

1: " Healing the Mother Wound - The Four Winds

What many people do not realize is that the core issue at the center of women's empowerment is the Mother Wound. Difficulty and challenges between mothers and daughters are rampant and widespread but not openly spoken about. The taboo about speaking about the pain of the Mother Wound is what keeps it in place.

This is a self study course and all materials are downloadable and available for 6 months after purchase. Participating in Healing the Mother Wound has profoundly changed my life. It has been hard and painful work but is so worth it in terms of the growth and healing that have come to me. I have gone from feeling a victim of child abuse to being a stronger, empowered survivor with choices. I can see the gifts of my past that until now had remained hidden. It has helped me come to terms with my past, accept it and then grow beyond it. This has truly been a life changing experience for me and I highly recommend it. Jane Hamilton I have watched my wife as she has taken this course and observed a much more positive person emerge from the process. It has been wonderful to see and my wife and I are all the better for it. Thank you Stephanie for doing this kind of work. I know in my heart it was a blessing given to me. I went into it with a bit of fear, as I did not know what to expect. Not everyone knows my story, and those that do it is because they are close to my heart. I had no idea I would win, but when I did I truly was excited! This amazing course took me to my inner self and discovered many things I thought were non existent such as frustration, anguish, sadness, bitterness, and anxiety. I got to work them out with the topics that were given. These topics were not only for writing but also for creating art. I am grateful for the person that gave this scholarship as a gift and I will always treasure their love for healing in my heart even though I do not know their name. Thank you anonymous angel. Thank you from the bottom of my heart. I am grateful for your teaching and dedication. You touch peoples hearts with your simplicity and courage to take on a delicate subject and one to which you also have battle with.

2: Healing the Mother Wound That Was Inflicted on You as a Child - The Minds Journal

Healing the Mother Wound within you will transform your life. You will be able to set better boundaries, establish healthier relationships, take care of your needs better, develop empathy for others, trust life more, and feel more comfortable in your skin.

Difficulty and challenges between mothers and daughters are rampant and widespread but not openly spoken about. The taboo about speaking about the pain of the Mother Wound is what keeps it in place and keeps it hidden in shadow, festering and out of view. What exactly is the Mother Wound? The Mother Wound is the pain of being a woman passed down through generations of women in patriarchal cultures. And it includes the dysfunctional coping mechanisms that are used to process that pain. The Mother Wound includes the pain of: Feeling you must remain small in order to be loved Persistent sense of guilt for wanting more than you currently have The Mother Wound can manifest as: The cultural atmosphere of female oppression puts daughters in a "double bind. It may feel dangerous for a woman to actualize her full potential because it may mean risking some form of rejection by her mother. A common objection to facing the Mother Wound is to "Let the past be in the past. It lives in the present as the obstacles and challenges that we face every day. If we avoid dealing with the pain associated with one of THE most primary and foundational relationships in our lives, we are missing a pivotal opportunity to discover the truth of who we are and to authentically and joyfully live that truth. I would be so selfish to do what she could not do. She may fear her mother feeling threatened by her dreams or ambitions. She may fear uncomfortable feelings from her mother such as envy or anger. All of this is usually very unconscious and not openly acknowledged or talked about. We all have sensed the pain that our mothers carry. And all of us are suspicious to some degree that we are partly to blame for her pain. Therein lies the guilt. This makes sense when considering the limited cognitive development of a child, which sees itself as the cause of all things. The truth is that no child can save her mother. No sacrifice a daughter makes will ever be enough to compensate for the high price her mother may have had to pay or for the losses she has accrued over the years, simply by being a woman and mother in this culture. And yet, this is what many women do for their mothers very early on in childhood: This decision is made out of love, loyalty and a true need for approval and emotional support from the mother. Many of us confuse being loyal to our mothers with being loyal to their wounds, and thus, complicit in our own oppression. These dynamics are very unconscious, and they operate on a continuum. And for daughters who have mothers with serious issues addictions, mental illness, etc. Mothers must take responsibility and grieve their losses. Being a mother in our society is unspeakably difficult. If you are not one of these, there is something deeply wrong with you. For mothers who have indeed sacrificed so much to have children in our culture, it can truly feel like a rejection when your child surpasses or exceeds the dreams you thought possible for yourself. There may be a sense of feeling owed, entitled to or needing to be validated by your children, which can be a very subtle but powerful manipulation. This dynamic can cause the next generation of daughters to keep themselves small so that their mothers can continue to feel validated and affirmed in their identity as a mother, an identity that many have sacrificed so much for, but received so little support and recognition for in return. Mothers may unconsciously project deep rage towards their children in subtle ways. The rage is towards the patriarchal society that requires women to sacrifice and utterly deplete themselves in order to mother a child. The Mother Wound exists because there is not a safe place for mothers to process their rage about the sacrifices that society has demanded of them. In our society, there is no safe place for a mother to vent her rage. The young daughter may remind the mother of her un-lived potential. And if the daughter feels worthy enough to reject some of the patriarchal mandates that the mother has had to swallow, then she can easily trigger that underground rage for the mother. Of course, most mothers want what is best for their daughters. However, if a mother has not dealt with her own pain or come to terms with the sacrifices she has had to make, then her support for her daughter may be laced with traces of messages that subtly instill shame, guilt or obligation. They can seep out in the most benign situations, usually in some form of criticism or some form of bringing praise back to the mother. The way for a mother to prevent directing her rage to her daughter and passing down the Mother

Wound, is for the mother to fully grieve and mourn her own losses. And to make sure that she is not relying on her daughter as her main source of emotional support. Mothers must mourn what they had to give up, what they wanted but will never have, what their children can never give them and the injustice of their situation. For mothers, it takes tremendous strength and integrity to do this. And mothers need support in this process. This can cripple her in so many ways. For daughters growing up in a patriarchal culture, there is a sense of having to choose between being empowered and being loved. Most daughters choose to be loved instead of empowered because there is an ominous sense that being fully actualized and empowered may cause a grave loss of love from important people in their lives, specifically their mothers. So women stay small and un-fulfilled, unconsciously passing the Mother Wound to the next generation. As a woman, there is a vague but powerful sense that your empowerment will injure your relationships. And women are taught to value relationships over everything else. But the truth is that our relationships alone can never adequately substitute for the hunger to live our lives fully. Much of this goes underground because of the many taboos and stereotypes about motherhood in this culture: Because women are not given permission to be full human beings, society feels justified in not providing full respect, support and resources to mothers. The truth is that mothers are human beings and all mothers having un-loving moments. Until we are willing to face these uncomfortable realities the Mother Wound will be in shadow and continue to be passed through the generations. We all have patriarchy in us to some degree. This can be one of the most heart-wrenching of all situations we must face. But unless we are willing to go there, to address the Mother Wound, we are paying a very high price for the illusion of peace and empowerment. What is the cost of not healing the Mother Wound? The cost of not healing the Mother Wound is living your life indefinitely with: Our first encounter with the Goddess was with our mothers. This keeps us in spiritual immaturity. We have to separate the human mother from the archetype in order to be true carriers of this energy. Until we do this we remain stuck in a kind of limbo where our empowerment is short-lived and the only explanation for our predicament that seems to make sense is to blame ourselves. Coming into full empowerment requires looking at our relationship with our mothers and having the courage to separate out our own individual beliefs, values, thoughts from hers. It requires feeling the grief of having to witness the pain our mothers endured and processing our own legitimate pain that we endured as a result. This is so challenging, but it is the beginning of real freedom. Once we feel the pain it can be transformed, and it will cease creating obstacles in our lives. So, what happens when women heal the Mother Wound? As we heal the Mother Wound, the power dynamic is increasingly resolved. Once women increasingly process the pain of the Mother Wound, we can create safe places for women to express the truth of their pain and receive much needed support. Mothers and daughters can communicate with one another without fear that the truth of their feelings will break their relationship. The pain no longer needs to go underground and into shadow, where it manifests as manipulation, competition and self-hatred. Our pain can be grieved fully so that it can then turn into love, a love that manifests as fierce support of one another and deep self-acceptance, freeing us to be boldly authentic, creative and truly fulfilled. Our mothers form the very basis of who we become: Some of this is so unconscious and fundamental, it is barely perceptible. The Mother Wound is ultimately not about your mother. We address the Mother Wound because it is a critical part of self-actualization and saying YES to being the powerful and potent women that we are being called to become. Healing the Mother Wound is ultimately about acknowledging and honoring the foundation our mothers provided for our lives so that we can then fully focus on creating the unique lives that we authentically desire and know we are capable of creating. Benefits of healing the Mother Wound: Being more fluent and skilled in handling your emotions. Seeing them as a source of wisdom and information. Having healthy boundaries that support the actualization of your highest and best self. Developing a solid "inner mother" that provides unconditional love, support and comfort to your younger parts. Not needing to prove yourself to others. Trusting life to bring you what you need. Feeling safe in your own skin and a freedom to be yourself. As we engage in this healing process, we slowly remove the thick fog of projection that keeps us stuck and can more clearly see, appreciate and love ourselves. We can confidently emerge into our own lives, with the energy and vitality to create what we desire without shame or guilt, but with passion, power, joy, confidence, and love. For every human being, the very first wound of the heart was at the site of the mother,

the feminine. And through the process of healing that wound, our hearts graduate from a compromised state of defensiveness and fear to a whole new level of love and power, which connects us to the divine heart of Life itself. We are from then on connected to the archetypal, collective heart that lives in all beings, and are carriers and transmitters of true compassion and love that the world needs right now. In this way, the Mother Wound is actually an opportunity and an initiation into the divine feminine. Your personal healing and re-connection to the heart of life, by way of the feminine, affects the whole and supports our collective evolution. Elizabeth Bauman Thank you for reading! I invite you to leave a comment below. Does this article resonate with you? I invite you to explore my offerings on healing the Mother Wound:

3: Why Recognizing The Mother Wound Is So Hard | Knotted: The Mother-Daughter Relationship

In this episode we dive deep into healing hidden mother wounds. Looking at our relationship to biological mother as well as the mother archetype we discuss shadow expressions of mother, divine expressions of mother, how to step into healthy, whole mother.

Your heart is breaking in two. The child in you is facing an unbearable loss. You wish you had a mother who would see the best in you. Instead, you feel criticized and controlled. You wish that mom would accept you for who you are, instead of continually trying to fix you. This is a torturous way to live. Nevertheless, instead of feeling heartbroken, there is a part of you that would rather be angry, indignant— anything to keep from facing what a part of you has known all along. And you are never going to get it now. This is a hard truth to face. No matter how good you are for her, she may never give you the love you need. And it hurts badly. Hope against hope, you put yourself back together only to have the inevitable happen. Your defenses crack, and you let down your guard. The label Narcissistic seems to fit. Whether or not this is the case, what you feel is real. Loneliness overtakes you, and you sit there weeping as the truth rises in you. You are becoming conscious. It hurts but there is healing and clarity in your tears. But silence and quiet witness, a holding space, is what you need now. Through them is the only way past them. There is dignity and honor in your grief. You owe it to yourself to grieve the loss of the deep longing for a good enough mother. What I know is this- You have been denied your own feelings for so very long. You have been told not to feel what you are feeling, or that you are too sensitive. The last thing you need is for me to shut you down. Feeling the sadness and the anger is necessary to keep depression at bay. Left unacknowledged, these feelings will plunge you into a dark place and keep you there. By facing the hard feelings, you can move past them. You must strip away the blocks to get to these core feelings to heal. And you need a witness to your tears. Then the tears can wash away the vise grip of guilt and control that has held you down and pinned you to a life lived for someone else. You need your heart to break, to break free. Your heart is, in fact, expanding. It will come back together in a complete way that makes room for more love. No, scratch that, it is gonna be better than okay. Sovereign of your own life. But first, comes the grief. To find out if you suffer from the Good Daughter Syndrome go here.

4: When It's Time To Heal The Mother Wound: This Comes First | The Good Daughter Syndrome

Healing the mother wound is ultimately about acknowledging and honoring the foundation our mothers provided for our lives so that we can then fully focus on creating the unique lives that we authentically desire and know we are capable of creating.

Home Healing Your Mother or Father Wound If you have unresolved feelings about your mother or father , making them part of your mindfulness practice can transform what has been a hindrance in your life into a teacher. If you choose to follow the path of meditation, you are likely to encounter what are sometimes referred to as your "karmic knots"-those physical and emotional traumas you have accumulated throughout your lifetime. For instance, when you sit in meditation for a lengthy period, physical tensions in your body caused by stress or old injuries may manifest as a stabbing pain between the shoulder blades, an aching neck, or throbbing legs. Similarly, all your unfinished psychological issues will appear either as physical pain or other body sensations, intense emotions, voices, or as disturbing images that arise seemingly from nowhere. There is no way to avoid these experiences, nor should you. By allowing these sensations and emotions full expression while mindfully paying attention to them, you become free of them. The release of these knots can be described as an unwinding that allows the difficult experience to complete itself. There is no rushing this process, nor knowing when it will be over. There is one category of karmic knot that may be especially hard for you to deal with, as it is for many people. This is the emotional-some would say psychological-trauma that may have occurred within your family of origin. It may involve your mother, father, or both. This trauma may have been caused by a parent who was absent or overbearing, who committed inappropriate actions or failed to take positive action, or who took too little or too much interest in you. Or it may have been the interactions between your parents that was traumatizing to you. In meditation it is all grist for the mill of mindfulness. A trauma involving the mother or father is sometimes referred to as a "wound" because it damages the body-mind, needs proper healing, and often leaves a scar or weakness in your body or emotional makeup. No wound is more charged for both men and women than the mother wound. Your relationship with your mother or whoever provided your "mothering" is the primary relationship in your development, and it inevitably conditions much of your life. It is easy to assume that if you had some difficulty in this relationship you have outgrown it, but do not be too sure. In my experience as a Dharma teacher, I have been surprised to discover how often yogis of both genders and all ages report being overwhelmed by unresolved feelings about their mothers. Yoga of the Mother Wound The dharma teaches us that while you are on the cushion all thoughts and feelings can be received and worked with mindfully. There is a series of techniques and reflections you can use to practice what I call the "yoga of the mother wound" to transform what has been a hindrance in your life into a teacher of the heart. What may seem like an intractable wound may even become a point of inspiration and deep understanding for you. In one sense it is radical to think that what has injured you is an opportunity that contains the seeds of your liberation. But not so in another, for two of the valuable ingredients you need for a strong practice are focused attention and intense energy. Any highly charged, unresolved issue from your past can offer you both of these ingredients. So, how do you make a deeply emotional wound your yoga? You begin by staying alert to those times you find yourself clinging, constricted from aversion, or caught in wanting in some manner connected to difficulties with your mother. You remind yourself to treat this difficult memory or emotion as your yoga practice. Your intention is to become more flexible in your emotions, to let loose of anger and defensiveness, and to stop suppressing your feelings. Just as each posture in hatha yoga is a physical form to help your body find flexibility, so it is with how you begin to treat strong emotions around your mother. I mean this quite literally. In hatha yoga, you learn to hold a particular pose in a relaxed manner; after that, it is the form of the pose that stretches you. As with the yoga of the mother wound, it is just the same; it becomes your emotional yoga. Each time you encounter the tension, you identify it as being a particular form that has appeared in the mind: It may be a memory, a current frustration, or a sense that you lack the ability to achieve something at present because of how the past has molded you. You stay mindful of the shape of the experience, noticing the pain and any resistance that arises. Meet these feelings with

compassion, equanimity, and loving-kindness-it does not matter if the thoughts and feelings are dark and unseemly. Despite the discomfort it may be causing, you can be with whatever is arising in your mind. It is only a thought that is emotionally loaded, which in time will pass. When you practice mindfulness of thoughts and emotions, you are practicing what the Buddha taught as the "third foundation of mindfulness. By repeatedly staying with difficult feelings and body sensations, your perspective of the past shifts. You become far less reactive and more flexible in your emotional responses. It is not that your history is rewritten, but rather that the self experiencing that history is transformed. When a trauma first presents itself, your feelings may not be at all clear. However, all emotions are felt in the body, so if you stay with your body sensations, they can bring you into direct contact with feelings and help you identify them. Remember in doing this practice that you are not claiming that your memories or feelings are the absolute factual and unbiased truth about the past. Rather it is your actual experience of the moment that is the object of your mindfulness, not your old stories or your interpretation of how your childhood was supposed to be. You may have certain hidden misperceptions, which will hinder you in treating the mother wound as your yoga. One error in perception is thinking it possible to have been a child without having received wounding experiences. Learning to live life hurts all children. Some amount of wounding is inevitable and in a certain sense necessary. It is the severity of the trauma, the context of the wound, and how it is handled that determines whether the mother wound leads to strength and wholeness or ongoing trauma. You may also secretly believe that your wound is ugly, something to be ashamed of. But ask, do the wounds of your friends make them any less attractive? Are you not inspired when they handle them in a courageous manner? Why would it not be the same for you? If there is some part of you that you find unacceptable, make it the object of your loving-kindness practice. Above all, watch for the misperception that without realizing it, you are wanting the past to be other than it was. This is the most insidious form of want-ing mind; it is absolute delusion. The Four Functions of Mothering You can bring more clarity to your mother wound by reflecting specifically on what mothering means to you. There are four basic functions of mothering-nurturing, protecting, empowering, and initiating-and a trauma can occur in any of them. Although they are interconnected, it helps to examine them separately in order to clarify the trauma. Using inquiry into these four functions is most helpful in identifying what you are experiencing in the moments of your daily life as well as during meditation. Doing inquiry as part of your yoga of the mother wound is not the same as psychological or therapeutic work. When you use reflection in this manner, you have to beware of getting caught in the story or lost in thinking, or embracing the idea of being a victim and assigning blame. Through practicing mindfulness, compassion, and loving-kindness, you develop the four mothering capacities within yourself. The practice of developing these inner capacities is slow, but the effect is strong and easily felt. Keep in mind that "fathering" also involves these same four functions, with some differences. If you struggle with a trauma around the father, you can reflect on these same functions, and make your father wound your yoga. Reflecting on these functions will also help you understand that no woman is only a mother and no man only a father; "mothering" and "fathering" are done by women and men who by their very humanness are less than perfect in what they can give. For many people, this understanding alone is liberating. If you are a mother or father yourself, you may discover that reflecting on these functions allows you to be more fulfilled as a parent or that your own mother or father wound is healed through your experience of being a parent. But there is a more subtle aspect of nurturing I call "nurturing with joy," which celebrates the existence of the child as a source of delight for the one who is mothering and which manifests in the child and continues into adulthood as a sense of innate worth and spontaneous joy. If you did not receive sufficient nurturing in childhood, as an adult you may feel an insatiable need, an inability to take joy in others, or a lack of self-worth despite your competency and confidence. These feelings may arise in your relationships as well as when you are alone or on the cushion. You may agonize over your behavior as a parent or in your romantic relationship because of these childhood wounds. You may feel it is simply too late, that you are forever stuck, broken, mired, or imprisoned in your inadequacy. You may believe your fear of being abandoned or devoured, or your unquenchable neediness will always define you. Never buy such a story or the feelings of despair or anger that come with it, for it is only a story that is being created by your mind. As you develop mindfulness, you find your capacity to be in the

moment includes the ability to nurture yourself and others. The practices of loving-kindness, empathetic joy, and compassion can feed your nourishing capacity. Finding teachers who nourish without creating the codependency of excessive mothering can furnish further inspiration and role modeling. Being mindful of the fear is in itself transforming. Nurturing, as with all the functions, begins with the mindful intention that this is a value, a particular energetic quality, or manner of relating to yourself and others that you wish to cultivate. By giving up clinging to your agenda that nurturing should be a certain way and instead simply staying with your intention, you slowly develop an inner nurturer. In so doing, you will change both your inadequate feelings and your story.

Mother As Protector The second of the four functions of mothering is protecting. This is the instinctive and cultivated impulse to see that no physical or emotional harm comes to one who is vulnerable. It is symbolized by the warrior or guardian spirit. A child needs to be protected from physical, sexual, and emotional abuse, and from the threat of all three. Ironically, the first persons a child has to be protected from are the mother and father and their destructive impulses. These destructive impulses might take the form of excessive anger or emotional instability, for instance. There is a subtle aspect of protecting energy that gives the child the incredible gift of feeling intrinsically safe, a feeling of trust in life. Unfortunately, quite frequently a child must try to flourish in a home environment that does not feel safe, even though no overt harm is done. As an adult the individual will often be at a loss to explain the unsafe feelings that plague them. If you did not receive sufficient protection as a child, as an adult you may feel that there is "no one in your corner. You may have developed an elaborate compensatory behavior pattern for your anxieties. For these reasons, in making the mother wound your practice, you focus on the feelings arising at present. They can be worked with, released, and transformed.

5: Healing the Mother Wound | Lucia Hoxha | Yoga Teacher & Lifestyle Coach

How to heal the mother wound. The mother wound. Sometimes in families, other people's wounds become our wounds in the form of neglect or abuse or general fucked-upness.

Difficulty and challenges between mothers and daughters are widespread but not openly spoken about. The taboo about speaking about the pain of the mother wound is what keeps it in place and keeps it hidden in shadows, festering and out of view. What exactly is the mother wound? The mother wound is the pain of being a woman passed down through generations of women in patriarchal cultures. And it includes the dysfunctional coping mechanisms that are used to process that pain. The mother wound includes the pain of: Feeling you must remain small in order to be loved Persistent sense of guilt for wanting more than you currently have The mother wound can manifest as: It may feel dangerous for a woman to actualize her full potential because it may mean risking some form of rejection by her mother. It lives in the present as the obstacles and challenges that we face every day. If we avoid dealing with the pain associated with one of THE most primary and foundational relationships in our lives, we are missing a pivotal opportunity to discover the truth of who we are and to authentically and joyfully live that truth. Stereotypes that perpetuate the mother wound: I would be so selfish to do what she could not do. She may fear her mother feeling threatened by her dreams or ambitions. She may fear uncomfortable feelings from her mother such as envy or anger. All of this is usually very unconscious and not openly acknowledged or talked about. We all have sensed the pain that our mothers carry. And all of us are suspicious to some degree that we are partly to blame for her pain. Therein lies the guilt. This makes sense when considering the limited cognitive development of a child, which sees itself as the cause of all things. The truth is that no child can save her mother. No sacrifice a daughter makes will ever be enough to compensate for the high price her mother may have had to pay or for the losses she has accrued over the years, simply by being a woman and mother in this culture. And yet, this is what many women do for their mothers very early on in childhood: This decision is made out of love, loyalty and a true need for approval and emotional support from the mother. Many of us confuse being loyal to our mothers with being loyal to their wounds, and thus, complicit in our own oppression. And for daughters who have mothers with serious issues addictions, mental illness, etc. Mothers must take responsibility and grieve their losses. Being a mother in our society is unspeakably difficult. If you are not one of these, there is something deeply wrong with you. For mothers who have indeed sacrificed so much to have children in our culture, it can truly feel like a rejection when your child surpasses or exceeds the dreams you thought possible for yourself. There may be a sense of feeling owed, entitled to or needing to be validated by your children, which can be a very subtle but powerful manipulation. This dynamic can cause the next generation of daughters to keep themselves small so that their mothers can continue to feel validated and affirmed in their identity as a mother, an identity that many have sacrificed so much for, but received so little support and recognition for in return. Mothers may unconsciously project deep rage towards their children in subtle ways. The rage is towards the patriarchal society that requires women to sacrifice and utterly deplete themselves in order to mother a child. The mother wound exists because there is not a safe place for mothers to process their rage about the sacrifices that society has demanded of them. And because daughters still unconsciously fear rejection for choosing not to make those same sacrifices as previous generations. In our society, there is no safe place for a mother to vent her rage. The young daughter may remind the mother of her un-lived potential. And if the daughter feels worthy enough to reject some of the patriarchal mandates that the mother has had to swallow, then she can easily trigger that underground rage for the mother. Of course, most mothers want what is best for their daughters. However, if a mother has not dealt with her own pain or come to terms with the sacrifices she has had to make, than her support for her daughter may be laced with traces of messages that subtly instill shame, guilt or obligation. They can seep out in the most benign situations, usually in some form of criticism or some form of bringing praise back to the mother. The way for a mother to prevent directing her rage to her daughter and passing down the mother wound, is for the mother to fully grieve and mourn her own losses. And to make sure that she is not relying on her daughter as her main source of emotional support. Mothers must mourn

what they had to give up, what they wanted but will never have, what their children can never give them and the injustice of their situation. For mothers, It takes tremendous strength and integrity to do this. And mothers need support in this process. In this way, mothers free their daughters to pursue their dreams without guilt, shame or a sense of obligation. This can cripple her in so many ways. For daughters growing up in a patriarchal culture, there is a sense of having to choose between being empowered and being loved. Often, daughters choose to be loved instead of empowered because there is an ominous sense that being fully actualised and empowered may cause a grave loss of love from important people in their lives, specifically their mothers. So women stay small and unfulfilled, unconsciously passing the mother wound to the next generation. As a woman, there is a vague but powerful sense that your empowerment will injure your relationships. And women are taught to value relationships over everything else. We cling to the crumbs of our relationships, while our souls may be deeply longing for the fulfillment of our potential. But the truth is that our relationships alone can never adequately substitute for the hunger to live our lives fully. Much of this goes underground because of the many taboos and stereotypes about motherhood in this culture: Because women are not given permission to be full human beings, society feels justified in not providing full respect, support and resources to mothers. The truth is that mothers are human beings and all mothers having un-loving moments. Until we are willing to face these uncomfortable realities the mother wound will be in shadow and continue to be passed through the generations. We all have patriarchy in us to some degree. This can be one of the most heart-wrenching of all situations we must face. But unless we are willing to go there, to address the mother wound, we are paying a very high price for the illusion of peace and empowerment. What is the cost of not healing the mother wound? The cost of not healing the mother wound is living your life indefinitely with: Our first encounter with the Goddess was with our mothers. Until we have the courage to break the taboo and face the pain we have experienced in relation to our mothers, the divine feminine is another form of a fairy tale, a fantasy of rescue by a mother who is not coming. This keeps us in spiritual immaturity. We have to separate the human mother from the archetype in order to be true carriers of this energy. We have to deconstruct the faulty structures within us before we can truly build new structures to hold it. Until we do this, we remain stuck in a kind of limbo where our empowerment is short-lived and the only explanation for our predicament that seems to make sense is to blame ourselves. Coming into full empowerment requires looking at our relationship with our mothers and having the courage to separate out our own individual beliefs, values, and thoughts from hers. It requires feeling the grief of having to witness the pain our mothers endured and processing our own legitimate pain that we endured as a result. This is so challenging but it is the beginning of real freedom. Once we feel the pain it can be transformed, it will cease creating obstacles in our lives. So what happens when women heal the mother wound? Once women increasingly process the pain of the mother wound, we can create safe places for women to express the truth of their pain and receive much needed support. Mothers and daughters can communicate with one another without fear that the truth of their feelings will break their relationship. The pain no longer needs to go underground and into shadow, where it manifests as manipulation, competition and self-hatred. Our pain can be grieved fully so that it can then turn into love, a love that manifests as fierce support of one another and deep self-acceptance, freeing us to be boldly authentic, creative and truly fulfilled. Our mothers form the very basis of who we become: Some of this is so unconscious and fundamental, it is barely perceptible. The mother wound is ultimately not about your mother. We address the mother wound because it is a critical part of self-actualization and saying YES to being the powerful and potent women that we are being called to become. Healing the mother wound is ultimately about acknowledging and honoring the foundation our mothers provided for our lives so that we can then fully focus on creating the unique lives that we authentically desire and know we are capable of creating. Benefits of healing the mother wound: Being more fluent and skilled in handling your emotions. Seeing them as a source of wisdom and information. Knowing yourself as competent. Feeling that anything is possible, open to miracles and all good things Being in constant contact with your inner goodness and your ability to bring it into everything you do Deep compassion for yourself and other people Not taking yourself too seriously. No longer needing external validation to feel OK. Not needing to prove yourself to others. Trusting life to bring you what you need Feeling safe in your own skin and a freedom to be yourself So much more! As we

engage in this healing process, we slowly remove the thick fog of projection that keeps us stuck and we can more clearly see, appreciate and love ourselves. We can confidently emerge into our own lives, with the energy and vitality to create what we desire without shame or guilt, but with passion, power, joy, confidence, and love. Every human being, the very first wound of the heart was at the site of the mother, the feminine. And through the process of healing that wound, our hearts graduate from a compromised state of defensiveness and fear to a whole new level of love and power, which connects us to the divine heart of Life itself. We are from then on connected to the collective heart that lives in all beings, and are carriers and transmitters of true compassion and love that the world needs right now. In this way, the mother wound is actually an opportunity and an initiation into the divine feminine. Your personal healing and re-connection to the heart of life, by way of the feminine, affects the whole and supports our collective evolution.

6: Healing The Mother Wound | The Man Rules Podcast

At the macro level, the mother wound is a matrilineal wound—a burden that manifests in mothers, and is passed on from generation to generation. It's the pain and grief that grow in a woman as she tries to explore and understand her power and potential in a society that doesn't make room for.

A family practitioner in rural Australia, Serrallach has become a perhaps unexpected, but very welcome, source of support for moms in the goop family from his piece on postnatal depletion and recovery to his new vitamin and supplement natal protocol, *The Mother Load*. The mother wound, as he describes it, is both ancient and modern, entwined in Western patriarchy and also a thought—in other words, a learned behavior passed subconsciously, subtly from mother to daughter. Below, we ask him what the bigger societal implications of this mother wound might be, and what healing might look like for us and our children.

Oscar Serrallach Q Can you explain what the mother wound is? A At the macro level, the mother wound is a matrilineal wound—a burden that manifests in mothers, and is passed on from generation to generation. The mother wound reflects the challenges a woman faces as she goes through transformations in her life in a society where the patriarchy has denied us ongoing matrilineal knowledge and structures. This agenda tells females not to shine, to remain small; and that if you are going to try to be successful, that you should be masculine about it. In subtle and sometimes not so subtle ways, we tell girls that becoming empowered will injure their relationships—and women are taught that relationships should be valued more than anything else. The measuring stick for women in our society is very different than the one we use to measure men; women are taught that there is shame around their successes. This status quo is kept alive through bureaucratic structure, the media, learned behaviors—what I think of as social programming. What happens to a developing woman when she feels thwarted by society and denied, ignored and put down? Her energy becomes repressed and internalized: It must be me. This negative self-talk is cyclical. Q Does the mother wound have roots outside of modern Western society? A The mother wound has been around for thousands of years—we see it in ancient stories through the trials of figures like Persephone and Inanna—but it has changed greatly over time. The four fundamental functions of mothering are: In the ancient legends, archetypal stories show daughters that have been nurtured, protected, and empowered, but denied their initiation or final transformation into womanhood—by their mother or a person representing the mother figure. Think the stepmother in *Cinderella*, or the queen in *Snow White*. In these archetypal stories, the mother wound more so manifests as a mother figure thwarting the attempts of a daughter to become a full majestic woman. We have had generations of unprotected, disempowered, uninitiated woman. Q How can we heal from the mother wound? The solution lies in a ground roots-type evolution that reestablishes the matrilineal system, and reveals the current, patriarchal system for the truly dangerous and harmful thing that it has been for generations. For a start: A core part of healing the mother wound is also reconnecting with your sisterhood, with other women, with the feminine. The mother wound is an opportunity for healing and for transformation. Transformation is about slowly developing a new relationship with what is difficult in your life, such that it is no longer a controlling factor. So much energy in our society is devoted to how a woman looks. Often, if an adult is talking to a child, the default response with a boy tends to be a comment or question about what they are DOING. For a girl, the first comment or question more often tends to be around how they LOOK, or what they are wearing. It is an interesting example of our social programming. The end result as I see it is that boys think what they do is the most important thing, and girls think how they look is the most important thing. Q Is there such a thing as the father wound? A Less is written about the father wound, but to become a balanced, healthy society it is equally important to examine the generational burden passed on by and through fathers. In terms of the father wound and sons: The father represents the blueprint of what it means to be a man. Q What about between genders—moms and sons or fathers and daughters? For sons, the mother wound can predispose boys to dark aspects of the feminine. From their fathers, daughters begin to learn the masculine language of expression, expectation, and interaction that serves as the basis for all further intimate relationships with men. The dynamic between father and daughter shapes the types of partners a

daughter seeks later in life and the social dynamics of those relationships. Q How does the mother wound relate to postnatal depletion? A The history of women in medicine and the medical care of woman throughout history is the most disempowered story. Ideally the birth of a child is a time where communities come together and provide various levels of support, strengthening the already established intimate bonds within the community. In this scenario, a mother can fully, physically and emotionally, recover and be honored and supported in her role as a mother. In reality, families are often distant in both location and in their ability and desire to offer support. Our communities are often not very connected, and today they are more transient than ever before. Interactions between neighbors tend to be superficial and polite at best, with many people not even knowing their neighbors. Postpregnancy can often be a time of isolation, confusion, insufficient support, and suffering for mothers and families—when the stressors of modern life are combined with the physical, emotional, and social demands of pregnancy, breastfeeding, and raising a child, plus sleep deprivation. This is fertile ground for postnatal depletion, and postnatal depletion is fertile ground for the perpetuation of the mother wound. A mother who hardly has the physical energy or the mental clarity to take care of herself and her kids is hardly going to have the energy and time to devote to supporting other mothers and sisters in her community. I see this as a perpetuating intergenerational cycle. The Mother Load Dr. Learn More Q As we collectively heal our mother wounds, do you think there are implications for society as a whole? Our society has been derailed and I see the mother wound as a collective injury that is preventing our communities from healing. The world will be saved by the Western woman. As mothers unite and the sisterhood is re-established, families can grow closer, communities will regain their identity, and our society could regain its strength and meaning. He specialized in general practice, family medicine, and did further training in functional medicine, working in a number of hospital and community-based jobs, as well as in an alternative community in Nimbin that exposed him to nutritional medicine, herbalism, and home birth. He has been working in the Byron Bay area of NSW, Australia since , where he lives with his partner, Caroline, and their three children. Serrallach currently practices at the integrative medicine center, The Health Lodge , and his first book, *The Postnatal Depletion Cure* , is out now from goop Press. The views expressed in this article intend to highlight alternative studies and induce conversation. They are the views of the author and do not necessarily represent the views of goop, and are for informational purposes only, even if and to the extent that this article features the advice of physicians and medical practitioners. This article is not, nor is it intended to be, a substitute for professional medical advice, diagnosis, or treatment, and should never be relied upon for specific medical advice. You may also like.

7: Womb of Light | Why it's Crucial for Women to Heal the Mother Wound

A trauma involving the mother or father is sometimes referred to as a "wound" because it damages the body-mind, needs proper healing, and often leaves a scar or weakness in your body or emotional makeup.

If you have a deep scar, that is a door. If you have an old, old story, that is a door. If you love the sky and the water so much you almost cannot bear it, that is a door. If you yearn for a deeper life, a full life, a sane life, that is a door. The ones that might surprise you in their universality. The ones that even as they make you cringe, remind you that you are not alone. I invite you to sit with each one, breathing into your body temple, and notice how it lands within you, emotionally, energetically, physically: Do you feel anxiety or fear when you consider meeting with groups of women? Have you experienced judgment, rejection, bullying, ridicule or shaming from other girls or women? Do you compare yourself to other women? Do you have a relationship with your mother that is disheartening, painful or toxic? Have you had difficult relationships with other mother figures in your life? Do you doubt your own ability to mother another, including your own children? Do you feel anger, rage, jealousy or resentment towards your daughter? Do you suffer a lack of confidence in making decisions or guiding the direction of your life? Is it challenging for you to set emotional and energetic boundaries with others? Do you hold back from expressing your truth? Do you have a difficult time asking for what you need? Do you have a negative view of your body, such as thinking you are too fat, too thin, too different, too plain Jane, too old, too baby faced, too dark, too light, not sexy enough, not attractive enough? Do you have difficulty taking time for yourself or practicing self-care? Do you doubt your intuition or question the validity of your own wisdom? Do you dislike yourself and avoid spending time alone with yourself? Those three words are reverberating through the psyches of women worldwide. Upon hearing them, most women feel an upwelling of pain, sadness, grief, anger or resignation. But along with these challenging emotions, we also feel Relief: Relief at finally being able to identify a bone deep and soulful feeling of loss. If we pause for a moment to allow those waves of emotions to take their natural course, Relief activates a bit of Hope: Hope that maybe we are not so alone after all. And maybe, just maybe, there is a way to heal the wound. The Mother Wound is the wound of separation that women and men have been experiencing for over 5,000 years. Religions shifted from worshiping the Creator Mother that could be seen in everything alive to the God in the Sky that could be seen up there along with Sun so essential for growing the crops. The wound of losing the connection to Mother and the Feminine has created an imbalance in humanity that is causing unnecessary suffering to ourselves and this planet. This illusion of separation is played out in: Segregation of Women from Men. Disconnection of humans from Mother Earth, and from our brothers and sisters of animals. Suppression of our creative gifts. Cut-off of our emotional intelligence and intuition. Separation of mind from body. Separation of body from soul. Denial of access to the eternal and expansive flow of life that resides within us and all around us. But we are awakening. Women are once again rising up to resume their place as equals in this world. Women are remembering their inherent essence as manifestations of the Feminine Divine. We are returning to the sacred spaces of temples, lodges, covens and circles to renew our commitment to creating, protecting and nurturing life, and to relearn the ways of the ancient ones. We are reclaiming the titles of power that reflect our immense capacities as Women: Yet how can we embody the Feminine when we are exiled from the Mother in all Her forms, including ourselves? Disconnection from your body wisdom. Inability to determine your needs and desires. Shame that arises when you hit puberty and become a Woman, for your feminine form and your monthly bleeding. Guilt for betraying her when you are content or follow your dreams. Both a yearning for and a fear of being seen and heard. Toxic friendships with other women who do not uplift you and celebrate you exactly as you are. Difficulty opening your heart, and keeping it open. A lack of boundaries in personal and work relationships. Feeling less than, not enough, too much. A mistrust of your emotional experience. Jealousy of other women. Anxiety, fear, mistrust of other women. If a mother, holding feelings of jealousy, resentment or rage towards your daughter. Self-doubt, lack of confidence in decision making. Disengagement with Mother Earth, nature, animals. Mistrust of Life itself. Disconnection from a spiritual practice that nourishes your life. First, take a deep breath, one that you feel all the way down

through your heart, belly and pelvis. Tune into your first chakra at the base of the spine and the pelvic floor, the circling pool of collected energy that is rich ruby red, blood red, life source red. From this chakra, allow a root of red light to reach down into Mother Earth, and feel yourself being held as you ponder these questions below. Would you like to: Rewrite the painful stories you hold around your Mother and the Feminine to those that are empowering and nourishing? Reclaim your voice, and use that voice to speak your truth, spread love and share your wisdom? Inhabit your body temple, and experience the world through all of your senses – alive, awake, and present? Sit in a safe, loving and empowering circle of women, where you can be witnessed and uplifted as you heal the Mother Wound and the Sisterhood Wound? Remember your sacred gifts as a Woman, and offer those gifts to the world? Heal the Mother Wound for yourself, your ancestors and generations to come? Renew your relationship with Mother Earth and the Feminine Divine? Rewire your wounded instinctual nature as you grow your trust in your Inner Wisdom and Intuition? Awaken the Inner Mother who knows how to nurture within you a sense of safety, belonging and worth? Women are embodiments of the Feminine Divine. Our energy and creative cycles mirror the Eight cycles of the moon. Our life cycles reflect the four seasons of our Mother Earth. Our bodies are sacred terrains of magic and mystery suffused with pools and rivers of flowing Shakti. Over the course of two moon cycles, each of the eight weeks will be focused upon a different step in the Healing of the Mother Wound. The ninth week will be integration and celebration time. This is a powerful time to do this work, Sister! During our 5th Week we celebrate Samhain. And in the final week of integration, we celebrate Thanksgiving. The flow of our journey will be: From Full Moon as we connect in our sister circle. Through the ascent back up to a Full Moon as we connect with Mother Earth. Through the descent to do some deep rewriting of our stories. And then ascending up again for our integration and celebration. About the pacing and depth of this course: This is an Immersion, a deep dive into tender spaces and potent places within you. Think of it as a boot camp for the soul, one that can positively impact your life in all areas. Even as this will be powerfully transformative, it will be equally nourishing, supportive and uplifting. You will be fed at all levels of your being. Healing the Mother Wound includes: A welcome PDF Guide and video to call you to the circle, and offer suggestions for useful tools and ways to prepare to make your journey safe and fruitful. Inspiration from art, poetry, music. A weekly live virtual gathering via Zoom with ritual and conversation.

8: Healing Your Mother (or Father) Wound | Dharma Wisdom

To heal from mother wounds, use the same four-part process we talked about in how to heal from abandonment and rejection, as well as in Finding Deep Soul Healing and Pray out loud to forgive your mother for all the specific things she did AND didn't do (I recommend using the written prayer I provided in Finding Deep Soul Healing);

Media Online Course on Healing the Mother Wound™ Learn how to transform the mother wound from a source of pain into a source of wisdom that allows you to flourish as your true self. Dear Women, Has your relationship with your mother been a source of pain or frustration in your life? Do you sense that beliefs or views you inherited from your mother may be holding you back from fulfilling your potential? Have you longing for approval from your mother but never seem to get it? Do you work hard toward goals but feel thwarted by feelings of guilt, fear or shame? Have you already been working on yourself and your relationship with your mother for years, but the same issues keep coming up? Do you have a peaceful relationship with your mother but still have a feeling that unfinished business with her is impacting your life in negative ways? One of the big reasons is that the beliefs and patterns that kept us safe in childhood actually become barriers to our empowerment in adulthood. Left unaddressed, these early patterns can lead to being stuck indefinitely with guilt, shame and self-sabotage. As female children, we inherited a template from our mothers of what it means to be a woman; what is possible and impossible for us; what is expected and what is taboo. And if we do not take action to change them, possibly our entire lifetimes. What exactly is the Mother Wound? The mother wound is a set of beliefs and patterns that originate from early dynamics with your mother that can cause you to unconsciously limit or sabotage yourself. The mother wound can manifest in many different ways: The mother wound is also the pain of being a woman passed down through generations of women in patriarchal cultures. But to experience the peace and freedom of self-actualization, which is the birthright of every woman. Our Mothers were our first teachers and our first leaders. Because we live in a patriarchal, male-dominated society, our mothers inevitably and unconsciously passed along messages that cause us to reject ourselves, to dismiss our dreams, and to be small in order to survive. These were the same messages and beliefs that she and her mothers before her had to internalize. While these messages may have helped us physically survive a hostile, unfeeling world as children, they actually inhibit our ability to step forward and live from our authentic power and truth as adult women. This online course offers you the wisdom I learned through my own journey of healing the mother wound; so that you can remove your core blocks related to your mother and step into your true power. You can do this! I created this online course because after spending years healing from the mother wound I experienced results so profound and life-changing that I am passionately dedicated to helping other women experience the same. It is time to own your worth and awaken to your power. The world needs you! Prior to focusing on healing the mother wound, I tiptoed around it and avoided it. I had low self-esteem, very weak boundaries and a deep sense of shame. Yet, I knew that claiming my power and experiencing true fulfillment required that I address it. Once I summoned the courage to directly address the pain in the mother wound and got the support I needed to do so, my life changed dramatically and new horizons opened to me that I never would have imagined! During the most difficult times of my healing process, I wished I had a woman in my life who had already gone through this process to show me that it IS possible to come out the other side of the mother wound. I want to be that person for you! When you focus on healing the mother wound you are no longer dealing with multiple symptoms or surface problems in your life, you are actually dealing with the central point from which many major issues arise. My goal is simple: To provide you with the tools necessary to dismantle the dysfunctional patterns within the mother wound that have kept you stuck and to build new structures that support you in authentically living as your true self. How the Online Course is Designed: Upon registration you will receive a username and password to access your course content for the Introduction and Step 1. After those 8 weeks, course materials will be available to you indefinitely. Community Support is included Each woman who invests in this course will have access to a secret, private Facebook group to connect with other women who are also on this journey. Module 1 Understand your mother as your Foundation Understand how your mother has served as

the foundation for who you are right now. Explore how the unconscious patterns and primary issues that form the mother wound have kept you stuck and prevented you from claiming your true potential up to point. Discover how your current beliefs about your body, food, financial abundance, relationship, etc. Module 2 Identify the Taboos and Stereotypes that have prevented you from healing the mother wound Pinpoint the cultural taboos and stereotypes that reinforce shame for feeling the pain of the mother wound, causing it to go underground and impacting your life in negative ways. Claim your worth and authenticity by removing the outworn masks you have worn to protect the wound but that have kept painful patterns in place. Understand the greater societal and social context that perpetuates the mother wound through the generations and how you can stop the cycle. Module 3 Address the "Mother Gap" Get mental clarity on precisely what you missed so that you can fully grieve and finally fill the mother gap from within. Discover the ways you have compensated for the mother gap in your thoughts, beliefs and behaviors.

9: Healing the Mother Wound | Goop

Addressing the mother wound We all come into the world needing the tender presence of a mother's touch, nurture, care and love. In fact the mother's influence begins when we are in the womb.

What did it look like? How did it feel? Do your thoughts drift to the good times, or do they dwell on the bad times? Our mothers were pivotal players in our development as children and they formed the very foundation of our emotional and psychological growth. To this very day our mothers continue to influence us both through our deeply ingrained perceptions of life and through our feelings towards ourselves and other people. But although our mothers may have tried their very best to nurture us, our relationships with them may have been laced with undercurrents of shame, guilt and obligation. In fact, we may continue to carry unresolved grief, fear, disappointment and resentment towards our mothers long into our adult lives. This deep pain is usually the result of unhealed core wounds that are passed on from generation to generation. Healing the Mother Wound within you has the potential to transform your life and improve your relationships tenfold. What is the Mother Wound? I have always had a very strained relationship with my mum. As a child I remember the great fear and reverence I felt towards her; fear because she was the primary disciplinarian in the household, and reverence because she was so self-sacrificing. As an artist she was and still is extremely skilled in watercolor and oil paintings, yet she was never able to actualize her dream of becoming a professionally paid artist despite how brilliant she was. These dreams further dimmed as she kept giving birth to children and eventually it became a rare occurrence for her to pick up a pencil or paintbrush. I could always sense this lurking disappointment and resentment bottled up within her. I believe a part of her felt like she was a failure, so the only area she could excel in was child-rearing. As I got older the admiration and affection which I held towards my mother became tainted with anger, sadness, and even disgust. Although she was extremely generous with her time and effort, her emotional coldness was distressing to me. She made it very clear that I was the child and she was the parent. There was no equality or middle-ground on which we could meet. Our Mother Wounds are traumas that pass down from generation to generation that have a profound impact on our lives. When left unresolved, we pass on the Wounds that our mothers and grandmothers before us failed to heal. These wounds consist of toxic and oppressive beliefs, ideals, perceptions and choices. Please note here that our fathers carry their own wounds, but in this article I want to specifically focus on our mothers. If you suffer from the Mother Wound you will experience the following problems:

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