



Connect with Mentors and Mothers

Setting

If Alone -- a comfortable place to sit with a table or space in which to light candles

If in a Group -- a place large enough for all to sit in a circle with space in the center for:

- * Lighting candles
- * Several small candles or vigil lights
- * Tape or CD Player
- * Room for walking

If in a group: sit in a circle. *If alone:* sit in the circle of your imagination.

Introduction

Take some quiet time to recall the names and faces of women, both living and deceased, who have mothered, nurtured, mentored you physically, emotionally, mentally, and spiritually. (*Pause and play quiet music during reflection time.*)

Invite the women who come to mind, one at a time to join you in the circle. Include in your invitation the way in which each woman mothered, nurtured, or mentored you.

Suggested formula:

*“(Name of woman), who nurtured my spirit when it needed feeding,
I welcome your presence here now.”
Do this for each of the women you wish to invite.*

Verbal Invitation

Invite each woman to name one individual as she feels moved to do so. (*As each woman is named, light a small candle to represent her presence and set it in the center of the large circle.*) (*If alone, set the candles in a circle in front of you.*)



Silent Reflection

Sit for a while in silence, absorbing the light of those who have responded to your invitation to be present. (*Play a song that symbolizes what one of the mother-mentors might say or the gift which she has given. Suggestions: “You Light Up My Life,” Ann Murray, or “I Hope You Dance,” LeeAnn Womack.*)

Meditative Walk

Stand and walk meditatively, following in the footsteps of your mother-mentors, one at a time. How does each move you? Where does she lead you?

Closing Ritual

Hold hands in the circle and allow each woman to speak aloud the blessings which her mother-mentors send her. When she is finished, she blows out the candles which represent them.



(If alone, end by blowing out each candle and as you do so, let the person whom the candle represents, bless you. What would she say to you?)

End with a blessing for each other or with a possible circle dance. *(Suggestions: "Woman, Divine Messenger," Europe II recording or "All You Teachers of the Light," Europe III recording.)*

Acknowledgments

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