

THE CONSCIOUS MOTHER: AN INTRODUCTION

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EMPOWER THE WOMAN





WHAT IS A CONSCIOUS MOTHER?

In my eyes a conscious mother is twofold.

A conscious mother is a woman that focuses on her child's emotional needs.

She aims to build a relational relationship with her child that is based on empathy and respect. She believes,

"This foundation is built – memory after memory – shaping our perspective, beliefs, self-concept and outlook. Everything can be completely changed – mood, behaviours, emotional intelligence, ability to give and receive empathy, cognitive processing and even our immune function – by altering how we experience our primary relationships."(1)

She embodies the concept of being present and seeing each situation and moment as an opportunity to connect or reconnect with her child.

A conscious mother is also on a continuous path of transformation. She is conscious of how she reacts to her children and is prepared to look inwards to see what this reaction is bringing up and what she needs to work through in herself to be able to respond in an effective and loving way. She is willing to grow and learn from and with her child.

"With the birth of your children, came the birth of your greatest teachers through life"(2)

The conscious mother ***'goes deeper than parenting on an intuitive level. It asks us to heal ourselves first, so that we are able to raise confident, courageous, compassionate children'***(3). This healing process is not something that takes place over night. It is often through our relationship with our children that we begin to really see ourselves and are able to develop a meaningful relationship with our inner self. It is through this process that the mother is able to let go of having complete control, power and dominance and form a relationship that is based on unconditional love and allows her child to reach their full potential as a human being.

THIS WOMAN SOUNDS AMAZING RIGHT???

Well I am here to tell you, you are amazing!

You are here reading this right now.

You maybe already rocking this 'conscious mothering' thing and are feeling inquisitive

Or

Wanting to find ways to maintain all that you do

Or

You may have stumbled across my invitation and thought this is what I WANT and NEED to do and are at the very beginning of your journey

Or

You maybe a mumma that practices being a conscious mother sometimes but feels like she continuously fucks it up!

Or

You maybe a mumma that has plenty of your own stuff to work through and needs some direction

Or

You may just plain and simply be burnt out!

What I am trying to say is that you are all AMAZING because you care enough to invest the time into reading about how to enhance your mothering . It doesn't matter where you are on the path of this journey called motherhood. There is no judgment or competition in the work I do with women or in this space.

If you wish to continue, you are here to be nurtured, loved, connect, receive and to give.

You are perfect as you are right now.

WHY NURTURING THE CONSCIOUS MOTHER IS AN IMPORTANT PART OF THIS JOURNEY?

The information and wisdom I provide is not all about finding time for yourself to 'refill your cup'. Yes, this is very important and self-care will be covered extensively in one of my sharings, but it isn't the focus of the overall concept.

Lets start by looking at the definition of the word 'nurture'

"To care for and protect (someone or something) while they are growing"(4)

"It's no coincidence that nurture is the synonym of nourish – both are derived from the Latin verb nutire, meaning **'to suckle'** or **'to nourish'**. The noun nurture first appeared in English in the 14th century, but the verb didn't arrive until the 15th century. Originally, the verb nurture meant **'to feed or nourish'** but the sense meaning **'to promote the development of'** didn't come into being until the end of the 18th century."(5) (I apologise if this just got too technical, the teacher in me loves language and I couldn't resist!).

Firstly, I would really like to highlight and acknowledge how beautiful the words 'nurture' and 'nourish' truly are. They are extremely feminine words and celebrate the feminine energy within all of us, both men and women. After reading this definition one can see the connection between mother and nurturer.

When women allow themselves to be authentic, dig deep, do some serious soul searching and most importantly listen to their inner voice and knowing, their true essence as a nurturer can be found. Today, especially in the western world, we understand and believe the concept of nurturing to be something we give to our children. But, what we have overlooked and missed, is the most important aspect of nurture if it is to be carried out effectively. This is -

To be able to nurture someone else we must first be able to nurture our self.

And

The key to unlocking and expanding the conscious mother is to be able to nurture oneself first.



NURTURING

This involves:

- ***working on healing past wounds***
- ***exploring the way that you were nurtured or not nurtured as a child***
- ***discovering the impact this has had on you as a person and mother***
- ***exploring how you can take care of yourself***
- ***learning how you can ask to be taken care of as a mother***
- ***and most importantly learning how you can align your day to day communication with your child so it nurtures both of you simultaneously.***

Did you notice I didn't put these dot points into actions or statements that have been completed? That is because they are all statements/actions in progress.

Motherhood is a journey and so is being a conscious mother. There is always more learning to do. My mother, who has 3 grown daughters, the eldest in her 40s, often talks about how there isn't a lot of literature available about how to parent grown children. She talks about how challenging it can be to mother grown children and that her role as a mother will never end until she is no longer on this earth. Wise words!

Nurturing is actually very complex and is probably why there can be so many gaping holes at times. The reassuring part of all of this is that these gaping holes I speak of are very common and when working with mothers I hear them over and over again.

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UNIVERSAL STORIES

WHAT ARE UNIVERSAL STORIES AND WHAT ROLE DO THEY PLAY IN EXPANDING YOU AS A CONSCIOUS MOTHER?

As you know I predominately work with women. I spend a great deal of time listening to women's stories when they are breastfeeding and preparing to give birth. I have had the honour of sitting in circle with many different women, a great deal of them being mothers. There are always threads that run throughout these discussions and intimate stories. These sacred threads are referred to as universal stories.

The situations may be different, the people are different, the children are different, the places are different but the feelings are the same.

When I sit in circle and listen to women speak and observe the other women listening they are all nodding their heads, not only with acknowledgement and empathy but with a deeper understanding as they know the same feeling as they too have experienced it.

My work is based largely on these universal stories that I have listened to and experienced myself. The answer is not always the same for each woman but I am not about delivering the answers in a pretty box with a bow neatly tied on top. The work I do encourages, supports and provides information for each individual women to expand in her own time and way.



THE POWER OF COMING TOGETHER

My love for circle work is fierce and I believe it is incredibly healing and intuitive work. Even though I have decided not to deliver this as a workshop/circle I will be providing a free live Q&A and chat for each topic/share that I offer.

In today's day and age women have become very accustomed to being independent, doing it by themselves. But we are human beings, and humans are communal. Therefore, by offering a live chat it enables mothers to come together and feel the collective power of the mother.

This will be an opportunity to bring up any thoughts, feelings or questions that the material I have provided has encouraged. You can listen to other women's stories and learn from other like-minded mothers that are walking the same rocky path as you.

AMAZING!

The awesome part of my offering is you can **opt in and opt out** whenever you want. I am planning on offering monthly topics/shares that are **affordable** (\$10) and your **level of commitment** is gauged by you. If a topic doesn't take your fancy or you can't spare the money then you can jump back in when something does.

You are in control! Nice and simple.

Conscious mothering is close to my heart and I truly believe that it will play a massive role in changing our world. I'm really hoping the topics will be a springboard for reflection and a gift you can give to your child/ren.

I can't wait to get started.

xx

Cristy

REFERENCES

LIST OF REFERENCES USED IN THIS MODULE

1. Lori Petro, teach-through-love.com, 'Principals of Conscious Parenting'
2. Mothers Awakening
3. Dr Shefali Tsabary, The Conscious Parent
4. Oxford Dictionary
5. Merriam-Webster Dictionary