

MOTHER'S DAY EDITION

L & E

LOVE EDUCATION

Nurturing Love

Creating a Thriving
Relationship After
Having a Baby

THE POWER COUPLE
TECHNIQUE

AN OPEN LOVE LETTER TO THE
CHRONICALLY ILL MAMAS

FINDING
GRACE IN THE
ROLES YOU
PLAY

CONFIDENCE THROUGHOUT
MOTHERHOOD

Embracing
Motherhood: A
Profound Rite of
Passage







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WELCOME TO LOVE EDUCATION



As we celebrate the incredible women who have shaped our lives, we embark on a journey to honour the essence of motherhood in all its beauty and complexity.

In this special edition, we delve into the multifaceted roles of mothers, from nurturing caregivers to fierce advocates and trailblazers. Through heartfelt stories, insightful interviews, and inspiring features, we pay tribute to the strength, resilience, and unwavering Love that mothers embody each day.

Join us as we explore the joys and challenges of motherhood, from the tender moments of bonding with a newborn to the bittersweet milestones of watching children spread their wings and fly. We delve into the timeless wisdom passed down through generations, celebrating mothers' profound impact on shaping the future.

This Mother's Day, let us come together to express our gratitude and appreciation for the remarkable women who have shaped our lives in countless ways. From the sacrifices made to the unconditional Love given, we honour the mothers, grandmothers, aunts, and maternal figures who have left an indelible mark on our hearts.







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THE WEEKLY RELATIONSHIP REVIEW

Transform your relationship and bring you and your partner closer together. Once a week, go through the following questions while relaxing in a quiet space.

These six questions are designed to encourage open and honest communication. Each partner will practice uninterrupted listening of the other.



1. What was the best part of your week?

2. What was the most difficult or stressful part of your week?

3. Is there any way I can make the next week run more smoothly for you?

4. Was there anything I did that bothered you this week?

5. What did I do to make you happy this week?

6. What are you most looking forward to for next week?

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NURTURING LOVE: CREATING A THRIVING RELATIONSHIP AFTER HAVING A BABY

By Railey Molinario

Welcoming a new addition to the family is undoubtedly a joyous occasion, but it can significantly change a couple's dynamic. As the focus shifts to the newborn's needs, partners need to prioritize their relationship and nurture the bond that brought them together in the first place. Here are some tips for creating a thriving relationship after having a baby.

Communicate Openly and Honestly:

Effective communication is the cornerstone of any healthy relationship, especially during times of transition. Be open and honest with each other about your feelings, concerns, and needs. Make time to check in with each other regularly, even if it's just for a few minutes each day. Share your joys and struggles as new parents, and actively listen to your partner's perspective without judgment.

Support Each Other: Parenthood can be overwhelming, so supporting each other is crucial as you navigate this new chapter together. Be there for your partner emotionally and physically, offering help with childcare tasks and household chores. Show appreciation for each other's efforts and acknowledge your challenges. By working as a team, you'll strengthen your bond and weather the ups and downs of parenthood together.

Prioritize Intimacy: While caring for a newborn can be exhausting, don't neglect your intimate relationship with your partner. Make time for physical affection, whether cuddling on the couch or holding hands during a walk. Schedule regular date nights or at-home dates to reconnect and nurture your romantic connection. Remember that intimacy is not just about sex but also about emotional closeness and connection.

Seek Support When Needed: Don't hesitate to reach out for support from friends, family, or an expert if you're feeling overwhelmed or struggling to adjust to parenthood. Joining a new parents' support group or attending couples coaching can provide valuable guidance and reassurance as you navigate this transition. Remember that seeking help is a sign of strength, not weakness, and it can help you and your partner grow stronger together.

Take Care of Yourself: It's easy to prioritize your baby's needs above your own, but it's also essential to prioritise self-care. Make time for activities that bring you joy and rejuvenate your spirit, whether exercising, reading, or spending time with friends. Remember that taking care of yourself is not selfish—it's necessary for your well-being and your ability to be a supportive partner and parent.

Creating a thriving relationship after having a baby requires intentional effort and prioritization. By communicating openly, supporting each other, prioritizing intimacy, seeking support when needed, and taking care of yourselves, you can strengthen your bond as a couple and navigate the joys and challenges of parenthood together. Remember that Love, patience, and understanding are the keys to building a strong and resilient relationship that will endure for years.

GET MAUDE





**TRUST YOUR
NERVOUS
SYSTEM WHEN
CHOOSING A
PARTNER**



By Cassandra Love Lambert

In relationships, your partner's response to distress can either harmonize with your healing journey or introduce discord. Your choice of a life partner is crucial to your path to healing.

Choosing a partner who grasps the importance of emotional availability and actively supports you during moments of distress is essential, especially if you've experienced emotional unavailability from loved ones in the past. Their response can perpetuate trauma or create space for profound healing in your body.

Imagine this: a partner responding to your distress with receptiveness and kindness creates a secure attachment. Conversely, a partner reacting with anger or invalidation adds dissonance, reinforcing insecurity in your nervous system.

In selecting a partner, consider their attunement to your nervous system. Opt for someone who respects your emotional process and demonstrates availability during challenging times- a cornerstone for a healthy relationship.

Choose a partner whose behavior, character, and choices bring peace to your system. Dishonesty triggering a fight or flight response in your body is a RED FLAG.

Your nervous system guides you in choosing a life partner. Listen to your body; you're not obliged to endure anything compromising your well-being. You do not have to tolerate someone or something that keeps you outside of your window of tolerance within your system.

Recognize your power in choosing the love and treatment you deserve. If a relationship doesn't align, gracefully bow out- prioritize being a nurturing parent to yourself.

In distress, unkind statements can exacerbate wounds. Choosing a partner who responds with warmth and kindness facilitates co-regulation, promoting safety and resilience.

Your healing journey is unique, and a partner actively supporting that journey is the foundation of a flourishing relationship. Every dance is delightful when steps lead to a harmonious connection that's attuned and in sync; within our window of tolerance so that we may feel safe enough to flourish and begin to expand.





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Embracing the Power of Connection: A Journey to Fulfilling Relationships

L & E

By Tedrah Paul

In a world filled with distractions, having or creating deep connections has become a lost art. As a Christian and relationship coach, I am passionate about reviving the essence of true connection, not only between couples but within every area of our lives.

At the core of meaningful relationships lies the foundation of love, empathy, and understanding a divine blueprint woven into the fabric of our existence. As we navigate through the challenges and obstacles of life, it's important to embrace the power of connection with open hearts and willing spirits.

As humans we crave connection and our relationships serve as the intertwining threads that craft narratives filled with shared joys, triumphs, and personal growth. While navigating the journey of faith, it becomes imperative to allow love to act as our compass, uniting us with a resilient strength capable of enduring the trials of time.

It is so important to educate yourself on the art of communication because this is the key that unlocks the door to understanding. In our quest for deeper connections, let us strive to listen with intent, speak with kindness, and cultivate an atmosphere where grace and forgiveness flourish.

Inspiration stems from the commitment to continuous growth. Couples, families, and individuals alike are called to embark on a journey of self-discovery, unlocking the potential for transformation. Embrace vulnerability, for it is the birthplace of authenticity and the cornerstone of genuine connection.

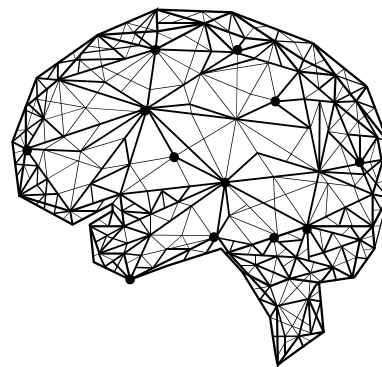
As a Christian & Relationship Coach, my mission is to ignite the flames of connection within your hearts. Let us walk this path together, guided by faith and fueled by the desire to cultivate relationships that mirror the divine love bestowed upon us. Through education, motivation, and inspiration, let us build bridges that span the gaps in our lives, connecting us to the profound beauty of fulfilling relationships.





The Sensitive Kind

Should we seek partners who have a “sensitive side?”



By Brandi Van

Some seek a “sensitive side” in a potential mate. But in reality, this sensitive side doesn’t exist- sensitivity doesn’t turn off and on like a switch. Research shows that 30% of the population are known as highly sensitive people, or HSPs.

Someone who is labeled as HSP usually possesses the following traits:

- ✓ **Intensified, heightened inborn nervous system**
- ✓ **Deep thinking Intuitively detects subtleties**
- ✓ **Easily overstimulated, leading to anxiety and overwhelm**
- ✓ **Heightened sense of empathy** (feeling emotions very deeply)
- ✓ **Sensory-specific sensitivity** (easily affected by environmental stimuli like smells, lights, and sounds)



Like in any relationship, challenges can arise in HSP/non-HSP relationships. For example, certain stimulating activities and environments enjoyed by a non-HSP may be too overwhelming for an HSP, like loud music or violent movies. Non-HSPs might value spontaneity, which may prove challenging for HSPs who prefer a more structured routine.

HSPs’ have stronger emotional processing which can result in misunderstandings and disagreements with a non-HSP. HSPs’ preference for deep emotional connection can also cause friction with non-HSPs who may prefer lighter discussion points.

Despite these differences, opposites attract. Falling in love with a non-HSP can balance the complex and often anxious and introverted HSP nature, easing the HSP out of their comfort zone. Likewise, seeing the world through HSP eyes brings a new, deeper perspective to a non-HSP. In fact, research suggests that HSP/non-HSP couples are about as happy as HSP/HSP couples.

Regardless of personality types, even the healthiest relationships take work. Trying to understand and learn from each other with an open mind, and acknowledging demonstrated efforts to empathize, can go a long way.

Brandi Van, a Psychic Medium Mentor, encourages people to embrace their HSP gifts and offers the Jump Start Your Psychic Abilities mentorship program

CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

An Interview With Anastasia Gold

What is your personal story and journey that led you to become an expert in your field?

Every great journey starts with a rock bottom...or two and a desire to understand and heal the pain and difficulty showing up in your life. And the answer is always...they are somewhere deeply rooted in your subconscious mind. My story is no different. I was witnessing myself as the woman who always had to prove her self-worth, prove she deserved the love and to be chosen.

I was functioning from a deep belief that I was not worthy of any of these, and I was craving for outside validation to show me I did matter...and that never came. I had a deep knowledge that life was not happening to me but could not master making life work in my favour because I looked at my reality to confirm all the places where I was lacking.

I was not choosing myself and so other people were not choosing me either. Especially in the love department. And so I started to explore, read, and attend courses in energy healing, and coaching, with a deep desire to change my story of unworthiness. Looking at my childhood, my teenage years experiences and the collective beliefs of my family and ancestors, it clicked for me.



I was functioning from old paradigms and programming that I adopted as my own without questioning their validity. What I also discovered was that, we humans, are not that different and that when basic needs such as the constant attention of parents are missing, coupled with old family beliefs about relationships, men and women swimming in your subconscious, reality is a soup of so-called failures and painful experiences.

What happened next was applying what I learned and turning my pain into my power. And this got me to understand and live my purpose. Being a guide to those who are done with mediocre relationships running away from their hidden fears and transforming their reality from within. Taking responsibility for my own healing and understanding that getting out of victim mode of things happen to me and I am powerless, changed my entire take on life. And now I can do this with others and see them rise and live beautiful lives.

Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?

I tell my clients often to look at the subconscious mind as the child within who made decisions based on things they were experiencing at the age (between 0-7 years old) when their neocortex was not developed enough to understand whether they dealt with abandonment, parents separation or constant criticism, it was not a reflection of their value. It was an adult's way (many times dysfunctional) to deal with stress and raising children while life was slapping them in the face.

Those events did not mean anything about them as children, but they made them mean something about themselves – like they needed to deserve love, they were not enough, or they were too difficult to raise. During sessions, I take my clients on a journey of revision. I guide them to rewrite the event in a way that they would have liked it to happen. This is not to change the past, but to get themselves unstuck from a disempowering frozen memory that keeps playing in their adult life on a loop. At that moment, the adult self sits with the child self and gives the child whatever they would have needed in that moment when experiencing the pain and the trauma.

I also encourage them to write the new story down on paper and keep reading it for at least a couple of weeks until the subconscious accepts it as a possibility. This will allow the client to let go of the old meaning and feel empowered in the new story. The brain does not make a difference between memory and imagination. We can decide on a new ending, as all possible realities in the quantum exist.

According to your expertise, what is the key to cultivating a fulfilling and thriving life?

Looking at life as your creation. You're manifesting from subconscious beliefs and so you have the power in every moment to choose a new story and choose different. If you are faced with relationships that break down, you have a story of yourself as the abandoned one. Changing your self-image to that of a person who's never left or rejected will change the trajectory of your life.

You can never create new experiences from an old identity. Your life right now shows you the limitations of your mind. Thank them and think different thoughts. No one to change but self. Bring your attention inward and stop judging your worth according to what you're seeing in your reality right now. Reality is yesterday's newspaper with old news resulting from your past thoughts.

Circumstances change as you start to take your power back from places where you are still not forgiving them and yourself. Suffering can benefit us - it makes us feel we're in the right to demand justice and validation for our pain. But it is also keeping us in an old self-concept of the victim that will keep showing up in our 3D reality. The key is to choose new, empowering stories, to know that you are the creator of everything happening in your life.

When you start choosing yourself, doing things for yourself, and seeing yourself as the version of the person who has all their desires, reality will shift, doors will open, your entire existence will change tracks and you will quantum leap without you even realizing. Change your thoughts and you will change your life.



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L & E

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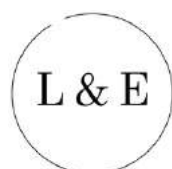
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PERSONAL INTERVIEW

Get interviewed by our seasoned team of writers and let our readers delve into your journey, your struggles, triumphs, and everything in between.



Embracing Self-Mothering: Channeling the Fabulous (or Fantastical) Mother Within

By Holly Allen

Self-mothering is the secret sauce to flourishing in life's grand adventure, acting as an internal GPS equipped with unconditional love and an endless supply of virtual hugs. It's about embodying the über-fabulous mother you've always admired, imagine Mary Poppins with a dash of superhero flair and the style of your favorite influencer. This practice boosts self-esteem, enhances resilience, and ensures we're emotionally equipped to navigate life's rollercoaster filled with yay's and oh my's.

Neglecting self-mothering is like embarking on a road trip without a map or snacks, leading to emotional detours and relationship roadblocks. Without nurturing our inner selves, we risk wandering aimlessly in the wilderness or the world of the "I don't know's" of our emotions, missing out on the depth of connections and self-understanding that enrich our lives.



Quick Guide to Being Your Own Fabulous

Mother

Listen with Love (and Sass): Tune into your inner needs with the attentiveness of a mom who's all ears, ready to offer sage advice or a witty reality check.

Speak with Encouragement (and Sparkles): Offer yourself pep talks that sparkle with positivity, lighting up even the dullest days.

Set Protective Boundaries (With Flair): Draw the line with the elegance and firmness of a mom who knows best, guarding your peace like a queen guards her castle.

Celebrate with Joy (and a Victory Dance): Make every achievement a cause for celebration, because life's too short not to dance in your kitchen over the small victories. Yes, even that tiny victory!

Offer Patience and Grace (Like a Sitcom Mom): Embrace each day's mishaps with humor and grace, learning from each plot twist with a chuckle.

By adopting self-mothering, we build a life as enriched and resilient as it is joyfully content. So here's to mothering ourselves—with all the love, laughter, and fabulousness we always deserve.





The Power Couple Technique

THE POWER COUPLE TECHNIQUE

Conflicts are an inevitable part of any relationship journey. But what if instead of being weighed down by frustration and disappointment, we could harness these moments as opportunities to deepen our connection and evolve together?

Enter the revolutionary approach known as the Power Couple Technique.

This game-changing method redirects our focus from individual skirmishes to joint problem-solving, empowering us to fortify our bond and resilience as partners.

Gone are the days of pitting partner against partner. With the Power Couple Technique, we shift gears to unite against the challenges that come our way. It's about adopting a mindset where it's "us against the problem".

The essence of this technique lies in recognizing that our shared objective isn't to prolong suffering or inflict pain upon each other. Instead, it's about navigating the twists and turns of relationship challenges hand-in-hand, as a unified force.

[Click Here For Your Free Relationships Without Fighting Masterclass](#)

7 Steps To Success

1. Create a safe environment.
2. Each person states the issue in need of resolution (do you agree?).
3. Each person states how they view the issue.
4. Each person explains what outcome they desire (do you agree?).
5. Together, brainstorm ways to solve the problem. Make a list.
6. Pick one you would like to try first. Begin to solve the issue.
7. Check in with each other to see if the issue has been resolved. If not, pick another possible solution.

Repeat this process as many times as needed until you find a solution that works for both of you.



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SAY GOODBYE TO GUILT

By Kshama Singhi

Hey moms! Let's talk about something we've all felt at some point: GUILT!

I often felt guilty, whether I was focused on my career or going through tough times like a separation. It seemed like I was letting my daughter down, so I'd try to compensate by buying her expensive gifts.

But here's what I learned: kids pick up on our feelings more than we realise.

My daughter's comments about me being away made me feel even worse at first! I even thought about quitting my job for something less demanding. But then, I understood that she was echoing what I was feeling like a mirror. Would quitting really make us happy?

I realised it's not about how much time we spend together; it's about making those moments count. It's okay for me to work and have time for myself. By being true to myself, I can be the best mom for her. I stopped feeling guilty, started living life unapologetically. I kept working, started a small business, and made time for things I enjoyed in life.

And guess what? Letting go of mom guilt made me a fun loving mum, instead of stressed mum. Starting daycare early boosted my daughter's confidence and she learned skills that I couldn't teach her!

Here are a few tips to leave the guilt:

1. **Be Unapologetically you.** Kids need you just as you are. You can chase your dreams while being a great mom.
2. **Focus on quality time over quantity.**
3. **Taking care of yourself isn't selfish** – it's necessary. Your happiness is your job.
4. **Communicate openly.** They're more resilient than we give them credit for.
5. **Let go of perfection.** Don't follow society's rules for parenting, Trust what's best for you and your family.

Remember, your child needs a happy mom, not a perfect one! If you are struggling with letting go of perfection, here is a free ebook that you might find useful - Letting go of Picture Perfect

Let go and embrace the beautiful chaos of motherhood! You've got this!







THE MIRROR OF LOVE: REFLECTING SELF-LOVE IN OUR RELATIONSHIPS

By Rachel Claire Farnsworth



We often view relationships through the lens of connection with others, yet overlook the most important relationship the one with ourselves. The truth is the depth of love we extend to others is a reflection of the love we hold for ourselves. Society prioritizes external relationships, leaving the internal connection unexplored and often neglected. Without nurturing self-love, we burden ourselves with self-criticism, self-doubt, and often self-hatred. These feelings are learned from our past.

From an early age, we tell ourselves stories to make sense of the world around us, so when faced with emotional neglect or unmet needs, we cannot change our environment. Instead, we alter our inner narrative, crafting stories that place the fault upon our shoulders. We then birth beliefs. "I am not lovable," "I don't matter," "I am unworthy of love." These stories become the way we view ourselves. This cycle of external validation of internal doubts breeds a feeling of rejection and abandonment.

Awareness of these beliefs is the first step toward transformation.

Understanding they were constructed to make sense of our circumstances is liberating. The stories we tell ourselves are not absolute truths but interpretations of our experiences.

Strategies to nurture self-love

Speak to yourself like a friend and praise yourself

Replace thoughts "I am not lovable" with "I am worthy of love"

Engage in activities that nourish your mind and body, reinforcing that you are deserving of love and care.

When we approach others from a place of self-love, we offer a love that is whole, unconditional, and free from the chains of our past narratives. By nurturing the love we have for ourselves, we unlock the potential to engage in relationships that are both fulfilling and healing, creating a cycle of love that radiates beyond our selves.

The most important relationship is the one with ourselves. In learning to love ourselves, we transform our personal story and redefine what it means to love and be loved in return.







FINDING GRACE IN THE ROLES YOU PLAY

By Jamie Stuck

As moms, we spend much of our day juggling all the roles we play and all the tasks we must accomplish. Add to this the unrealistic expectations social media hands us, it is no wonder we often find ourselves floundering at the end of the day, overstimulated and wondering where the time has gone!

Society puts so much pressure on women to wear all the hats, do all the things, but we aren't really taught HOW to accomplish it all. There is no one right way to do it, it's a balancing act that looks different in each of our lives. We need to consistently show up for ourselves with grace and gratitude.

When you lay your head down at night and rundown your never-ending To-do list in your head, don't only check off the finished items, maybe even beating yourself up for the things you missed. Stop and praise yourself for what was accomplished. Switch the narrative in your own mind to be proud of yourself, show yourself grace and find your joy again.

When you need to find a safe, sacred space to celebrate and talk through the dance between floundering and grace, reach out to Jamie at Moonsong Coaching. I'm breaking down the societal cycles and unachievable "norms" to bring your walk through motherhood to a place of love and authenticity. Reclaim your journey with me and let me accompany you to becoming the best version of yourself.



[CLICK TO CONNECT WITH JAMIE](#)

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The Art of Presence



An Interview With Ciara
Heneghan

What is your personal story and journey that led you to become an expert in your field?

My story began when I was 9, writing poetry to make sense of the emotions and feelings I didn't have the articulation to speak. I loved rhyming and it came as naturally to me as breathing so I put all my feelings on paper and instantly felt better. The world felt easier. Going through sexual abuse, this felt like a need though I didn't know that intellectually until much later.

The body always knows what it needs, when we pay attention. I continued writing through my teens and young adulthood, stories, more poetry, and a little book about a pixie called Flicky that saved my best friend's life. The feeling of sharing stories, and being able to communicate massive feelings in this way is what led me to encourage my clients to do it too. Now I write poetry because it is pleasurable to every sense in my body, and I write books because I have a lot to share and know that even if what I write only impacts one person, then it's worth it.

Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?

Something I always use with clients is my F.L.I. Full Life Investigation. I get my clients to go back through their lives to remember everything they have ever done, all their achievements, all their success from they were kids, to now. Nothing is 'too small' to remember. It allows them to see themselves as they are rather than as they think they are. Truth, over perception of truth.

According to your expertise, what is the key to cultivating a fulfilling and thriving life?

Presence Being rather than doing. We have been taught that 'doing', hard work, and hustle are what makes a person valuable, but there is so much conditioning in that paradigm. For deep communication, for dreams to be realized, for the biggest impact to be made, and for legacies to be left. We need to BE more. Because when we are so busy doing what we think we have to do, we don't know who we are supposed to be because we have no time or space to learn.



L&E LOVE EDUCATION

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Looking Into Our Attachment Styles

By Tracy Pink

We often think a baby will bring us closer together. To create a family is seen as a rite of passage a natural part of our life's journey. We are encouraged, by society, to do this right from the first moment we are given a baby doll to look after. At that time, we are also creating our unconscious programming, the neural network that will become our truth. We most likely haven't met our partners yet; they are somewhere else creating their understanding of the world.

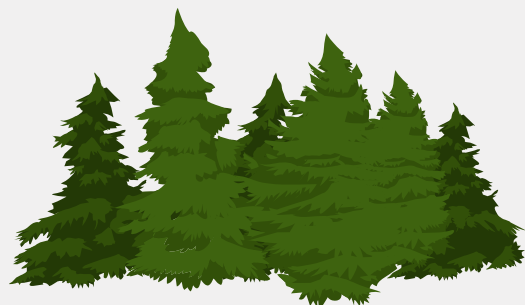


*"After having a baby, 67
percent of couples see
their marital satisfaction
plummet" - John
Gottman, Ph.D.*

As we step into the world of parenting that programming is reawakened within us. We repeat the patterns our parents created, even if our conscious minds believe we want to do things differently. We recreate our attachment style seeing our babies and children's behaviours as our parents saw ours.

To be able to continue to have satisfaction in our relationships we need to be conscious. Conscious of our thoughts and feelings and how we respond to outside stimuli. If we were left to cry as a child the sound of a baby crying can leave us feeling abandoned or rejected. All those feelings we had when we passed through the stage our child is at come to the surface.

To create the families, we want we need to start with some personalised education looking into our attachment styles, this can help us step away from this lens and see things more clearly. We can learn about child development and what is a reasonable expectation for children at different ages. We can learn how to check in with ourselves so we understand our bodies and emotions better. We can learn how to parent our inner child as well as our actual child. If you'd like a guide on this journey, get in contact. I have walked this path and would love to support you as you do too.







By Cathy McKinnon

We hear it so often lately “have confidence, be confident”. It seems like everyone wants to know how to “have confidence”. Where’d my confidence go? Why am I not confident? If I only was confident, then I’d do all the things. As if you can turn it on like a flip of a switch.

Stop waiting to be confident to the start being the person you desire. Confidence is never the cause. Bravery is. Confidence is the effect of taking daily, regular action. Confidence is a result, not a requirement to get started.

The All-elusive Confidence



Taking bold, brave action is what creates confidence within you, your relationships, your career, your reputation. If you never do things that scare you, that push the edges of your comfort zone, then you will be stuck in this vicious cycle. If you never take action—even the small steps—that is beyond what you think you are capable of, you will stay trapped in doubt.

Stop waiting and start being! It never starts with what you have. What you have is a result of who you are. Being brave will change your world. You have to step into the embodiment of living confidently. Confidence comes from your thoughts translating to action. Trusting yourself in making the right decision.

Believing in yourself. It’s not about having confidence. It’s about you being brave enough to stand in being the person you were born to be; to shed the weight of others expectations, to heal your trauma and to be open minded to the opportunities around you. Aligned, intentional action will have you showing up not only for yourself, but also for your relationships, your family, your organization, and your community. It is for the Legacy you wish to leave, your mark on those around you!



에 기대거나
계단을 마세요^^
from handrails.

YOU DESERVE HAPPINESS AND ARE WORTHY. PERIOD!

By Leslie Hodgins

I can't do that. I'm a mom. What would people think?" These are common things I hear from mom clients when I tell them they need to do something for themselves, something outside of being a mom. I work with moms who have been feeling frustrated with their life.

They have the kids, the partner, maybe the job but they feel unfulfilled and ashamed on top of that, because they were told this was all they needed to feel complete.

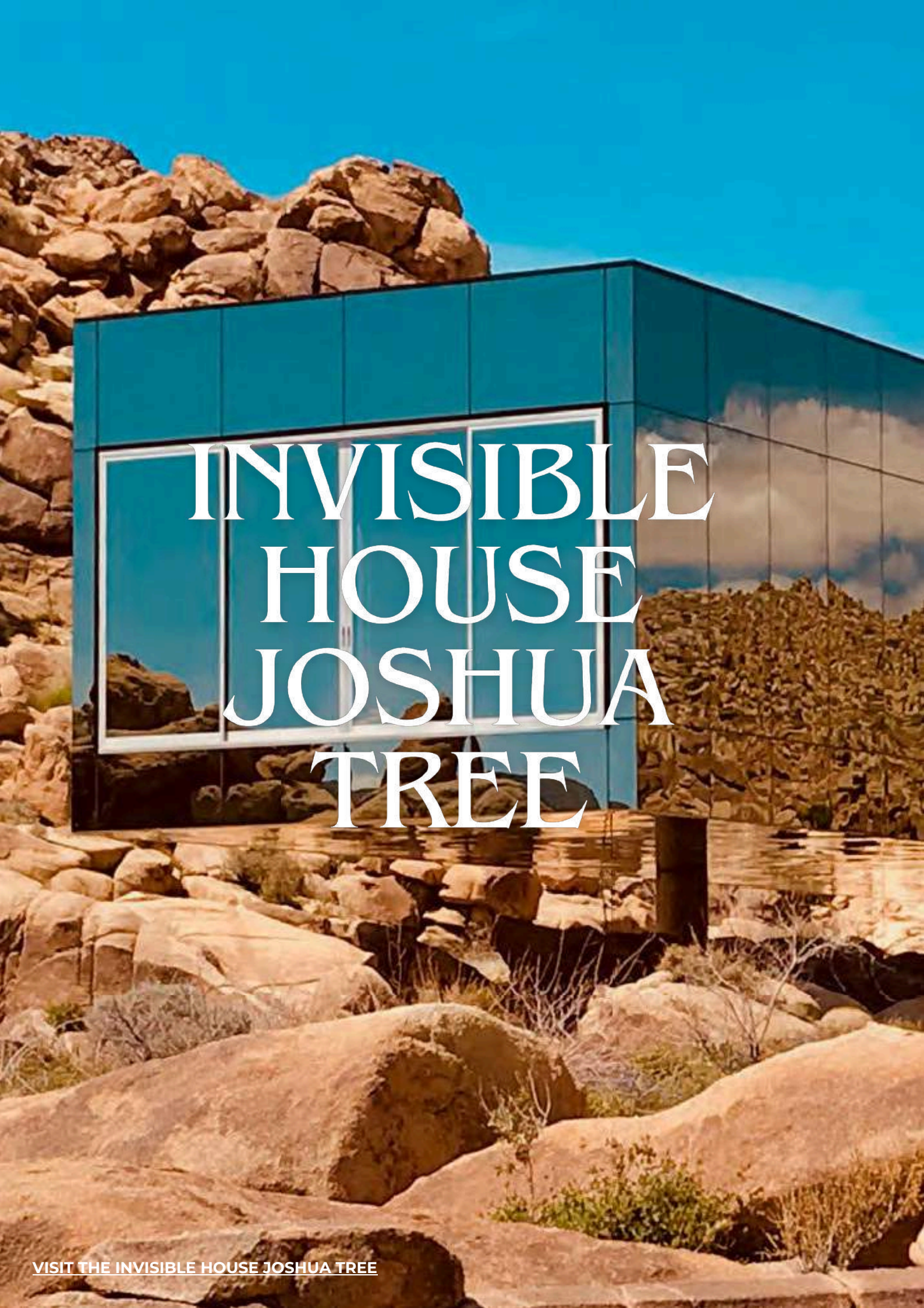
They've never considered themselves and when they do, they're judged and made to feel bad. We are moms, but we are still worthy and deserving of doing the things that make us happy and protect our time and energy.

Being in an environment that doesn't encourage us to feel good doesn't help us become better moms; it stifles our power. What I have noticed, is when a mom gives herself permission to allow her own joy and confidence to flow, she shares that energy with her loved ones and raises their energy and confidence.

She gives it all back to better others. Try this: once a month, to start, set up a day with your partner where they take the kids. You go do something that makes you feel confident and fills you with joy. This doesn't have to be expensive or all day. It can be a quiet coffee and reading a book. It can be a long hot bath.



Try it and see how it feels. Then start making it a non negotiable and regular part of your life. Mamas, we're stronger together, so if you want to learn more about how to be happy and empowered, check out my website for your free gift, and if you feel compelled to work with me to make this happen, book your free call to find out how we can do it.

A modern, rectangular building with a blue-tinted glass facade is situated in a desert landscape. The building is surrounded by large, light-colored rocks and sparse desert vegetation. The sky is a clear, bright blue. The text "INVISIBLE HOUSE JOSHUA TREE" is overlaid in white, serif font on the building's facade.

INVISIBLE HOUSE JOSHUA TREE

[VISIT THE INVISIBLE HOUSE JOSHUA TREE](#)



THANK YOU, MOM!

By Marjie Hadad

PR Expert, Speaker &
Author, *The Power of PR Parenting*



If you are a mom, Happy Mother's Day and congratulations on all that you are and all that you do! I have three grown children – boy, girl, girl – so I understand and celebrate you fully.

Toasting you today with my frothy cup of steaming hot cappuccino. Last year, I sadly lost my mother. If your mother is still living, please consider yourself lucky and give your lovely mama an extra-long hug or spend a little more time on the phone with her today. I am envious. I wish I could do the same.

My heart is sad, but I am also grateful. My mother gave so much and left a beautiful, lasting legacy. I think what I will cherish the most is how my mother showed up for me and my siblings. I think this is key to the success of the relationships that are important to us. An example: I participated in many of my high school's musical performances.

My mother would schlep me to and from my rehearsals and never missed a show. She did the same for my three siblings too – performances and sports events – while working and earning a master's degree.

My mother also marked birthdays in a special way. For my Sweet 16, she threw me a surprise party with my friends and gifted me with a dozen, long stem, red roses, noticing my quiet envy of others who had received the same in the past.

She noticed everything. Years later, she flew to Boston to surprise me for my 21st birthday and then clear across the world to Israel to surprise me for my 40th. She'd return to Israel just a few short months after my 40th for the birth of my third child.

My heart sang. I reciprocated these kindnesses in various forms over the years, including a surprise trip to the US to attend my mother's birthday celebration one year. After she understood that all four of her children would indeed be present for her special day, she muttered to herself with a smile: "I must have done something right." She did, by beautifully role modeling how to be present,

ALWAYS, for the ones we love, and we had followed her inspiring lead. So today, once again, I raise my cup of cappuccino to my amazing mom and all the amazing moms – for all that you are, and all that you do, to show up for those you love. Thank you!!



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“

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Stepping back from the frantic pace of life

An Interview With Hala Hamdar

What is your personal story and journey that led you to become an expert in your field?

My journey to becoming an expert in well-being and productivity was deeply personal. Balancing work and family life as a mother was a constant challenge, leaving me feeling overwhelmed and drained. Witnessing my own mother lose her sight due to neglecting her well-being was a pivotal moment that ignited my passion for helping other mothers regain control of their lives. Through my struggles, I discovered the power of intentional choices, self-care, and work-life harmony. Now, I guide mothers on their path to well-being, empowering them to thrive in all aspects of life, including their love relationships.

Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?

One powerful operating system I offer moms is the Positive Intelligence® (PQ) Mental Fitness Program designed by Shirzad Chamine, the New York Times bestselling author of Positive Intelligence. This approach focuses on strengthening mental resilience and emotional well-being. We explore the inner voices (saboteurs) that generate stress and negative emotions, cultivate our inner wisdom, and learn to respond rather than react impulsively. Mothers build empathy, reduce conflict, and foster deeper connections with their partners.

According to your expertise, what is the key to cultivating a fulfilling and thriving life?

Achieving a fulfilling and flourishing life requires individuals to step back from the frantic pace of life. Prioritizing physical health, emotional balance, and meaningful relationships is crucial. A mindful and productive roadmap that aligns with your needs is essential for success. Individuals can make deliberate choices that lead to fulfillment and thriving by intentionally balancing work, family, and self-care. Remember, well-being isn't a destination, it's a continuous journey. Start today by prioritizing your well-being and see how it positively impacts your love relationships.







EMBRACING MOTHERHOOD: A PROFOUND RITE OF PASSAGE

By Cassandra Love Lambert

42 hours of labor, slow and steady, led to the breathtaking arrival of my precious baby girl. This marked the initiation of a transformative journey that would redefine my entire existence. Nothing prepared me for the profound rite of passage into motherhood. The transition from woman to fierce mama bear.

As she emerged into the world, our eyes met, and an overwhelming wave of pure love engulfed me. Yet, alongside this love, I felt the weight of responsibility descend upon me, like a heavy cloak. Safeguarding and nurturing her in a world that proved unsafe for me felt daunting.

The pain, leaking milk, involuntary urination, constant bleeding, and exhaustion left my body feeling foreign, like a deflated balloon. Breastfeeding drained me, feeling as though life was being sucked out of me.

Connecting with her sometimes felt impossible, catching glimpses of my ex in her face. Left to navigate single motherhood when he left at three months pregnant, waves of heartbreak surfaced. Only later did I realize I struggled with postpartum.

This wasn't the experience I had envisioned - not the fairy tale I had dreamed of. I found myself mirroring my mom's journey: a single mom, starting over from scratch, back at my mom's house. Despite feeling like a failure, in my arms, I held the most beautiful soul, gazing at me with boundless love.

Unexpectedly, childhood trauma resurfaced, dysfunctional patterns with my mother began to repeat despite prior discussions. Feeling trapped, I experienced a dark night of the soul. I turned to Creator in anger, feeling forgotten and punished.

Questions about why so much adversity befell me so young, and why suffering persisted. It felt like no matter what I did to heal, nothing lasted. After a decade of healing, I found myself back at square one.

Each step toward Creator, dissipated my anger, and my relationship began to mend. Guided, I expressed my art at events, turning it into a full-time business. This enabled my daughter and me to move out of my mother's house and into our own home.

[CLICK TO CONNECT WITH CASSANDRA](#)

Subsequently, I was drawn to a spiritual school, where I deepened my connection. Eventually, I found somatic work, providing invaluable tools for self-soothing and regulation. As my daughter explored and tested boundaries, I realized the immense bandwidth required to remain present and calm.

Learning to be responsive rather than reactive became essential in nurturing a secure attachment with her. I also recognized the importance of apologizing and repairing in moments of reactivity, fostering trust and reconnection. Driven by this calling, I pursued certifications in Clinical EFT, Brainspotting, and Somatic Attachment Therapy.

This propelled me into assisting other moms who faced challenges similar to mine, those who didn't have the fairy tale pregnancy, but grappled with anxiety, postpartum, stress, and fear.

Through my 5 Stage Pain into Power Process, I empower mothers to heal their nervous system, converting emotional pain into resilience. We cultivate a sense of safety within their bodies, grounding them so they can thrive as mothers, and foster emotionally attuned and secure children.

Reminding mothers that no matter how bleak the journey starts, it can evolve into the most beautiful and rewarding experience.

**LEARN TO BE
RESPONSIVE
RATHER THAN
REACTIVE**





THE GREEN SPOT

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Deep Intimacy with Ourselves

By Katie Rudland

I felt like writing for this magazine as it is close to my heart. My story about The Mother. The Mother in you and I. Opening you up to my world and one of my life experiences...in 2002 my whole world changed, facing the death of my birth Mother. I was 13 years old.

Not long after this happened, I also transitioned from child/teenager to becoming a woman after having my first menstruation. Now, at age 35, I continue a deep connection with my Mum, I see and feel her in my life all the time and I love to express/show the spiritual side of connection that is not physical, whilst I only know it this way due to my experience. I feel very blessed and lucky in the ways I feel her presence.

What this experience triggered in me was a profound awakening and heart-wrenching journey of opening myself up to feeling it all, loss, death, grief and all the beauty and pain within that. It allowed me to open up emotionally in-depth, to feel and witness myself in all the ways. I intuitively took a pen to paper and began a lifetime journey of journaling. What a true blessing and gift.

I am deeply passionate and creative and have very recently intertwined this gift by releasing my first journal, A Self-Love Journal... it's way more than 'just' a journal, it takes you on your very own inner healing journey. This experience, alongside many others, taught me how to 'be' my mother, friend and lover, to discover all that is within me and what unfolded was this beautiful loving relationship with myself.

Being deeply so intimate with myself has enabled me to go to the depths on all levels in partnerships and relationships and why I love to guide others on this journey of emotional freedom.



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From Diapers to Desire: Rediscovering Intimacy After Baby

By Katrin Hinkle

Have you ever asked friends about post-baby sex life, only to be met with responses like "SEX? What's that?" As a mom of four, I understand the joys, the exhaustion, and everything in between. I have found myself in the place of feeling drained and disconnected from my sensuality and sexuality.

But a fundamental truth exists: Our Sexuality is connecting us to our vitality and is the glue of relationships. It's a gift that we are meant to enjoy and take care of and which definitely isn't meant to be another point on our to-do list. Staying connected in love is the greatest gift we can give our children, providing them with deep security and happiness.

One of the big obstacles for keeping the flame burning is the high stress levels we are under, caused by our own and societal expectations for perfection, leading to exhaustion.

Biologically, our bodies aren't wired for sex during highly stressful times. When cortisol runs high, our sex hormones take a backseat, making it difficult to feel connected to our sensuality. How do we reclaim pleasure, play, intimacy and the space to let go and enjoy each other?

The key lies in regulating our nervous system, transitioning from a state of stress to one of relaxation and safety.



By grounding ourselves, shedding our masks, and honestly expressing our desires and struggles, we create space for connection and intimacy.

Try Emotional Freedom Technique (EFT) tapping, a powerful tool for being tuned into your body and turned on with your partner. By tapping into your body's energy system, EFT helps release stress, tensions and stored emotions, allowing you to reignite the spark.

Seeking a way to release stress and tension and reconnect with your partner after having a baby? Book a support session with me today.





An Open Love Letter to the Chronically Ill Mamas



By Reba Shapiro, MS, HHC

This isn't the way you pictured motherhood. When you dreamed of what it would be like to gaze into your child's face, you didn't think you would be questioning if your own body would prevent you from being the best mama for them.

You never dreamt of missing special events and precious moments with your little ones because your body hurts so much you can't stand, or sit, or think straight. I see the tears you cry, worried you are failing your kids and afraid that they will resent you for the things you didn't do with them.

When these fears become overwhelming, take comfort in these truths of parenting with chronic illness that often are overlooked:

- 1. You can teach your children to be resilient through difficult situations that test the bounds of their strength. Your children will know how to persevere because they see you do it every single day.**
- 2. You show your children what selfless love looks and feels like. Every day, you wake up feeling less than your best and yet you try your hardest to provide for your kids and give them the best life they can have.**
- 3. You can teach them what it is means to take an active role in their life by modeling how to care for their health and wellness and how to make intentional decisions about what they want out of their life.**
- 4. You can show them that it is okay to ask for help when it is needed. It takes a village after all.**

Remember, you are the best mama for your little ones and their greatest teacher, uniquely positioned to teach them invaluable lessons they will take with them into their own futures.





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Manifesting Wealth, Ease, and Fulfilling Love: A Guide for Empowered Mothers

By Naz Spurrier

As mothers, the journey of manifesting a life filled with wealth, ease, and fulfilling love is not just a dream; it's a powerful intention that can transform your reality.

Amidst the responsibilities and joys of motherhood, it's essential to remember that you have the innate ability to create the life you desire, including abundance in all its forms.

Manifesting wealth starts with a mindset shift. Embrace the belief that you are worthy of financial abundance and that prosperity is your birthright.



Cultivate gratitude for the blessings in your life, no matter how small, and watch as abundance flows effortlessly towards you. Take inspired action towards your financial goals, whether it's pursuing a passion project, investing wisely, or seeking new opportunities.

Creating ease in your life as a mother involves setting boundaries, delegating tasks, and prioritizing self-care. Remember that taking care of yourself is not selfish; it's essential for your well-being and the well-being of your family.

Practice self-love, say no to unnecessary stressors, and seek support when needed. By creating a harmonious balance between your roles and responsibilities, you invite ease and flow into your daily life.

Fulfilling love encompasses nurturing relationships with your children, partner, and yourself. Show love and appreciation openly, communicate effectively, and prioritize quality time together. Don't forget to love yourself fiercely, embracing your strengths and imperfections.

When you radiate love from within, you attract loving relationships and experiences into your life effortlessly. As a mother, you have the power to manifest a life of wealth, ease, and fulfilling love. It begins with shifting your mindset, taking aligned action, and nurturing meaningful connections.

Trust in your abilities, believe in abundance, and watch as your dreams unfold beautifully. You deserve a life filled with joy, prosperity, and love in abundance.



CONFIDENCE THROUGHOUT MOTHERHOOD

*It's not about being perfect; it's
about believing in yourself and your
abilities*

By Andrena Phillips

Motherhood is often described as one of life's greatest journeys, filled with joy, love, and fulfillment. Yet, amid the chaos of diapers, tantrums, and sleepless nights, it's easy for doubt to creep in. Am I doing enough? Am I making the right choices? Can I handle this? Let me remind you, dear mama, that you are more capable than you think.

You possess a superpower unique to motherhood: unwavering confidence. Confidence that blooms from within as you navigate the unpredictable waters of raising tiny humans. As you grow and evolve through motherhood, you become an even more amazing woman with each passing day. Every challenge you overcome, every hurdle you face, adds to your strength and resilience. You are powerful, purposeful, and prosperous in your world, a force to be reckoned with.

Confidence isn't about being perfect; it's about believing in yourself and your abilities, even when faced with uncertainty. You may not have all the answers, but you have the resilience to figure it out. Trust your instincts, they've guided generations of mothers before you. Remember, you are your child's first teacher, nurturer, and role model.

Your love and guidance shape their world. Embrace the beautiful chaos of motherhood, knowing that your presence alone is enough to make a difference. Celebrate your victories, no matter how small, a peaceful bedtime, a homemade meal devoured without complaints, a heartfelt "I love you" from your little one.



These moments may seem insignificant, but they're the building blocks of your confidence as a mother. Surround yourself with a tribe of fellow mamas who lift you up, support you, and remind you of your strength on the days when you feel like crumbling.

Together, you'll weather the storms and bask in the sunshine of motherhood's triumphs. So, mama, stand tall and embrace your superpower. Your confidence shines bright, illuminating the path for your children to follow. Trust in yourself, believe in your journey, and know that you are exactly the mother your child needs a remarkable woman, growing and getting better every day.

And as Mother's Day approaches, take this opportunity to celebrate everything you are to yourself and your children. You are the heart and soul of your family, and your love knows no bounds. Happy Mother's Day, dear mama. You deserve all the love and appreciation in the world.





Transforming Noise into *Meaning*

By Simone Bueno

As women and moms, we often feel our efforts go unnoticed, drowned out by the noise of everyday life. Despite this, we continue to juggle multiple responsibilities - caring for our children, managing our households, and often supporting our partners while pursuing careers or running businesses. Yet, our stories remain untold, our struggles unseen, and our triumphs unheard.

But I am here to change that narrative. I am here to amplify the voices of women and mothers, to transform the discordance of daily life into powerful narratives of strength and resilience. Through the medium of video and the reach of social media, I aim to share stories that inspire and uplift, that showcase the incredible capabilities of women in all their roles.

I understand the challenges you face because I've lived them too. And I am committed to guiding you, empowering you to share your story, to leave a legacy that resonates far beyond your immediate circle. Together, we will turn the mundane into the extraordinary, and the ordinary into the exceptional.

Yes, I am that woman and mom who will walk alongside you, helping you craft your narrative and ensuring that your voice is heard. Together, we will create a ripple effect of empowerment that will leave a lasting impact on those who hear your stories. Let me help you embark on this journey, transforming noise into meaning and leaving a remarkable legacy for generations to come.



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