

AWARD WINNER OF THE
AUDACIOUS POETRY BOOK AWARD

Without a Mother Figure

**Called and Destined
for Greatness**

DOREEN TAYLOR

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Memorable Quotes

“Your thoughts become your words, your spoken words become a seed, which manifests into fruit, flourishing within your atmosphere.”

“Now that you have bounced back, don’t stop bouncing your way through the next challenge that you may face”

Doreen S. Taylor

Having a mother can be the most memorable life experience. Mothers are the go-to person to seek advice from and the person who can be brutally honest with you. From your perspective, they may not have time for you when you need it. Unknowingly, they are hardworking people who juggles their time from being a wife to a husband, mother to a child, and everything in between their challenges throughout their life. On the other hand, some will have different experiences.

You must be aware of something about a mother figure, and it may be challenging for some. Whether you are aware, want to acknowledge or not, know her or not, or at least meet her (there is a difference between not knowing and meeting her), or if you had or still have a relationship with her -- know that your mother was resourceful enough to bring you into this world, with the assistance of someone or not. Despite months of discomfort, weight gain, nausea, medical encounters, and life throwing darts at her, she never gave up.

Unfortunately, some people never had the privilege of knowing their own mother. They were either adopted or fostered out of or within the family dynamics. Consider the possibility of a mother dying when they were born or many years later in their childhood or teenage years.

Those who never knew or lost their birth mother in their early childhood may be deeply affected or have accepted their life journey with little or no effect. Whichever way, something is missing, and one may be left traumatised.

It is the hope that whilst you read fragments of Without a Mother Figure, you will gain some understanding of a mother. That they, too, are and have been a part of a journey nurturing you. They have nurtured you from a perspective of what they have known, having developed, changed, and carried it out.

Let us look at a few areas of how a perfect mother may be and what may not be to your desire or expectation. Please remember that from here on, 'mother' will also refer to a mother figure. You are in another dimension, and an extension of your mother. That mother who you destined to be or become, with or without a mother - called and destined for greatness.

A Woman

A woman is a female who is part of humanity:

- A carrier of egg cells.
- Produces eggs intending to be ovulated by a sperm.
- Produces a baby.

Passed through a female lifecycle of:

- Childhood.
- Puberty.
- Adolescence.
- Menopause.

A mother brings forth a child into the world at various stages of their life before menopause (there are a few mothers who have conceived and given birth during menopause) due to several factors, situations, and unusual circumstances that they would never dream would have considered at that time.

When a woman becomes pregnant (which may be planned or unplanned), some may be happy, and some are not. Others may have been informed to plan around the conception of a child but refused to take the advice. You are here because you are called and destined for greatness despite what life throws at you.

Unfortunately, some mothers have gone through various treatments to become pregnant, whilst others are not given the opportunity to be birth mothers - even with treatment or make decisions that suit their needs. Some decide not to have children and adopt or foster regardless of the reasons. At some point, there is the opportunity to become a mother -- to give and be a nurturer for that living soul gifted to you.

1. Types of mother /mother figures:

- Birth mother
- Adopted Mother
- Foster Mother

- Aunt
- Grandmother
- Older Sibling
- Neighbour
- Teacher
- Mentor

Anyone of the above individuals can be the light that is the world for that child, who is:

- An enabler who boosts the confidence of their child.
- A voice and sound of invaluable, positive advice to steer them away from uncomfortable challenges and circumstances.
- Against self-destructive behaviour.
- Seen on a regularly.
- A devotional career.
- One who respects you.
- Who tells you the truth in love.

They are also aware of the child's growth and find alternative ways through the life journey of the child to prepare them for their future. All is done by the individual based on several factors. Please note that some mothers are stronger in some areas than others, such as being a:

- Nurturer.
- Protector.
- Friend (in their later years).
- Fair and positive disciplinarian.

- A person that can identify several factors surrounding a situation.
- A person can factor solutions within a scenario.

Memorable Quotes

“A closed door can also be an opportunity to rethink the next strategy.”

“The greatness in you incorporates the highs and lows in life for your future success.”

Doreen S. Taylor

2. Culture and environmental structures of a mother

A mother was also nurtured differently - country, environment, social economic, class structure, whether from working, middle, upper class, poor, rich or wealthy. Some are educated, uneducated, intelligent, clever, and creative. Whatever it may be, that mother can take on board what they have learned in their environment, which also impacts their way of thinking. They can remain in that mode of experiencing the comfort zone of their environment. This can change when one is out of their immediate environment, which can be a town, city, or country.

Memorable Quotes

“To deny your call is to deny your greatness of what God placed inside of you.”

“No matter what life throws at you, don't stop, you will overcome.”

Doreen S. Taylor

3. Preparations to become a mother.

When one becomes a mother, their mothering skills may be based on memories of the methods of mothering they previously observed. There are occasions that their mother, whether she may be a teenage or an older mother, may not have had the right guidance from a mother yet sometimes she endeavours to persevere by:

- Seeking professional advice by asking questions.
- Attending parenting classes.

- Have observed how others parent.
- Gather information on YouTube.
- A natural ability to nurture.
- Genuine compassion.
- Continue to enhance their skills to support their children.
- Make the best decisions.

The different stages of motherhood and how many children they birth will determine what and how they can prepare for and manage the different personalities of their children. However, this does not mean that a teenager who had a sound mother would not raise her first child, an only child, or several children to the best of their ability. Regardless of her age, status (single or married), or family dynamics, the determination and effort can be challenging and extremely rewarding.

The benefits may not always be immediate as you frequently find solutions and deal with their needs. Whatever the age of a mother, it will and can be challenging at different stages of her growth, and her young child/children's. Sometimes a mother desires to see changes to the solutions immediately, just as a child requires immediate attention to their needs. Unfortunately, the latter or former is not the case - everyone is on a journey.

Perseverance is the key principle in these circumstances as both parties learn and grow.

Memorable Quotes

“Age is a number, as life is a journey to your call.”

“Because of whom you decided to become, you need to persevere to be who you are intended to be.”

Doreen S. Taylor

4. Nurturing

Not all mothers nurture in the same manner. The protective mode as a young mother may be very different because of where you were born, how you were raised, the age of understanding behaviour. Yet some have the ability and can protect their young the best way they can. As a mother continues to develop as a nurturer, she can only do her best.

Sometimes, when a child turns to adulthood, they believe that mother should have done things differently and as much as we may agree or not agree, the mother of 18 – 50 may begin much later in life to think and do things differently for many reasons.

Please note whilst nurturing, a mother can make many mistakes, and it is crucial that the mother acknowledges their mistake and apologies to the child. Mothers are not always right in their actions, even if they believe they are justified in how they nurture. When nurturing, it is important to reflect on the method of nurturing, and the impact that it has on both parties. Nurturing is as follows (and much more):

- Give directions.
- Finding the right solution.
- Love unconditionally.
- To become a better version of oneself.
- May not be given the same to older or younger siblings.
- Depends on the needs of the different personalities and circumstances.
- Learning from mistakes.
- Is giving the child room to grow mentally.
- Listening and speaking to understand the child.

Some methods of nurturing can be damaging that can affect someone up until adulthood.

Types of nurturing styles

Authoritative parenting style (Democratic) Warm and accepting / demanding.

- **Authoritarian parenting style (Disciplinarian)**

Demanding/Cold and unaccepting.

- **Permissive parenting style (Indulgent)**

Very loving and warm/ reluctant to impose limits.

- **Neglecting parenting style (Uninvolved)**

Undemanding and cold and unaccepting.

From the above you may be able to identify the type of mothering you received and if you had siblings and you were the eldest child. Notice that the parenting style of your mother may or may not have changed. This also reflects on your mother becoming a grandmother, and her behaviour towards how she assists you with your child. Perhaps, it is totally different compared to when you were growing up. For some, this may or may not be a problem. However, it is important that you are aware of your emotions as an adult so that you don't regress to your childhood state of memories that keep you from moving forward and acknowledge this encounter as a positive outcome.

Memorable Quotes

“Being without, doesn't mean you have been denied.”

“A silent mother can speak a thousand words with an expressive look, an expressive mother can also speak a thousand words.”

“A genuine apology is not a sign of weakness; it is an inner strength which sets you and others free.”

Doreen S. Taylor

5. Changes of womanhood to mother

As an adult, we sometimes fail to distinguish that some things haven't changed - yet we need to embrace change. The world is constantly evolving. As one matures and examines who they are and realises that a mother's behaviour can be daunting due to so many factors. This can be deemed through the eyes of those they are protecting as:

- Unloving.
- Unfair.
- Inconsiderate.
- Temperamental.
- Unsupportive.
- Traumatic.
- Melodramatic.

This may be true, but there are many factors to consider. At the time of puberty and beyond, hormonal changes which a woman goes through (at different ages and stages) impacts the way they think and behave. These hormonal stages are not always dependent upon age.

Here are some changes to consider for your mother/mother figure (which may or may not affect her behaviour). The list below is not exhaustive and is taken from Nuffieldhealth.com:

Age:

As we mature in age, our psychological well-being rises.

Young woman:

- Physical, emotional, acne, hormonal changes, periods.

- **Career and family:**
 - Life balance, children career, elderly adults resulting to fatigue, mood swings.
 - Heavy or irregular periods.
 - Fluctuating hormones.
 - Fluctuating Weight change.

- **Menopause:**
 - Physically, emotionally draining for some. Hot flashes, night sweats, insomnia, concentration, memory lapse, aches, pains, thinning hair, hair loss, lose skin and much more.

- **Retirement:**
 - Considered as freedom and the opportunity for great possibilities, plus new challenges (such as more time with family and friends) and illness.

In all the above changes, a balanced diet, exercise, rest and looking after one's mental and physical well-being is very important. These are just a few factors to consider as a future mother or a mother constantly emerging.

Memorable Quotes

“Positive thoughts breathe positive words.”

“Words of encouragement enlightens the heart.”

Doreen S. Taylor

6. Revelation

Like many people, a mother is an imperfect human being with perfect moments of enormous skills and talents. Sometimes, this is not considered when they may think they are failing, and they are reminded of past mistakes. Everyone has a story, and everyone has made mistakes. Here are some factors to consider that may have affected a mother and their family:

- Imperfection in the home, but perfection outside the home.
- Challenged on how to resolve a situation that they have created.

Going through the motions as they battle to come to terms with some unusual circumstances that affected them as child, and they are acting out their childhood tantrum as an adult.

- On occasions they do not have the capacity to support themselves nor others.
- Mother dying at the birth of the child - for some it is difficult to comprehend.
- Dying when the child was very young or when they were a teenager-lack of compassion and genuine support.
- Children taken from family- sometimes the right reason and sometimes not.

As a child who looks up to the nurturer for support, it's very easy for that child, teenager, or adult in 'child-mode' to make an incorrect conclusion or fail to understand and step into the shoes of the mother to see the bigger picture. They are not at the stage to reason and comprehend the entire situation objectively.

- They are working one or two jobs just to keep a roof over their heads.
- Unable to pay full attention (that mother is unable at that point to support the emotional needs of the children).
- Not knowing their worth at that moment.
- They do not have any Powerful support nor family network.
- No Authoritative *mother* or mother figure assists to change the narrative.
- Unable to be a solution's game changer in that specific scenario.

- Unable to nurture effectively at the moment.

Memorable Quotes

“The creator of life instilled in you a great gift; you are allowed to use it.”

“Delve deep within, and you will see who you are.”

Doreen S.

Taylor

7. Things to consider:

Unlearn to relearn

Whatever one’s conclusion is about their mother/mother figure, they, like their children, are constantly learning at different stages, and there is a need to unlearn. Discovering new life changes and accomplishments require one to revisit and relearn.

Self-reflection is a good introspection towards understanding others at different stages of life, such as:

- The belief that a mother can change doesn’t mean that it will be an immediate action.
- To imagine and understand the reasons for their behaviour and decisions.
- To come to their own conclusion due to their childlike understanding.
- To develop a thought that their mother at that time may have been very young.
- To comprehend not having a mother or mother figure due to one or more circumstances.
- To seek support.
- To articulate their own pain.
- To understand that some adult behaviour may derive from childhood mental and physical trauma.

- To mentally comprehend why their mother /mother figure was being fearful of not being a good mother.
- Made intentional corrections of unintentional mistakes.
- To conceptualize the history of the poor relationships and decisions made, can affect the way a mother behaves.

Memorable Quotes

“A challenge can make or break you, choose to make it through.”

“Applaud the younger you for not giving up.”

“A nourished mind is as a nourished body, fed by the right amount of nutrients of information.”

“An enhanced thought soothes the body, mind, and soul.”

Doreen S. Taylor

“Without a Mother Figure”, is the beginning of your journey and a start of your calling towards your path destined to greatness, despite not having the fullness or the loss of a mother figure.

Memorable Quote

“Do not allow your negative past to destroy your bright future.”

Doreen S. Taylor