

Map

Creating a Mentor Bundle



Creating a mentor bundle is a beautiful ritual to help you activate your Gatherer and Hunter/Huntress archetypes, and practice accessing their inner knowing, especially as you prepare to guide parents in a culture that emphasizes modern knowing.

The Mentor Bundle is a sweet way to help you connect with yourself as you prepare to journey with parents into the labyrinth of birth.

Making a Mentor Bundle

Making Mentor Bundles is a simple but powerful ritual of preparation that acknowledges and draws upon the three energies of the body, mind, and spirit.

Begin by choosing a piece of cloth that is large enough to hold the three special objects you will collect, and to form a “bundle” by tying the corners loosely together. The cloth can be any fabric or color. It can be bought new or be a family heirloom.

Why three objects?

Staying with just three objects for this ritual helps you to tune in deeply as you choose to “use this” and “leave out that.”

- The first symbol speaks to your mind and the Modern Knowing you feel you need to embrace as you hone your skills as a birthworker.
- The second represents the body and Intuitive Knowing, the knowing in your bones. How might you need to take care of yourself in this role? How are you already taking care of yourself? What object or symbol represents a small act of self-care or self-compassion you can give yourself?
- The third symbol represents the spirit, and Inner Knowing. This may be your connection to a religious or personal practice that offers you strength and support in your life. It may be your connection to your lineage, those that have paved the way before you.

Searching for Symbolic Objects

The search for symbolic objects activates an internal search for values and resources you will need as you help parents navigate the labyrinth of labor, birth, and parenting. It may not be as easy as it sounds to find symbols that speak to you. Take the time you need to find an object that feels right to you.

When you’ve collected your special objects, place them on the cloth and tie it to form a bundle. Your Birth Bundle needs to be tied securely enough so it won’t open until it is time to open, but loosely enough so that when it is time, it opens easily (like a cervix!)

*Write about the process of discovery
and what your symbols mean to you.*

Ceremonial Sharing of Birth Bundles

When doing this process with parents, we may invite them to share Birth Bundles as part of a prenatal meeting or a childbirth class. As mentors, we may just do this process for ourselves, or we may choose to share with other birthworkers in our community to join in the process of making Mentor Bundles, or in the sharing of ours.

Keep in mind that although a symbolic object may evoke strong feelings in you, the power is within you--not the object. When you see or hold the objects, they invoke an instant, unspoken reminder that you are connected to the gifts these symbols represent.