



**what is my  
original essence:  
A GUIDE**

MAMA MEDICINE



Fire gives us a gentle container to be able to connect to the feeling of being a part of all of existence and holding our responsibility for our part in all of existence. Part of that responsibility is to continue to purify and cleanse so that we may be in deeper contact with our spirits. That is a responsibility that we have to nature and our human family.

One way to cleanse and purify is to ask ourselves clarifying questions.

What comes up when you ask yourself, “*who am I?*” without needing an answer but instead sitting with your own pure presence? When you feel in deep contact with your spirit, what is your responsibility? What is not yours and not your responsibility?

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*“Whether you connect to your spirituality in a freeform way or whether you connect to your spirituality through a specific religion, there’s not a lot of permission for formlessness. You are told you always have to be peaceful. You have to always be calm. You have to always be benevolent.*

*There’s even a passiveness that is asked of us. This is also a lie so be careful with this. You can be an absolutely spiritual person and feel anger and express that anger. You can be a spiritual person and feel fear and express that fear. The key is to not attach to the anger.*

*The key is to not attach to the fear. Anger is important because it’s going to help to clear, it’s going to help to transform. Anger is going to help us see what needs to change, and the same with fear, and the same with guilt and shame. These are very important things to feel, because these are important things to help us transform, so these are important things to allow.”*

- Mama Medicine

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After reading the passage above, what emotions do you feel need to be more fully felt and embraced? How about detached from? When you allow yourself to freely feel these emotions without attachment, what are they inviting you to transform?

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