

A one stop resource for everything
a busy mom needs



Mama's Lil' Guide

FREE

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Why it's the best gift you can give your children

Faith M. Davis, www.FaithmDavis.com

As a busy mom, I'm sure you'll answer the following question the way most moms do. Who is it that you have the least amount of time for? Your answer was probably "myself," right? That response is understandable considering the hectic lives moms lead. At no point in their busy days is there room to take care of Mommy, right? Wrong! There absolutely needs to be time to take care of Mommy even though there isn't time because when you go through every day of your life taking care of others and always neglecting yourself, you really will break at some point.

Let me ask you this now: what is the most important thing you can do for your kids? The answer to that is to take care of you. While many of you probably feel that is selfish, it is absolutely the opposite of selfish. If you never make time to take care of yourself and are therefore always stressed and on the verge of breakdown, are you really able to be the mom your kids need you to be? I know that when I am feeling that way, I am certainly not doing my kids any favors because I snap at them, I am not able to have any fun with them, and doing our daily responsibilities is harder on us all.

Do your children a huge favor by making some time for yourself to bring down your stress levels. One of the easiest ways to accomplish that is through meditation. When we meditate, we give our minds a much-needed break and allow our thoughts to be rejuvenated and cleansed. As the stress begins to melt away, stored up negative energy blockages in the body are released and we begin our own natural healing

process, eliminating unwanted ailments and symptoms. We connect spiritually with the Universe and bring in feelings of fulfillment and peace. What mom doesn't need all of that?

Listening to a guided meditation is often a wonderful way to meditate because it gently walks you through the meditation process along with soothing music which can often help you melt deeper into a peaceful state. Meditation can also be hiking, painting, reading by candlelight, taking a bubble bath, praying, writing in a journal, expressing gratitude, listening to the sounds of nature, gardening, dancing or yoga. As long as you do these things without agenda – meaning you are not just trying to get something done – and with the intention of doing something that speaks to your soul and makes you feel peaceful, that is all that it takes to meditate.

Do your kids a favor – meditate! They will love the new mommy they get to have as a result of your meditation practice because you will be able to approach situations from a much more peaceful state and your time with your kids will be quality time that will create lasting memories for you all to savor.

Faith M. Davis is both an author and a copywriter focusing on the subjects and industries she knows and loves most: holistic health, wellness, self-help, metaphysics and inspirational topics. More information about her work and her services can be found at www.faimhdavis.com. Faith also has a line of journals and note cards displaying her inspirational artwork. She created these products to help others feel inspired, uplifted and spiritually connected. Products can be viewed and purchased at www.enchantgifts.com.

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Agave Treats

A sugar free, gluten free alternative
to the marshmallow stuff.

- 3/4 cup agave or honey
- 3/4 cup nut butter (peanut or almond work well)
- 1T vanilla
- 8 cups crispy rice cereal (not puffed, I use Erewhon brand)
- 1 cup chopped nuts
- 1 cup dried fruit (raisins, cranberries, blueberries)

Beat together agave, nut butter and vanilla. Add crispy rice cereal, stirring well until incorporated well. Stir in nuts and dried fruit. Press into a 13x9 inch pan and refrigerate for 2 hours. Cut and serve.

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