

THERESE CONWAY • CANYON SOUND ESSENCES

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Fierce Mother Essence

Each and every one of us has a mother within us who clearly sees the gift we are to the world, who fiercely and lovingly protects us, and helps us to find ways to succeed in our life. Inside all of us — women and men — is a deeply grooved communication pathway for messages from this mother to flow. Bring any problem to this pathway and you will automatically access the kind of information you need to move forward successfully.

Whether you are facing a personal problem or are helping someone you love to move through a challenge, this essence will help you to access your innate ability to recognize inherent gifts, to avoid triggers from your conditioned mind, and to spot allies for forward movement.

The Fierce Mother Essence is a direct antidote to the “Fraught Mother” channel, the well-worn default route most of us know too well. This inferior communication channel operates on the underlying belief that we must pay attention not to our gifts, but to our flaws so we can weed them out, and that in order to forge productive relationships, we must prove we are worthy — meaning not flawed. If you are travelling the well-worn groove of the Fraught Mother, this essence will help you to switch channels.

Here is information about the make-up of this essence:

You may be taking this essence for yourself. You may be taking it to support your children as they face life’s challenges. You may be using the essence as a guide to help you support someone else. In any case, this essence helps you to recognize wholeness when brokenness speaks louder than health. Here’s how.

There is a notion in Chinese medicine that any trauma or major illness is an opportunity for us to be put back together again according to our original nature. This powerful idea forms the basis of my practice and it is the spring from which my flower essences flow. It also highlights the essential difference between the “Fierce Mother” and the “Fraught Mother” communication channels.

Life experiences push us off course—that is natural and essential to how we learn. When we get too far off course, or when we have learned enough and it’s time to come back to centre, or when we are shattered by trauma, the Fierce Mother helps us to reclaim our original blueprint to heal and re-orient ourselves for what’s next. **The Fierce Mother knows that an injury spotlights a problem, but the whole, gifted person illuminates the healing path.**

Focusing your challenge in this way highlights the Fierce Mother channel in your body. The core belief of this mindset: your gifts and wholeness are *always* at the core of your personal bedrock.

If you look at the essences in this combination, you will see that Stargazer Lily and Lung essences describe this idea of wholeness carrying us through in any situation. Equally important is the number 4 — the number of drops those essences contribute to the combination. In my lexicon, the number four is about being bold, brave, and in command. The four drops of each of these essences in the combination

not only give you permission, but they depend on you to be in full mother mode. No apologies. No second thoughts. This is the Fierce Mother who maintains her primary focus on gifts and underlying wholeness regardless of loud or manipulative claims to the contrary.

But, there is a caveat — the Fierce Mother always remembers that the end goal is to strengthen the original self, not to create a permanent protective state. The Fraught Mother would have you hovering, always on the lookout for danger (because her dependent is weak and hurting).

The Fierce Mother understands that her job is to picture persistently the gifts and strengths she sees until the focus of her mothering (you, your children, or your friend) can grab hold and live from that place of strength. But until then, the Fierce Mother is advocate and protector.

If you are taking this essence as a parent, you can easily remember your child as they were when they came to you — perfect, unencumbered, and unconditioned. You have a critical role in this process. More than anyone on earth, you are the person who knows your child best. **Your role is to remember and affirm the whole, undamaged child, and to keep that understanding in the front of your mind. Don't underestimate the power of this simple act of attention.**

Allium is here to help you maintain this vision when you are in a worry spiral. This essence comes into play as you are loosening protection and watching yourself, your child, or your friend re-engage with their world. In this position, you are modeling a relationship that is based on **respect and optimism**. It is as if you are the lighthouse beacon sending out the message, “I know who you are. You are up to the task. I am right here with you.” **Don't underestimate the power of radiating this kind of confidence toward another person.**

How to use this essence:

Bring your area of concern to mind and ask, “*What do I need to know or do next?*” and then take the essence. Don't worry if you don't hear an answer right away. Just pay attention! Your answers are coming from your wise, personal Fierce Mother.

- Use this essence anytime you are going through a time of trauma or turbulence. It will help you jettison the thoughts and feelings about yourself and your life that are no longer a fit for you.
- Also use the essence when you are helping a child through a tough transition or an illness. It will help you to be the Fierce Mother who helps your child, as nobody else can, to heal and grow according to her original nature. This essence is especially helpful when worry and overinvolvement threaten to mess up your child's learning opportunity.
- And, in any situation where you are in a position of loving leadership—that is when you need the Fierce Mother the most. Proficient in the ways and language of the Fierce Mother, you have a chance to be effective in any kind of community or organizational work.

The Fierce Mother is at play in the world. We all have an opportunity to join her on this incredible creative response to a world in transition.