

MOTHER'S OFFERINGS

Soul School loves to honor and support the mothers of the world, believing they are the backbone of society. We offer two in-person ceremonial sessions dedicated specifically to mothers, with the option to involve their close community. These include the Blessingway Ceremony (also known as the Mother's Blessing) and the Closing of the Bones ceremony.



MOTHER'S BLESSING CEREMONY



What is a Mother's Blessing Ceremony

A Mother's Blessing Ceremony is a sacred ritual honoring the journey of pregnancy and the transition into motherhood. It is a nurturing space where the expecting mother is celebrated, supported, and surrounded by love, intention, and positive energy. Through guided rituals, blessings, and symbolic gestures, the ceremony creates a deep connection to the baby, the mother's body, and her community, acknowledging the profound transformation that pregnancy brings.



Why it is Needed

Pregnancy is a powerful and often overwhelming journey, both physically and emotionally. A Mother's Blessing Ceremony provides the space for reflection, release, and affirmation, allowing the mother to feel seen, supported, and empowered. It helps honor the unique path of motherhood, strengthens emotional wellbeing, and cultivates a sense of community and connection, reminding the mother that she is not alone in this transformative time.

How it Works

The ceremony typically involves a combination of guided meditations, blessings, intention-setting, and gentle rituals tailored to the mother's needs. Family, friends, or a circle of supporters may participate by offering words, symbolic gifts, or acts of love and encouragement. The ritual may include music, movement, or other practices that nurture both mother and baby. By creating a safe and loving environment, the Mother's Blessing Ceremony allows the mother to release fears, set positive intentions, and embrace the journey ahead with confidence and grace. The energy and intentions set during the ceremony continue to support the mother and baby throughout the remainder of the pregnancy and beyond, providing lasting guidance, protection, and connection.



CLOSING OF THE BONES CEREMONY

What it is

The Closing of the Bones Ceremony is a traditional ritual that honors a woman's passage from pregnancy into motherhood. Rooted in indigenous and ancestral practices from various cultures, it is a sacred space to celebrate the mother's body, her transformation, and her connection to her lineage and community. The ceremony can be shared in a group setting with supportive women from the mother's community or held privately one-on-one with a trained facilitator, creating a space of love, care, and intentional support.



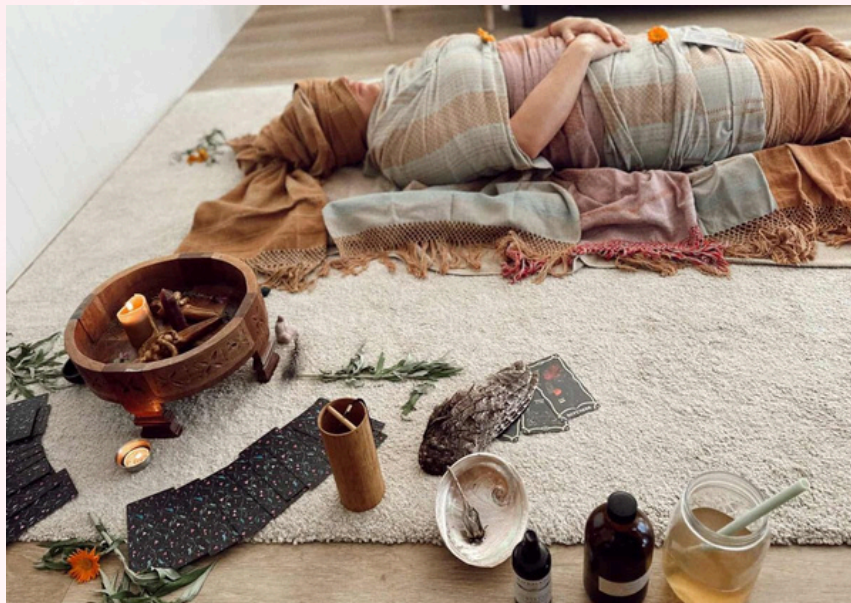
When to Do It

The ceremony can be done a few weeks after birth, after 40 days, or even several months later. The timing is flexible and chosen according to what feels most supportive for the mother and her body. This allows the mother to fully honor her recovery, her journey into motherhood, and the unique timing of her physical and emotional readiness.



How it Works

During the ceremony, the mother is gently guided through rituals that may include blessings, songs, movement, symbolic gestures, and offerings. A central part of the ritual involves the mother being wrapped tightly in cloth or shawls, supporting her body and providing a sense of containment, security, and grounding. This physical practice helps the body adjust after birth, aligns the hips and pelvis, and encourages the release of tension and stored emotions. Through touch, affirmation, and intention, the ceremony allows the mother to reconnect deeply with her body, embrace her new role with strength and grace, and carry the supportive energy of the ritual forward beyond the ceremony.



Benefits

The Closing of the Bones Ceremony provides emotional, physical, and spiritual support for the mother as she transitions into motherhood. It helps release stress, fears, or emotional imprints from pregnancy and birth, while fostering a deep sense of empowerment, grounding, and connection. Beyond the immediate experience, the intentions and rituals continue to nourish the mother, strengthening her bond with her baby, her body, and her supportive community. The ceremony offers a gentle yet profound way to honor the journey of motherhood and integrate the changes it brings on every level.

These offerings are ceremonial and fully unique,
tailored to the mother's needs and wishes.

They can involve the mother's community or
sisterhood, or be experienced one-on-one with the
facilitator.

Sessions can take place at the mother's home or at
the Soul School space.

We are here for you, in devotion to the mothers of
the world.

They also make a beautiful and meaningful gift for a
mother.



CONTACT US FOR MORE INFORMATION