

# Healing Our Relationship With Our Mothers

Teachings of Sri Kaleshwar



# Set Your Intention To Heal at The Soul Level

- Let's begin by setting up a Divine Mother alter space for your practice

I invite you add the elements:

Earth – rocks, dirt or flowers

Fire – Candle

Water – Use clear glass or a crystal bowl (no plastic)

Air – Feather, fan or incense

Adorn the alter with flowers or offerings

# Gather The Following and Place Them On The Alter

- A picture of the Divine Mother – Whoever that is for you
- A picture of your Mother, with her eyes looking out towards you
- A hand mirror to look yourself in the eye

# Begin The Practice

- Call In the Divine Mother and Your Mother's soul
- Light your candle and set intention to heal your relationship with your Mother at the soul level
- Drop down into your womb space

# Sample Divine Mother Prayer

Open your heart and take some deep cleansing breathes and Pranam to the alter – Bow down with respect and reverence

Divine Mama,

Thank you for my life. Thank you for creating my soul and walking me through my life. Please continue to bless and guide me and assist me in healing/strengthening my relationship to you. Help me to know that I am always worthy of your love. Help me to open my receptivity so that I may feel your love more deeply.

Use your own language and speak from the heart

# Sample Prayer To Your Mother

Open your heart and take some deep cleansing breathes and Pranam to the alter – Bow down with respect and reverence

Mom, Thank you for giving me life. For all the ways I have caused you pain through action or non action through out space and time .  
I'm sorry I judged you or hurt you Mom, Please forgive me.

For all the ways you have hurt me, and caused me pain throughout time and space through your actions or non actions. I forgive you  
Mom and I let this whole thing go

# Sample Prayer to Yourself

Open your heart and take some deep cleansing breathes and Pranam to the alter – Bow down with respect and reverence

Look into your eyes- I love you! I am here for you right now. For all the ways I have hurt you, denied you, and judged you, Please forgive me. For all the ways I didn't listen to your wisdom or abandoned you when you needed me most. I am here now, I forgive myself.

Close the practice with a bow, hug and a smile.

# Do This Sadhana Process Daily:

- Preferably do your practice for 10 minutes everyday
- Commit to 21 or 41 days to start - Or until it feels done
- Keep feeding your alter with sweets and flowers
- Consider journaling your feelings after each practice
- You have this practice to refer back to at any time

Wishing you deep healing and Union with the Mother