

Lessons from the Journey... “The Word of a Mother: Create or Destroy”

By Heather Hetheru, Personal Change Coach

Good Day Good People!

Backstory:

Women are born into this world with a unique purpose. Depending on your preferred creation story, the origin of humanity and our ultimate end may stir a variety of reactions and behaviors that define the life we decide to live. There is a natural order of journey of life. Female babies grow into girls, girls to women, women to wives, and wives to mothers. There is no judgment on those of us born female and the order that our lives progress after we were recognized as girls. The collective circumstances, environment, knowledge, experience, and our motivations (and a few other unique factors including DNA) shape the order of life and who we become. Regardless of who we become, armed with the correct knowledge and intention, we are powerful beyond measure! Without the correct knowledge and awareness we are destructive beyond comprehension! For example, many of us may not be fully aware of our ability to create or destroy the lives of our children with our words. Whatever lens you choose to process this insight, please keep an open mind, because the life you create or destroy may be your own!

Intention of Action:

In the shadow of Mother’s Day, let me share with you a practical example from the perspective of motherhood. Whether motherhood was an intentional choice or an unplanned event, the collective circumstances, environment, knowledge, experience, motivations and a few unique factors including DNA often shape the type of *mother* we become. Giving birth and having the “title” of Mother does not automatically give us the skills for *motherhood*. Motherhood itself is a “process of becoming.” When we conceive, carry and birth a child into the world we are deeply entrenched in the creation process. It is during the creation process that the WORD is most powerful. The womb-niverse inside of our bodies is an extension of the universe where all things are possible and can be “spoken” into existence. Therefore, what we say, eat, do, and feel has a direct impact on the life incubating inside of us. Our voice is easily recognized by the child incubating through vibration, tone, pitch, intensity and the chemical reactions stirred by our thoughts and feelings that fuel the words we speak.

The environment that is created from our intention and feelings not only impact our own bodies but also shapes the child incubating inside us! After the child is born the impact of the environment we created, as well as our voice, continues to vibrate within the child throughout his/her lifetime. After birth, our child, who has developed a memory imprint of our words, thoughts, feelings and intentions have internalized us and integrated as part of who they become.

Solutions for Consideration:

Motherhood is a process of becoming a mother. When mothers truly gain the insight that our words can create or destroy we will advance motherhood to the level of intention that will be the change we need to see in our families, communities and the world. Our intention to speak through encouraging words, will continue to create the circumstances, environment, knowledge, experience, and motivations that will impact not only the DNA passed on through our children but the factors that contributes to shaping the type of person our child becomes. Now ask yourself, what is evidenced in the words that you have spoken into your child’s life? Based on your “word” did you create or destroy?

Resources:

Share my “lesson for the journey” through one of my 5 lessons for the journey books available on Amazon under Heather Hetheru Miller or view workshops, videos, and/or podcasts by visiting yourinspiredjourney.com.