



Wealthy Goddess

SADHANA PLAN FLOW



Mother Mary

Journal Prompts

- 1.) Reflect upon your relationship with your birth Mother and contemplate on how that relationship has impacted you throughout your life.
- 2.) *Can you think of any experiences in which you felt unsupported by the Mother figure in your life and you turned away from receiving support? What are they?*
- 3.) In what ways can you open yourself up to receive more support. Think of 3 small shifts in your thinking or in your actions that you can do.

1.) Maria Mantra

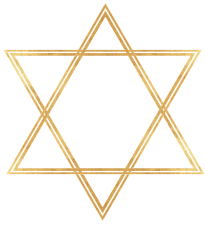
"Marya, O Marya, Enter My Heart of Thy Love." x 108 repetitions

Marya is another spelling for Maria, which is another name for Mary. This is a devotional chant to the Divine Mother of All Life in the unique form of Mother Mary to help you activate Her essence within and to surrender the egoic self, to give away burdens, and to receive support and guidance from Mother Mary.

{WATCH VIDEO}

Shri Yantra





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"In Sanskrit, the word "yantra" comes from the root word "yam," which means "instrument" or "support," and "tra," derived from "trana," meaning "release from bondage." A yantra is an instrument, or tool, for meditation and contemplation supports spiritual liberation." Gaia

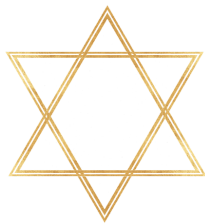
The Shri Yantra is known as the Queen of yantras and is a way to connect with the Divine Mother of Creation. There is a square on the outside to represent Earth and the four directions. There are three circles which represent past, present and future. Each lotus petal and triangle has a representation. You can look at the yantra through open-eyed meditation or visualize it at your third eye centre.

2.) Mother Mary Mudra



This is one of the common depictions of Mother Mary. Her left hand is in a gesture of offering and her right hand is in a gesture of receiving. She offers from the boundless depths of the Great Mother of Creation and receives bounty into her awakened Rose Heart through her inspired action that is in service to the One.

{WATCH VIDEO}



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3.) Mudrasana Embodiment Practice

This starts with Mother Mary Mudra and moves into a mudrasana flow in which you change hand postures. The first hand posture in which the palms are facing forward is a gesture that Mother Mary is commonly seen in with light beams streaming out of her hands. It then moves to anjali mudra at the heart centre and interlocking anjali mudra to feel the unity and marriage of the polarities within the body. The hands then rest on the heart to feel the tenderness of that space.

The practice closes with grounding the heart energy into Earth to embody the state of offering and receiving. As we give and we take, we can feel that if there is reciprocity - it is one in the same, an endless flow on the wheel of abundance.

{WATCH VIDEO}

4.) Mother Mary Meditation

Meditation recording to call Mother Mary into your life as a guide and to experience your awakened Rose Heart.

{LISTEN TO AUDIO}

