



Mother's Prayer

I turn to you in awe because you have put your trust in me. I bless you for the love which binds me to my child; and for the wonder of creation which you have renewed within my heart.

-Anonymous

A Wish for My Children

On this doorstep I stand
year after year
And watch you leaving

and think: May you not
skin your knees. May you
not catch your fingers
in car doors May
your hearts not break.
May tide and weather
wait for your coming
and may you grow strong
to break
all webs of my weaving.

-Evangeline Patterson (d 2000), England

First, I would like to say that my work as a medical intuitive has made me more conscientious about the words I choose when talking with my own children. I was going to express that this work has taught me to be a better mother, but that would be a subjective observation. I can say that this work has taught me to be aware of my responsibility as a mother: to create and nurture self-esteem with my children.

Thursday's Kick! Between Mother

I have caught myself BEFORE something escaped my lips, and I have admitted to mistakes AFTER something escaped my lips. There are two individuals in your life that play a vital role in scripting your belief patterns:

- **your doctor is one**
- **your mother is the other**

Clergy and fathers come in a close second, but as far as "tissue issues" are concerned, it is Mom and Doc that really influence your thoughts and therefore influence your health and your dreams...your life.

Why do we give mother control?

Mother, the feminine energy, is all about emotions and this influences how you relate to certain individuals, the one-on-one relationships. Mothers influence our social relationships, which encompasses lessons with

- * self worth,
- * self-esteem,
- * self-expression.

Often when I see depletion in the energetic system with orange energy and/or yellow energy I can zoom in on mother issues pretty quickly.

Orange energy is associated with the sacral plexus or the second emotion center. I have often found that the orange energy directed from a client to another person is 99% of the time a female energy rather than male energy. It seems that when we respond emotionally it is because we have been affected (attacked?) emotionally and often times it is the feminine energy that uses emotions to manipulate and persuade.

Male energy (Dad) I talk about next week, and that is often the base center that is affected which deals with POWER survival, finances, and a more practical foundation approach. Does that make sense? That is why men can react and often let go of things, women hold on and take that issue into "wound status", then "scar status" then back to "old wound status"!

Mothers and the mother energy is inclusive to the mother-daughter exchange, so this is not just about YOUR mother, it is also about YOU BEING a mother. And perhaps the most interesting of relationships is the

Thursday's Kick! Between Mother mother-daughter-granddaughter. which often puts the daughter (and on average the majority of my female clients) in the middle getting tugged emotionally in two directions! Definitely an emotional tug of war.

Mothers are stereotyped into guilt as a form of manipulation, which is really about playing on your emotions. This manifests in the body when you continue to direct your energy to your mother (daughter)..Yes, you give it, mother (daughter) don't take it. They do not drain you; YOU allow them to drain your energy.

Your body does not have an agenda, and like the universe it is forgiving and all providing. When you continue to direct your thoughts in a negative manner you drain your resources, your emotional energy from the emotion (energy/chakra) center that is targeted.

What defines "negative" thoughts? Fear, worry, guilt, grief, despair, anger, jealousy, get the idea? These emotions drain you physically because they are heavy energy. What you think about the most you attract and then the cycle, the emotions, are perpetuated. When there is no longer any energy left in that specific center the body (again all providing, with no agenda) will "rob" energy from corresponding organs to that particular emotion center.

Certain emotions can trigger certain conditions or tissue issues. That is really what the body/mind connection is all about. It is a body/mind/emotion connection.

When you have a session with me, I look at your colors and then address centers that are depleted (or void) of a certain color. Your color depletion gives me a hint as to the individual or the situation you are investing your energy with.

Mother issues are often reflected in the organs or tissues that have to do with fluids and the FLOW of fluids in the body. This can include kidneys, bladder, urethra, lymphatic system, even salivary glands, mucous membranes, sinus issues in regards to congestion and drainage, even sweating can have some emotional roots with "mom energy".

Flow of fluids can include menstrual periods as well as blood flow, urine flow, particularly the areas that involve ovulation or ejaculation: the flow surrounding reproductive systems.

I also would like to point out that obesity, and food related issues are often connected with mother. Food in general represents

- Mother
- Love
- Affection
- Security
- Reward
- Survival

Fear of rejection by mother can be reflected in anorexia, whereas bulimia is fear of abandonment by mother. Often these issues, particularly the deep-rooted emotional traumas can be compounded emotional memories from previous lifetimes and relationships that have carried over. You can be particularly aware of this if you cannot find any logical explanation for your current emotional connections either with your mother or daughter that resonate with fear of rejection or abandonment.

I have had some serious reactions from clients when I mention that you do pick your parents. Yes, you picked your mother, and she also contracted to have you as her child. I can look into a chart and can offer a glimpse as to why you would have chosen her, or why your son or daughter contracted with you. Earth is a classroom and we learn from each other.

Often I will look at life lesson numbers in regard to the parent/child relationships. These can be very telling in what you came to learn/teach from your mother and helps you understand why you chose her as your mother.

Have a wonderful week! Blessings, Catherin