

## Mothers & Daughters Retreat, Blue Mountains, Australia

Over the very cold, windy and wet weekend of 15-17 Nov 2013, which was a contrast to the preceding weekends which were extremely hot and windy, Sally and Helen facilitated a retreat for Mothers and Daughters [over 18 years] at the Blue Mountains retreat centre in Leura near Sydney. It was a marvel of the determination of eight pairs of mothers and daughters who braved the conditions—thunder, lightning, wind, pouring rain – either by rail or road, to make their way to the retreat centre for the weekend.

The theme chosen for the weekend was: Feminine Rights of Passage and each session had been planned around developing a spiritual understanding of the following:

The Right to Beginnings, the Right to Love, the Right to Mothering, the Right to Creativity, the Right to Strength, the Right to Harmony and the Right to Change.

There was time for meditation and sharing in groups.

Very popular was the session on the Right to Creativity, when Chris from the Ashfield Centre in Sydney facilitated a session on creating a card with a special message for each other. The cards were gifted to each other in a ceremony in the final session. Also popular was the session on the Right to Harmony when Leura residents Jaine and Olivia guided the mother-choir and the daughter-choir to singing in harmony a lovely Maori lullaby.

From the feedback at the end of the retreat, it was apparent that most of the mothers and daughters are now living their separate lives and this type of coming together for some special time to do things together allowed many of them to realise things they never knew, such as the way each had been thinking about the other through the years, in a beautiful and spiritual way.



21 November 2013