



HONOURING THE MATERNAL GODDESS

ARTICLE WRITTEN BY ALI POSTLES

She is the nourisher, the giver, the carer, the supporter ... the Maternal Goddess.

Mother's Day offers an opportunity to recognise the maternal goddesses all around us. Shower them with love, appreciation and pampering.

For those on the journey, it also offers an opportunity to honour ourselves as Mothers and do a gentle internal inquiry to see if we are thriving, merely surviving or drowning in the chaos and craziness that motherhood can bring.

We are inundated with ideas and advice on how we should Mother - whether it's how we do pregnancy, how we birth, how we feed the family, what we clean our house with, how quickly we "bounce" back from pregnancy, how we parent, how we juggle, how we organise, how we let go, how we empty nest, how we age ... the list goes on!

Our already overstimulated minds are deafened by social media, comparison and this idea of the "ideal Mum".

All this noise moves us further away from our intuition, our inner knowing and maternal wisdom. But what if we backed ourselves a little bit more. Could the journey be more joyful, could the trust lead to increased confidence, could we find more ease?

I can reflect on my 8 years of motherhood and recognise patterns that I have "bought" from society that don't serve me as a mother. I look at my beautiful Mum and see where her maternal role has seen herself be put second, third or at the bottom of the list for years on end. Yes, society's expectations need to change, but equally important is the US as Mothers need to be willing to choose different ways for an even more fulfilling experience. This could create ripples of change for future generations as our children witness the shift and learn a different way to Mother or support the mother's around them when it is their turn.

But hang on this is a Mother's Day article honouring us - not another thing to add to the To Do List.

I hear you, but what if this is your GIFT to yourself. I invite you to explore the following areas of your



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Mothering life and be curious at what might bring more ease to your world. Actions aren't as important as noticing and bringing awareness. Maybe we could start there.

Boundaries : How easy does Yes roll off your tongue? Or more importantly, how easy does NO roll off your tongue? We overschedule and over commit our lives and our children's lives regularly and leave little time for spontaneity and just NOTHING. I am so guilty of this, and my husband will find it hilarious that I'm suggesting it to others ... work in progress!!!

Self Talk : What does your internal tape have on replay? What statements are circulating "I should be this, I should be that, I should be able to do that, I shouldn't have done that". Be curious to hear what is on replay and then notice how that makes you feel. What could you replace it with? Do you need a prompt on your fridge or bathroom mirror? Whatever you are internally saying, every single cell in your body is listening and it sets the tone for how the cells vibrate and therefore function. Give them something to dance about!

Embrace the Chaos : It is busy. Life is busy, life is chaotic, it's messy at times and if it's anything like my house, it is loud. How can we lean into this more? How can we let things flow through us rather than nagging us and triggering us? We need to normalise and share the messiness of lives (not just the overflowing clothes pile) the challenges, the mistakes, the cringe Mum moments. Our circle of friends and family who support us in this madness, who welcome it and don't flinch at it, is who we need in our corner.

Find Joy : I recently reflected on how I don't have hobbies ... aside from work, my family and friends, I don't really have a hobby that is for me. I know many Mums who are the same. I want to hear more Mums who have hobbies that they dedicate and PRIORITISE in their lives. Getting into nature, walks with friends, belly laughing, creative hobbies ... whatever it is we need to access more, and it needs to become a non-negotiable in our week.

Get Adjusted : Of course this is going to be on my list! A connected brain and body, a nervous system that is not under pressure or tension will nourish vagal nerve tone, support hormonal health, help regulate moods and many more beautiful benefits to support the Maternal Goddess.

I believe the things above can contribute positively to our health and vitality, role model good habits for our next generation and truly honour the Maternal Goddess's we are. Most of all it's a way of coming back to YOU, your wisdom, power and tap into the magic that is within.

Here is to more ease, more flow and more JOY.

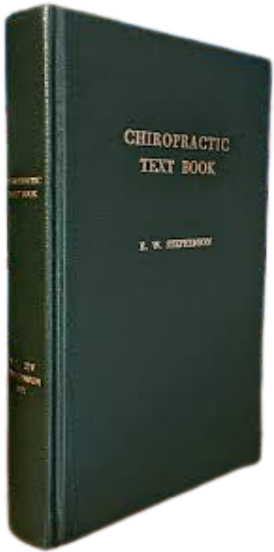
Love,

- Ali



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The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called “The Chiropractic Textbook”. Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here’s to a greater understanding of life and health.

Chiropractic Principle #17

Cause and Effect.

Every effect has a cause and every cause has effects.

In Other Words...

Every effect has a cause: No thing in the universe exists (AKA, a tangible effect) without something causing its existence; no event in the universe occurs (AKA, an intangible effect) without something causing its occurrence.

Every cause has effects: Everything in the universe is made of energy, in the form of vibrating atoms... and atoms keep moving! It is not possible for any one thing to occur, without it influencing something else, and on, and on. Energy changes form but is never destroyed; the effects are infinite!

For Instance...

Dominoes! The falling of the first domino is the effect of, and would not happen without, your push. Your push causes a chain reaction of potential-to-kinetic energy conversion. And the last domino? It is not the last effect! Its energy transfers to the table and begins along a new energy path.

As Applied To You...

Upon a drop in blood pressure, kidney cells release the enzyme renin, which converts the peptide angiotensinogen to angiotensin I, which converts to angiotensin II, which contracts blood vessels, which raises blood pressure. Phew! Each effect had one cause; each cause has multiple effects. The effects continue throughout your body.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

Chunky chorizo, chicken and vegetable soup

Its soup weather again! I have been making this soup for years now and it is still a favourite. You can substitute vegetables to your liking.

Ingredients

- 2 tbsp extra-virgin olive oil
- 200 g smoked pork belly,bacon, or speck cut into 1cm dice
- 3 onions, cut into 1cm dice
- 1 carrot, cut into 1cm dice
- 2 stalks celery, cut into 1cm dice
- 2 chorizo, cut into 1cm dice
- 4 free-range chicken thigh fillets, cut into 2cm dice
- 3 cloves garlic, crushed
- 1 400 gm can chopped tomatoes
- 1 Liter - (4 cups) chicken stock
- 250 gm (1 cup) Gluten free spaghetti or ½ cup quinoa
- 150 gm (1 cup) green peas
- 2 zucchini, cut into 1cm dice
- 1 400 gm can cannellini beans, rinsed and drained
- 1 pkt baby spinach leaves
- 1 tbsp finely chopped parsley or basil leaves

To serve:

- finely grated parmesan

Directions

1. Heat 1tbsp olive oil in large saucepan over medium-high heat
2. Add bacon or pork belly and cook, stirring occasionally for 2mins or until starting to colour
3. Add onion, carrot and celery and cook for 10mins



4. Then add chorizo, chicken and garlic and cook, stirring occasionally for 5mins
5. Add tomato and stock and season to taste with sea salt and freshly ground pepper
6. Bring to boil, reduce heat to medium, then cover and simmer for 10mins
7. Add pasta, peas, zucchini and beans and stir to combine
8. Increase heat to medium-high and cook, covered, for 10-12mins or until pasta is all done
9. Remove from heat, stir through spinach, parsley and remaining olive oil
10. Ladle into bowls and serve immediately with parmesan and some bread, if desired

**shazs.shares**

“You don’t become what you want, you become what you believe”
- Jamie Kern Lima



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SALLY AND PAUL'S WONDERFUL RECENT HOLIDAY SNAPS



Bergen
Norway



The Isle of Skye
Scotland



New York City- where Sally and Paul
met up with their boys Luke and Wil



RAFFLE

Celebrate Mothers Day with us

Nominate a mother you know to
be in our raffle to win our hamper.

Prizes include

HERBALANCE MASSAGE,
CCK INITIAL CONSULTATION,
some nourishing beauty products.

Total value worth \$400

Drawn 31st May