



Video Transcript

Mothering The Self A Movement Journey

Hi, everyone. Aliza here. Today's movement journey is called mothering the Self. When we tune into the principle and the energy of mother, it can bring things up for all of us, and so as we begin this journey. Please know that whatever your relationship is with Mother, it is possible to come into right relationship, healthy relationship, an empowered relationship with a mother principal at large.

And so what we'll do today is we'll actually journey first with our birth mother, then with the Earth mother, Gaia herself, moving into our dance with the Divine mother. And finally dancing with our inner mother and truly exploring what it means to mother ourself. And so if any of this feels edgy for you.

I trust that you're here for a reason, that this is the perfect time to start leaning into and healing your relationship with Mother with a capital, um, and start really learning how to mother yourself, which is a lifelong journey for each and every one of us. For today's class, you'll want something comfortable to sit on.

You may choose to light a candle or light some incense or gather anything at all. That helps you create a sense of sacred space for the journey. We'll go on today and we will come up to stand and move our bodies expansively and freely. So if you need to clear some space in your space, take a moment to do so now and gather everything you need for this journey.

Before we begin, I recommend pausing this video, getting what you need, and when you're ready, come back and meet me in a seated meditation.

So as you're ready, taking your seat, resting your palms on your thighs, relax your shoulders and allow your eyes to close. And as we begin, simply feel the support beneath you, the support of the Earth. Mother Gaia.

Balance the weight of your pelvis between right and left forward and back. Finding a place that feels centered as you lift and lengthen your spine.

And as you exhale, let go of any strain. Any unnecessary efforts

and allow yourself to arrive fully in this present moment.

As we begin this journey, I want you to imagine roots growing from the base of your sea. Eat all the way down through the soil beneath you, following that organic intelligence down, down, down into the heart of the earth, plugging into the core of our earth, mother Gaia, as we begin this journey of mothering the South,

and when you get a sense of that, bring your hands to your navel and just take some deep breaths into the belly button. This place that lit. Literally connects us to the mother through our umbilical cord. How we all begin finding this nourishment, umbilical nourishment.

And imagine an energetic, umbilical cord extending from your very own navel down into the heart. Of the Earth. Mother, Gaia,

rooting, grounding, and umbilical, connecting yourself to this primary nourishment of the earth. Mother.

When you get a sense of that, bring your hands up to your heart. Take a few deep breaths here.

And if you can truly listening to what feels right to you, bring to mind your birth mother, the woman, the one and only woman who gave you life in this lifetime, who brought you into form. Bring her to mind. Invite her here to dance with you, inviting any. Feeling possible today through our meditative dance journey, and notice what comes up as you tune in to your birth mother.

The gratitude and any other emotions or stories that are present, allow it all to be here.

And whenever your relationship has been to your mother, send her gratitude and blessing as we begin

acknowledging that we wouldn't be here without her.

And when you're ready, reach your arms up toward the sky. The sky is usually associated with the father principle, with the divine masculine, but today we're going to reach up and connect to

the divine mother, the idealized mother, the holy mother. Whatever images come to mind for that. The idealized.

Mother Principle, unconditionally loving mother principle, all the mothering you've ever needed available through this Divine mother embodied by so many goddesses. Open your arms. Open your heart and receive that template, that possibility of experiencing and also embodying Divine Mother.

And when you get us a. Of that exhale, join your palms together in front of your heart.

Rooted now in the earth. Mother connected to the divine mother with gratitude for your birth mother, feeling the pulse of your own beating heart and the shared rhythm with your mother. And your grandmother and all who came before you,

and either with your palms pressing together or pressing into your own heart, whatever helps you connect. Start to tune in to your inner mother, the ways that you mother yourself, the ways that you succeed at mothering yourself, and the ways that you can do better. At mothering yourself,

how are you ready to better mother yourself? Bring it in. Listen in as we begin this journey.

Taking a few deep breaths as you listen.

Beautiful. Take a deep breath in, fill your heart space. Exhale, relax your shoulders down, giving thanks for all the information that arrived, all that you were shown. In that opening to our class, and as you're ready, we're gonna stand up and begin to warm up the body. So take your cushion, anything you were sitting on and move it to the side.

And as you're ready standing, just stepping your feet right and left, kind of like in the same way a cat will press into its mama with its paws, it's called kneading. We're gonna knead just like a cat into mother earth. Just press anchoring, warming up.

Good. You can let your hands mirror this movement and let your feet start to explore the space. I'm facing forward, but you don't have to. You can turn, you can rotate, you can change the tempo.

Connecting to that very primal connection through the feet to mother, the earth beneath us. Gaia as a living, being, breathing, being.

With its own, with her own intelligence, connecting to that

good, relaxing your hands. Keep kneading with the feet, but roll the shoulders. Let's loosen up the upper body.

Relaxing. The neck, the jaw.

Taking deep breaths, making sound as you need to. Bring in your elbows, lifting the elbows.

Repetitive movements help us get out of our heads and into the body, extend through the fingertips.

Good. Stepping your feet, reach your arms up to that divine mother and down to the heart, connecting to your inner mother. And down to the earth, earth, mother and to your heart, the inner mother a little faster. Up, down, up, down, up, down, down, up. Divine mother, heart, earth, mother heart, up. Heart and down heart a little faster.

And let your hips move,

bridging all the dimensions and expressions of mother and what it means to you,

and let yourself journey inside as you move your physical body.

Eight more.

Bringing that Divine Mother principle down to Earth. Two more. Two and one Good. Circling your hips in one direction. We can't talk about mother with talking about the womb, without talking about the womb and the pelvis. So awakening your hips, circling in one direction.

Good. Switch directions.

Good. Just sway side to side and let your womb right this connection point to our mother, our grandmother, and all the generations to come.

Let the womb guide your movement.

It is not every day. Maybe it is for some of you that we really let our womb guide us in how we move through the world. Awakening that innate intelligence, that intuitive space, and let your womb dance however it needs to in this moment. Don't think about it.

Connecting your womb to the womb of the earth,

remembering that umbilical cord that you sent down. Drawing up the nourishment from the earth mother

so that whatever your relationship has been with your birth mother, you are held, nourished, supported by Gaia.

And as you move with your womb and your roots so deeply connected. Now to Gaia, I want you to let your arms and your upper body find movements of self mothering. So for me, that's expressing like really sweet self touch, feel soothing, see what it is for you.

Let go of any judgments and celebrate that you're even here exploring in movement. Your relationship with mother. Ah,

just about another minute or so of this exploration. So really go for it.

What is the embodiment of mothering the self?

How do you wish you were met by your birth mother? Give that to yourself here. A no.

Listening deeply, listening to your body's needs, your inner child.

Almost there.

Good. And notice what has shifted what you're feeling as we go deeper into our mothering, the self journey,

and as the drum picks up, ah. I want you to feel into what you're ready to release On the theme of Mother, what's no longer serving you, maybe you're preparing to be a mother and you're ready to let go of the distorted mother templates that you received.

Maybe. You mother in other ways, mothering a community, a creative mission, still ready to release what doesn't serve. This song is all about releasing, so shake out your hands.

And even if you don't know consciously what you're releasing, we're just holding this intention of letting go. Letting go of what no longer serves us on the theme of Mother Shake your Elbows.

And your shoulders

and your head, your cheekbones. Shake your cheekbones. Relax the jaw.

Release your thinking.

Good. Shake out the heart and the rib cage.

And the hips. Let the hips go wild here. Shake it out. Don't think about it.

And into the legs.

Anything else you need to shake out, let it go.

Letting out some big size eyes

empty out completely so we can reset. Our relationship with mother.

Just a little bit more. Give it all you've got.

Woo. Amazing, amazing job. Celebrate yourself for all that you've just released. We're gonna take that vibrant, buoyant, high energy into this next song as we go deeper on this theme of mothering the self. Ah, now that we've made space in the body, we've released our old ideas. Of mother what no longer serves.

We're gonna take that energy, that vibrant energy into new expression. So for this song, I want you to improvise. I want you to find your own authentic dance of mother.

How are you ready to mother yourself? Mother, your creative projects, your creative vision, mother, this world,

even if you don't think of yourself as a dancer, allow yourself to be moved. By the intelligence of life, by the rhythm, by your breath, there's no right or wrong way to move. Let the music mother you.

You are really making space for any emotions that arise, any tenderness, any grief,

knowing that you are not alone in your journey of healing The mother.

We are all mother to something and we are all daughters of Gaia.

Feeling into any other movements of mothering the self,

and just about another minute. Of this exploration. What else do you need to redefine your relationship with the mother?

Beautiful job. If it feels right, wrap your arms around yourself. Give yourself a really sweet embrace, mothering yourself, and for this next song. I'm just about two or three minutes. Use this song for self-care, for really nurturing your body. Any stretches, any movements that feel soothing and grounding.

You could choose to wrap your arms in a hug and stay the whole time or roll around on the ground, whatever you need. Is following the beautiful music of the flute, riding the wind of your breath.

The earth mother beneath your feet, and the divine mother within and all around you.

Really listening for what else you need to close and complete this beautiful journey.

Finding any shapes, any movements that feel like a healthy mothering of.

As you're ready, finding that sweet embrace once more,

we invite you to meet me once again in a seated position to close our practice today. So arriving once again in your seats, observing any shifts in your physical body, your emotional body, and in your mental body,

returning to your roots. Deep in the earth and remembering that umbilical cord that you sent down, that you reset and reactivated, connected directly to Gaia

good, lengthening your spine nice and tall, and bringing your hands to your womb, blessing your womb. Blessing your umbilical connection.

Good. Reaching right, raising, rising, moving your hands toward your heart center. Blessing yourself and thanking yourself for your courage in embarking on this s Mothering, the self journey today. With an inhale, reach your arms out to the sides, lift your arms up and lift your heart up. Acknowledging the divine mother, her wisdom and guidance, and showing us today what's possible, how it's possible to mother ourselves in alignment with unconditional love.

Taking a deep breath. And as you exhale, join the palms in front of your heart and gently bow in to your birth mother, bringing your birth mother to mind. Whatever your relationship is to her. Finding and sending gratitude for the sheer fact of bringing you here.

As you inhale, open your arms once again, and as you exhale, wrap your arms around yourself, honoring your inner mother and all the ways in which you are learning, evolving and growing to mother yourself, mothering yourself so that you can mother your vision and mother this world in a beautiful way.

Take a couple more breaths here, anchoring in any blessings, any insights, any remembrance that you touched in today's movement journey.

When you're ready, slide your hands to rest on your heart, deeply thinking yourself, the earth mother, your birth mother, the divine mother, and your inner mother.

When you're ready, join your palms and gently bow into the wisdom within you into the mother in all of her forms.

Thank you so much for your courage, for your willingness to dance with this theme. I bless you on your journey of mothering yourself. And I encourage you to keep dancing and keep trusting.