

Grow With Flo

Holistic Doula Services

Exploration Exercises

WHY IS THIS IMPORTANT?

Oftentimes, during the birthing time, repressed issues come to the surface. This can halt labor and create the fear, tension, pain cycle. Creating and supporting a life, although natural and why we are all here (so it can be done and done well even with many and big mistakes) is clearly kind of a big deal. Before having a child, exploring your relationship with your own childhood, parents, financial security, partner, community, society, and higher power, can result in a stronger, healthier bond and environment for your growing baby.

I highly recommend exploring these issues through art - the goal is not for it to be pretty or "good" - the goal is delve deeply and make sure you are uncovering as much as you can in order to heal. Art accesses another state of mind that brings out our subconscious. If art exploration feels uncomfortable for you, I encourage you to push yourself. However, whatever works, try to journal it out or at least talk about it with yourself or loved one.

Tips: Watercolors are fun and flowy and might enhance expression.. Close your eyes and breathe, connect to all your senses. Whenever you feel blocked or stuck, take one more breath and just scribble/mind dump. Keep adding more detail - one more idea or symbol.

If you are working with me, let's explore what comes up together to identify themes and empower your coping and healing with any concerns.

- What comes to mind when you hear C- Section? What about cesarean birth/I gave birth by cesarean/my baby was born by cesarean
- What qualities do you want to develop - embody - as a mother? What animal icons come to mind?
- Birth is a rite of passage, with each new turn in your journey you encounter something unexpected, a challenge. These challenges are inherently unknowable, shocking - overwhelming doubt, gratitude, anger, terror, confusion. We can describe these challenges as gates, thresholds we must pass in our birthing journey. What gates have you passed? What or who was behind, around and/or in front of this gate. Is there a guardian too? A price for passage? A gatekeeper? A treasure that laid beyond
- What gates do you most fear in your pregnancy, birth, and parenting experience? Explore these with the same questions as the previous exercise.
- How will you cope with facing these gates? Explore coping with each gate you imagined.
- If your pregnancy, birth, and parenting experience was a landscape, what would it look like? What biome is it in? What season is it? What is the weather like? Is there someone with you? How are you traversing this landscape? What is behind you, with you, ahead of you on your path?
- What do you as a mother look like? Get as detailed as possible symbolically
- What is your idea-image of being in labor and birth? What is it like for you?
- What is being pregnant like for you?
- What is parenting like for you?
- What is your fantasy of labor and birth? Parenting?
- What does being open - open enough for child - look like for you?
- What is it like in your womb? What is your baby doing? Feeling? Hearing? Seeing? What does your baby look like?
- What was childhood like for you? What do you think it will be like for your child?
- What were your parent(s) parenting like? How will you be a parent? What will parenting with your partner, community, this culture and society, higher power of your understanding, look like?