



mama bee calm

MINDFULNESS CARDS

Oracle and tarot cards have been used for hundreds of years as a way to connect the reader into universal consciousness. These mindfulness cards work in a similar way. By stilling yourself and setting an intention for guidance to come, the card that you draw or falls from the deck while you shuffle, is your message from Source.

The Mama Bee Calm Mindfulness Cards are a beautiful and simple ways to connect to your intuition. They are a simple divination tool that are used to connect oneself to the wisdom and knowledge within a timely manner - perfect for the full days of mamahood. Whether you are beginning on your journey to incorporate more mindfulness into daily life as a mama, or if you are well on your way with an established practice, these cards offer a burst of daily guidance. A simple tool to help centre yourself and connect with what your Soul is needing you to know.

Preparation: To use the cards, print them on some watercolour paper or have them printed at your local print shop. You may like to laminate them, however I personal love the feeling and texture of the watercolour paper, it's nourishing to our senses.

How to begin? To begin, centre yourself, this can be as simple as 3 deep breaths in and out, lighting a candle or simple setting the intention in your mind for guidance to come. Begin shuffling the cards and either draw a card, or wait until one jumps out while you shuffle. You can use the cards as a journaling prompt, to display somewhere you frequent often (your kitchen perhaps) as a reminder of your mindfulness practice.

Wishing you much love & calm in your days,

Natalie xx

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Bring yourself back to your centre ♥ Find the sweetness within ♥ Follow your light

♥ breathe ♥

What are you holding today mama? Often we go about our days with aches and pains, which are often emotions that have lodged themselves in our physical bodies. By using our breath slowly and deeply you can breathe life giving energy 'prana' or 'chi' into this tension, assisting these emotions to release and making way for a new way of being. What is feeling stuck for you right now? Where in your body do you feel tightness? Simply close your eyes, whatever you are doing and breathe into it. Breathe in for 3 seconds, hold for 3 and out for 3. Repeat

♥ surrender ♥

So often we hold expectations or try to force a situation. Not only does this push the desired outcome further away, it often leaves us feeling burdened and stressed. This card is calling for you to surrender. Something in your reality requires you to let your grip loosen a little. We can practice surrender by recognising that everything happens in divine right timing. If something in your daily life is feeling forced or hard work, pull back the reins a little. See if you can flow with what is being presented. This could be related to your little ones, relationships, home life or a work situation.

♥ gentleness ♥

Your Soul is craving a slower momentum. We have pockets of time when we can cope with a hectic schedule and times when we need to rest, retreating to allow for rejuvenation. Take your days slow, cancel any outings that can wait and opt for simple and nourishing meals that don't require too much preparation. Think soup or meals prepared in the slow cooker. Consider other ways you can offer yourself gentleness in your days: an early night; a warm bath (even jumping in with your little ones) or rubbing your tummy or feet with a beautiful essential oil. Go

♥ simplicity ♥

Notice the simplicity of the natural world. How can you bring a little more ease and simplicity into your everyday life? Perhaps you are over complicating a matter or trying to take on too much. Begin to peel back the unnecessary, revealing the golden core, the essence of life - pure, simple and joyful. Place both hands over your heart and speak the words "I let go of anything that causes complication in daily life and allow for simplicity to enter." This card may also be calling you to simplify your schedules, letting go of things that do not serve your highest good and your children.

♥ express ♥

Are you clearly expressing yourself? Are you being heard? Do you feel you have the right to clearly say what you need? Perhaps you are having trouble saying no and setting clear boundaries in your relationships? Activate your throat chakra and clear communicate by use your voice. Sing tones, mantras or uplifting words. Sing in the car, in the shower, whatever feels safe for you. Our throat chakra (clear communication) and sacral chakra (creativity/attracting what you desire) are uniquely linked. When you clear your throat chakra you will find you are not only more easily able to express yourself but also better able to attract to you what you desire in your life.

♥ nurture ♥

Even with the constant demands of children, remember to slow down and take small pockets of the day to nurture your own self. Prepare yourself a wholesome snack, a warming cup of tea enjoyed in silence, a little time sitting in the sunshine or perhaps something creative to nourish your Spirit. The key is to make this your priority at this time. Take care of yourself just as you would your new born baby, providing yourself with whatever support it is that will help you restore and bloom.

♥ forgive ♥

Take a moment to allow yourself to offer forgiveness to someone you were rushed with & judgmental of today. It may be a friend, a stranger or your child. Hold the person in your mind and repeat "Forgive me, I am sorry, Thank you, I Love". This is an ancient Hawaiian technique. Now offer this same forgiveness to yourself. If you have fresh thyme, pick some spigs and place on your altar or perhaps diffuse thyme essential oil (an oil of forgiveness). To be able to forgive, even the smallest of things, is life changing - it keeps your emotional body clear.

♥ love ♥

Every thing you do out of love for another, breathes love into your own being. This is the universal rule of Oneness. Allow yourself to feel the love that you give to your little ones, also being received. Delight in the simplicity of nurturing your children. Try infusing a little extra love into the next "job" on your list - whether it be folding the washing, preparing an afternoon snack or making the bed. Sit on the floor & allow the folding to be your meditation practice - be mindful and present with each movement. Pick some flowers and arrange a petal/ leaf mandala on the table along with afternoon tea, or spray/ diffuse essential oils when making the beds, repeating a positive intention "blissful restful sleep".

natalie truster

MINDFULNESS FOR BUSY MAMAS