

# Marwa's and Adam's Blessingway Ceremony Idea

By Cheroona Sievey



*This is the actual Blessingway Cher sent me – among many other things – in a love-filled box*

Your Blessingway will be a time where you are cleansing your space for birth and then bringing in the energies and spirits you wish to be present with you from then onwards, to, through and after the birth, as support on all levels. If others are present they usually give the mother a foot massage and decorate the mother's belly with henna or body paints ~ the mother may wear a crown of flowers and a ceremony will be performed for inviting the soul of your child to you when they are ready and that you have made the nest ready for them. If you do not wish to bring others into your space in such a way I can organise a virtual/spiritual Blessingway where women I know who have had freebirths and lotus births can send you individual beads to create a necklace, each bead representing their journey, or others might like to send a bead for each of their own children that they have birthed. I did this for a friend recently, who is having her Blessingway on the 8<sup>th</sup> of January.

This is what she organised; she is having her three closest friends with her for the Blessingway and she asked her virtual supporters to send in beads for her birthing necklace. Her three friends will be making wrist ties, blessing them and tying around their wrists for the journey that the mother and her baby are preparing for. They will be doing the same for those of us who were invited to 'join in' and who sent in the beads. They will send each of us the wrist ties in the post and we are to wear them from that moment we open the package until we hear the news of the birth at which point we cut the tie and celebrate the birth of the new born child.

How do you and Adam like the sound of this? You could have a private Blessingway Ceremony if you didn't want to bring in your 'fearful' friends. I had my own Blessingway for my last birth, during the 1<sup>st</sup> stage of childbirth. During late pregnancy, I made myself a headdress to wear out of feathers that my children had collected from our beach and woodland walks and I wore this and sang aloud my affirmations which I had painted on to cards using a feather as a quill. It was a magical process and I enjoyed the singing most of all. It helped me to really open my body for birth. That is also very important regarding your cervix, the mouth represents the cervix and your jaw your vagina and if you keep your mouth relaxed and open in song or vowel sounds and relaxed breathing then your yoni ~ vagina will respond accordingly, in the same way, open and soft.

You could do this at the end of March, closer to the time of the birth.



*And those are actual beads Cher sent along in the same package*

Here are some websites where you can read more about Blessingways.

<http://blessingwayceremony.com/>

<http://www.birthbeads.com/Blessingway.html>

<http://www.blessingwaybook.com/>

[http://www.natureschild.com.au/flex/blessing\\_way/68/1](http://www.natureschild.com.au/flex/blessing_way/68/1)