

Week 8. BRINGING IT ALL TOGETHER

HANDOUT 2: The Journey ~ eight-week course content overview



Here an overview of each week's course content to provide you with a reference of the many facets explored over the course of this journey, which together, form an integral evolutionary tapestry to enfold our parenting in:

Week 1. STRETCHING THE CANVAS – AN INTEGRAL EVOLUTIONARY CONTEXT

- Warm welcome to the course
- Opening reflections and an introduction to the transformative potential in approaching parenting as your spiritual practice,
- An experiential taste of this approach, and how one small inner shift can make a huge difference, helping us discover an unshakeable ease amidst the ups and downs of any parenting adventure.

Week 2. STRETCHING THE CANVAS – AN INTEGRAL EVOLUTIONARY CONTEXT

- What is an integral evolutionary context, and how does placing our parenting efforts in such a context, change everything?
- The history and evolution of parenting approaches and practices, and why we stand at a very particular juncture in regard to the challenges and opportunities present in raising our children.
- How to bring more consciousness to your parenting, while replacing self-doubt and stress with loving compassion for yourself and your expanding abilities.

Week 3. THE “WE”: WE’RE IN THIS TOGETHER!

- How to nurture the space between you and your child: the *relationship* as the sacred vessel at the heart of your parenting.
- Discovering why dancing with seeming paradoxes is essential to the art of parenting.
- Learning specific, integrally informed practices around discipline.

Week 4. THE “YOU”: DISCOVERING AND MEETING YOUR CHILD AS FULLY AS POSSIBLE

- Learning to engage in the ongoing inquiry of the *whole* person that your child is – a ‘human being’ as well as a ‘human becoming’.
- Holding space for the deeper dimensions present in your child, in a developmental context.
- How understanding your child’s temperament, strengths, growing edges, and learning style will prevent all kinds of unnecessary frustration and friction.
- Discovering how “getting behind the eyes of your child” will make a world of difference in every interaction with your child.
- Six core practices to get to know and meet your child more fully.

Week 5. Navigating the “IT”: INTERFACE WITH THE WORLD ~ My Roles as a Parent

- The three key roles you occupy at the interface between the world and your child, and why it’s so important to know your job in this regard.
- How to navigate this interface between your family culture and the world at large (including relations, friends, and other kids), with grace and clarity.
- How a parent’s role at this interface has changed over the last century.

- Examining your choices, commitment, and freedom to align with, or distinguish from existing structures, systems, and cultures. The potential of co-creating new ones.

Week 6. THE “I”: MY GIFT AND WORK AS A PARENT

- What role does your growth and awakening as a human being play in facilitating your child’s unfolding potential?
- ‘Know Thyself’: Discovering how self-awareness and self-knowledge are critical in optimizing your child’s wellbeing and development.
- Meeting yourself fully, so that you can fully meet your child. Growing and waking up for the sake of your child.
- Core practices in the following six categories: self-awareness; state-shifting/choice-making; self-study and knowledge; shadow work; perspective taking; and self care.

Week 7. DANCING THE EVOLUTIONARY EDGE: CREATIVE JOYOUS DISCOVERY

- How to co-create a family culture that listens to the future, lives in the present, and includes the gems from the past.
- Learning the art of creating culture and meaning with your child.
- Necessary agreements & understandings for being on a journey together.
- Exploring the skills, capacities, and qualities our children need to navigate and contribute to our shared future.

Week 8. BRINGING IT ALL TOGETHER

- Weaving the many threads we’ve explored in this course into one dynamic, real-life tapestry.
- Simplicity beyond complexity: Seven anchor practices to take into your daily life as a parent.
- Identifying your next step, and enjoying & engaging commitment and mutual support.