

Home Practice

Mentor Birth Bundle



Creating a Mentor Bundle is a beautiful ritual to mark time in your mentoring journey. It activates the Gatherer and Hunter/ Huntress archetypes, and allows you to practice accessing your inner knowing as you prepare to give birth to yourself as a mentor. This is a moment of celebration.

Sharing the Mentor Bundle with other mentors, or a close friend or partner, is a meaningful activity to mark a milestone— partway through the course, or after a particularly challenging portion where it took great effort to keep going. Whatever holds meaning for you.

The Mentor Bundle can connect mentors in a heart-centered way to the value of ritual in birth work and celebrates their process of growth in a tangible, tender way.

Making a Mentor Bundle

Making Mentor Bundles is a simple but powerful ritual of preparation that acknowledges the triad of energies involved in the mentor (and life) process: the body, mind, and spirit. Selecting three items, representing each part of the triad can symbolize milestones of growth in this course and honor the efforts of your mind, body, and spirit over the many months of the journey.

Using the [Map for Making a Mentor Bundle](#), create your very own bundle to symbolize your mentor journey.

Going deeper through journaling. Write about the process of discovery and what your symbols mean to you.

- What does mentorship mean to you?
- How does it feel to have made it this far?
- What needs to be strengthened?
- Which Allies need to be awakened to continue with you on this path?
- What are you grateful for at this juncture?

Ceremonial Sharing of Mentor Bundles

You may want to create a ceremony, private or with the group, in which to open your Bundles. If in a group, have each person open their Mentor Bundle in awareness, one at a time, each listening intently to the other. As with parent groups, mentors are often swept away in laughter and tears, as each person shares the personal meaning or stories behind the cloth and the three objects they selected.

One by one, each bundle is witnessed.

Explore: What are some highlights from my/our opening our Mentor Bundles Ceremony? What was learned or awakened?

Congratulations! Keep going.

