

THE MOTHERMAP

LEARNING TO FIND OUR WAY



WHAT IS A MOTHERMAP?

A MOTHERMAP
GUIDES US IN CARING
FOR OUR INNER
CHILD



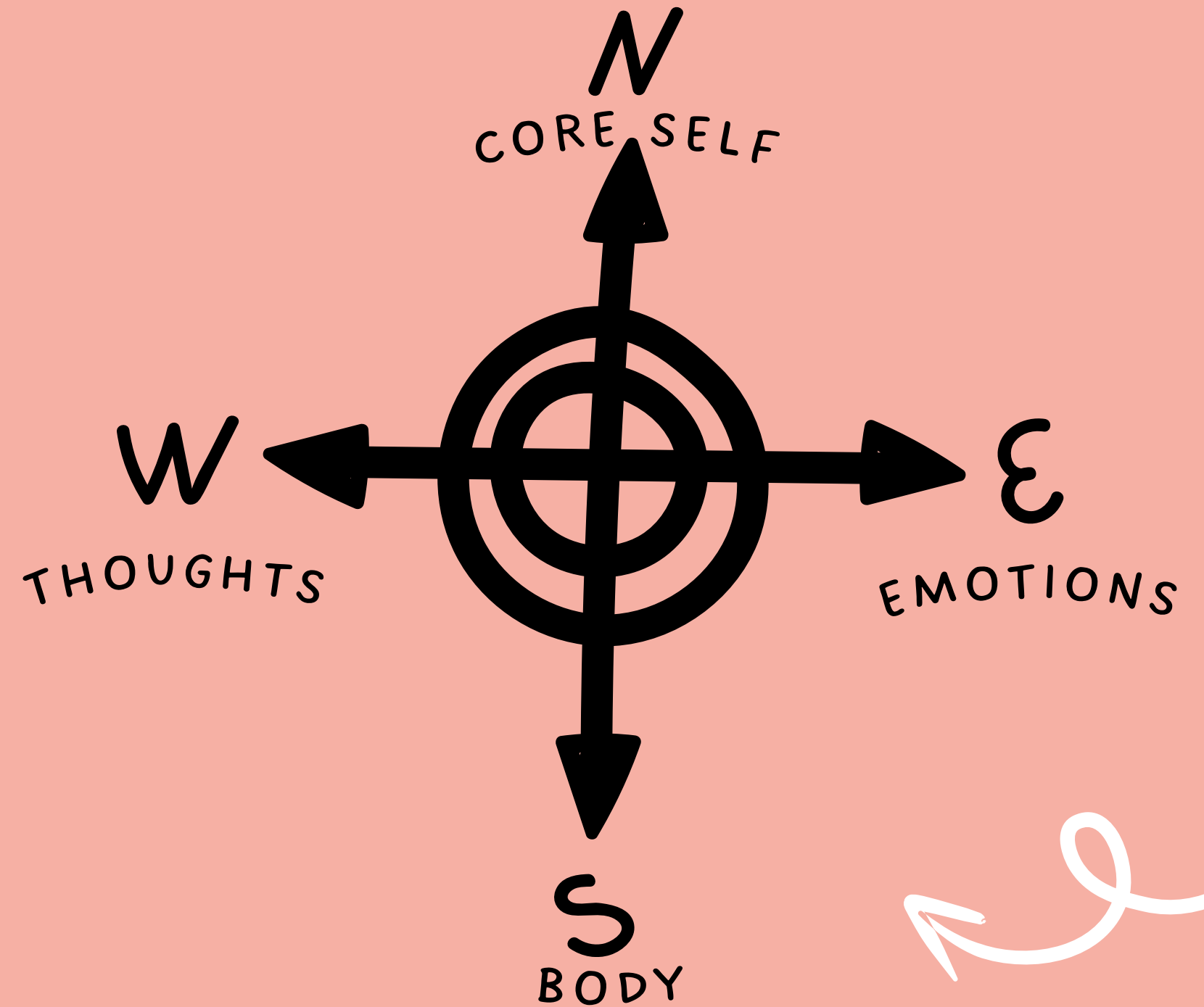
WHAT IS A MOTHERMAP?

SO WE CAN SHOW UP
WITH MORE CALM,
COMPASSION, AND
CLARITY FOR THE
CHILDREN WE'RE
RAISING.



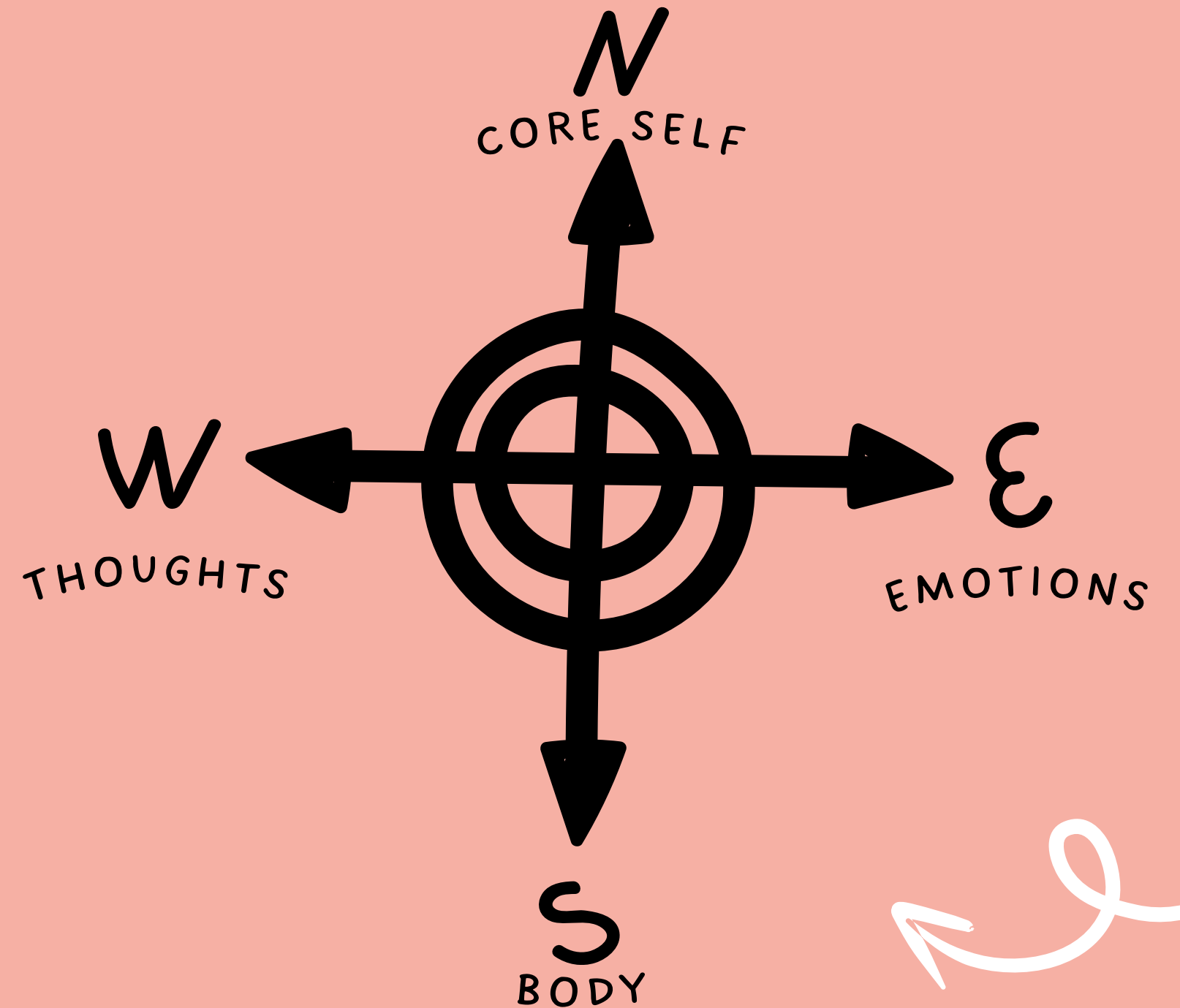
THE COMPASS ROSE

THE COMPASS ROSE
SHOWS US
DIRECTIONS: CORE
SELF, BODY,
EMOTIONS AND
THOUGHTS.



THE COMPASS ROSE

WE USE ALL OF
THESE ELEMENTS TO
GUIDE OURSELVES IN
OUR OWN HEALING
AND IN PARENTING.

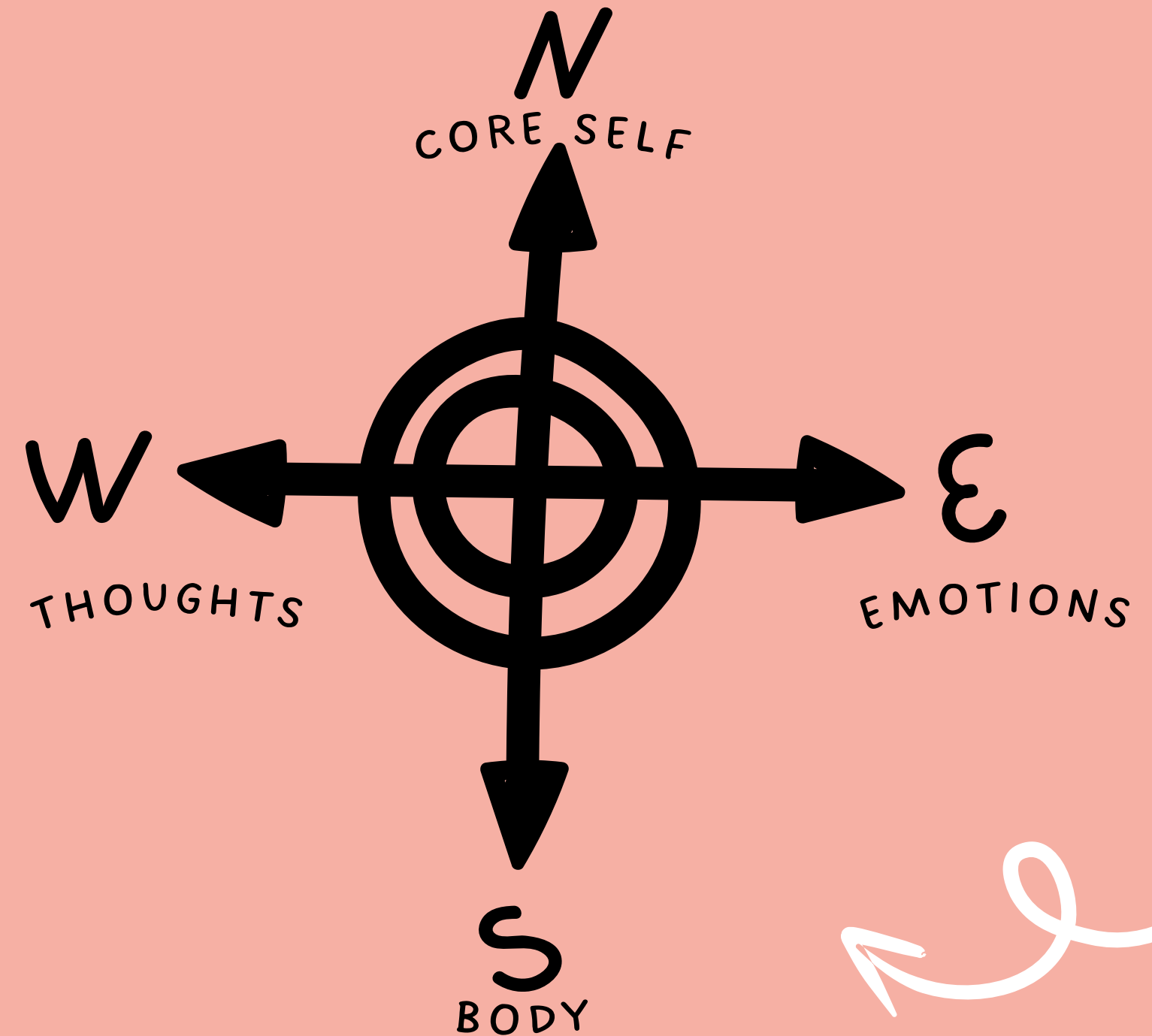


THE COMPASS ROSE

NORTH ↷ CORE SELF (YOUR TRUE NORTH)

- REPRESENTS YOUR INNER ADULT, CALM AND COMPASSIONATE.
- THE PART OF YOU THAT OBSERVES RATHER THAN REACTS.
- "WHAT DOES MY WISEST SELF KNOW IN THIS MOMENT?"

NORTH KEEPS YOU ALIGNED WITH WHO YOU ARE BENEATH STRESS, STORY, AND SURVIVAL.

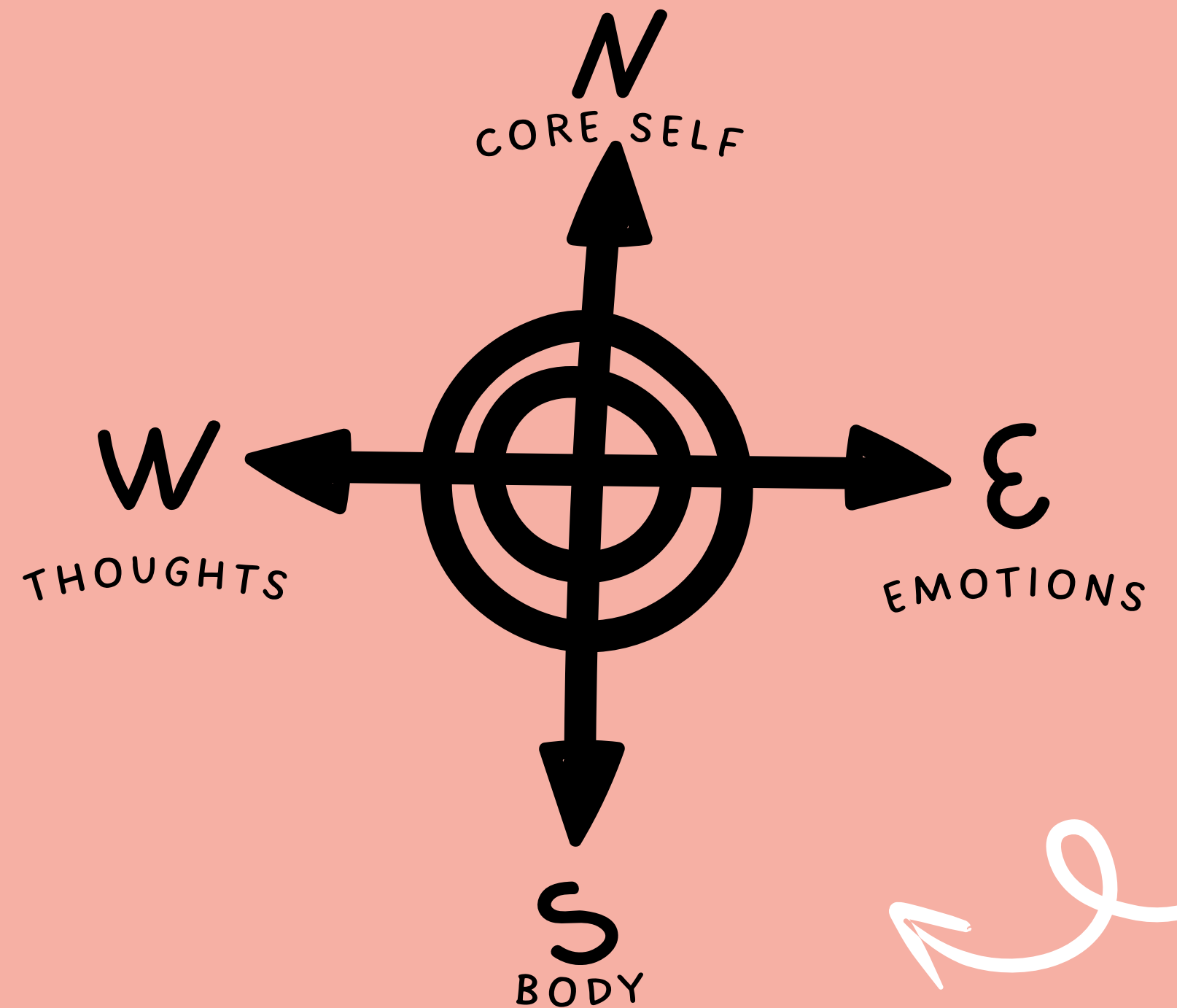


THE COMPASS ROSE

SOUTH \curvearrowright BODY (YOUR GROUNDING ROOT)

- CONNECTS YOU TO YOUR NERVOUS SYSTEM AND SENSATIONS.
- WHERE YOU FEEL SAFETY, TENSION, OVERWHELM — OFTEN BEFORE YOU'RE AWARE OF IT.
- "WHAT IS MY BODY TELLING ME RIGHT NOW?"

SOUTH BRINGS YOU OUT OF YOUR HEAD AND INTO THE PRESENT MOMENT.

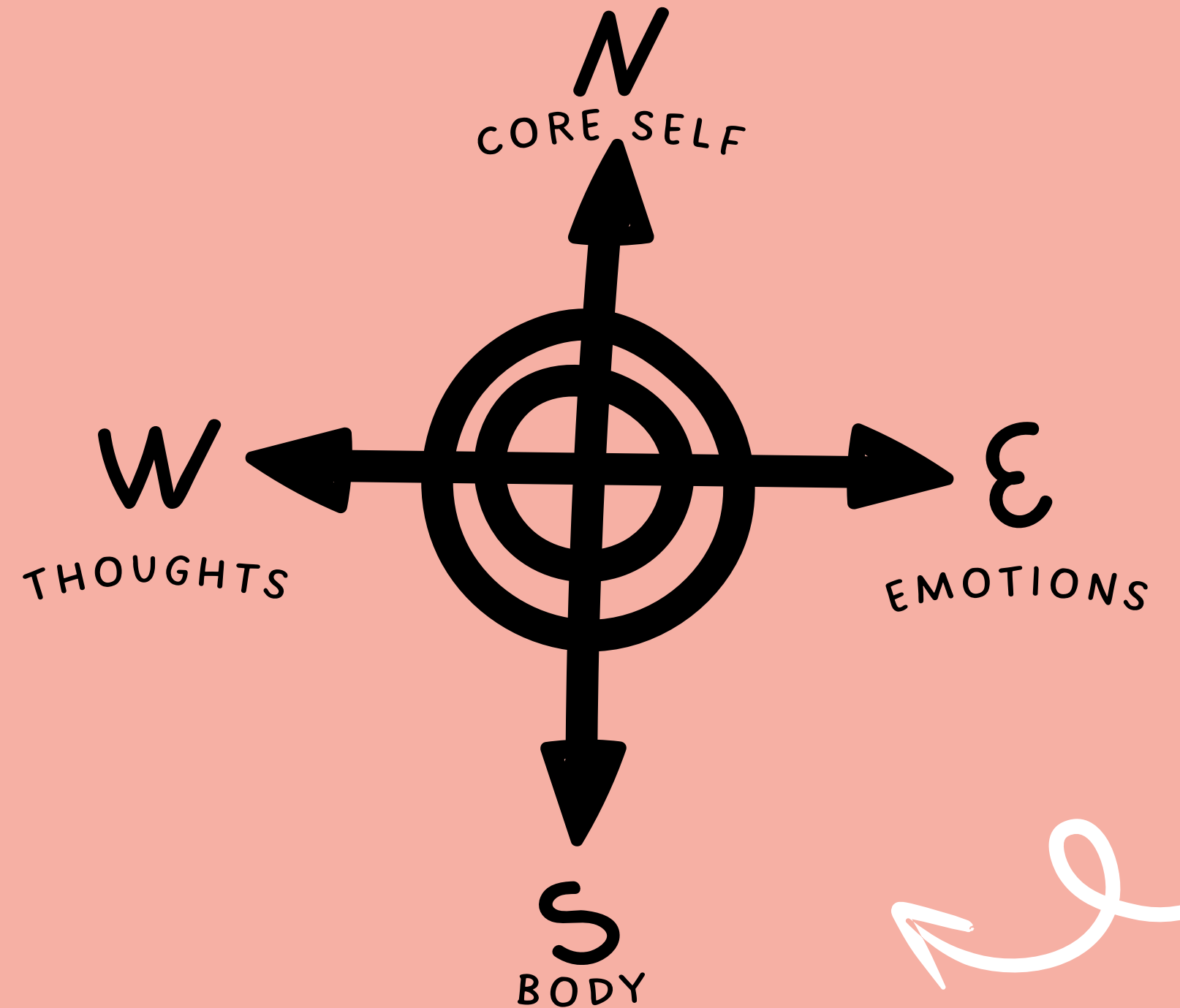


THE COMPASS ROSE

WEST ↷ LEFT BRAIN (THOUGHTS & STORIES)

- THE ANALYTICAL, VERBAL PART OF YOU — MAKING SENSE OF WHAT'S HAPPENING.
- OFTEN SHAPED BY OLD BELIEFS AND CHILDHOOD SCRIPTS.
- "WHAT AM I THINKING? IS THIS STORY HELPING OR HARMING ME?"

WEST HELPS YOU BECOME AWARE OF UNHELPFUL NARRATIVES AND GENTLY REFRAME THEM.

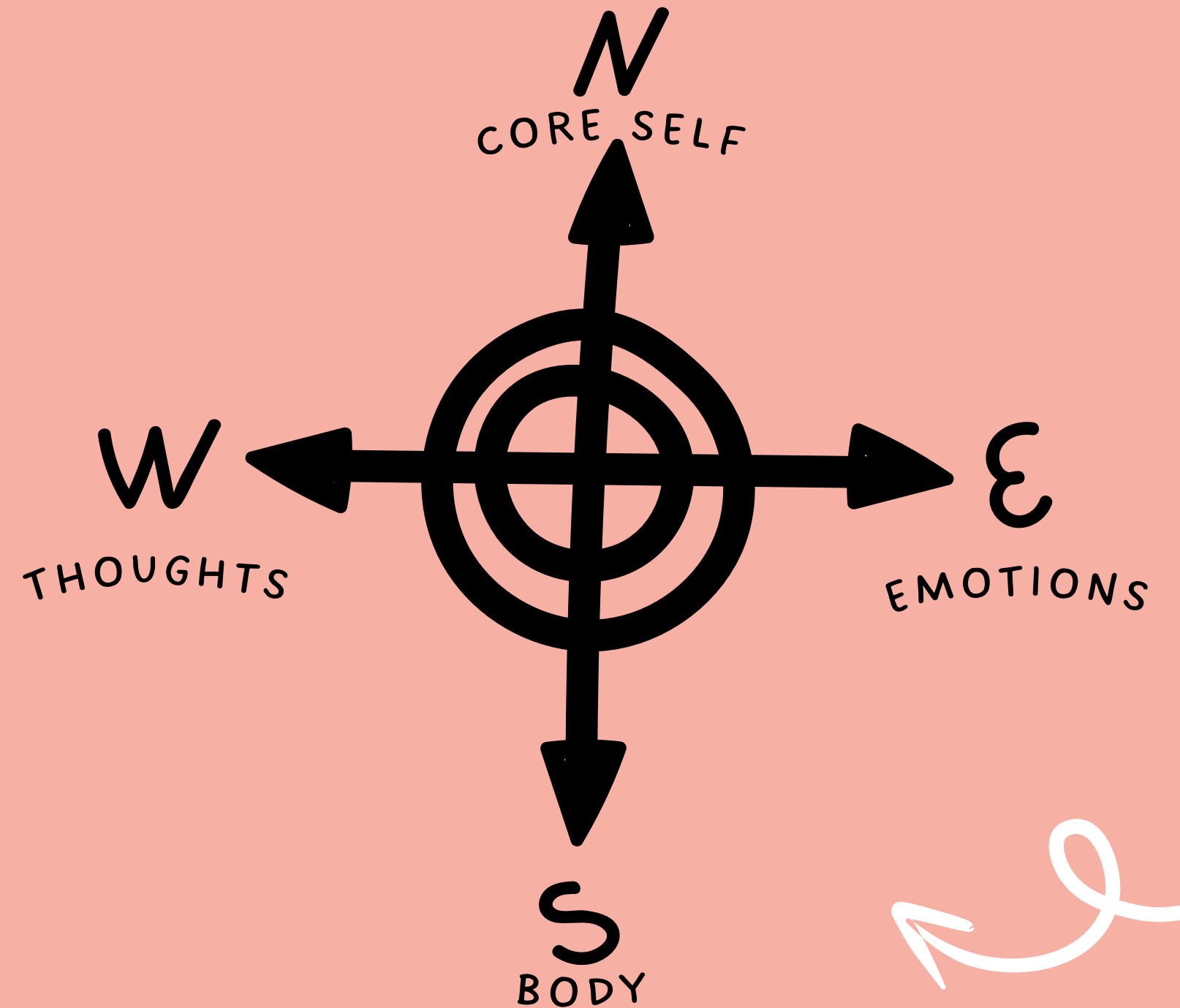


THE COMPASS ROSE

EAST \curvearrowright RIGHT BRAIN (EMOTIONS & INTUITION)

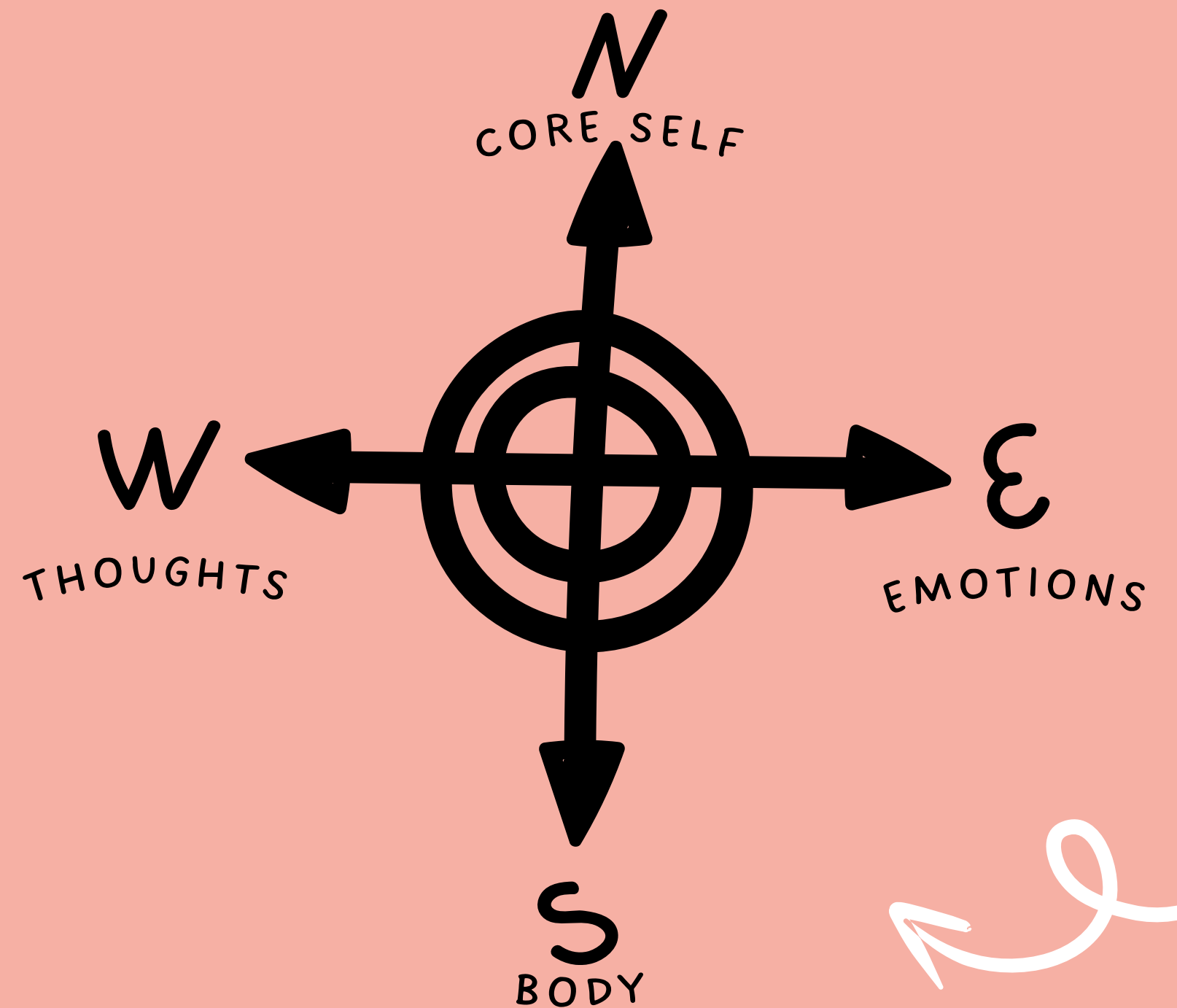
- THE EMOTIONAL, INTUITIVE, IMAGE-RICH PART OF YOU.
- HOLDS DEEP MEMORY, EMPATHY, AND INNER KNOWING.
- "WHAT AM I FEELING? WHAT DOES THIS EMOTION NEED?"

EAST INVITES YOU TO FEEL YOUR FEELINGS WITHOUT JUDGMENT.




INTEGRATION & CALM

- CENTER: INTEGRATION & CALM
 - WHERE ALL PARTS COME TOGETHER.
 - THIS IS WHERE YOU LIVE —
RESOURCED, PRESENT, WHOLE.



THE MAP KEY

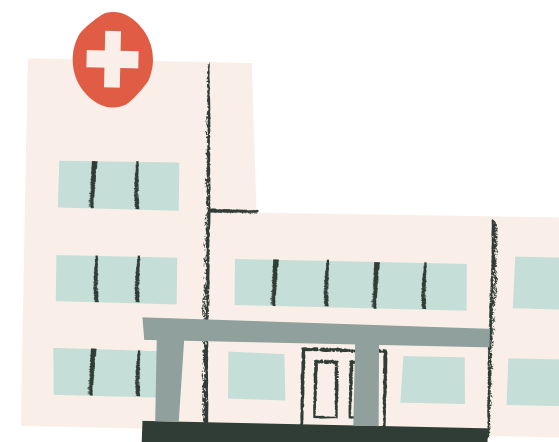
FROM THE  CENTER, YOU CAN GUIDE YOURSELF TOWARDS CORE STATES, TOWARDS THE MEETING OF YOUR NEEDS, USING THE COMPASS ROSE!



CALM



GROUNDLED



SAFE



WISE

LET'S PRACTICE



FIND

WISDOM

IF WE START AT THE **HOUSE**— EXACTLY WHERE WE ARE AND HOW WE ARE IN THE MOMENT, WHICH DIRECTION DO WE TAKE TO GET TO WISDOM (AKA LIBRARY)?



FIND

WISDOM

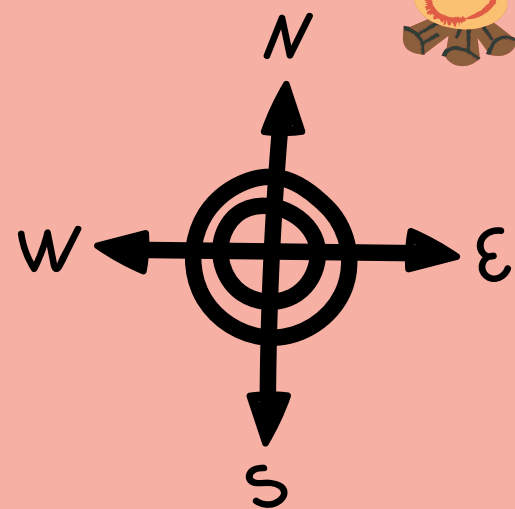
WE GO **WEST**, EXAMINING OUR THOUGHTS IN THE MOMENT: "I CAN'T BELIEVE HOW DISRESPECTFUL THEY ARE". IS THIS HELPFUL?



FIND

WISDOM

THEN WE GO SOUTH, CONNECTING TO OUR BODY. "LET ME FIND SOME WISDOM IN MY BODY RIGHT NOW. WHERE CAN I SENSE THAT?"



FIND

WISDOM

THEN WE GO **WEST** AGAIN, EXAMINING OUR THOUGHTS. "THEY ARE KIDS. I AM INTERPRETING IT AS DISRESPECTFUL. IT'S JUST NORMAL KIDS BEHAVIOUR".



MOTHERMAP

WHEN WE PAUSE, WHEN WE OBSERVE,
WHEN WE TOUCH IN WITH OUR THOUGHTS,
BODY AND EMOTIONS, WE SHOW UP FOR
OUR INNER CHILD.

WE CONNECT WITH THE WISDOM OF OUR
ADULT SELF.

WE PARENT WITH CALM, CONFIDENCE AND
COURAGE.

WE BREAK CYCLES AND WE HEAL.



LET'S REVIEW

REMEMBER TO USE
THE COMPASS ROSE
TO FIND YOUR WAY
HOME TO YOURSELF.

