

Life Lessons from My Mom

THE RIPPLE EFFECT OF A MOTHER'S LEGACY BY TINA M. GAMES

One of my biggest spiritual teachers was my mother. The unfortunate thing is – she never knew it. And truthfully, neither did I – until she transitioned from the human realm to the spiritual realm.

It was this transition that magnified the power of my own teachings about life purpose legacy, helping solidify that everything does happen for a reason. As her daughter, I was able to see how her life story affected my own.

As a Life Purpose Alchemist, I'm a lover of story. I genuinely love hearing people tell their life stories. Through their words, through their laughter, through their tears - I hear threads of meaning, threads of purpose. And I have a divine gift for weaving these threads together in a way that unveils a deeper meaning.



MY LOVELY MOTHER, MARY

It's this meaning that brings the "aha" moments, the deep understanding, the desired clarity that leads to divinely-inspired actions. It's this meaning that paves the way to choosing an authentic path of work. It's this meaning that helps us make sense of the relationships in our lives. It's this meaning that sparks the richness of living a life on purpose.

Even in the most difficult of times, there is light - and a deeper meaning, if we're open to receiving it. Every part, every experience, every lesson of our life story carries significance and paves the way toward fulfillment of our life purpose.

My understanding of life purpose deepened when I received an unexpected phone call in early February 2012 with the news that my Mom had passed away in the wee hours of the morning. I remember sitting there stunned, not fully aware of whether or not I was dreaming. It was hard to imagine that a woman who had played such a big part in my life was suddenly gone.

My mother's untimely passing opened my eyes to the reality that life could end at any moment for any of us – and when that time arrived, can we honestly say that we've given life everything we have?

Have we become all that we

KNOW WE CAN BE?

Imagine for a moment a pebble thrown into a pond. It creates a ripple that goes on and on and on. I believe that mothers are a significant part of the ripple effect of humanity – that will transform the world into a more loving, more nurturing place.

When a mother is living life with complete authenticity, she's subconsciously giving permission for her kids to do the same. She's truly at her best – creating powerful change for herself, her family, her community – and for the world at large. It's all part of the ripple.

But what if something goes awry – and the ripple stems from a place of frustration, confusion, disconnect or unhappiness?

My transformational work with mothers came out of my own experience of connecting with the moon during a really dark period in my life. Shortly after the birth of my first child, and after making some fairly significant life changes at the same time, I fell into depression – a place that felt so foreign to me, a place where I felt like I had fallen into a black hole with no way out.

It was during this time, a period that spanned over two years that I had disconnected from everything that made me happy. Because my son suffered from chronic illnesses related to serious colds and severe ear infections, I made a very difficult choice to give up a successful career in order to care for my son full-time. I hadn't realized until this experience how much of my identity was tied into my career. Without it, I felt very lost and very unhappy.

No one understood the pain I felt – except my mother. She was the one person I could speak to without censoring myself - and she became my confidante from that point on.

I also found myself falling back on a great passion of mine – journal writing. And as a mom of a baby who did not have a normal sleep schedule, I found myself exhausted and emotional much of the time. So night after night, after I'd get my son settled and after my husband went to bed, I'd grab my journal and retreat to my favorite chair – beside a big bay window where I caught a glimpse of the moon. It was the moon that taught me the meaning of transition. I'd watch this beautiful lunar goddess, night after night, move in and out of her various phases. And before long, I began to connect her phases with my own emotional tides.



I noticed that the moon always began in darkness and gradually, she'd move into full light – and cycle back around again. And I noticed the contrast between dark and light – the darkness of the night sky against the beautiful full moon light. I started connecting to this – as if I was being divinely guided through my own transitions of dark and light. I began to notice the ebbs and flows of my emotions. There were good days and bad days.

So when I came to the point of writing my book, *Journaling by the Moonlight: A Mother's Path to Self-Discovery*, I wanted mothers to realize that every human transition begins in darkness and gradually moves into light, where we get a glimpse of what is possible. And then we retreat, to ponder the many ways we can manifest these possibilities into reality. This requires deep work, where we step into our own truth and into our own power – and where we can emerge in the most authentic way possible.



Blue Moon Phase

This is what I call the Blue Moon phase – when we finally realize that we are here on this planet to be WHO we are, to put our personal thumbprint on the world in the most truthful, most authentic, most unique way possible. Each one of us is an individual, being divinely guided on our own purposeful path.

Because moms are natural role models, our kids are observing all the time. There's a lot of truth in the saying, "Monkey see, monkey do." In other words, when a mom is modeling the value of following her heart, her kids get it – much more than they would if she was just saying it. Kids feel energy. They know when a person is happy and when they're not. So why not be happy – and let the ripple flow?

Wouldn't the world be a much better place if we were all following our hearts? If we could truly live life with passion and purpose, everything would have a richer and deeper meaning. It would create a ripple of positive and loving energy that could literally heal the world.

Each and every one of us has the power to create great change in the world. And this change has the most impact when we begin with ourselves – looking in the mirror and honoring the person who is staring back.

WHO is this person?

Do you really know her at her core? If you were to remove every label that she wears – mother, wife, partner, community leader, business owner, loyal friend, etc. – who is she?

Pretend for a moment

that each of these labels are a blanket. Slowly remove each blanket, acknowledging the label it represents, and set it aside. Continue doing this until you have no more labels except – SELF

Who is SELF?

Take a moment to describe SELF from the inside out. How do you feel when you're not bombarded by what the world thinks you should be? What are your passions? What are your dreams? What makes you come alive? How does this person – from the inside out – want to show up in the world?

These are great questions to ponder in your journal, allowing yourself to answer them – truthfully and completely.

When we start chipping away at the exterior labels, what do we look like on the inside? What is our “diamond in the rough?”



Once we discover this, we've connected with our authentic self. And it's from this place where purposeful, powerful and magical ripples are created.

What kind of ripple are you sending out? Are you noticing the flow of your own energy and the impact of your emotional tides?

When we take a close look at our own life patterns and the many lives we touch within our own ripple – it's a real eye-opener!

I saw my mother's ripple quite vividly at her memorial service. As I stood there in conversation with the many people who arrived at the funeral home to pay their respects to my mother's memory, it became very clear to me what her life purpose was. The stories, the anecdotes, the tears, and the laughter - it all came together. Her legacy was staring right at me.

All around the visitation room, there was evidence of family, children, nurturing – and mothering. There were families with young children. There were families with older children. There were young adults who had spent their early years of life with my mother being their preschool teacher, and who had chosen to give their own children that same experience.

There were also many friends who all remembered how my Mom listened to them during hard times, and who had always been a person they could trust with their most painful secrets. There were family members who recalled very similar stories of calling my mom when they needed gentle guidance.

Ever since I can remember, we had kids in our home - ranging in ages from a few months to the teenage years. My mother loved kids and was a natural nurturer. She was passionate about helping children learn to read and write - and strongly believed in sending them to kindergarten ready to learn. She also made sure that the basic needs of each child were met. They would be fed if they needed to be fed, or clothed if they needed to be clothed. And if their parents were struggling in any way, my Mom found a way to help them get the support they needed. She was all about family. And to many of these parents, my mother was a part of their family - and they were a part of hers.

My mom had become known as “the second mother” for so many children as they were nurtured in her loving care, whether it was in her home day care business or just as a “kid in the neighborhood.” For any child who walked through her door, she gave everything she had - and then some.

It was very clear that my mother had been a Mother to many – and it was a life that made her happy.

Hearing all these stories, it made perfect sense to my family and me, that in lieu of flowers, we would choose a charity that embodied my mom’s passion for children and families, and for early childhood education. That part felt easy. It was the right way to honor her legacy.

The hard part was realizing the void that she was leaving behind. You never fully know the power of one’s ripple effect until they’re gone.

I can say, without a shadow of a doubt, my Mom changed lives. Mothering was her life purpose. It was her legacy.

We ALL have a life purpose legacy. What’s yours?

Take a look at your ripple – and you’ll see that it’s already present.



meet the COACH

Tina M. Games is the author of *Journaling by the Moonlight: A Mother's Path to Self-Discovery* (an interactive book with an accompanying deck of 54 journaling prompt cards).

As a certified creativity coach and life purpose alchemist, she is the "Moonlight Muse" for mothers who want to tap into the "full moon within" and claim their authentic self, both personally and professionally.

Through her signature coaching programs, based on the phases of the moon, Tina gently guides women from darkness to light as they create an authentic vision filled with purpose, passion and creative expression.

For more information about her work please visit: www.JournalingByTheMoonlight.com where you can receive her 12 best tips for journal writing.

