

Mother Blessing Ceremony

Information and Price Guide



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What is a Mother Blessing?

A Mother Blessing Ceremony is a heartfelt and sacred gathering that honors a mother-to-be as she prepares to welcome her baby. Rooted in love and community, this ceremony creates a nurturing space where the mother is surrounded by her closest friends and family, showered with encouragement, blessings, and support.

While inspired by the essence of the Navajo Blessingway—an honoring tradition of transition—this ceremony does not include any elements of the original sacred ceremony. Instead, it is a modern expression of honouring motherhood, created with deep respect and care.

It's a beautiful way to hold space for the emotional and spiritual journey into motherhood—reminding the mother she is not alone, but deeply supported and celebrated.





WHAT HAPPENS AT A MOTHER BLESSING?

A beautiful, personal celebration of your journey into motherhood

Your Mother Blessing begins in a gentle, sacred way—with a circle of women gathering around a central altar filled with meaningful items. You'll be seated in a special chair or “throne,” surrounded by love and support.

We open with a calming meditation, a brief explanation of the ceremony, and setting a shared intention. Each guest is invited to offer words of wisdom, affirmations, or heartfelt stories—creating a powerful circle of support.

The ceremony may include simple rituals like:

- Sharing birth stories or blessings
- Braiding hair or weaving beads into a birth necklace
- A red thread ceremony to connect everyone in support
- Placing meaningful items on a birth altar

After about an hour, the circle gently closes and we move into a more relaxed time—sharing nourishing food, laughter, and care.

There may be:

- Foot baths, gentle massage, or belly henna
- Crafting birth affirmations or decorating candles
- Organizing a meal train instead of traditional gifts
- Guests contributing to a fund for postpartum support
- Writing loving messages for the early days after birth



*This is a ceremony created with you in mind.
Everything is optional and can be tailored to include
whatever feels meaningful, comforting, and
empowering for you.*



Price and Inclusions

Mother Blessing Ceremony – \$400

Your ceremony includes:

- 1-hour sacred circle facilitated with care
- Personalised rituals (red thread, bead ceremony, hair braiding, birth stories, and more)
- All materials for rituals and optional crafts
- Option to include belly henna (if desired)
- Messages of love + support collected for postpartum
- Help organizing a meal train or postpartum support fund (optional)

I arrive 1 hour before to lovingly set up the altar and create a calm, welcoming space.

Travel included within 30 minutes of my location – small fee applies for further distances.

This is a deeply personal ceremony created just for you — let's make it exactly what you need.

Book a free 30 min call for more information via my website alanawylldheart.com

