

Our Life Landscape ~ Our Mother's Bodies

Your body is both the legacy and the gift granted to you by your Mother and Father Lines.

Your blood parents gave you the gift of Earthly life. Perhaps your life was the greatest or the only gift they gave you? Or maybe it was one of many magnificent gifts, but either way, your body initially at least, was not your own creation. Your body was given to you by your parents and through it, you have, for better or for worse, gifted you the capacity to experience embodied life.

Your mother's body and more specifically your mother's womb was your first universe.

Your first experience of life existed within her. The woman who carried you in utero, her thoughts, feelings, actions and behaviours shaped your first experience of life on Earth.

Her memories and her experiences are listed in code within your cells and therefore tissues and organs. Again, for better or for worse, your body is your (birth) mother's gift to you. As are the lives of your biological children (if you have them).

In the next activity, we are going to start exploring the Karma of your blood ties. We are going to start unravelling the landscape of your physical body and your beliefs about being a woman and experiencing earthly life.

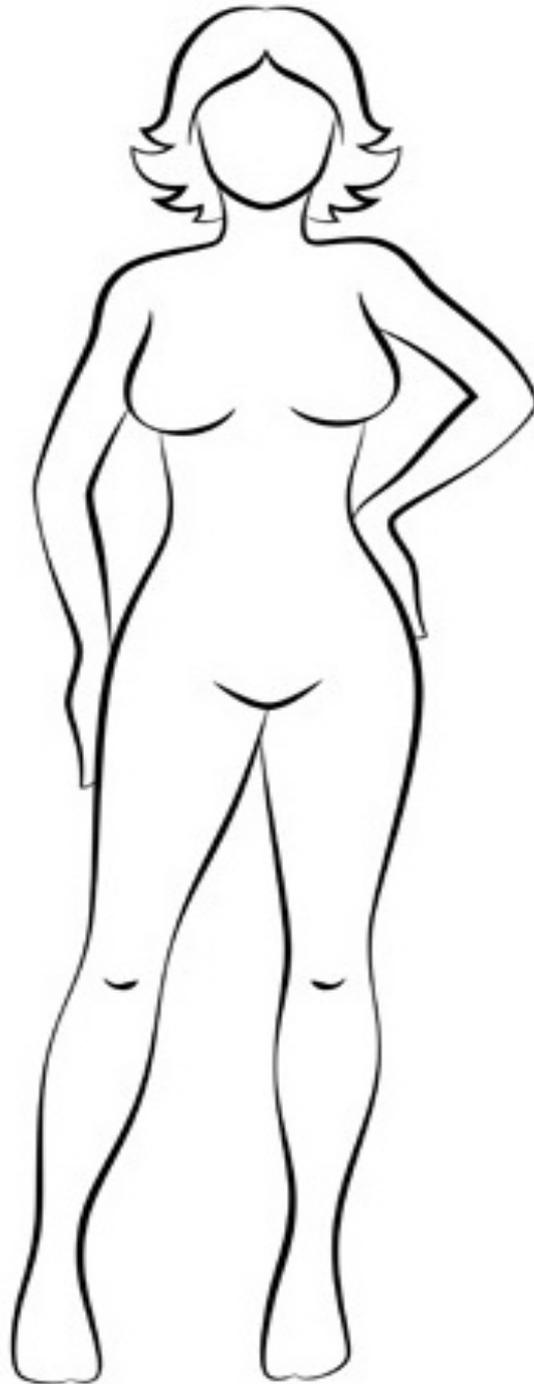
This is rich, intense work and requires large doses of tenderness and self-love. Women have been shamed and have also perpetuated shaming about their bodies for centuries.

This work starts to lift the lid on how and why. This is disarmingly simple though powerful work.

Please be kind to yourself.

My Body Map and Body Family Tree

Scan through your body from top to toe and write around the picture below your body part family tree. Write down which side of your family your body takes after. Then write down your thoughts, feeling and opinions about each body part.



Pay attention to parts which are significant, difficult to love or distinguishable.

Home Play : Your beliefs about your Womanly Body

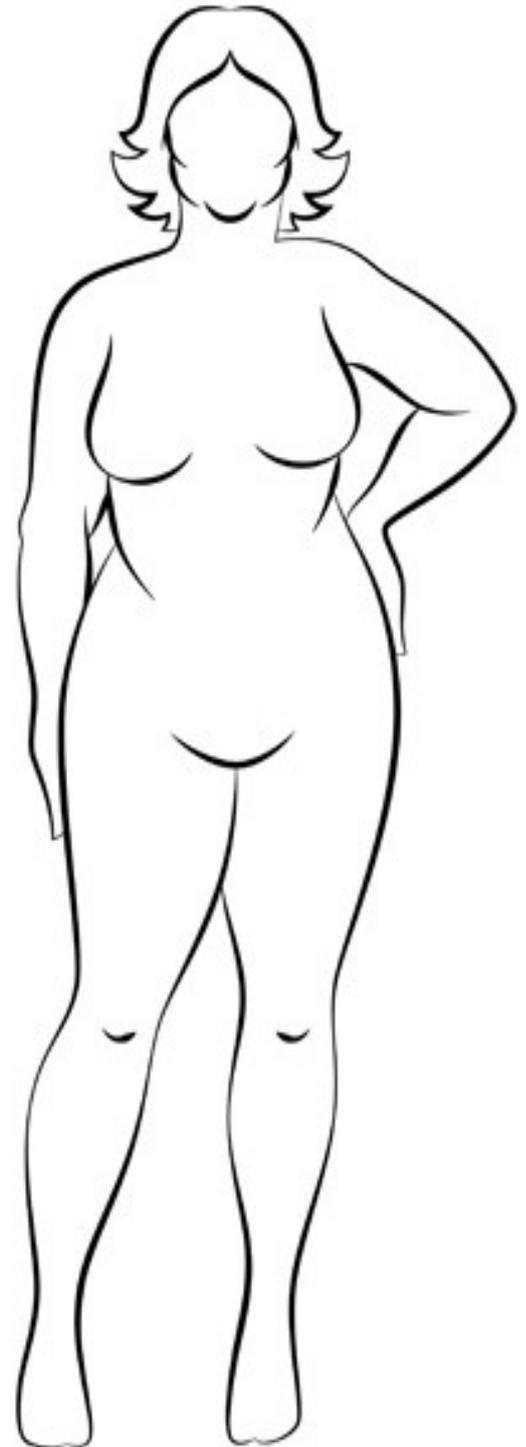
- What are your beliefs about your body? How connected to her are you?
- Where do you carry pain? Does your body bring you joy & pleasure or discomfort? Or both?
- Where do you carry judgement, blame or criticism? Whose voice does it sound like?
- Where in your body do you carry shame? Why?
- What do you love/ are at peace with about your own body?
- Who do you look like in your family?
- Have you or do you suffer from body dysmorphia or an eating disorder?
- Do you carry inherited body issues, illnesses or deformities?

Are your issues about your body actually about your body at all? Or are they soul issues? For example, unworthiness and shame are often existential issues manifesting as judgements. Are your body issues more about your Soul and your reluctance to be fully embodied? Is your body carrying your heartache or fear about your unwillingness to fully incarnate or be here?

Home Play : Your beliefs about your Mother's body

What are your opinions about your Mother's body?

- Do you believe you look more like your father or mother?
- Which is the safer choice?
- Are you physically more like your father's (side) or mother's (side)?
- List the parts of your body that are similar to or the same as your mother.
- What do/ did you like or love about your mother's body?
- What parts of your mother's body is distasteful to you?
- Why do you dislike or struggle with them?
- Which of her body parts are you at peace with or love?



- How did your mother relate to her body and her unique beauty while you were growing up? What messages, either verbal or non-verbal, did you receive from your mother about her body?
- How sensual, physical, tactile was / is your relationship?
- How safe or accessible was your mother's body for you? Were you breastfed?
- Did your mother have any aversions, jealousies and ownership issues about your body?
- What information did you receive about your body from your mother when you were growing up (sayings and both verbal and nonverbal cues)?
- What are the similarities / differences in your relationship with your own bodies, what body attitude did you learn from your mother?

Home Play : Your beliefs about your Grandmother's body

To answer these fully, you might need to look at old photos or ask a relative's opinion

- How did your mother relate to her own mother's body and what stories did she tell you about your grandmother's body?
- How did your mother relate to her body and to your body? Did she think they were the same or different? Was/is this ok?
- What features do you share with your mother's mother?
- Which of those do you dislike or are not at peace with?
- Which of those are you proud of or regard with or love?
- What messages did your mother get about her body and being a woman from her mother?



- What is the flow on effect of this communication with regards to how you relate to your body?
- What features does your mother share with her mother?
- What features do you share with your mother's mother?
- Which of those do you hate or not feel at peace with about your memories of your grandmother's body?
- Which of those are you at peace with or love?
- What does /did your mother say (verbally or non-verbally) about parts of her mother's body?
- What is the flow on effect of this communication with regards to how you relate to your body?

In A Course of Miracles, it says that only in the world of ego or body, the other exists and in the mind of God, we are all One. There is no thing that is separate from us in Love. In Truth we are all connected. This concept underpins most of the world's religious and spiritual teachings.

Let go of separation and come back to inner being say the Buddhists.

All things come from the Tao and return to the Tao and the Tao
is the Mother of the Universe, says the Taoists.

If this is all true, then could the thoughts we have of our Mothers also be the thoughts and judgements we have of ourselves?

Whose hand is this

That has never died?

Who is it who was born in the past?

Who is it who will die in the future?

If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are in this moment. Each is present in your body.

You are the continuation of these people...

Your hand proves that you have never been born and you will never die.

The thread of life has never been interrupted from time without beginning until now.

Previous generations, all the way back to single belled-beings, are present in you had at this moment. You can observe and experience this.

Your hand is always available as a subject for meditation.

- Thich Nhat Hahn
