**Heal The Mother Mantras and Affirmations**

1. If we want to stop generational trauma, we must heal ourselves before we conceive.
2. I started to ask my anxiety, 'What do you have to teach me'.
3. When you remove your mask, behind it lies the key to your healing, your truth, and your golden shadow.
4. Beyond your awakening is the path to your gifts and your reason for your incarnation on Earth. But first, you must open Pandora's box, as it is there that you will find the key to your true path in this life.
5. You begin to trust, let go of logic, and walk bravely onto the path of the unknown – —for it is there that you will find yourself buried amongst the earth.
6. Each time we heal, we send a healing vibration out to mothers across the globe.
7. We are one and are all connected, and when we collectively heal our hearts, we began to heal the heart and soul of all mothers, including Mother Earth.
8. The womb holds not only our pain but ancestral trauma. Once we set the curse free, she becomes our powerful secret challis to the soul, our creativity, and our sacred feminine wisdom.
9. I wasn't falling apart, I was, in fact, crawling into my cocoon, now ready and willing to feel the pain and begin my metamorphosis.
10. Once I learned the truth, that pain always comes before the rising, I was able to let go from the dark grasps that I set upon myself and surrender to all that needed to be healed.
11. We must not allow the critical voice to dampen the spirits of our children. We must talk kindly, compassionately, and lovingly about them as the Universe is always listening (and so are they).
12. Often, we need to go through the hardships, confusion, and darkness to get to the light and discover our dreams.
13. Let go of logic and know that you are always being guided by the part of you that exists in the spiritual plane – you just need to trust.
14. Bless the darkness and bless the suffering as it here that you will truly find your golden light, buried within the challis of the womb.
15. In the absence of fear, we walk the true path of our existence.
16. We aren't wired for harmony and success. We are more wired for pain and suffering, which is why 'bad news' sells so well—no one wants to know about the 'good' news.
17. When I heal others, I heal myself.
18. It is said that when women come together in a circle, a powerful ripple of healing, light, and energy is sent out to the world.
19. Meditate on the word; this is the only way to love.
20. We are all walking each other home. ~Ram Dass.
21. Once I began to witness that the triggers were the guides, I started to work through my unhealed pain layer by layer. Instead of blaming others and becoming the victim, I was able to see the gift within the triggers.
22. I allowed them to rise up one by one, shedding and letting them go. Within this space, I learned to heal my heart and changed the course of my future lineage.
23. What we say to our children and how we say it can have a lasting effect on their mental health.
24. The old paradigm teaches us that we must work harder and faster than the next person. The new paradigm shows us that all we need is in the present moment, and to sit with that is one of the greatest gifts we can give ourselves and our children.
25. To be able to have done the work and continue to do the work together allows you to have a conscious relationship based on love, respect, and deeper cultivation of each other heart and soul.
26. Instead of seeing the triggers as problems in each other or the relationship, you can learn to turn within and allow the triggers to heal you.
27. Only a mad man does the same thing twice. ~Albert Einstein.
28. We must learn to let go of logic, let go of fear, resentment, and suffering and allow our hearts to expand only to the vibration of love.
29. Society doesn't teach us that spirited children have that title for a season. They have the spirit of what was intended for them woven into the real magic of who they are.
30. There are some ascending masters in our time, who have brought this wisdom and knowledge through and stood firm in their beliefs and love for each other. When we break down their wisdom and knowledge, it is all of the same voice. It's about love, forgiveness, and going within, it just often comes with a different flavour for each time in history.
31. What others think of me is none of my business.
32. Many experts focus on 'fixing the child', when, in fact, the child that needs fixing the most is your inner child who didn't feel safe, heard, seen, or validated at times.
33. Your inner child knows how to bring joy into your life, but have you forgotten to connect with her? It is time to reach out to your inner child, take her hand, and safely walk the path together safely.
34. When the student is ready, the teacher will emerge. ~Lao Tzu
35. Our child's anger and anxiety can be a reflection of our shadows.
36. How we raise our children is how they will raise their children.

If we want to change the future, it must begin with us.

1. The answers that we seek to heal our children are often hidden in the shadows of a mother’s pain, guilt, fear, and shame. We cannot hold space for our children's needs until we have first healed our aching souls.
2. Once we shine the light on our shadows, we can set the darkness free.
3. Trust everything my darling, even the painful and tough lessons—they can take us to the brightest of lights.
4. Prayer is the medium of miracles—a course of miracles.
5. Your Grandma's prayers are still protecting you. ~Lalah Delia
6. Once we lean into the shadows, we can let go and then truly be conscious in the present moment, connecting with our higher self—which is love.
7. The Universe sends you miracles in the most wondrous of ways.
8. Healing is the catalyst to your inner light. Let it shine so you can see who you are.
9. Never underestimate a cycle breaker; not only did they experience years of generational trauma, but they stood brave in the face of trauma and fought to say "this ends with me'. That is powerful and comes at a significant cost. Never underestimate a cycle breaker.
10. Our children do not define us; we define ourselves.
11. The Great Awakening by Leeland

 One man wakes, awakens another

 Second one wakes his next-door brother

 Three awake can rouse a town

 And turn the whole place upside down

 Many awake will cause such a fuss

 It finally awakes all of us

 One man wakes with dawn in his eyes

 Surely then it multiplies.

1. There was a time when you needed your ego to keep you safeguarded from the perils of life. She has served you well, and you love and honour that part of yourself. However, you are now growing, ascending, and awakening. It is time your ego isn't allowed to be in the driving seat anymore. She may still travel in the car with you, but this time your heart and intuition will lovingly guide you on your true path to enlightenment.
2. Through ego work, I have been able to finally face so many fears head-on, and when you shine the light on the darkness, it is no longer in the dark. It is now illuminated, and when it is shining, it no longer becomes a fear. This is the part of our ego that dies.
3. Our aim in life is to raise our vibration to love; this is where the magic lies.
4. Fear is the lowest vibration and doesn't serve humanity. Love is the answer that we seek.
5. When you learn to connect with only your heart—that has the highest vibration—and co-create your universe with your intuition your vessel to the divine, you start to soar like the eagle you destined to be!
6. When we start to put in place boundaries, we can also begin to let go of others’ expectations of us. From this place, we can begin to live our very own 'joy-filled' life, free of guilt and fully embodied in our truth".
7. Are you really living your life that way that feels congruent to your soul, or are you living your life how you think it 'should' be lived?
8. Remember that healing is important but so is living—so, make it count!
9. You have inside of you the love, wisdom, and knowledge to heal. You just need the tools to help you remember. Once you learn to unlock the magic and the gift within, your healing will take you on the most beautiful and profound journey of your life. This light inside you will radiate out to your children, partner, and even friends and family.
10. The light inside of me honours the light inside of you.