

# WHY HOLDING SPACE MATTERS



MOTHER  
FOR LIFE

# MOTHER CIRCLES

## AN ESCAPE FROM OVERWHELM



# MOTHER FOR LIFE

Sitting in Circle - which is not the same as sitting in a circle - with mothers is transformative. You are holding space for them.

You may already be working with mums and babies or you may feel called to this work. Perhaps you've read about women's circles or mother's circles or even attended one yourself.

Perhaps you'd love to start your own but don't quite know where to start.

I've been holding space for mums for over five years. I know the wonderful things that happen when we sit together in Circle. Knowing you are safely held means that you can let go of those feelings of overwhelm we all experience when we step into the sacred sphere of motherhood.

Safe spaces for women as mothers are essential. Mothers change the world. We need nurturing and empowering and we need to know that we are supported. We are not programmed to mother alone.



1. Being away from your own space, away from; the washing, the cleaning, the cooking, the admin, those feelings of worry, resentment or expectation that you hold within the four walls of your own home is such a relief. These feelings fall away when you step into a different space. Being physically removed from the place where you feel overwhelmed makes such a huge difference. Knowing that you are not in charge allows you to let go.

2. Sharing space with other mothers who are experiencing the same things as you and feeling the same feelings, allows you to drop feelings of guilt, feelings of inadequacy and feelings of comparison. I see mum let go of their expectations and lists. I see worries melt from their shoulders as they take the pressure off themselves for a short while. A safe Circle gives them permission to switch off.

3. Sharing experiences. Sharing our experiences brings us together in a connected way. We naturally search for community. As humans, we thrive from being part of a village or a tribe. Sitting in Circle brings that feeling of connection. It creates empathy and understanding. It is non-judgmental. It allows us to truly be ourselves without fearing that someone is going to question us, judge us or try to fix us. Circle is not a fixing space. It is a healing one.

4. Breathing. When we come together in a shared space and we're guided by someone who is truly holding that space for us, we begin to breathe in unison. When we breathe slowly and deeply in unison, we create a calm and connected space where we feel safe. When we're in a space that allows us to feel safe, we let go of pressure, of tension, of tightness. We physically relax our jaws, drop our shoulders, lengthen our breath and relax our spine. We ground. We allow ourselves to be held by each other and also by the earth and we release our fears.

5. Babies hold space for us. Have you ever noticed a baby looking into his or her mother's eyes and scanning mum's face? That baby is not only looking to mum for guidance but is also looking to make sure that mum is okay. By holding space for mothers, we also hold spaces in which babies can hold their mothers. This is transformative healing. This makes a huge difference to the world. Our babies are our future. Our babies are going to change us and transform us. They bring us hope. Creating safe spaces, spaces for babies to hold their mothers safely, is magical.

Would you like to learn more about creating your own Mother Circles?  
Would you like to be the safe space that mothers so desperately need right now?  
If so, please join my Waitlist and be the first to hear about the Mother For Life Mother Circle Foundation Training Course, which launches in January 2021.

Please add me to the Waitlist

# YOU CAN BE THAT SPACE



MOTHER  
FOR LIFE