

Home Practice: Birth Art

Seeing Myself as a Parent



- Review and become familiar with the Map for Seeing Myself as a Parent.
- It's okay if you aren't a parent. This is about awakening parental archetypes, which are universal, whether or not one has children of their own.
- Begin by doing the art process yourself and then using the journaling inquiry prompts to explore your experience.
- Lead a parent through the Seeing Myself as a Parent art process.
- Explore the insights behind the parent's art with the help of the journal inquiry prompts.