

# Reclaiming the True Spirit of Mother's Day

## Introduction

Greetings everyone, I hope that each of you are doing well.

I probably learned about the true nature of today, Mother's Day — as celebrated in the United States of America (USA), while an undergraduate student studying civil and environmental engineering & Spanish (el español) at the University of Tennessee at Knoxville (UTK) in the late 1990s. I learned that it was originally about a global movement for Peace (please refer to the various links below for more information) until it was co-opted and downgraded into just being a commercial holiday celebrating motherhood.

Due to the scale of war = terrorism throughout Mother Earth/Father Sky in the present day, including the destruction of seeds (women have been the main guardians/caretakers of seeds for future generations) which provide our “daily bread” & global ecological catastrophes, it's past time that the true intent of Mother's Day in the USA is reclaimed so that we can imagine and create a Planet Earth that works for all of Us (<https://commonway.org/>) {a world based on Abundance, Peace, Love, Bliss, Harmony, Happiness, Gratitude, Freedom, Health}, not solely a few of us {a world based on scarcity, war = terrorism, poverty, violence, hate, fear, depression, enslavement, dis-ease (which is the world that we have co-created and live in currently)}.

I hope that this document inspires Human Beings, in particular women, to become healthier and to become a part of the global movement for True Peace & Justice. It is important to note that many of the survivors (people that continue to live after the trauma) and victims (people that die soon thereafter due to the trauma) of violence, in all forms — especially war = terrorism, are women and/or children due to direct and/or indirect targeting of civilian populations.

This document was created using the rmarkdown package [<https://rmarkdown.rstudio.com/>] version 2.27 in R [<https://www.r-project.org/>] version 4.4.0 on the Trisquel GNU/Linux [<https://trisquel.info/>] version 9.0 [GNU/Linux name — <https://www.gnu.org/gnu/why-gnu-linux.html>]. You can find Irucka's contributions to the R Community at <https://gitlab.com/iembry> [GitLab projects] & <https://www.ecoccs.com/rtraining.html> {R Trainings and Resources provided by EcoC<sup>2</sup>S (Irucka Embry, EIT)}.

Thank you.

Take care. Peace be unto each and every one of you.

Written on Sunday, 12 May 2024 with Love & Gratitude

By Irucka Ajani Embry, EIT (EcoC<sup>2</sup>S — <https://www.ecoccs.com>)

## Inspiring Quotes

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous,

talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

—*A Return to Love: Reflections on the Principles of “A Course in Miracles”* (1992) By Marianne Williamson; **Source:** Wikiquote: Marianne Williamson [[https://en.wikiquote.org/wiki/Marianne\\_Williamson](https://en.wikiquote.org/wiki/Marianne_Williamson)]

“No fear, **Only Love! :) / ¡No temas, Solamente Amor! :)**” (el español)

—Irucka Ajani Embry, 15 March 2020, Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International license (CC BY-NC-SA 4.0) [<https://creativecommons.org/licenses/by-nc-sa/4.0/>]

“We, the Human Race, must Unite for Our Collective Freedom and True Peace!!”

—Irucka Ajani Embry, 28 July 2023, Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International license (CC BY-NC-SA 4.0)

“peace. it does not mean to be in a place where there is no noise, trouble or hard work. it means to be in the midst of those things and still be calm in your heart.”

—unknown

## Useful Online Resources

<https://www.ecoccs.com/empowerment.html>

EcoC<sup>2</sup>S [Irucka Embry): Empowerment

<https://www.ecoccs.com/healing.html#women>

EcoC<sup>2</sup>S [Irucka Embry): Resources for a Healthier You (Resources to help us take responsibility back to heal ourselves and each other): **Women’s Health**

<https://www.ecoccs.com/healing.html#menopause>

EcoC<sup>2</sup>S [Irucka Embry): Resources for a Healthier You (Resources to help us take responsibility back to heal ourselves and each other): **Menopause**

<https://www.ecoccs.com/healing.html#emotions>

EcoC<sup>2</sup>S [Irucka Embry): Resources for a Healthier You (Resources to help us take responsibility back to heal ourselves and each other): **Emotional Health**

<https://www.ecoccs.com/healing.html#relation>

EcoC<sup>2</sup>S [Irucka Embry): Resources for a Healthier You (Resources to help us take responsibility back to heal ourselves and each other): **Relationships**

<https://www.ecoccs.com/healing.html#mental>

EcoC<sup>2</sup>S [Irucka Embry): Resources for a Healthier You (Resources to help us take responsibility back to heal ourselves and each other): **Mental Health**

<https://www.ecoccs.com/healing.html#cosmetics>

EcoC<sup>2</sup>S [Irucka Embry): Resources for a Healthier You (Resources to help us take responsibility back to heal ourselves and each other): **Cosmetics/Toiletries & Your Health**

<https://sojournertruthmemorial.org/sojourner-truths-famous-speech-arnt-i-a-woman-aint-i-a-woman/>

Sojourner Truth Memorial Committee: Sojourner Truth's Famous Speech: Ar'n't I A Woman? — Ain't I a Woman?, February 27, 2022

<https://womenshistory.si.edu/blog/history-mothers-day-global-peace-greeting-cards>

Smithsonian American Women's History Museum: The History of Mother's Day: From Global Peace to Greeting Cards By Rachel Seidman, May 1, 2024

<https://karunacenter.org/2022/05/05/honor-the-anti-war-origins-of-mothers-day/>

Karuna Center for Peacebuilding: Honor the True Origins of Mother's Day

<https://peacealliance.org/history-of-mothers-day-as-a-day-of-peace-julia-ward-howe/>

The Peace Alliance: History of Mother's Day as a Day of Peace: Julia Ward Howe, May 8, 2015

<https://people.howstuffworks.com/culture-traditions/holidays-other/mothers-day-civil-war.htm>

HowStuffWorks: The Surprisingly Radical History of Mother's Day

By Laurie L. Dove, Updated: May 5, 2022

<https://www.thoughtco.com/julia-ward-howe-early-years-3529325>

ThoughtCo.com: Julia Ward Howe Biography: Beyond the Battle Hymn of the Republic

By Jone Johnson Lewis, Updated on March 06, 2019

<https://www.history.com/topics/holidays/mothers-day>

History.com: Mother's Day 2024

Updated: May 10, 2024, Original: April 29, 2011

<https://navdanyainternational.org/cause/diverse-women-for-diversity/>

Navdanya international: Diverse Women for Diversity

<https://www.ratical.org/co-globalize/WinonaLaDuke/Beijing95.html>

rat haus reality: The Indigenous Women's Network: Our Future, Our Responsibility: Statement of Winona LaDuke, August 31 1995 at the United Nations (UN) Fourth World Conference on Women in Beijing, China

<https://www.wilpf.org/>

Women's International League for Peace and Freedom (WILPF)

<https://www.codepink.org/>

CODEPINK - Women for Peace

## Useful Print Resources

<https://www.qup.quest/soiled-seeds.html>

Questioning the Universe Publishing (QUP) [Irucka Embry]: *Tuning to the Soil-ed Seed Vibrations For Our Collective*

*Health*

Irucka Ajani Embry With Obiora Embry

*Emotional Repatterning: Healing Emotional Pain by Rewiring the Brain*

Lisa Samet, N.D.

<https://iyanla.com/>: Iyanla Vanzant

*Peace From Broken Pieces: How to Get Through What You're Going Through*

Iyanla Vanzant

*Living Through the Meantime: Learning to Break the Patterns of the Past and Begin the Healing Process*

Iyanla Vanzant

*Yesterday, I Cried: Celebrating the Lessons of Living and Loving*

Iyanla Vanzant

*Finding Peace: Letting go and Liking it*

Paula Peisner Cox

*Finding Time: Breathing Space for Women who do too Much*

Paula Peisner Cox

<https://thepeoplesdoctor.net/>: The People's Doctor: Dr. Robert Mendelsohn

*How to Raise a Healthy Child... in Spite of Your Doctor*

Robert S. Mendelsohn, MD

*Male Practice: How Doctors Manipulate Women*, 2nd edition

Robert S. Mendelsohn, MD

<https://www.innersource.net/em/>: Energy Medicine with Donna Eden

*Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality*

Donna Eden with David Feinstein, Ph.D.

<https://www.drnorthrup.com/>: Dr. Christiane Northrup | Women's Health Expert, NYT Best-selling Author

*Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing*, Newly Updated and Revised 5th Edition

Christiane Northrup M.D.

*The Wisdom of Menopause: Creating Physical and Emotional Health During the Change*, 4th Edition

Christiane Northrup M.D.

*Dodging Energy Vampires: An Empath's Guide to Evading Relationships That Drain You and Restoring Your Health and Power*

Christiane Northrup M.D.

<https://navdanyainternational.org/>: Navdanya international

*Staying Alive: Women, Ecology and Development*

Vandana Shiva