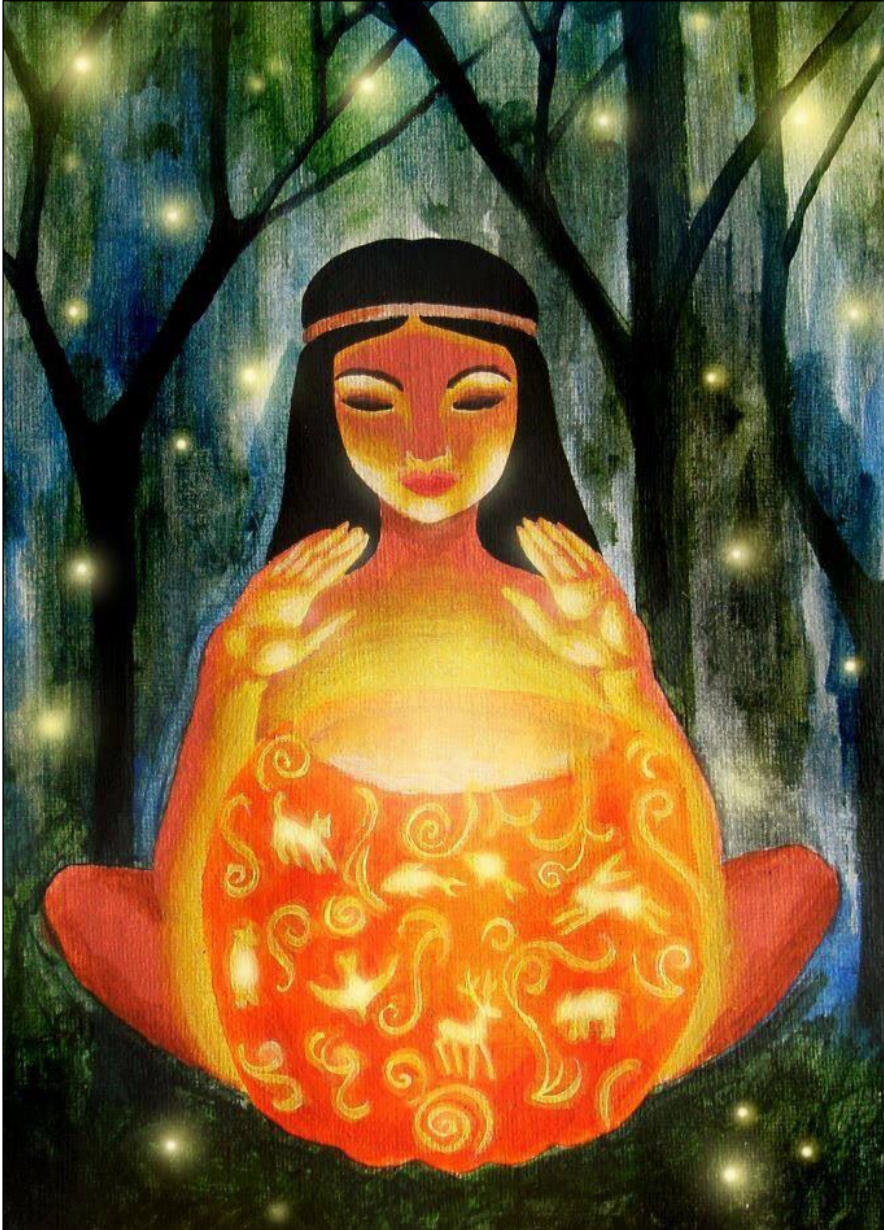

5 Simple Steps to Awaken Your Mama Goddess

Grace Kendrick - May 17, 2019



We all have an inner Mama Goddess. This is the part of you that knows she has everything she needs in any given moment. She is awake, aware and deeply connected to the truth that lives inside her. She leads with clarity, love and joy and is strong and brave in the midst of the storm. *She knows the importance of self-care.* She is connected to her sisters. She asks for help when needed, and knows she doesn't have to walk this path alone. She is tender and resilient. She is not afraid. Together, let's awaken her spirit and her love to guide us on the path of motherhood. Ho!

Step 1: Prioritize Sleep

How many times have you heard yourself say (or think), please just go to bed!!#\$. Now it's time to take your own advice. When we go to bed by 10 pm, we replenish the digestive organs and restore our health. Creating an evening ritual, saying a prayer, offering gratitude, lighting a candle are beautiful ways to honor this important time. Everything else really can wait. If you are still nursing, sleep when the baby sleeps. This is NOT the time to get things done, it's the time to rest.

Step 2: Drink a glass of WARM WATER first thing in the morning.

Set the stage for your digestion. This simple morning ritual creates the stage for your digestion for the rest of the day. The digestive system is the root system of the body. All disease starts here. Optimum health starts with optimum digestion.

Step 3: Connect to the Breath

In many languages, the word for "breath" and "spirit" are the same. Learn to use your breath as your spiritual ally. Knowing how to connect to the breath in the moment is the difference between responding and reacting when triggered by our child's behavior. Our child observing us stopping and taking deep inhales and exhales offers an entirely different message than the observation (and absorbing) of yelling.

Step 4: Create and stock easy, healthy snacks

Trying to make dinner with hungry kids can be very stressful. This is where, easy, healthy snacks come in handy. Some of our favorites are cut apples and nut butter, hummus and pita (with olives, of course), celery, carrots, snap peas (with ranch dressing, as necessary). In our house, all snack plates are more appealing with olives.

Step 5: Take time for yourself EVERY DAY.

Motherhood is exhausting. We need a break. This is extremely important to our own sanity and to that of those around us. Find a yoga class or a quiet spot in your office to sit and meditate for 10 minutes. Creating a sacred sanctuary to drop into will give you the inner strength and clarity needed to guide yourself and your family through the joyful and the turbulent times. Get creative on how to gift yourself this time. It will make all the difference.

We need times together and times alone to know who we are and discover all that we already are.