



Expectant Mother Blessing

Seat participants in a circle surrounding the mother.

Opening

- **Welcome** - Give a welcome greeting and brief description of Mother Blessings. (*The blessing is intended to provide peace, comfort and support to the mother and to strengthen, enlighten and prepare her for the blessed event of childbirth.*)
- **Clearing** - Smudging with smoke or mist is done to clear the room and guests of negative energies, purify and sanctify the space, and invite positive, peaceful loving energies to the ceremony.
- **Invocation** - Welcome those loving energies desired for the ceremony with an invitation. EXAMPLE: “*We humbly welcome angels, guides and bringers of light to come forth and bless this mother and child, and to bestow a blessing upon this ceremony and the upcoming blessed event of childbirth.*” (Include any other welcoming wording according to belief and custom.)
- **Presentation** - Present the mother to the group by name and share a brief story or poem if desired. (*Optionally, present her mother and grandmother in the same manner.*) Each guest may, in turn, present a brief story, poem or musical selection, if desired.

Ritual

- **Purification** - Perform a cleansing ritual for the mother, such as hair grooming, hand washing or foot bath while music is played or candles lit.
- **Creation** - Together create a birthing wreath, necklace, bracelet, blanket/quilt, belly painting or cast, meditation stones, memory box, birthing flag, wish tree, crown of flowers or other craftwork to bless the mother.
- **Gifts** - Present traditional or nontraditional baby shower gifts to the mother from each participant, going clockwise around the circle.

Closing

- **Thank the Ethers** - Express gratitude to the energies, angels and spirits who blessed the ceremony.
- **Group Closing** - All participants close the ceremony as they together read a poem, sing a song or read a sacred text while holding hands encircling the mother.
- *Optionally, each guest may be given a parting favor such as a candle, flower or bar of handmade soap as an expression of gratitude and a reminder of the wishes to be held in their thoughts for the mother as she approaches the blessed event of childbirth.*