



LESSON 7: Dialogue with your Mother



Everyone has feelings about his or her mother. It doesn't matter if your mother is (or was) the greatest or the worst mother in the world...eventually you must deal consciously with her in order to grow into the unique individual you were born to be. It may not be possible or appropriate to talk directly with her but it is always possible for you to work with the images of mother that you carry in your mind and heart every moment. Dialogue with your mother is a major Self Discovery process. It's important to remember that you are working with *your* thoughts, feelings and memories of your mother—never with the actual person.

Perhaps your mother did not provide the kind of love you feel you needed when you were just a child. You may be angry. Use this dialogue (and the drawing exercise in my book) to work through the anger or feelings of abandonment, grief, sadness that may be holding you back in life.

While blaming mother is a common cry for teenagers, too many full grown adults waste energy on this. Sometimes an old image of our mom stands in the way of our being all we can be. Feelings about mothers run very deep. Your brother and sister have their own feelings about your mother. Their feelings are not your feelings. Use this opportunity to explore your own feelings about your mother. Remember, despite your mothers flaws and mistakes, she was doing the best she could with the knowledge and understanding she had at the time. When you understand this, you open the door to forgiveness and to freedom.

It is natural for your understanding to grow; thus it is natural for your new image of mother to be a little bit more principled, a little more loving and accepting of your talents and abilities. The new image of your mother will open the door to your accepting yourself as a worthy, lovable, bright, capable person. Whether or not you have children, you are here to give birth to something very special and totally unique. You need unconditional love and mothering to fulfill your purpose in life.

The dialogue with your mother is very simple:

1. Use your dominant hand to tell your mother honestly and exactly how you feel.
2. Use your non-dominant hand and allow your mother to tell you how she feels.
3. With dominant hand, tell your mother what you needed to hear from her when you were a child.
4. With non-dominant hand, let your mother tell you what she needed to hear from her mother when she was a child.
5. Tell your mother what you really love in life and what your dreams are.
6. Your mother tells you what she really loves in life and what her dreams are.
7. Close by thanking your mother and yourself for sharing honestly.

