

Ceremony Outline

Welcome

Each woman introduces herself and says how she is connected to Melissa.
Ishara says a few words about the intention of the ceremony and what to expect.

Opening Meditation

All join hands in a circle. Short guided visualisation/meditation.
A volunteer lights the ceremony candle.

A Reading

By whoever feels to - from the selection we bring with us.

Round with 'lucky dip' quotes

Each woman dips into the basket and shares with all of us the quote that she has drawn.

Telling the Stories

The circle holds a space for Melissa to share about her previous experiences of giving birth, and her pregnancy journey with this baby – including invitation to voice her feelings about the changes in her life, her hopes and dreams for the forthcoming birth and newborn motherhood, any fears or concerns she is sitting with.

Calling in the Angels

Each woman draws an angel card and tells us which angel she has drawn, before replacing it.

Candle blessing

Each woman blesses a candle for Melissa & engraves a word of power on it for her.
These candles are then lit during the next part of the process as each woman feels moved to in response to Melissa's letting go ritual.

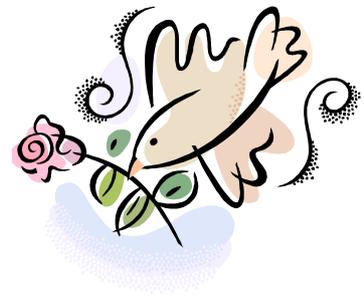
Melissa's Letting Go ritual

Ishara & Miriam guide Melissa through a ritual of letting go (burning rosemary sprigs).
This is about honouring the old pre-pregnancy self which is passing away to allow the mother of your third child to emerge. Let yourself feel all the feelings!

Dancing

Everyone is invited to get up and move their bodies for a couple of minutes to help keep the energy flowing.

Melissa's Blessing Circle



Making Mandalas

Melissa's choice of music as everyone (including Melissa) creates a birthing mandala using paper & pens/crayons supplied Ishara & Miriam

Receiving the Blessings

Melissa's job is to practice receiving, as each woman gifts her with the mandala she has created & the bead that she has brought with her. Melissa's mother gives her a red thread representing the maternal line which connects her to all the women in her lineage.

Closing Circle

We all join hands again for a closing prayer.