

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Is Mothering Wearing You Out?**

**By Margaret Paul, Ph.D.**

**Is Mothering Wearing You Out? by Margaret Paul, Ph.D.**

The following article is offered for free use in your ezine, print publication or on your web site, so long as the author resource box at the end is included, with hyperlinks. Notification of publication would be appreciated.

Title: Is Mothering Wearing You Out?  
Author: Margaret Paul, Ph.D.  
E-mail: <mailto:margaret@innerbonding.com>  
Copyright: © 2003 by Margaret Paul  
Web Address: <http://www.innerbonding.com>  
Word Count: 810  
Category: Parenting

**IS MOTHERING WEARING YOU OUT?**

**By Margaret Paul, Ph.D.**

I always wanted to have children and I was completely thrilled when I had my first child. Nothing, however, prepares a mother for what it's like to be responsible for a child 24/7.

Before my son was born, I had time - time to read, to be creative, to spend time with friends, to take long baths, to spend time with my husband, to breathe. Suddenly there was no time for me. And, of course, after two more children, having any time for me became even more challenging.

That's when I started getting sick. Not sick in the way you could name it - just sick in the way of being fatigued all the time. As much as I loved being a mother as well as continuing my practice as a psychotherapist, I was wearing out. Something had to change.

The real problem was in knowing how to take care of my children and myself, instead of just taking care of my children. I had been brought up to be a caretaker, which meant that everyone's needs came before mine. That was really what was wearing me out. Not only that, but putting their needs before

## Is Mothering Wearing You Out?

mine was creating children with entitlement issues - the more I put myself aside for them, the more they demanded and felt entitled to my time and attention.

Unfortunately, I didn't discover this problem until my children were adolescents. By that time I was headed for serious illness. My immune system was shutting down and various doctors said I that if I didn't change my lifestyle, I would end up with cancer or something equally serious.

It's not easy to start to attend to yourself when you've always put others' needs before your own. Yet for me it felt like a life-and-death situation. I had always been afraid that if I said "no" to my husband and children, I would discover that they really didn't care about me. I was afraid to find out that they

wouldn't support me in learning to take care of myself. Yet I finally reached the point where I was willing to lose them rather than continue to lose myself and my health.

It was at this point that I began to develop a strong spiritual connection, and Spirit eventually guided me toward a self-healing process which we now call Inner Bonding. (For a free Inner Bonding course, see [www.innerbonding.com](http://www.innerbonding.com)). It was through practicing the six steps of this powerful process that I was able to start taking care of myself while I was working and taking care of my family, and my health gradually returned.

I had always had enormous compassion for others but generally lacked compassion for myself. My challenge was to turn my eyes inward to my own feelings and needs instead of always being tuned in just to others' feelings and needs. I needed to learn to treat myself as well as I treated others. I needed to learn to stand up for myself when my family demanded that I take care of them to the detriment of myself. I needed to learn to have the courage to withstand their anger when I didn't do just what they wanted me to do. I needed to learn to stand in my truth regarding what was loving to myself and others instead of trying to control their love with my compliance. It's been a long and sometimes painful road, but one with great rewards.

In a session with Renee, one of my clients, she told me that she was struggling with this same issue. She was exhausted most of the time, and often felt depressed. She told me of a recent incident that had happened with her nine-year old daughter, Sarah. Renee had told Sarah that she wanted to watch a particular TV program at 8:00 that night, so Renee wanted to make sure that Sarah didn't need anything from her after 8:00. When 8:00 came around after Renee had been spending time with Sarah, Renee said she was going to watch her TV program. Sarah said, "Mom, so the TV program is more important than I am." Renee got confused by this, bought into the guilt, and gave into Sarah, thereby enabling Sarah's already strong entitlement issues. Then Renee felt even more exhausted and depressed.

What Renee needed to say to Sarah was, "Honey, it is you who is being selfish in not caring about what is important to me and just wanting me to do what you want. I need you to care about me like I care about you." Then she needed to watch her program, thus taking care of herself and at the same

## Is Mothering Wearing You Out?

time role—modeling personal responsibility rather than enabling Sarah's entitlement issue by giving herself up.

Learning to take care of ourselves is essential for our own health and the health of our family.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?", "Do I Have To Give Up Me To Be Loved By My Kids?", "Healing Your Aloneness", "Inner Bonding", and "Do I Have To Give Up Me To Be Loved By God?" Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>

### **The Origins of Mother's Day**

**By Tony Luck**

#### **The Origins of Mother's Day by Tony Luck**

##### **The Origins Of Mother's Day..**

Today Mother's Day or Mothering Sunday is celebrated all over the world. For florists and card shops the event is one of the highlights of the year, but the roots of Mother's Day are not commercial.

Motherhood has been celebrated since ancient times. The ancient Greeks paid homage to Rhea, the Mother of Gods; and there are records of the ancient Romans worshipping a mother Goddess known as Cybele as early as 260 BC. Festivals took place in the spring which was the most fertile time of the year.

The more modern way of honouring mothers began in England in the 1600s where Mothering Sunday was observed on the fourth Sunday of Lent. This day is also known as 'Refreshment Sunday', the only day when you are allowed to eat or do whatever you have given up for Lent. Not surprisingly, families came together and took the opportunity to party with a big meal at which mother was treated as the guest of honour. Traditionally, mothers were given posies of flowers and a cake.

The term 'Mothering Sunday' is now falling into disuse and has mostly been replaced by 'Mother's Day', which is used the world over.

In the USA there were several attempts to introduce a Mother's Day as a way to celebrate peace and heal the scars of war. Julia Ward, who wrote the words to the Battle Hymn of the Republic, suggested the idea in 1872. But the idea didn't really take off until Anna Jarvis campaigned for the establishment of a Mother's Day to commemorate her own mother who died in 1905. Ward's mother herself had tried to establish a similar holiday, Mother's Friendship Day, to heal the pain of the Civil War.

The first Mother's Day in the USA was held in 1907 when Julia Ward held a ceremony to honour her mother. She then successfully campaigned for a formal holiday to honour mothers and by 1911 most states had taken up the idea. This was followed in 1914 by a declaration by President Woodrow Wilson that Mother's Day should be celebrated as a national holiday on the second Sunday in May. The idea quickly spread to Canada and Mexico and many more countries throughout the world.

## Is Mothering Wearing You Out?

The commercialisation of Mother's Day quickly followed, much to the disgust of Anna Jarvis who was arrested in 1923 at a Mother's Day festival for trying to stop women selling flowers. Jarvis said "I wanted it to be a day of sentiment not profit".

Ironically Anna Jarvis campaigned for many years against the commercialisation of Mother's Day, the day she had worked so hard to establish.

Although she had no children of her own, each Mother's Day Anna received hundreds of cards from all over the world. Anna Jarvis died in 1948.

Tony Luck runs a site offering advice to moms-to-be and new moms. Included on the site are the

fascinating

which supposedly tells you whether the baby you are

expecting will be a girl or boy, and a

to tell you when baby is expected.



**This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).**

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**