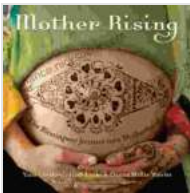


# Mother Rising: The Blessingway Journey Into Motherhood

## What is a Blessingway?

A Blessingway is a traditional Native American ceremony that celebrates the transition to motherhood. The ceremony is typically held during the last trimester of pregnancy, and it is attended by the expectant mother's close friends and family members. During the ceremony, the expectant mother is blessed with prayers, songs, and gifts. The Blessingway is a time for the expectant mother to reflect on her pregnancy and to prepare for the birth of her child.



## Mother Rising: The Blessingway Journey into Motherhood by Yana Cortlund

★★★★☆ 4.5 out of 5

Language : English  
File size : 5133 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 176 pages



## The Benefits of a Blessingway

There are many benefits to having a Blessingway. The ceremony can help the expectant mother to:

- Connect with her pregnancy and her unborn child
- Reduce stress and anxiety about childbirth
- Build a support network of friends and family
- Prepare for the emotional and physical challenges of motherhood

## **How to Plan a Blessingway**

Planning a Blessingway can be a lot of work, but it is also a very rewarding experience. Here are a few tips for planning a Blessingway:

- Choose a date and time for the ceremony. The best time to have a Blessingway is during the last trimester of pregnancy, when the expectant mother is starting to feel the physical and emotional changes of pregnancy.
- Invite your close friends and family members to attend the ceremony. The Blessingway is a time for the expectant mother to be surrounded by the people who love and support her.
- Decide what kind of activities you want to have at the ceremony. Some common activities include singing, dancing, praying, and gift-giving.
- Create a sacred space for the ceremony. The sacred space can be anywhere that feels comfortable and safe to the expectant mother. It should be a place where she can relax and connect with her pregnancy.

## **The Blessingway Ceremony**

The Blessingway ceremony typically begins with a smudging ceremony. The expectant mother is smudged with sage, which is a plant that is used

to cleanse and purify the body and spirit. After the smudging ceremony, the expectant mother is invited to sit in the center of the sacred space. The other participants in the ceremony then sit around her in a circle.

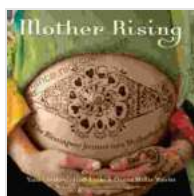
The ceremony continues with a series of prayers, songs, and gifts. The prayers are offered to the expectant mother and her unborn child. The songs are sung to honor the expectant mother and to help her to relax. The gifts are given to the expectant mother to help her prepare for the birth of her child.

The Blessingway ceremony typically ends with a feast. The feast is a time for the expectant mother and her guests to come together and celebrate the transition to motherhood.

## **Mother Rising: A Guide to the Blessingway Journey**

Mother Rising is a comprehensive guide to the Blessingway ceremony. The book provides step-by-step instructions on how to plan and conduct a Blessingway, as well as insights into the spiritual and emotional significance of the ceremony. Mother Rising is an essential resource for any woman who is planning to have a Blessingway.

Mother Rising is available for purchase on Amazon.com.



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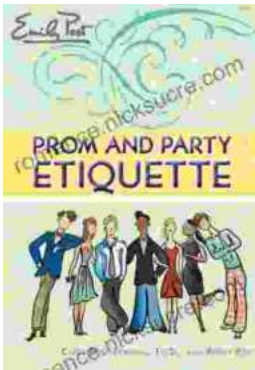
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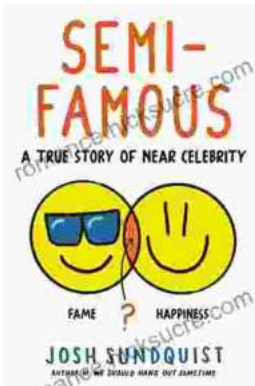
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