

THE MAP OF MOTHERHOOD

Some of us live in the East, some of us in the West. Some of us are positive parents, some of us are natural. Some of us are proponents of an organic diet, some of us are vegetarians. Each of us have different perspectives, but we all contemplate child bearing practices, defend that motherhood is not only about giving a birth, and hence in reality all aim for the same destination. The place we would like to arrive is somewhere within the balance zone. In that case, we all are interested in conscious parenthood.

We may be wrong at one turn, but never on all turns!

The most apparent feature of conscious parenting is putting in the effort to obtain more effective and healthy actions from birth to sleep patterns, breastfeeding to education. We try to control our child's development, because we care about his or her health. This is not meaningless, because:

"If we do not improve ourselves, the world will remain buried in old habits. Not everybody is lucky enough to be able to assess personal beliefs and opinions while being open to better alternatives. The ability to achieve that state not only improves our brain and horizons, but also our society, and therefore our world. Our mission is very important. We should expand our horizons while not shadowing others."

In the East and West, all parents are the same. One for all, and all for conscious parenting!

Our differences start to surface when we start to discuss the details of conscious parenting and label each concept as good or bad. Our cultural and personal differences lead us to describe what is “right” in different ways – to a degree where our opinions can be as opposing as East and West.

In reality, the way we each establish our balance is different. It may be really wrong to label sleeping with children versus allowing them to cry, running from activity to activity versus avoiding all extracurricular clubs, or never punishing versus spanking, as “good” or “bad.” In one way this approach is harmful, in another perspective it could be beneficial for some...

On the other hand, we now know that we do not always make the best decisions for ourselves or for our children based on our instincts and we sometimes ignore problems. We also know that the “every mother knows best for her children” stance is not sufficient to prevent child abuse and protect their rights. It is also hard to say that many mothers, who do not trust the experts or health care system, have eliminated their issues by utilizing alternative approaches.

There are questions we, as mothers, stumble upon and look for answers to everyday:

- *Am I making my life easier or harder with my choices?*
- *Are my choices as healthy as I believe they are?*
- *Is what is right for me also good for my child?*
- *Do I exaggerate? Do I get involved in extremes?*
- *Can my life with children be easier and healthier than this?*
- *What can I change in our life without compromising my child's happiness?*

Since 2010, I have been thinking and discussing with mothers who have different opinions and lifestyles. Our conversations made me realize that a mother can fail in one or two areas, but all of her opinions can never be wrong. In that case, without any outside interventions, there is a way to show every mother where they exaggerate...

The map of motherhood is a game that helps you find answers by yourself to all above listed questions. Even if there

are no issues present, the map is a consciousness activity that allows us to test our perspective in three different dimensions and allows us to go above the trees and see the full forest.

The three dimensions are: locality, timeframe, and reality. The map of motherhood allows us to assess and reflect on our choices for our children within our geographic location, in the century we live in, and under our personal interpretations.

Each mother has a unique balance and truth, therefore a different map. On her own map, every mother can see and reassess what concepts she applies effectively and where she dwells into the extreme.



The Map of Motherhood

What you see in the above picture is the Map of Motherhood application box containing 100 avatars (concept symbols) with the ability to present perspectives in 12 different realms. In this book, in order for you to apply the process on your own, I reduced the concept number to 42 and the layers to 8. This is why you may not be able to find certain concepts you would like to

place on the map in the book edition. By cutting down the number of avatars, my goal was to reduce the time of the application and make personal map development more secure.

I recommend that you build the full map with the support of an expert coordinator. You will be able to make assessments yourself, without the help of a coordinator, for the map you will build in this book.

While creating your own map of motherhood, you may feel as if you are on top of the clouds – the place that helped me discover this application. From up there, each of us will look down at our lives, the people in our lives, and our opinions.

Are you ready?

How are we going to use the map?

Before you start using the Map of Motherhood, first visit www.dixibooks.com, enter the code you are provided in this book, and download the files provided on the portal.

Print contents in the “Transparent Layers” folder on acetate A4 papers. Print the content in the “Foundation” folder on white A3 paper. You will also need thin point acetate pens: one in red and one in black.

IMPORTANT

You should do your mapping without the influence of people around you or without consulting anyone; otherwise, the end result is not going to reflect your mind map.

The Map of Motherhood consists of two parts:

1. Positioning

I will ask you to use your black acetate pen to position upcoming concepts on the transparent layer, based on how you value them.

IMPORTANT

You should write on the transparent layer, not on the foundation. We will start our map from the first (top) layer and build up the others one layer at a time.

2. Analysis and realization

In this section, we will connect the layers. We will be able to control the stability of our behavior, thinking patterns, prejudices, and approaches we believe are right on the mind map we create.

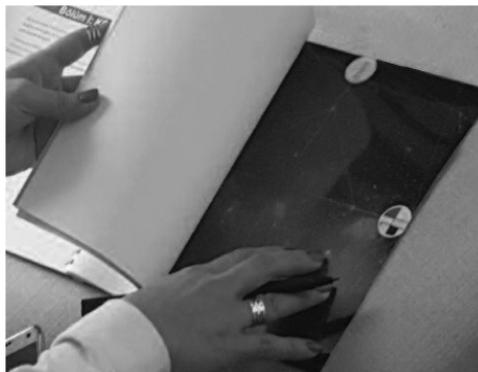
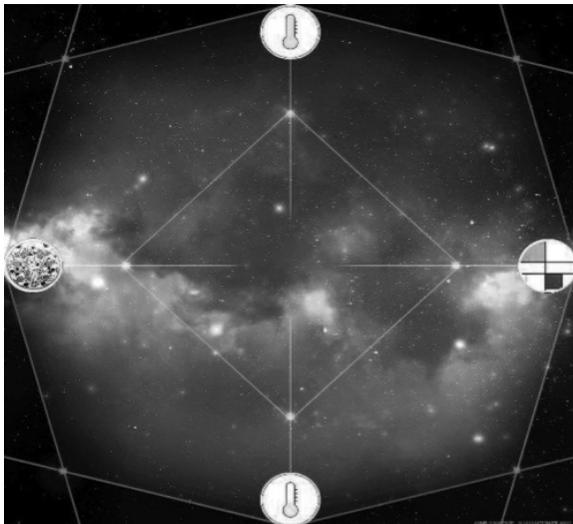
We will discover connections among certain concepts we would have never guessed before, and as a result we will either be surprised or entertained while developing new perspectives that broaden our horizons. We will find the opportunity to assess ourselves without being criticized or judged by others. During that process, we will be holding the red acetate pen. All corrections, including the misunderstandings, need to be done with the red pen.

While it is very hard to change our thoughts in our daily lives, for a mother who has created her own map, changing the thought is as easy as crossing a word and drawing an arrow pointing in the new direction. You can correct a concept you believe you misjudged previously.

If we are not happy with where our thoughts, ideas, even our family members are located on the map, we will get the chance to reposition them as well! Once the assessment is completed, let's see what you will have changed on the path you would like to walk.

IMPORTANT

When moving from one page, meaning one layer, to another, you need to move the completed layer under the solid foundation. While working on the next layer (until all transparent layers are completed) you should not re-assess completed layers. If you work on new layers while considering completed layers, you will increase the risk of tricking yourself and decrease the chance of discovering the corners you failed at. Your map will be ready for analysis when you complete all the layers independently from each other.



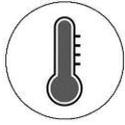
*The Map of Motherhood
A ready to use Motherhood Map*

Let's get to know our Map

The Poles

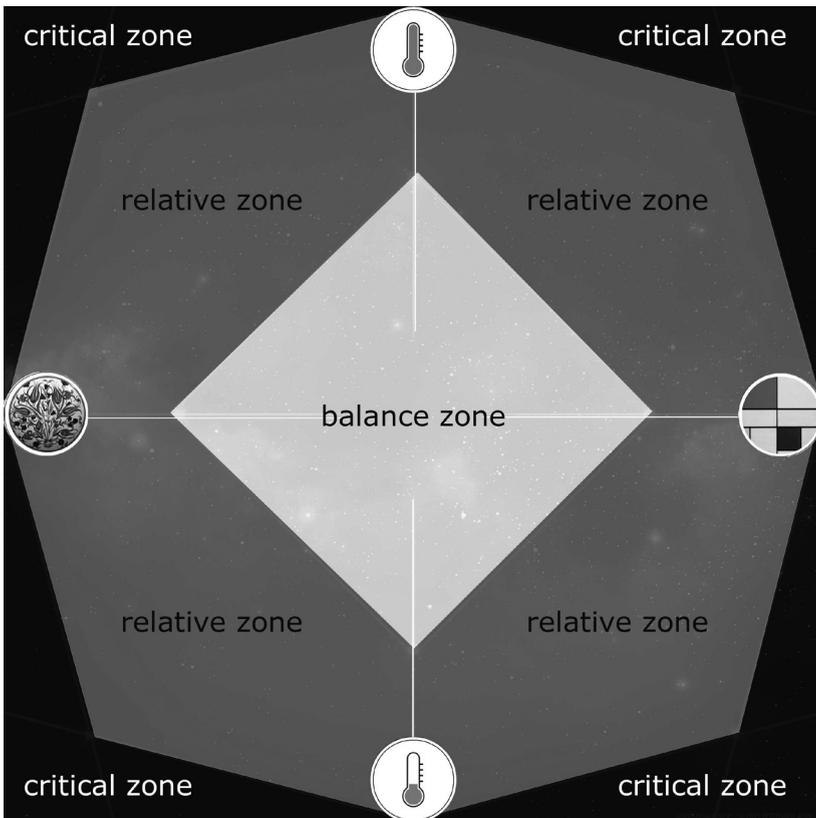
The circular avatars you see on the corners of the foundation board are the symbols representing the thought poles. On the Map of Motherhood, we will use the East and the West as poles representing two opposing views.

Now, let's look and see what these poles will represent:

EAST	 (Pattern: Tile Art)	The corner with this symbol represents values that are extremely traditional, conservative, and sensitive.
WEST	 (Pattern: Piet Mondriaan)	The corner with this symbol represents values that are extremely modern, innovative, and systematic.
BURNING		The corner with this symbol represents values that are "extreme" and "maximum."
FREEZING		The corner with this symbol represents values that are "very little" and "minimum."

Balance zone, relative zone, and critical zone

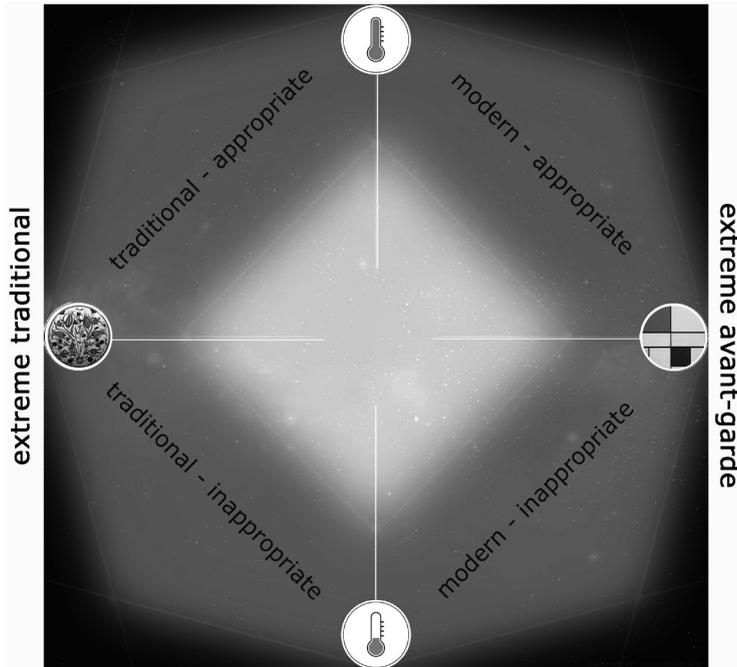
Now, let's look at how we will present our thoughts. Consider the center of the map as the best, healthiest, and most balanced zone. The more you move towards the edges the more you lose balance. The areas with polar avatars are the areas representing the extremes.



Balance zone, relative zone, and critical zone

Traditional, modern, appropriate, and inappropriate zones

When you add extreme polar zones to traditional, modern, appropriate, and inappropriate zones, you see that you can explain yourself in four different squares and on two different



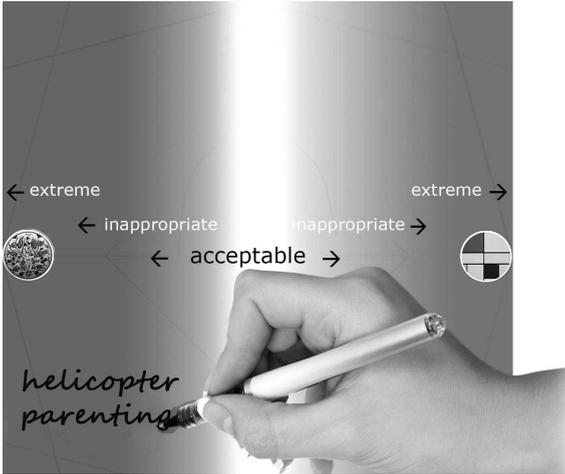
Traditional, modern, appropriate, and inappropriate zones

lines.

INSIDE THE SQUARES	TRADITIONAL-APPROPRIATE TRADITIONAL - INAPPROPRIATE MODERN - APPROPRIATE MODERN - INAPPROPRIATE
ON THE LINES	X: BURNING – FREEZING BALANCED IN BETWEEN Y: TRADITIONAL - MODERN BALANCED IN BETWEEN

Inappropriate – Acceptable – Extreme

In order to position your ideas, you will be using your black pen and writing those ideas in transparent layers on the foundation. While doing that, judge your closeness or distance carefully when considering the opposing values in each pole.



In this example, a mother is assessing the impact of the word "HELICOPTER PARENTING" under the PROVERBS AND IDIOMS layer.



In this example, a mother is assessing the impact of "BREASTFEEDING" under the ACTIONS layer.