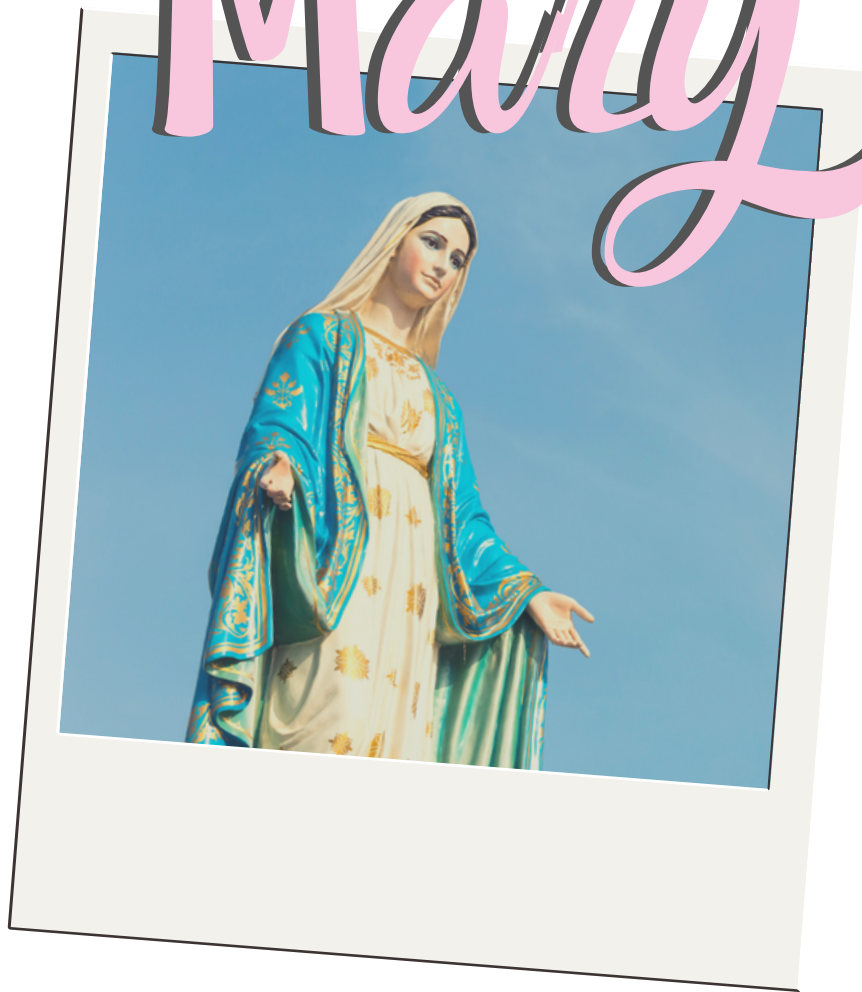


Mother Mary



New Age
Hipster

Mother Mary

The Kit includes:
This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for
your own journaling

Start with the parts of this kit you feel most
drawn to

Come back to the other parts later if/when they
call to you - there is a lot here, and you don't
have to do it all!

Explore your connection with Mother Mary in any way
that feels good to you!

Use this kit as a guide, always go with your gut
and what feels right and true to you



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Heart Storm

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think about Mother Mary...



Intentions

What is drawing you to working with Mother Mary?

What are you hoping to gain from this work? Any healing, support, connection etc.?

What would you like to shift or bring into your life from doing this work?

What do you need to do to move these intentions into your physical experience?

Tools

Here is a list of some tools you can use to support your practice and connection with Mother Mary. This is by no means a complete list, and always go with what you are personally drawn to above all else!

Oils + Herbs

Rose - for unconditional love

Frankincense - for purification, spiritual connection, offerings and worship

Lavender - for peace

Cedarwood - for purification and cleansing

Cypress - for strength

Hyssop - for cleansing, protection and relief from suffering

Myrrh - for relief from suffering

Crystals

Rose quartz - for love and healing

Blue calcite - for peace

Selenite - for spiritual connection and purity

Angelite - for spiritual + Angelic connection

Moonstone - for divine feminine connection and faith

Pink Petrified Wood - for faith, overcoming suffering and healing

Other Tools

Rosary or Mala

Bible or any book of prayers

Statues and icons

Blue cloth

Roses or other flowers

Hail Mary

(New Age Version)

From Rosary for the New Age by Elizabeth Clare Prophet

Hail, Mary, full of grace.

The Lord is with thee.

*Blessed art thou among women
And blessed is the fruit of thy
womb, Jesus.*

*Holy Mary, Mother of God,
Pray for us, sons and daughters
of God,*

*Now and at the hour of our
victory
Over sin, disease, and death.*

Mother Healing

How would you describe your relationship with your own mother? (By blood, adoption or other)

What are the gifts your mother gave you that you are most grateful for?

What challenges do you/did you have with your mother?

What, if anything, still needs healing between you?

Mother Healing

What was/is your mother not able to give you that you need or want?

How could Mother Mary be your surrogate mother for these things?

How could you give these things to yourself?

What are you being called to do and where will you take action to continue on this mother healing journey?

Mothering

Where in your life are you a "mother"? Who or what do you nurture and support?

What nurture and support do *you* need in order to be able to be a compassionate and strong mother and nurturer to others?

What do you hope to give to your children and/or the world?

How will you work towards this?

Creation

What would you like to give birth to in your life?

How will you plant the seeds for this to happen?

How will you nurture these dreams and desires?

What action will you take to bring these dreams and desires to life?

Compassion

What does the idea of "compassion" bring up for you?

Where in your life do you have compassion for others and for yourself?

Where do you lack compassion for others and yourself?

How could you bring more compassion into your life?

Nurture

Who or what do you nurture in your life?

Who or what nurtures you?

How do you nurture others?

How do you nurture yourself? What can you do to bring more self-nurture into your life?

Faith + Trust

How strong is your faith and trust in the universe, or the God of your own understanding, right now?

When and where is it easy for you to trust?

In what areas of your life do you find it difficult to have trust and faith?

What could you do to develop your trust and faith in the Divine, and in yourself?

Protection

How protected and safe do you feel right now?

Where do you feel unsteady, unsure or unsafe in your life?

What is working and not working with your energy protection practice?

What could you do to include Mother Mary in your protection practices?

Purity

Where do you feel clear and aligned right now?

Where does your life feel unclear, blocked or messy in any way?

How could you bring more clarity and space to your inner being?

How could you bring more clarity and space into your material world?

Suffering

Where in your life have you overcome suffering?

Where are you suffering right now?

What support do you need in order to be able to navigate through this?

How can you allow Mother Mary to support and guide you to heal and move through this?

WWMMD?

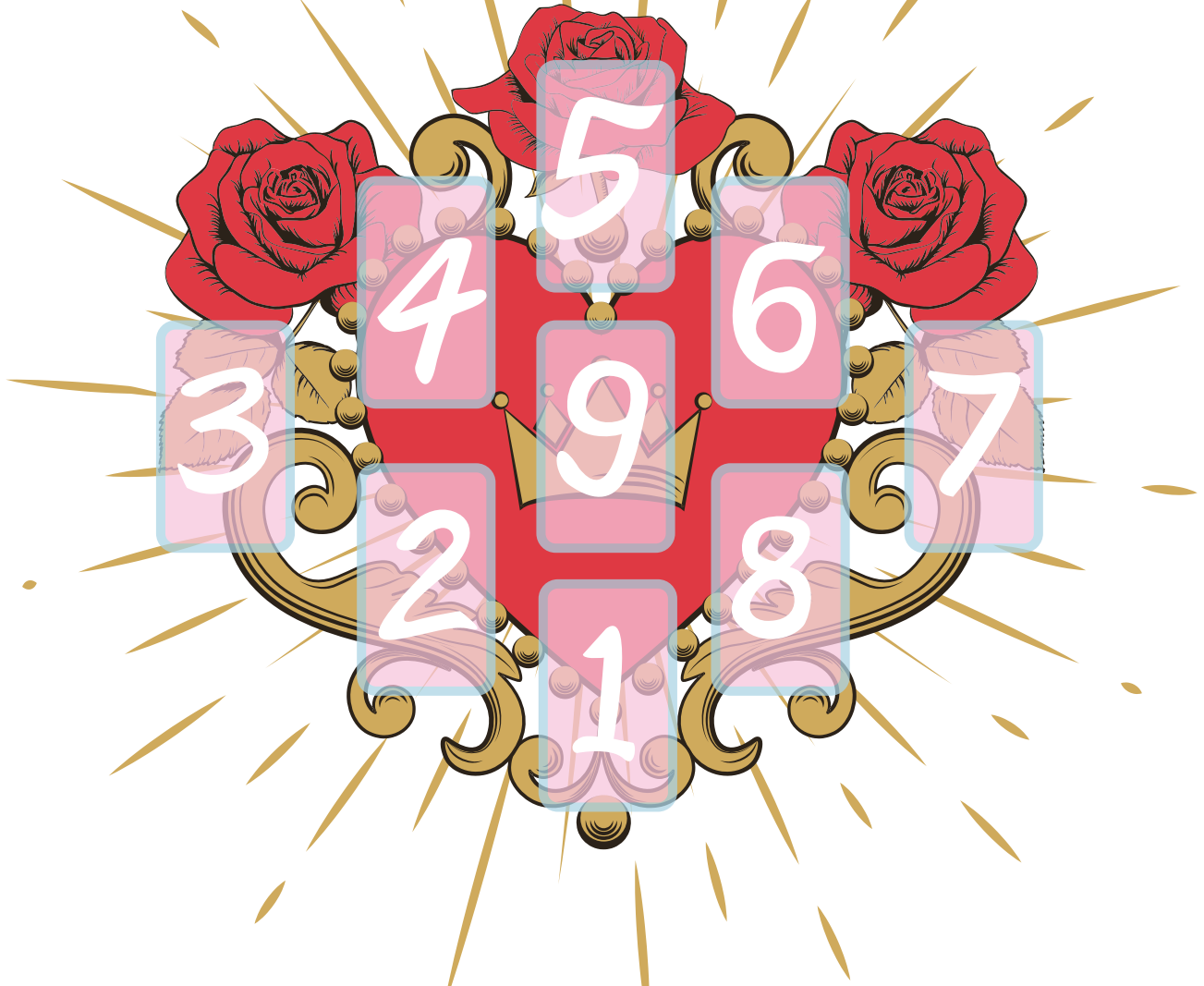
Where in your life are you like Mother Mary?

Where in your life could you be more like Mother Mary?

What is your biggest challenge right now? What would Mother Mary do if faced with this?

What are you most trying to bring into your life right now? What would Mother Mary do to bring it into being?

Mother Mary Tarot Spread



1. How can Mother Mary support you in your life?
2. How do you mother, nurture and support others?
3. How can you mother, nurture and support yourself?
4. How can you purify your body, heart, mind, space and spirit?
5. Where can you find strength?
6. How can you cultivate more faith and trust?
7. What will ease your suffering?
8. How can you give and accept unconditional love?
9. A message of love, support and guidance from Mother Mary

What's Next?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions - vix@newagehipster.co
- ✓ If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session over at www.newagehipster.co

About Vix



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.