



Sacred Cycles Celebrant Training

Become a Spiritual Leader for Life Cycle Events

Mama Blessings & Menarch- Readings

MAMA BLESSINGS

Birth Passion- Sheila Kitzinger

I am the tree of life
root, branch and flower.
Energy flows from the center of the earth
the power of all creation.

I share the birth of every growing thing
and my opening
and each passionate urge
is a shout of joy.

The Greeting- Sheila Kitzinger

You are mine and I am yours
Nothing else matters
The earth could crack
But I have known this moment
Cradled in light
Sprouting a million wings
Festooned in stars
Like a candle piercing the darkness
A woman holds her child

Chant of the Pregnant Goddess

by Jana McCarthy

I am the mother of the moon

sister of the stars

child of the light in your eyes.

I am powerful.

The geometry of my shape shifts

from gently curved lines

to expanding circles:

earth, moon, sun.

I am powerful.

I am strong.

The tempo of my vibration quickens,

increasing from

butterfly wings, to floundering fish,

to beating drum,

erupting volcano,

the rhythm as old and constant as

the cycles of the sun

and the turn of the tides.

I am powerful.

I am strong.

I am beautiful.

I hold the hope of my ancestors

the knowledge of my time

the fate of my future.

I am powerful.

I am strong.

I am beautiful.

I am mother.

Willow Tree

Anonymous

I am a willow tree,

Strong, yet fluid

graceful.

Report this ad

I can bend with the wind,
but my roots are tough,

indestructible.

Opening to birth my child
is flowing with the wind:

from a soft and gentle breeze
to a stormy gale
back to a soft and gentle breeze.

My body is strong, but flexible.
It is my friend, it knows how to open.
I am a friend to my body

eating well, walking, and loving myself.

I shall birth safely, freely, openly . . .

among my loved and trusted ones.

I am the willow, flexible

beautiful resilient
endowed with the power of surrender

to the wind rustling through my leaves,
my branches.

My roots reach deep into Mother Earth
Anchored in Her strength
I bring forth life

In joy!

The Candle

by Barbara Harper "Gentle Birth Choices"

(Imagine that your pelvis is a candle with a flame in the middle)

As my contractions come, the flame burns brighter.

My body is the wax of the candle, warming and yielding to the flame.

The more I breathe, the brighter the candle burns.

The wax melts and drips with each contraction.

My body becomes looser and opens to the flame.

I see my pelvis becoming soft and warm and pliable.

I breathe. With each contraction, the candle becomes softer.

I melt with the candle.

My breath helps the candle burn brighter, melting quicker.

I remain soft, warm, and yielding.

A Prayer for One Who Comes to Choose This Life

by Danelia Wild

May she know the welcome

of open arms and hearts

May she know she is loved

by many and by one

May she know the circle of friendship that gives

and receives love in all its forms

May she know and be known

in the heart of another

May she know the heart

that is this earth

reach for the stars and

call it home

And in the end

may she find everything

in her heart

and her heart

in everything

Mother Rising: The Blessingway Journey into Motherhood:

from talkbirth.me

Blessed be this gathering with the gifts of the East: communication of the heart, mind, and body; fresh beginnings with each rising of the sun; the knowledge of the growth found in sharing silences.

Blessed be this gathering with the gifts of the South: warmth of hearth and home; the heat of the heart's passion; the light to illuminate the darkest of times.

Blessed be this gathering with the gifts of the West: the lake's deep commitments; the river's swift excitement; the sea's breadth of knowing.

Blessed be this gathering with the gifts of the North: firm foundation on which to build; fertile fields to enrich our lives; a stable home to which we may always return.

Fear Release for Birth:

from talkbirth.me

There goes all fear you hold about giving birth. The birth will be perfect.

There goes all fear you hold about healing. You will heal beautifully

There goes all fear you hold about not being a good mother. You will be enough.

There goes all fear of never being creative again. You have a deep well of creativity within your soul.

There goes the deepest, most private fears you have about giving birth. You will be enough.

You will be enough. You are strong enough.

Birth Blessing

by Natalie Evans

Close your eyes and breathe deep

Breathe in peace, breathe out pain

Imagine your feet

Toes curling into dirt

Think of yourself as rooted

Think of your place in the earth

How did you come to be here?

Through generations of women named

A maternal lineage

That brought you to this place

Think of their birth stories

What you know, what you believe to be true

Realize that their births carry deep wisdom
Some may carry the memory of joy and transcendence
Each birth is a powerful experience
Each birth traces down to you.
Just as you pass this knowledge on to your baby
Understand that your birth is your own
It will be different from all others
Like the swirls in your thumb
Your birth will have a unique pattern
Unfolding with each contraction
Rising and falling like a newborn's chest
This birth belongs to you
This birth is an opening
This birth is the end and a beginning
May this blessing of birth come to you without fear
May this blessing of birth come to you with great understanding
My this blessing of birth make your heart soar
May this blessing of birth bring shouts of delight to your lips
Blessings to you and your birth.

MENARCHE READING

On the Road to Womanhood by Colleen Sell

*Be free to be you
Be strong, yet gentle,
Be proud, yet loving.
May your body always be
A blessing to you,
A sacred grove of love and pleasure.
So care for your body
As you would for a beautiful garden.
Your womb can now bring forth new life
But remember yours is the power
To open or close the gates of life
In your garden.
Therefore yours is the responsibility
To be a conscious gardener.
Open to the embrace of love
When you find the one Who is truly deserving.*