

ISSUE 2 • MAY 2021

Sacred Mama News

Official Newsletter of Sacred Mama Circle Facilitators



A Message from Mama Maria

Hello beautiful mama, welcome to our May 2021 Sacred Newsletter. I encourage you to grab a cuppa and enjoy this read. You'll find inspiration and hope especially designed to balance all the negative news and challenges you may be experiencing personally and out there in the world.

Firstly, take a slow deep breath and exhale. Ahhhh. That's it. Let your shoulders soften. Let's do that three times and repeat after me, "May I be kind to myself". Let that sink in and soften your heart, "May I be kind to myself".

Well done, beautiful. Now see if you can keep that self-kindness feeling as you read on...

Here at The School Of Intuitive Motherhood and the Sacred Mama Circles (SMC) Facilitator Certification we are bonding together closer and enjoying the process of having a shared vision for the changes we want to see in ourselves and in the world.

In this month's newsletter the SMC leadership team, facilitator community and myself are excited to share with you the following articles + Mother's Day Gift (from my mama heart to yours).

With Love, Mama Maria



This issue:

- 🌸 Being Part Of Something Bigger Than You
- 🌸 Your Destiny Self Challenge: How To Become Empowered & Free
- 🌸 Welcome To The New Mamas In Our School
- 🌸 The Powerful Women Behind Mother's Day. Do You Know Them?
- 🌸 What Mamas Actually Really Need
- 🌸 A Sacred Sanctuary Experience - FREE Mother's Day Gift For You
- 🌸 PostNatal Depletion: When A Woman's Transition To Motherhood Goes Wrong (& What To Do)

Being Part of Something Bigger Than You

It is not by chance you find yourself here, now, in a time when women are rising, Mothers are rising and we are all healing - TOGETHER.

We are in the midst of a huge evolutionary change where we are transitioning out of the Industrial Age; a time of repression, imbalance, over-productivity and greed into the Aquarian Age; an age of freedom, justice, restoration of balance and most importantly, TRUTH.

We are into the beginnings of the New Age, and if you look around you, you'll see these powerful energies at work. New liberation movements are gaining powerful momentum, outdated structures and systems that the old world was built upon are crumbling to the ground, creating a void and space for a rebirth of something greater and more beautiful to emerge.

You will see this on a global scale but you may also feel it happening deeply within you. You may feel old identity pillars, belief systems, thought structures, behavioural patterns and ego reactions starting to shake and tremble... or perhaps (even better) you are tearing them down and transmuting them through the power of a fiercely loving warrior goddess.

Anything that has been a lie, hiding beneath the surface, been repressed or has gone under the radar is now bubbling up to the surface, for deep healing and full liberation. TRUTH always prevails and your Truth is being supported tremendously to rise and bloom vibrantly - can you feel it?

It takes a level of awareness and surrender to let go of these old structures.



It can feel scary to let go of all that you have known. But rest assured, what dwells in the unknown is not as frightening as society has led you to believe.

Allowing yourself to enter into the space of the unknown, which means letting down all those strong guards, allows universal energies to provide you with the breathtaking truth of who you really are, and the support to live your highest potential.

Needless to say this is an amazing, and challenging, time to be alive, and Souls who've chosen to incarnate during this time have a special part to play in this spectacular evolution. Each of YOU have an important purpose here, now, in this lifetime - nothing is by chance.

The SMC Movement is born from the fires of the powerful, transformative shift that is occurring.

She provides a sacred container for all mamas to heal and rise, connect with and live their purpose and create profound changes on this amazing planet.

In this space a mama can heal and rise in a supportive and loving environment so she can step out into the world shining with confidence, power and purpose and claim the meaningful life that is really meant for her. This is our vision for all mamas!

By 2030 1 million mama hearts will have been ignited and changed forever with our SMC Movement! That's at least a million mamas who feel more love, peace and connection; a lasting effect which will ripple out to countless families, children and communities globally.

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Being Part of Something Bigger Than You...

Children are our future, each has a special purpose to heal the planet and contribute to creating more balance and harmony. The more mamas that are fuelled with love, connection and purpose the more they will have the capacity to truly nurture their children into their purpose too!

Understand the domino effect of the sacred work that you do when you hold a Circle for a mama. A Circle can bring her into deeper connection with herself. This deeper connection can enable her to care for herself in a more intimate way. Caring for herself will ensure she has more energy and understanding of where to focus herself (on what really matters in her heart). This will flow onto her family, repairing relationships and deepening her connection to her children. Can you see how Circle can have such a powerful impact on multiple lives? Incredible.

The truth is that women are powerful when together, in collaboration, connection and celebration. This divine feminine synergy helps us hold each other in our pain and lean on each other's strengths to unite our power.

From that place we can create the world that we dream of - TOGETHER.

We were never expected to do it alone in disconnection and struggle.

Each woman who is part of this movement has undergone her own spiritual awakening where she has realised that there is far more to this life than what we can see on the surface or than what we are led to believe. Each woman brings with her a deep passion to serve, to make a difference to the lives of mothers, children and the future of our planet. Each woman is on a mission to be part of the co-creation of a New Earth together.

Know that being part of this movement is being part of something much bigger - you are a part of world change. You have the power to change lives and when we work together we can create change on a grand, global scale. All of you are incredible and nourish this movement, whether you're a facilitator or a subscriber at this stage, each person holds a beautiful space here.

So much love to you all.

Sacred Mama Circles Leadership Team



Want to know more?

If you are interested in becoming a SMC facilitator please check [this page](#) for more details and get in touch with Maria via: maria@mariagolding.com for a free discovery session.

Discovery Call

1 hour

This Discovery Call is a free 60 minute call with Maria to discover the next steps in your sacred journey and purpose-fuelled life, and/or to explore the possibility of becoming a Sacred Mama Circle Facilitator.



Destiny Challenge

As you may know we have the incredible Destiny Life Challenge coming up, where we will be showcasing our amazing SMC Facilitators .

You will have an opportunity to experience aspects of their circles, hear about their amazing personal transformations, inspiring stories of healing and change and more!

We hope the presentations at this event inspire an inner revolution within you and give you the hope and knowing that you are never, ever alone, you too can experience the amazing freedom that our students have experienced.

Keep an eye on our [Intuitive Mamas Facebook Page](#) for more details.



STEP INTO YOUR DESTINY

Welcoming New Mamas to the SMCF School and our Community

Welcome to our beautiful new women in the Sacred Mama Circles Movement. Each of you are amazing and bring with you special talents and gifts. We truly appreciate you for all that you are and are excited to watch you rise alongside us within this powerful movement.



Danielle Rhodes:
Danielle is a
Hypnobirthing Australia
Practitioner



Hedi Rose:
Hedi is a Music Alchemist
and Natural Mama

Melody Shanks:
Melody is a Psychologist
and Sacred Earth Mama



Tammie Watts:
Tammie is a Business
Owner and Lightworker



Mother's Day

The powerful women behind Mother's Day. Do you know them?

Mother's Day itself came about through some powerful women even back as far as ancient Greek and roman civilizations when Goddesses Rhea and Cybele were celebrated as adored representations of the Earth Mother Gaia and the Universal Mother of All.

Included in practices of worship of the Goddesses, Priestesses were said to lead ecstatic ceremonies with wild music, drumming, dancing, and clashing of shields and spears, and shouting – all at night. Amazing.

In the 1870s, Julia Ward Howe, feminist against slavery and for the right of women to vote penned the "Mother's Day Proclamation". It called for mothers to band together to promote peace. Later, she also unsuccessfully pushed for the creation of a holiday called Mother's Peace Day.

Around the same time, Ann Jarvis organised Mothers' Friendship Day and in 1914 the President of the USA Woodrow Wilson named Mother's Day an official holiday.

Mothers are the ultimate advocates for their children – and historically, they have been powerful forces of change.

Some women in the second half of the 20th century used Mother's Day to draw attention to important causes. For example, Coretta Scott King organised a march in 1968 to fight for underprivileged women and children, and in the 1970s, women's groups used the day to discuss equal rights and access to childcare.

Today I feel so honoured that these powerful women carved the way for our modern day mothering. And at the same time I feel like our work has only just begun.

For a while now I've been sensing another evolution revolution evolving - as we come together in powerful communities of positive change. You and I mama are making conscious choices now for a better future.

It starts with each of us taking a stand for ourselves.

Postnatal Depletion

When a Woman's Transition into Motherhood goes wrong (and what to do) with Dr Oscar Serrallach.

“ I no longer look at the world the same as I did. I'm upgraded in some way. ”

These are the words spoken by a mama who understood this sacred time in her life. She was learning how to transform her depletion into empowerment.

But what is this sacred transition?

What are the signs of postnatal depletion?

If you think you could have it, what can you do about it?



My friend & Health Coach , Kate Barnes, interviewed the amazing Dr. Serrallach who answers these questions with the passion to empower mothers to be their best selves.

[Watch Here.](#)

What Mamas Actually Really Need

Dear Mama...

Are you feeling depleted? Maybe hoping that Mother's Day doesn't become another day where you keep giving?

You're not alone!

Many mothers say that even though they're grateful for the presents, the cards, the cuddles- they don't get one of the most important things they really need.

That is - a place & space just to 'be', to have an experience of uninterrupted receiving. To deeply rest and feel the quiet within. To connect with the power inside themselves and take time to contemplate what else might be needed to feel truly whole, alive, authentically themselves.

An outlet where they are nurtured and soothed, and can let their pretences down and reconnect with the simplicity of just 'being', masks off.

Maybe add to this a fresh cuppa tea in peace. Ahhh, perfect!

Does that sound like something you'd love for mother's day?

This is what we call a Sacred Mama Sanctuary. It's an experience I would love every mama to have for Mother's Day.

I understand it may not be possible for you to get to a circle as so I'm giving you a pre-recorded virtual sanctuary experience to enjoy from the comfort of your own home.

All you need to do is carve out 30 mins just for you. Create space over this weekend (or early next week) to really receive.

Approach it like a mini retreat- create a sacred space using things that are nourishing and meaningful for you. For example, items for an altar, rug under a tree, beautiful music, a bath . Bring a journal, paper and coloured pens, follow along with the video and really 'feel' like you are with me and the others mamas in our community.

Let me know how you go with it by replying to this email.

We've got you, and our Sacred Mama Circles Community is sending you the warmest virtual hug for mother's day. You deserve to know you are so loved.

xxx



Happy Mother's Day!!!

*[Click Here](#) for Your
Sacred Mama
Sanctuary Gift- a
video experience with
me so you can go on
your own mini retreat.*