

A woman with long dark hair, wearing a white lace top, is shown from the side, looking out at the ocean under a cloudy sky. The text "MINDFUL MOTHERING" is overlaid on the image.

MINDFUL  
MOTHERING

[MINDFULMAMAS.COM.AU](http://MINDFULMAMAS.COM.AU)



## WHAT IS MINDFUL MOTHERING?

Mothering in the modern world, in our current culture, has many challenges. We have moved further and further away from the ways that we have mothered and parented historically. We no longer mother in community, we juggle work and mothering, we have busier lives, more stuff, more activities, internet, social media - the list goes on. Paradoxically, we have more information, increased access to information however we are increasingly overwhelmed with mothering, ridden with guilt and feeling isolated.

We know that mothering is one of the most challenging, physically and emotionally demanding and stressful journeys that we undertake in our lives. It is also the most deliciously soul fulfilling, heart opening and joy inducing journey.

Mindful Mothering asks us to open ourselves up to the possibilities, to raise motherhood to a new level. To bring a new awareness and intentionality to the beautiful benefits and supreme challenges of motherhood..

Here is my interpretation of mindful mothering.....



## WHAT IS MINDFUL MOTHERING?

**AWARENESS** - Mindfulness is the practice of cultivating the ability to pay deliberate attention or focusing our awareness on both on our internal and external experiences in the moment.

**COMPASSION** - Mindful mothering invites us to extend compassion to ourselves and others, namely our children in instances where we feel we have acted inadequately or failed in some way. The art of being gentle with self is in itself a practice - recognising when we slip into being mean to ourselves and then delivering a big magic dose of gentleness and compassion in whatever way that looks like for you.

**INTENTION** - when we mother intentionally we have deeply tuned into the big mothering picture. We have explored our highest values, given deep contemplation to the outcome of mothering our children. Intention provides us with a compass direction for our mothering journey.



## WHAT IS MINDFUL MOTHERING?

**INTUITION** - intuition is an innate gift and our greatest resource as mothers. Mindfulness and stillness creates the space required to tune into our intuition. Our intuition whispers ever so softly to us whilst our fear and worry screams. The more we acknowledge and heed our intuition the strong it grows.

**NON JUDGEMENT** - Mindfulness provides us with a powerful framework for paying attention and increasing our awareness of what we are experiencing in each moment. It allows us to see past our automatic thoughts and feelings - the judgements we automatically make about each moment. It does not however mean that we never fall into automatic thought and judgement but more that we can practice recognising it and moving more gracefully through it.

**CURIOSITY** - Mindful mothering allows us the space to become curious about our inner landscape, our children's behaviours and feelings and to look for the deeper meanings.



## WHAT IS MINDFUL MOTHERING?

**MOTHER EARTH** - mindful mothering brings all our senses alive, it sharpens our focus, it allows us to fall in love with the simplicity of connecting to our children, ourselves and our natural environment - mother earth in small and powerful ways. I believe that connection to mother earth holds deep and powerful medicine for all of us.

**COMMUNITY** - mindful mothering is community. My intention in creating mindful mamas was to create a community of like minded women to support each other, share wisdom, explore the inner landscape of mothering, to feel inspired and have a space where you can practice the art of mindful mothering. I believe that when women walk beside each other and hold space for this work we can undertake the journey of motherhood with greater wellness.



## WHAT IS MINDFUL MOTHERING?

**FEMININE WISDOM** – Women are awakening and rising. We are feeling the call deep within ourselves to come together to heal ourselves and remember the ancient wisdom that is encoded within us. mindful mothering creates the space for us to undertake this important work.

**SACRED** – mindful mothering is embracing the mundane and magical moments of motherhood as sacred. Your mothering is your spiritual practice , your souls work and mindfulness creates the space required to undertake this soul work.

**INDIVIDUAL** – mindful mothering is unique to you mama. It is not prescriptive – it is what feels right to you!

*” Women have millions of years of genetically encoded intelligence, intuitions, capacities, knowledges, powers, and cellular knowings of exactly what to do with the infant”  
Joseph Chilton Pearce.*