



FROM MY  
**Mama'sKitchen®**  
Inspirations for Better Living

JULY 2022 · No. 15

# Inspirations for Better Living



IN THIS ISSUE:  
**SUMMER  
VACATION**

**Mid-Year Counting Our  
Blessings Moments!**





# Daily Self-Care Rituals: The Motherhood Remedy

The greatest gift we can give to our children is our true presence. We can access this state of presence more readily if our daily self-care practice is alive and well. When we continue to play the victim or the martyr inside our homes and never meet our own needs - we will burn out and end up feeling unfulfilled. Some mothers feel guilty or selfish for taking time for their own wellness. While this is natural in our productivity driven society, and often inherited by our own family of origin - we can empower ourselves and

break this cycle. Setting firm boundaries is key to motherhood. Asking and receiving support from others is essential at times. Committing to a self-care regime becomes a generative lifeline to joy and peace. You deserve to rest and fill yourself up so that you can show up for others.

Motherhood truly teaches us about the power of letting go and how to direct our attention to what is essential inside any given moment. From the grind of daily schedules to the emotional outbursts of our children while juggling work-

*Your letting go is your strength, your self-care is your grace.*

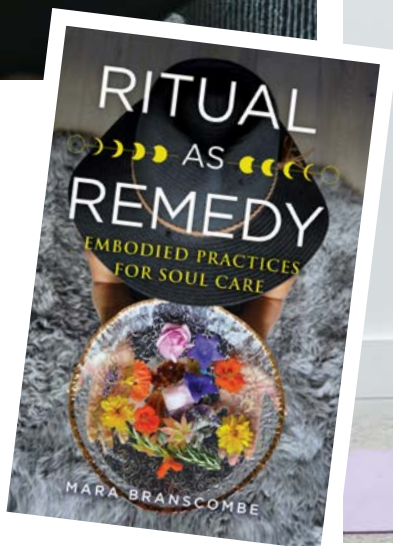
*Choose one thing daily that is just for you to enjoy - and put it on the top of your list.*

*Sipping a cup of tea quietly, taking a bath, getting to an exercise/yoga class, being creative, connecting with friends, or spending time in nature.*

*Find the self-care rituals that light you up and bring you lasting joy. The more positivity you generate into your life, the more love and joy you and your family will feel.*

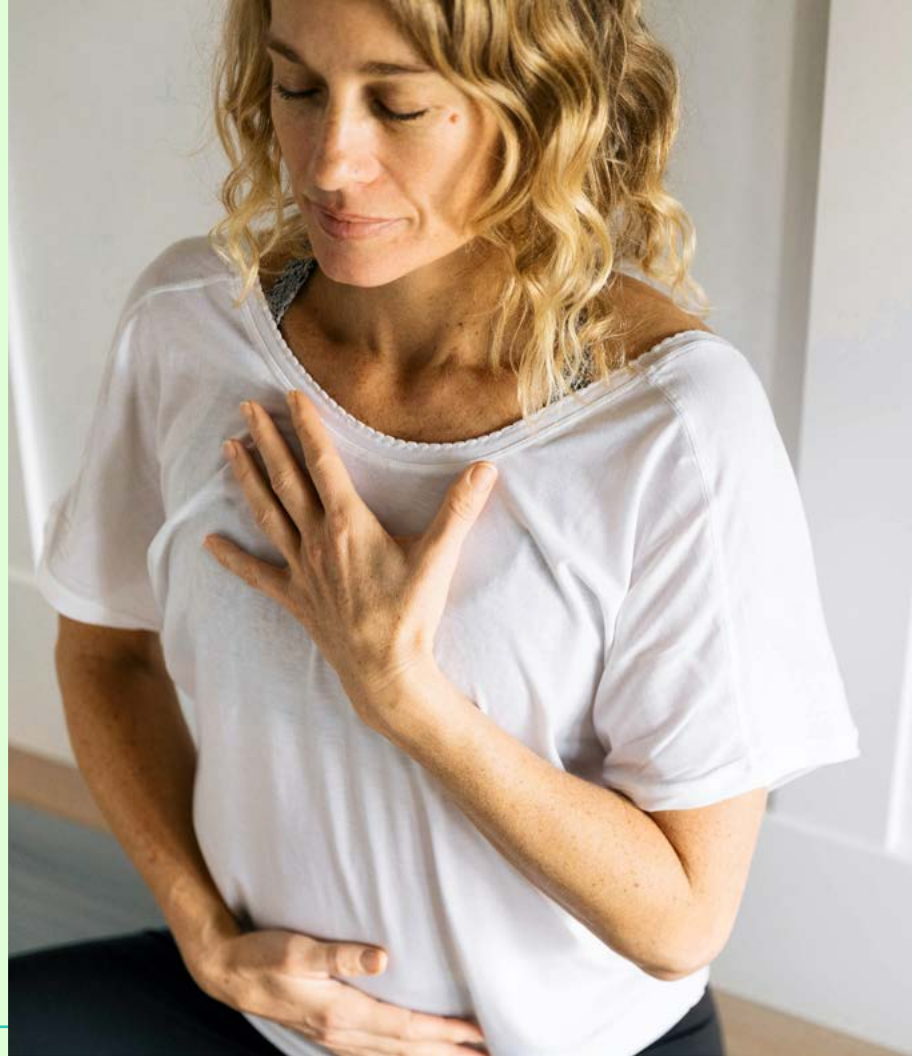
home balance and activating our own self-care can often be - overwhelming. The demands of Motherhood are real, some moments blissful and profound, others are messy and exhausting. I often think "How did my mother do this?" Then I am reminded by her steady, calm, and loving presence. I think of all the other families out there raising their children, and this allows me to trust that I too can embrace compassion and presence inside the chaos.

Self-care rituals can reflect our emotional state back to us and reveal or clarify our current experience in life. Through this space, we can begin to activate our intuition. Being connected to our gut instincts is essential to personal





# 10 DAILY *Self-Care Rituals* TO SUPPORT YOUR FULL POTENTIAL



I put together this short list of some self-care rituals that may inspire you to go further and explore how to create meaningful Rituals into your life.

1. Upon waking, call forth 3 or more gratitude's.
2. Greet yourself and family members from a place of love as you awake.
3. Consciously connect to your breath every day.
4. Practice intentional acts of kindness and compassion.
5. Become aware of your negative thought patterns and in the moment and re-direct them. Journal these limiting thought patterns and heighten your awareness as you replace them with positive ones.
6. Forgive yourself, so you can be forgiving of others.
7. Connect with Nature as a healing and inspiring source to reset your nervous system.
8. Light a candle at dinnertime, each family member shares what their gratitude's.
9. "What You Feed Grows" - open to this mantra from every angle of your life and understand that your thoughts, actions, and words create your daily reality.
10. Turn off devices 30 minutes before bed, drinking calming tea, and consciously welcome in a good night's sleep.

growth and parenting. The more we can reclaim our connection to mind-body wellness, the more we can restore our natural state of balance within. This is how we can grow, learn, transform, and contribute to the awakening of our full potential.

The primary teaching inside many spiritual traditions is to expand one's consciousness inside the present moment - while freeing oneself from fixating on the past or future. We can all begin right now by taking a deep breath in and out - or maybe three. Then visualize yourself letting go of the fear, overwhelm, and chaos that comes with motherhood and life. Just for this moment, let go of any fixations on the negative thoughts and projections. Instead, bring your awareness to what you are grateful for, and welcome in this positive vibration. Of course, this concept is easier said than done, yet when practiced over time, it becomes easier and the quality of our life becomes more meaningful, joyous, and peaceful.

My background in the practice of yoga and meditation has greatly supported my journey into motherhood. Yoga literally translates as "union" or a "joining together" of oneself inside the present moment. Self-care raises our positive outlook and attitude within. When we prioritize the value of tending to our needs - physically, emotionally, and mentally - naturally we become more balanced and available to ride the waves of life's ups and downs.

When I can invite this unity consciousness within my being and hold space for my children to do this same, there is a reverence towards personal growth and authenticity that is unique to each member in my family. It takes the striving, or the comparison of others - out of the picture and we can hold the hearts, minds, emotions, and the spirits of our children in the highest light. There will always be challenging moments. Parenting is no bed of roses, yet when we can find space to practice daily self-care at home and invite our children to do the same, there is great potential



for deepening our connection to live with love and compassion as our baseline. We see our children for who they authentically are - beyond our expectations and desires for them. Teaching our children to breathe and to move with awareness grows confidence while developing their own intuitive nature. When we can model self-love through personal well-being, our children will naturally gravitate to this way of being. And we can begin to heal the world by guiding our children to love themselves for who they truly are. As the Dalia Lama says "A loving atmosphere in your home is the foundation for your life."

## XOXO Mara



A mother, writer, yogi, artist, teacher, mindfulness leader, ceremonialist and spiritual coach, and author of "Ritual As Remedy: Embodied Practices For Soul Care"  
<https://www.ritualasremedy.com>  
<https://marabranscombe.com>

**When We Treasure  
Every Moment,  
Then Every Day  
is a GIFT.**



— FROM MY —  
**Mama's Kitchen**<sup>®</sup>  
Inspirations for Better Living

Thanks for reading!

**SUBSCRIBE** SO YOU  
DON'T MISS A THING!

You'll be notified via email when a new issue of  
***Inspirations for Better Living*** arrives next  
month, PLUS you'll always have access to past issues!

[Subscribe Now >>](#)

*Thank you for subscribing and joining our  
family in building a better world.*