**The Mother’s Place (Tami Lynn Kent-From Wild Women)-Five Bowls**

**The following is a powerful visual explanation of how everything connects to that which came before; specifically our heritage from our female line of descent, and then how one creation leads to the next.**

Using 5 bowls that can nestle within each other; lay each bowl out in front of you. As you pick up each bowl, say the phrase, then, place it under the previous bowls. Then the process is reversed, starting with the largest bowl, say the phrase and reveal the next bowl.

Smallest bowl: “***This is you.”***

*Next largest: “****You were held in your mother’s womb.”***

*Next largest: “****Your mother’s eggs were fully formed while she was held in her mother’s body. In this way, you were also held in your grandmother’s womb.”***

*Next largest:* ***“Because your grandmother carries the energy of her mother’s***

*Last largest: “****and grandmother’s wombs, so you are linked to them as well.”***

***“We are wrapped in layers of female energy from women ancestors who came before us.”***

Set the bowls down…

Pointing to the largest: **“Now this is you.”**

Lifting out the next largest: **“This is one of your creations.”**

Then the 2nd largest: “**This is the seed of that creation.”**

**Then the next: “When that creation manifests it produces a new seed.”**

**Then the next: “Which leads to a new creation…”**

Continue with the rest until the last bowl is separate: **“Each is separate, and yet shares the lineage of the previous creation.”**

**“This is how your womb, and the energy that you carry, influences all that you create. This is your legacy of creation.”**