARD, JUST START
SMALL, TELL A STORY ABOUT ONE
CLOUD AND INVITE YOUR CHILD TO
BRING IN THE NEXT CLOUD
CHARACTER!

RELAX, CUDDLE, LAUGH AND ENJOY
HAVING NO 'TO DO'S' EVEN IF ITS
JUST FOR 10 MINS!

