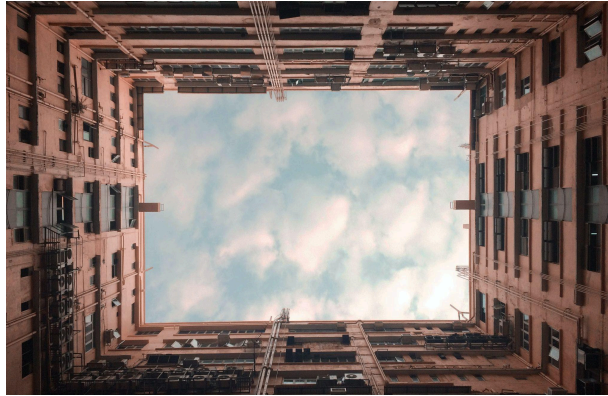


Home Practice

Opening With a Frame



*“All of you must Open to let the baby out—to allow you to do
with love & courage whatever needs to be done.”*

Pam England

You may wish to pair up with another Mentor to gain the most from this Home Practice.

- Begin by learning each part of the Map for Opening With A Frame.
- Using pastels, or markers, create a Word Frame to use in this process as a part of exploring what environment might be conducive to Opening.
- Using the script, sit with the meanings of the word “Opening,” noting any meanings that move something in you.
- Enter into a mindful discussion about the word “Opening” with your cohort’s online forum.
- After completing this, schedule and complete this process with parents.