

Module 3 Lesson 1

This is where we'll take the Heroic Journey into the next step, starting with The Call and beginning to think about moving from unconscious preparation to conscious preparation. Here's the magic of Birthing from Within. As mentors, we see the framework of birth as a Heroic Journey, and we can see through the lens of archetypes, and without having to directly explain to the people we work with the Heroic Journey or even archetypes. We don't necessarily need to tell them, *"Oh, you are on a Heroic Journey, so soon you'll be going through your ordeal, and then you'll have your return."* We don't necessarily need to explain that to them, since most people we work with are in their innocence, because they're at the beginning of this whole process. They don't know. They haven't been initiated yet. They're still in their innocence so we can see that, and we can hold that for them without having to explain the whole Heroic Journey and all the details of how it unfolds. But we can know for ourselves as mentors, as we interact with them, that we can see that they're in their innocent archetypes.

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They're still attached to their child agreements, right? They're still looking to connect with people from the outside and get feedback on what makes them lovable and worthy. Most times, this is true, because people are at the beginning of their Heroic Journey. They are in that place of innocence and trust, and that is right where they should be. The thing is that we know as Birthing from Within mentors that it's helpful and ideal in some ways for people to be initiated before they begin the journey to the underworld, right before they go through the ordeal. Because if they can transition from their Innocent into the more adult archetypes before they go on the journey, then they will be more prepared for what lies ahead. They'll be able to see the bigger picture. They'll be able to see more possibilities for their behaviors and their manifestations and their choices. And we know that if they haven't been initiated in any way.

02:42

What is unfortunate in birth preparation in our culture is that a lot of it is actually designed to keep people really in their child archetypes, in their Innocent. So instead, with Birthing from Within, we want to help parents enter into birth not from their child archetypes. Because if that's the case -- which happens all the time,

really, it's a reality in our culture -- but when this happens, the birth experience can be so daunting and startling for the child archetype who doesn't expect to have to dig as deep as they end up having to dig, or having to do things that they have always said they would never do. So when we can help people on the front side of the journey in the conscious preparation phase, and we as for our job as mentors get to guide and show them the way by offering initiations that help them to awaken their adult archetypes and begin to shift away from what the child archetypes are attached to.

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So what does that look like? What is that? Well, that's why we use ice with the people we work with, because that shifts their brain, right? If we just tell them, "*Oh, just learn this visualization, you'll be fine*", then we're just feeding the child archetype. But if we give them something that's challenging, and they realize that they need to dig a little deeper and maybe change their perspective on what they might need to do, that's an initiation, right? Same with art, another reason we do Birth Art, it's a little initiation. It's a little wake up for them. It's a little shift from their innocent archetypes into the adult, parent archetypes. So that's the magic. That's the beauty of Birthing from Within, and what we are able to offer people knowing that we see the framework for birth as a Heroic Journey.

05:00

That's where we step out from as mentors and towards the people we work with. And it's not, like I said, it's not about teaching them the Heroic Journey. It's about guiding them and laying the path, shining the light for their own experience of growth and transformation, leaving the child archetype and moving towards the adult archetypes. So that's what we begin to lean into in this module, is moving parents from the place of unconscious preparation to conscious preparation, which involves awakening the parental archetypes leaning into mindfulness.

05:49

Module One was about unconscious preparation. That's when people make the decisions about how they should behave in order to gain love and acceptance. And then these young children who've made these decisions about what works and what doesn't work and what gains them love and what doesn't they have grown up, and they've lived their whole lives to some degree based on those rules, and now they're adults who are pregnant or preparing for birth. And in some ways, what they have done, just like Inanna did when she sent her sister, Ereshkigal, to the

underworld, what they have done is sent these other ways of behaving to the underworld.

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So if their rule is that *"it's best if I'm quiet,"* they may have sent the behavior of *"sometimes I have to speak up or ask a lot of questions,"* they may have sent that behavior to the underworld. Or if their rule is that they don't rock the boat. They stay small, and they may have sent their bigger self to the underworld and forgotten about it. They forgot perhaps that there are other ways of being -- well Inanna forgot about her sister, her dark sister who was down in the Underworld. And most people really move about their lives becoming the master of the upper world, right? They even begin to understand themselves and their identity with some of these roles. So they may think, *"Well, I'm the type of person who prefers to be in the background",* or *"I'm the type of person who breaks all the rules. I'm a total rebel."* And then that's how they associate themselves, and that's how they move through the world.

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So the flip side of those identities, of those associations about ourselves, those other ways of being, are lurking down in the underworld, waiting, waiting just like Inanna's sister, Erishkegel, is waiting in the underworld. And then in the Heroic Journey comes The Call. What do we mean by The Call? Sometimes we think it just is simply the call to the journey, or the call to being pregnant, or the call to the birth, which in some ways is true, that that may be the route, but the truth is, The Call is coming from what's waiting in the underworld. The Call is coming from the unknown, from the depths of the underworld.

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What lies ahead in the Heroic Journey? One thing we know for sure about Heroic Journeys, it's sort of one of the characteristics that makes an experience a Heroic Journey, is that at some point there will be a crack. The protagonist will at some point have to shift. They will have to do what we call the One Forbidden Thing. It's the one thing they've been telling themselves, since they were a child, *"That's not how you get love, that's not how you fit in."* But there's something that might have to happen in the underworld, in the experience where all of a sudden they have to step into the One Forbidden Thing. So that may mean for the very quiet person, they may have to advocate for themselves in a way that's outside their comfort zone, or they may have to get really loud. They may cry, which might break the rule.

"As a child, I don't cry. That's not how I gain acceptance." But in the birth, maybe they have to do that.

10:07

So that's the One Forbidden Thing that's waiting down in the Underworld to be seen, and that's what's making The Call. That's the call that they hear. So you'll remember that last module we worked on, this piece here the unconscious preparation. And then after this part of the person's life where they've been building the foundation for all their agreements and beliefs about who they are, then comes The Call, and when The Call comes it initiates the next phase, which is the conscious preparation. But before the protagonist steps into conscious preparation, it's really common both in mythology and life that there is first a refusal of The Call.

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What does that mean? Sometimes we have a negative association with refusing something or hesitating, but it's a very important part of this whole journey. Because if you think about it, if the protagonist went right straight from their unconscious preparation, hears The Call and dives right in, then they're going to go in unprepared, right? Because they haven't thought about what they need to do to get themselves ready for what lies down here. Remember, down here is the One Forbidden Thing. So the refusal is actually very functional and important, because what happens in the refusal is that they pause for a minute. They might even feel a little afraid or doubtful. *"Can I do this? Am I strong enough?"* And what that does then is leads them to a place of inquiry where they might start to look then for, *"What do I need? What will help me get through this journey? What are my resources? Who can I trust?"* And they start to look at their stories and their beliefs. The refusal then becomes part of the deeper preparation.

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This is where instead of rushing in, the protagonist, the pregnant person or partner, stops for a minute and begins to look inward and outward for resources. Who do they want to be on their birth team? Where do they want to have this baby? All of those kinds of questions. The refusal allows for a bit of a fall from innocence. You know, the unconscious preparation phase is really a place of innocence and trust. We talked about that in module one, but then The Call comes, and it snaps them out of that in some ways, and it allows for a fall from that innocence which can feel painful and scary, but it's important.

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Because the whole journey is about getting into a more authentic whole way of being, and that involves going down to the underworld and excavating down into those other possibilities that we sent down there, and becoming a more whole person. So at some point there has to be a fall from innocence. It's just part of the journey. And so being in that place of refusal is the beginning of that. For example, if a person had given birth by cesarean the first time and was considering a VBAC, they may be hearing The Call from the Underworld, and that may all of a sudden bring up some new questions that they hadn't thought about. Maybe some doubt, *"Is VBAC the best route for me, what if this? Or what if that?"*

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And if they're in their child mindset still, they may think, *"Well, I should do what the doctor says, because I don't want to bother them, or I want them to like me, right?"* Or they may say, *"Oh, everybody tells me I should just have a VBAC, so I should just do that, right? So that I fit in with my community."* But if they begin to awaken their adult mindset, they may start to think, *"What is right for me? What do I want? What am I afraid of? What can I do to possibly prepare myself for a healthy birth, one way or the other?"* And they then begin to look for resources and solutions, and if they're guided, they may even ask themselves questions like, *"If I were to have another cesarean, what would that mean about me? What would I tell myself that that means about me? And would that actually be... is that true, that story, or are there other possibilities of truth, a different perspective that's actually more true?"*

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So the adult archetypes, when they are awakened, help guide people towards this type of inquiry and preparation, which is much deeper than just gathering information and trying to make sure that we don't break any of our internal rules. And of course, sometimes The Call is answered not by choice. Sometimes people just find themselves on the Heroic Journey, full throttle, and they didn't have an intentional moment of making a choice. They're already on the path. It's a Heroic Journey, one way or the other. So as I've mentioned, part of what we see at this point in the journey, after The Call comes and maybe after the refusal initially, is that it's time to wake up the adult archetypes.

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We can think of them as Mother/Father parent archetypes. We as mentors want to wake these archetypes up in the people that we work with. So first of all,

understand that when we talk about parent archetypes, and even Mother/Father archetypes, we're not talking about gender. This isn't a male female type of conversation. This is mythic, ancient, non-gendered archetypes within us. It's a reference to the inner adult versus the inner child. And we know from mythology and ancient stories and modern day life that there are, there's truth to that we all have within us a Mother archetype, Father archetype, however we identify in the world we all have these archetypes within us. So we can refer to them, the adult as the parent archetype, and remembering that it's not about male or female but it's bigger than that. It's the mythic inner Father, inner Mother, inner Parent that guides and directs and educates the human parent.

18:09

An important part of waking up the Parent archetype within, or the adult mindset, is a concept that happens in the Heroic Journey that is called leaving home. This always happens in a Heroic Journey. If you look at movies and books, you'll start to see that there is a point where the protagonist has to realize that in order to go on this journey, they have to separate from everything they've ever known. They have to turn their back on all those old stories and on the rules and agreements they made for themselves and also what they've known from their family, perhaps their culture. They have to step in and make an intentional decision that *"This is my journey."* And the amazing thing is that then they get to decide, *"What works for me, what are my beliefs, and which of those beliefs actually still serve me? What do I want to take with me on this journey, and what do I want to leave behind?"*

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Leaving home allows the protagonist to cultivate their intuition and to find balance in interdependence so they aren't relying solely on their childhood strongholds, like maybe their parents. Now it's time for them to become an adult, to step in and make choices for themselves, to discern who to trust and how much. If the protagonist is still tethered to their home, then they don't have the bandwidth to discover what they need to discover about themselves on this journey. Sometimes leaving home allows for the protagonist to develop a stronger relationship with themselves and also with their partner, and maybe to invoke a new village.

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You can kind of feel into that when you think about the people that you work with. You can sense it doesn't mean they're not still connected to their mother or their father, their siblings or their old community. It doesn't mean that they're literally,

practically leaving them behind, but a lot of times people do begin to make choices that they will say to you, *"My mom does not agree with me on this,"* or *"I'm really having to make a decision that isn't what everybody else in my family has always made."* That type of thing that gives you the hint that they're leaving home, they've heard The Call, and they're beginning to awaken the Parent archetypes within themselves.

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In discussing the Parent archetypes, it's really important to bring up this distinction between the Parent archetype and the Patient archetype. So much of our birth preparation in our culture right now is preparing patients. It's activating and awakening the Patient archetype, which is actually a child archetype, in contrast to the Parent archetype, which is an adult. The child archetype, the Patient archetype, is that part who gathers information and data and looks to other people to tell me what to do.

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"What kind of decision should I make? Where should I go? What should I eat? Who should I trust?" That's a Patient archetype, and you can see how it's less mature than the Parent archetype. Who may stop and say, *"Hmm, what does this moment need? It might not be what other people are saying I should do or maybe it is, I don't know, but I have an ability to discern what this moment needs."* The Patient archetype, the child, is much more black and white and they are really always aiming to stay in rapport with people. *"Please still love me. Will you love me if I do this?"* Whereas the Parent sees the bigger picture and can step outside of themselves and see what the moment is calling for. Someone who's in their Parent archetype may understand that there are moments that require advocacy and pushing back and asking a lot of questions. And there are moments that allow for going with the flow and not pushing back and seeing what happens. And they're able to stand with their feet on both sides to know that they may need to go this way and they may need to go that way, depending on what the moment asks for.

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Whereas a Patient may be in a place of either defensiveness, *"I'm not going to do that. Don't ask me to do that."* Or on the other flip side of that is, *"Just tell me what to do and I'll do it."* It's very rigid and black and white. So that's a major difference between the Patient archetype and the Parent archetype. It's really important to see that the adult maturity allows for the Parent to be in a place of seeing the gray, just

seeing more possibilities and being able to step in as needed, because people who are in their Parent archetype have done some work, some excavating around their beliefs, around their agreements and rules.

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They're less likely then to make decisions based solely on relationship outcomes or based on their old ideas of what gains them acceptance and love. But again, instead they can make decisions based on what this moment needs. There's a lot of maturity here. They can see the big picture. They're not in avoidance, but instead awareness, right? So it doesn't mean that they're accepting everything as it is, but they can see a bigger picture. They're in awareness. So you'll find for module 2 that we are stepping into this place with them of conscious preparation. What do they need to know about themselves in order to give birth to this baby? And how can we help guide them into a place of Parent, inner parent, adult, the one who can inquire about these old rules and agreements, the one who can see a bigger picture around the experience, around the pain, around their choices?