

The Mother

Questions to Explore the Mother/Examples of a grouping of questions to go deeper on a topic

- Describe your relationship with your mother.
- What did you learn about nurturing from your mother?
- What did you learn about growth from your mother?
- How did your mother nurture or not nurture you?
- How do you nurture yourself?
- What did you learn about patience and acceptance from your mother?
- How did your mother have patience/acceptance or not with you?
- What did you learn about protection and persistence from your mother?
- Have you had female mentors/mother figures in your life? If so, what have you learned from them?
- How does all of this relate to how you grow/nurture your business and how you facilitate?
- In what ways are you so grateful for your mother's love?
- In what ways would you have wanted your mother to do things differently?

The Universal Mother / Higher Mother

No matter who your mother was and is, no matter how she nurtured or didn't nurture you, how she accepted or didn't accept you, how she held or didn't hold you...

There is a bigger mother, a stronger mother, an archetypal mother who is always there for you...

You can call her the Universal Mother... Or the Goddess... Or Mother Mary... Or Shekina... Or the Higher Mother... Or Gaia, the Earth Mother herself...

She takes you in her big, strong yet soft, loving arms, and rocks you, and holds you, nurtures you, whispers blessings in your ear, and lets you know how sacred and wonderful you are, assures you that all is well, all is well, all is well, and that healing and wholeness are your birthright.