

Journal Prompt: Inner Knowing Solution-Focused Mentoring



The archetypal Huntress/Hunter looks within, tracking habitual patterns of thinking when seeking change, self-knowledge, and personal freedom.

Pam England, Ancient Map for Modern Birth

Feeling into and integrating the Huntress/Hunter and Warrior Archetypes takes time and space. When the Hunter/Huntress archetype is activated, one gets quiet, and listens deeply. Here too, the Love Warrior, the archetype who brings compassion to one's self, can become awakened. When you're ready to dive in, reflect on the questions below and write your answers in your journal.

Tasks of Preparation: The Hunter/Huntress

What does awakening your OWN huntress/hunter mean? What about as a birth professional? What does it look like? You want to be safe, loved, and to belong, and yet...what happens when you respond to The Call? How can we prepare for what lies ahead? What happens when you have to do the One Forbidden Thing?

Take a moment here to identify your own agreements and recognize where you are afraid of losing belonging, safety, or love, especially within the context of being a new childbirth educator or doula. For example, if you have an agreement that you must know everything and be “right”, what would happen if you were to make a mistake, or answer a question with “I don’t know”? What if you have an agreement that you must always be available and supporting others, what would happen if you were inaccessible, or said no?

What do I fear losing? Belonging? Safety? Love?

Challenge yourself to do the following small tasks—or others that connect to your own agreements— that will manifest what you may try to avoid. Choose some things you have not yet done that have “low stakes”—such as:

- Sending food back
- Asking for help
- Giving information—or not
- Taking up space and time
- Not people-pleasing
- Speaking needs or complaining

Consider through journaling:

- What does it mean to be in your Huntress/Hunter?
- What do you really need to know?
- What are you gathering as a mentor? How might that look different from The Tasks of Preparation as a parent?

Tasks of Preparation: Love Warrior

No one is born a warrior. A warrior begins their journey as an ordinary person in search of knowledge, clarity, power, pride, or a certain kind of experience. Pam England, Ancient Map for Modern Birth

Ways to challenge yourself to step into the Way of the Warrior:

- Practice self-love
- Cultivate a compassionate response to the Inner Critic
- Recognize their positive intention

- Do your best wholeheartedly, without attachment to outcome and without seeking approval
- Practice not-doing
- Notice what you do when you don't know what to do
- Be decisive
- Start by making decisions that don't have major consequences
- Embrace interdependence
- Ask for and receive support

Consider through journaling:

- What does it mean to be in your Love Warrior?
- What do you really need to know?