

Week 1. GETTING STARTED!



JOURNALLING REFLECTIONS AS WE BEGIN THE JOURNEY....

- Considering the two streams – the path of parenthood and the path of personal development and spiritual growth – which historically have often been viewed & experienced as incompatible... What has your journey been so far in relation to these two paths? Do you experience any tension *between* them in your life? Does one call you more than the other?
- Given your experiences so far in either or both of these areas: What has brought you here, to this inquiry, this exploration of bringing them together – of engaging in parenting as a path to awakening, and bringing awakening to your parenting. What draws *you* to this focus of engaging your spiritual practice right in the midst of the complexities of daily life, and especially of raising children?
- What is your *next* step? What is your intention for this course?
- If you feel moved to, please share your intention(s) for this journey together in our private facebook group. Let's create a culture of support and engagement together.