



# Radiant Mama spring news

Reflections on the theme of Sacrifice and Motherhood, an invitation to my exciting new retreat in Morocco and introducing our new nutritional therapist Marilyn.



The theme of death and rebirth runs through many religions at this time, from the Pagan festival of Eostre to the Christian's celebration of the resurrection of Christ.

Nature herself leads the way with the amazing rebirth she goes through in the Spring when her display of colours and beauty lifts our spirit out of the darkness of Winter.

Sacrifice is a big theme in mothering, subtly or not so subtly woven in the fabric of the role. Many of us accept the necessity of it because of values inherited from our family or from society at large. When our little ones come it is often expected that we will sacrifice vital parts of ourselves, our creativity, our sexuality, our careers, our friendships and even our union.



Sometimes the sacrifice is clear and obvious. At other times it happens slowly, over weeks, months and years, and we can wake up one day not knowing who we are outside of our role as a mother/carer and what our hearts and soul yearns for.

Whilst it is often necessary to consciously surrender to the transformation that Birth and early mothering brings, remembering that Spring will come as sure as the sun will rise after the dark night, can really help accept the many losses and the stripping we undertake as we journey through these beautiful but also challenging times.

Just like the light of the Sun warms the seeds in the earth, we can participate in the process of our resurrection by bathing the seeds of our intentions with our awareness. We can reclaim our aliveness, even if it is in tiny bite-size steps, so we can feel truly enriched by the experience of parenting, not only as a mother but as a woman too.



I have been reflecting on how this theme relates to my life. Where has there been sacrifice and resurrection? Where has there been sacrifice and resurrection?

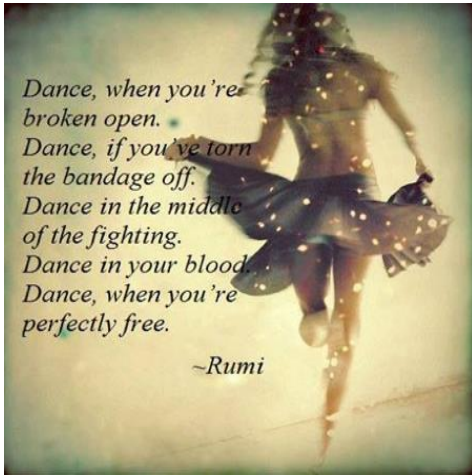
I started dancing when I was a young child. It was my passion and I practiced it as often as I could. For various reasons when I was a teenager and moved to Europe I stopped dancing but after the birth of my first child I felt such a wave of inspiration and creativity I joined a performing arts course and immersed myself in the utter delight of dancing and performing again.

This caused me such joy but there were also a lot of problems at home with my partner and childcare. I came back from my course one day and found my son on the stairs where he had cried himself to sleep.

I quit my course.

My resurrection is to put my creativity as a priority, so the first thing I do every morning is to write for a minimum of 10mins, often much longer.





Going to a yoga class every week is my commitment to reclaiming the aliveness of my body. I am loving it!

These little steps bring me joy. I am curious and excited about what the future will bring and the opportunity to grow into more of myself. I would like to invite you today to reflect on the important theme of sacrifice and resurrection. The following questions may help:

- What did you sacrifice in order to become the mother that you wanted or thought you should be?
- How are you and your family paying the price of your sacrifice?
- What would your resurrection look like and what do you want to reclaim for yourself at this **point**?
- What have you already reclaimed ?
- What tiny step could you take today, this week, towards it and what support could you call in to make it easier?.
- How could this benefit your whole family?

Feel free to share your reflections on the Radiant Mama facebook page.

Blessings on your day

**Olivia**



Radiant Mama

<https://www.facebook.com/TotnesBirthHub/>



## An invitation to join me at the Radiant Mama Self-Renewal Women's Retreat and Cultural Holiday in Sunny Morocco.

5<sup>th</sup> Sept to 2<sup>nd</sup> October 2018. An oasis of rest ....  
A delight for the senses Remembering the joy!

Caring for others or combining motherhood and work outside the home can leave us depleted and going through the motions of life, rather than experiencing the joy of it.

This exotic trip combines:

- \* A truly magical holiday with amazing excursions and experiences
- \* Daily coaching with Olivia
- \* Deeply restorative practices and therapeutic Yoga with Uma Yogini Oliver.

You will return home, not only relaxed, renewed and inspired, but also with new insights and empowered to make lasting changes in your life.

We will spend 7 nights at the award-winning guest house of Holidays with Heart, in the delightful small town of Taroudant, well away from mass tourism, but only an hour from Agadir airport. Holidays with Heart have top ratings for responsible tourism including sustainability (Green Key certified) and active support for local community, craft and conservation projects, which you will have a chance to visit. They organise our entire visit, with their own highly experienced managers, drivers and guides in Morocco.

£100 secures you a place on the retreat and you can pay the rest in instalments.

See more at [www.Holidays-With-Heart.co.uk](http://www.Holidays-With-Heart.co.uk).  
For more info contact [jane@holidays-with-heart.co.uk](mailto:jane@holidays-with-heart.co.uk)  
or phone (UK) 01239 615499.

Request a place at [www.cecu.co.uk/bookings](http://www.cecu.co.uk/bookings).





## Introducing our new practitioner Marilyn...



For a long while now I have been witnessing the impact nutritional support has been having on Mamas in pregnancy and after the birth and on the health of our babies and I have been very keen to find someone with experience in this field to join Radiant Mama.

I am very pleased to say that Marilyn is now part of the team. A qualified and very experienced nutritionist who worked with Foresight, the preconception charity for many years Marilyn currently specialises in pregnancy support and digestion and food intolerance.

**Marilyn's** profile in her own words:

I first became interested in pursuing a career in Nutrition about 25 years ago. I was a sickly child and had countless ailments which were unsuccessfully treated with antibiotics. At about 25 years old I gave up with mainstream medicine and took charge of my own health. Once I had identified certain foods as the main source of my problems and an under active thyroid, my health improved dramatically. I became so fascinated with food as medicine I trained with a leading naturopath, Dr Lawrence Plaskett and have been working in the field of Nutritional therapy for the last 18 years.

During my training with Dr Plaskett I met Belinda Barnes who founded the Foresight Charity. Belinda was a pioneer in the field of pregnancy and fertility. As a result of her research and contacts she put together a treatment protocol for women who had pregnancy difficulties. She identified toxic elements such as lead, mercury and poor nutrition as primary causes and also highlighted the importance of the health of both parents, not just the mother. Belinda was one of the first to use hair analysis as a means of identifying toxic elements which are detrimental to pregnancy. As a

result of her programme, countless numbers of women have had healthy babies, even for some, after IVF failure.

I have used the Foresight programme with many Mums and have been delighted with the results. Pregnancy is a bit like making a cake - You need the right ingredients for the best results. Modern diets are often unbalanced and it is easy to lack important nutrients which affect fertility as well as good health.

I had a busy practice in North Devon until 2016 when I moved to Torbay. As well as pregnancy issues, I have taken a special interest in digestion and food intolerance as this is very close to my heart.

For more information about my work please visit [www.nutrition-devon.net](http://www.nutrition-devon.net)

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[www.nutrition-devon.net](http://www.nutrition-devon.net)

1 change per month = 12 changes per year !

**Marilyn is very happy to come and talk to any of our groups, and also if anyone wants a consultation she is willing to come to the Radiant Mama space if that would work better than her consultation space in Paignton.**