

Happy Healing Mother's Day!

This is an oldie from last year which still rings true. I hope you enjoy it again, or for the first time. Happy Mother's Day!



If ever there was a day for journaling, it's Mother's Day. I can't think of another day in the year that brings up as many conflicting emotions. Talking greeting cards, flowers, and breakfast in bed are all nice gestures to acknowledge our mothers. But the truth is, for many of us—whether we're the child or the mother—there's an aching pain below the surface.

Let me list some possible reasons:

- *You've lost a mother you adored*
- *Your mother left you*
- *Your mother was/is a terrible mother*
- *Your child died*
- *You terminated a child*
- *You can't have children*
- *You gave a child up for adoption*
- *Your children have abandoned you*

The list could go on and on, but I'll stop because my intention is not to depress everyone on Mother's Day. Quite the opposite. *I just want the healing to begin.*

The mother/child relationship is a sacred one but often fraught with turmoil and heartache. What can give us the greatest joy can also cause the greatest pain.

We humans have monumental expectations of others and of ourselves. And when these expectations don't turn out as planned we start stuffing our grief, anger, pain, guilt and shame down deep where we think it can't hurt us. But it eventually rises to the surface and begs to be acknowledged.

And here's where the light can come in! From an energetic point of view, all of the emotions I just mentioned are dark, negative energy that can wreak havoc on our mind, body and spirit. We *must* do everything in our power to dissipate it.

Think about opposite emotions that we have a conscious choice to embrace. Happiness, joy, forgiveness, and self-love. *These are light, positive energetic forces that lift us up, heal us and can make us whole again.*

My own relationship with my mother was a tumultuous one. She was never cruel or abusive like some, but we always seemed to be at odds. Under the surface kind of stuff. Towards the end of her life *I was finally able to see things from a different perspective and take responsibility for the role I had played in our drama.*

I consider it a gift that I was able to spend a great deal of time with her in her last years and heal a wound that had festered for far too long. I was alone with her when she took her final breath and in spite of the grief, I was grateful to have been by her side.

Years later when I began journaling and exploring the relationships in my life, I began to look at my relationship with my mother in a different light. She herself had lost her mother when she was eight years old and was one of eleven children growing up in Detroit in the early 1900's. She witnessed a lot of death and sadness in her childhood – more than I can even imagine. *There are always two sides to every story and we need to remember that.* [Continue reading here](#)

Barbara Sinclair is a visual artist, AADP certified Holistic Health Counselor and Energy Healing Practitioner with a passion for Ayurveda. Barbara was able to heal herself from fibromyalgia by learning and implementing ancient holistic practices, including Ayurveda. She is now pain-free and eager to share these methods with her readers and clients. You can

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