



## THE JOY OF MOTHERHOOD

Marian Baltazar  
Class of 1980 University of the Philippines Manila  
AB Political Science

A woman's life will not be complete without passing the stage of motherhood. One cannot measure or contain the pleasure or satisfaction that motherhood brings to every woman. Hence, motherhood is certainly one of the most fulfilling and challenging experience in every woman's life. The happiness and contentment that it brings is definitely a joy to behold. The joy of motherhood begins when you feel that there is another heartbeat ticking inside of you, thus, it starts with being a healthy pregnant mom. I guess every pregnant mom looks forward to experiencing the joy of motherhood. As Rajneesh quoted, "The moment a child is born, the mother is also born. She never existed before. The woman existed but the mother, never. A mother is something absolutely new."

I know that there are a lot of women who share the same sentiments like me because I too am a mother. I am very sure that there are more than a thousand and one reasons why this ecstatic feeling of inner joy consumes our whole being! Nothing can equal the overwhelming happiness that we felt when our first baby was born because this object of pleasure and contentment is our pride and joy. Our child means the world to us for our life revolves with them the moment we lay our eyes and hands upon them. The encompassing bliss of a baby's fingers clasping the finger of a mother trying to figure out what the future holds for this angel of hers is a mere sight of contentment.

One cannot fathom the numerous sacrifices that a mother has for her children, but almost always this gesture of good will is left unappreciated. So what then is the true meaning of motherhood? It is being selfless, thereby, being able to put aside your personal need and putting your child's needs first. It means being a safe and nurturing provider, wherein supplying the needs of a child comes first.

Motherhood is a sense of pride, of duty and of honor. It is a sense of unconditional, endless love. Some women seem not to experience the joy of motherhood. More often than not, they become frustrated with caring for an infant. Sometimes ennui strikes them for being a stay-at-home mom. They feel lonely or isolated and sometimes even feel depressed. Let's face it, motherhood can be stressful too! While this situation brings some of the best perks that one can imagine, the fun, the growth, the love, it also ironically brings more than its share of work, frustration and stress and sometimes can even put you at a greater risk of depression. Fortunately, the advantages of motherhood are what can help one deal with the disadvantages of motherhood. In fact, one of the best ways so that mothers can reduce their stress is to revel in the joy of motherhood.

So why not just take pleasure and enjoy your children and make the most of the gifts and benefits that come with being a mother. Have fun because your children can supply you with numerous opportunities to take joy in the mundane activities that you take for granted, and live each day to the fullest. You can even have it your way too, try to relive your childhood days. I am definitely sure that you loved your childhood and that you can enjoy giving your children the same wonderful experiences you had. Let's enjoy our life all over again while our children are learning for the first time. We are very fortunate and blessed for this opportunity is a once in a lifetime privilege of being a mother, like YOU and ME.

Questions for discussion:

1. What is the true essence of motherhood?
2. Is motherhood more than a responsibility or a calling for you?
3. What are the ways on how to enjoy motherhood to the fullest?
4. How can motherhood be an awe-inspiring experience?
5. Have you truly experienced the joy of motherhood?