

One body, two hearts

Two bodies, one breath

If you have time this is a beautiful mother-daughter completion process offered to us by Elena Rui.

Facilitator: Please seat cross-legged on the floor or cushions with your mum / carer, back to back. So that your whole spine is touching and being supported by each other's spine. SOUND BELL

When you were inside your Mum's womb she housed two hearts in the one body, you were linked in a special way by the umbilical cord and you breathed as one.

Shortly after your birth the cord was cut. From this moment, your heart was housed by in it's own separate body.

Take a few moments to notice how YOU are breathing. When you hear the bell breath in and out three times and notice how the breath moves through YOUR body. SOUND BELL

Now, with the next sound of the bell, I invite you to breath in and out three times and girls notice how your MUM is breathing, and mothers notice how your DAUGHTER is breathing. SOUND BELL

Notice the movement of BOTH your backs as you both breath in and out three times. See if you are breathing in a similar way. *Notice how now there are two bodies breathing as one.* SOUND BELL

Hugging Meditation

If you feel the group is comfortable and up for mother / daughter hugging you can add this **Hugging Meditation** from Thich Ntah Hanh.

Facilitator: Sit in mother and daughter pairs facing one another. SOUND BELL

I invite you to breath in and out three times. Please hug each other and repeat after me. SOUND BELL

Breathing in I am happy that I am alive. SOUND BELL
Breathing in I am happy that you are alive. SOUND BELL
Breathing in I am happy we are here together. SOUND BELL

‘Embracing each other with our whole heart is perhaps the greatest act of recognition and appreciation there is.’ Thich Nhat Hanh

Thank you Elena!

A word of caution – use this process with awareness and care. It may be triggering for adoptee mothers and daughters, or other family circumstances.

