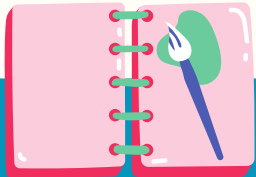


VISIONING THROUGH ART

WHAT DOES BIRTH LOOK LIKE TO YOU?

Put out all the art supplies that are available.
Let the creativity flow, or use one of the prompts below for inspiration.



What does it feel like to have birth back?

What is the energy that surrounds birth?



Who is present in and around the time of birth?

Which people matter to your vision?



Are there special places, items or medicines involved in your vision?



What informs the way you envision birth?

Are there teachings or ideas that you are building this vision from?