

# Mother Blessings

## PHILOSOPHY

Many cultures revere, bless, honour and celebrate their mothers-to-be as the portal our precious future generations pass through. The honouring of mothers is so central to the Maori worldview that the womb is called *whare tangata*, the "house of humanity"; the placenta, *whenua*, shares both name and reverence with the land; and *hapu* is the word for both pregnancy and clan.

From the Indian *Godh Bharai* that "fills the lap" of the pregnant mother with an abundance of food, advice and blessings, to the renowned Navajo Blessingway ceremony that many modern Mother Blessings are based on, traditions around the world make sure pregnant women are loved, nourished and blessed as they prepare for the power and transformation of childbirth.

In our culture we often focus on and celebrate the excitement of a new baby, sometimes forgetting the woman who offers up her body, mind, heart and soul to bring them here. An alternative to a traditional baby shower, a Mother Blessing offers a more personal and spiritual way to connect, share and feel ready for labour and birth.

A Mother Blessing gives your community an opportunity to support your body, mind, heart and spirit both in the final weeks of pregnancy and into postpartum. It celebrates the significance of becoming a mother and offers essential encouragement, care, and wisdom for the journey to come.

Mother Blessings are designed and facilitated to serve each woman's desires, beliefs, traditions and community.



## Mother Blessing Ceremony

Motherhood is sisterhood.

Gather your closest women to love, nourish, bless, celebrate, support, honour, prepare, thank & witness you as you embark on what women have done since time began.

\$330 / morning or afternoon ceremony

GIFT CERTIFICATES AVAILABLE

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