

Title:

Weaving the Brokenness - Healing the Wound of Mother Abandonment

Word Count:

807

Summary:

My story is only one such story about this topic'mother-child abandonment. There are many thou

Keywords:

mother daughter abandonment, healing, families, memoirs, acceptance, depression

Article Body:

My daughter puts her arms around me, her brown eyes soft and beckoning. Her rounded belly and

I was named Joy by my great-grandmother, Blanche, the mother of my grandmother Lulu, who spent

When I look at my daughter, I see the images of my foremothers in my mind'my beautiful but ins

I was able to break the chains of abandonment, but I still carry within me the memories of the

My grandmother and mother didn't want grandchildren either. My children were not welcomed, and

This was another pattern. When my grandmother received the telegram announcing my birth, she t

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If you recognize your story in mine, here are a few healing suggestions

Healing Abandonment

1. Remind yourself of these things:
 - a. It was not your fault
 - b. You were not a bad child
 - c. Your mother may not have realized how deeply this affected you
 - d. You deserve love
2. Create joy and beauty in your life now.
 - a. Gather supportive friends and loved ones around you
 - b. Feed yourself good food, and treat your body well
 - c. Give yourself birthday parties and moments of celebration
 - d. Create your own family, whether it is your own children or friends whom you adopt as y
 - e. Appreciate each day as it unfolds
3. Find the help you need to heal your wounds
 - a. Find a therapist who believes that the past affects the present and can help you work

- b. Write your story from your point of view all the way through
 - c. Illustrate your story with family photos
 - d. After you write your story, write the story of your mother's life. Research her life a
4. Use visualization, meditation, and prayer to get in touch with the life you want to li
- a. Meditate in quiet surroundings each day for at least 10 minutes
 - b. Read books that inspire you to love and accept yourself
 - c. Share with others your healing story

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