

Let's share our wins.

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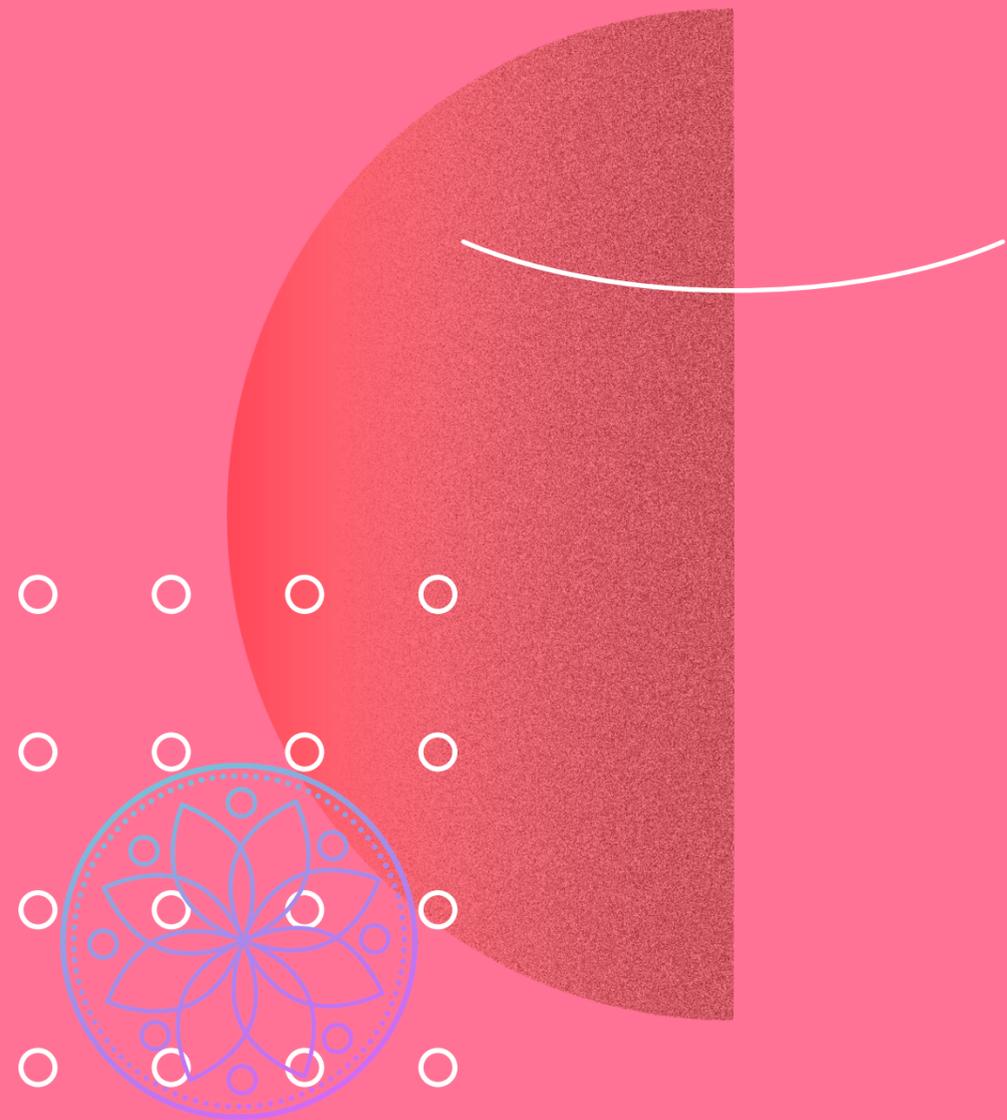


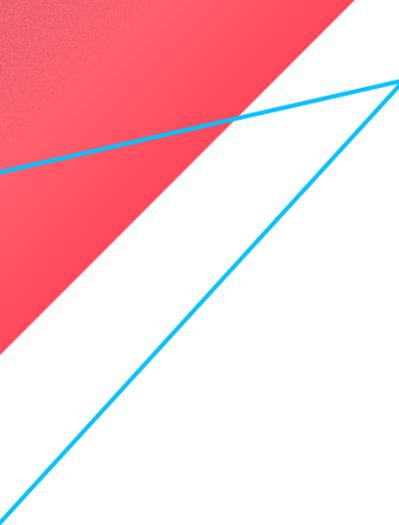
TTPC WEBSITE PREVIEW



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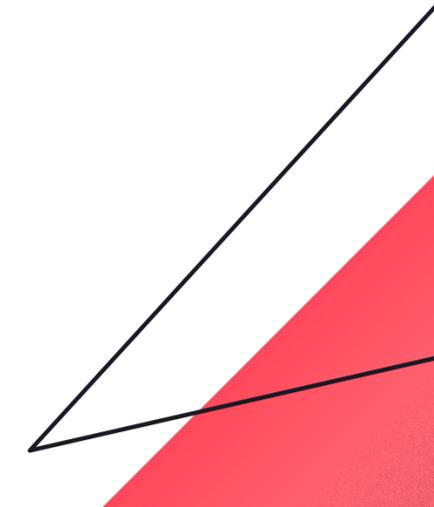
Mother Archetype/ Giving Birth to Healthier Behaviors for BIPOC Women





"The world is full of agitations, stress, and depression. We must develop and refine our intellect. People will not be free from the agitations of life and depression if they do not learn service and sacrifice."

Swami Parthasarathy ~





TTPC DISCUSSIONS TO DATE

Since December of 2020, we have come together to discuss a variety of topics that focus squarely on our personal and spiritual development. What we are doing is building our intellect by questioning the norms we have been conditioned to and challenging ourselves to add new concepts and behaviors to our respective toolkits so we may birth a more evolved version of ourselves.

Topics we have discussed so far are:

- Imposter syndrome
- Generational Trauma and conditioning
- Root work
- Nurturing and embracing our feminine energy
- Equanimity

THE MOTHER ARCHETYPE.



Archetypes are representations colored by cultural context and societal norms which provide a conceptual understanding of the way we experience people, things, and circumstances.

According to the American Psychological Association, the "mother archetype is based on Carl Jung's analytic psychology and defined as "the primordial image of the generative and sustaining mother figure that has occurred repeatedly in various cultural concepts and myths since ancient times and is located within the collective unconscious".

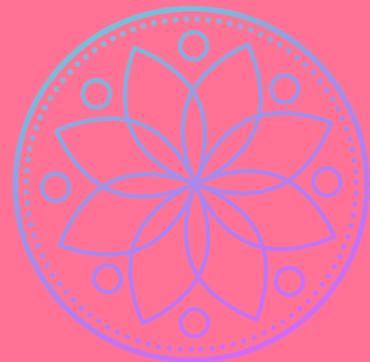
The Yin & Yang of the Mother Archetype

- Nurturing
- Strength
- Resourceful
- Expressive
- Responsible
- Stable
- Inviting
- Warm
- "Salt of the Earth"
- Possessive
- Co-dependent
- Manipulative
- Overbearing
- Worrisome
- Controlling

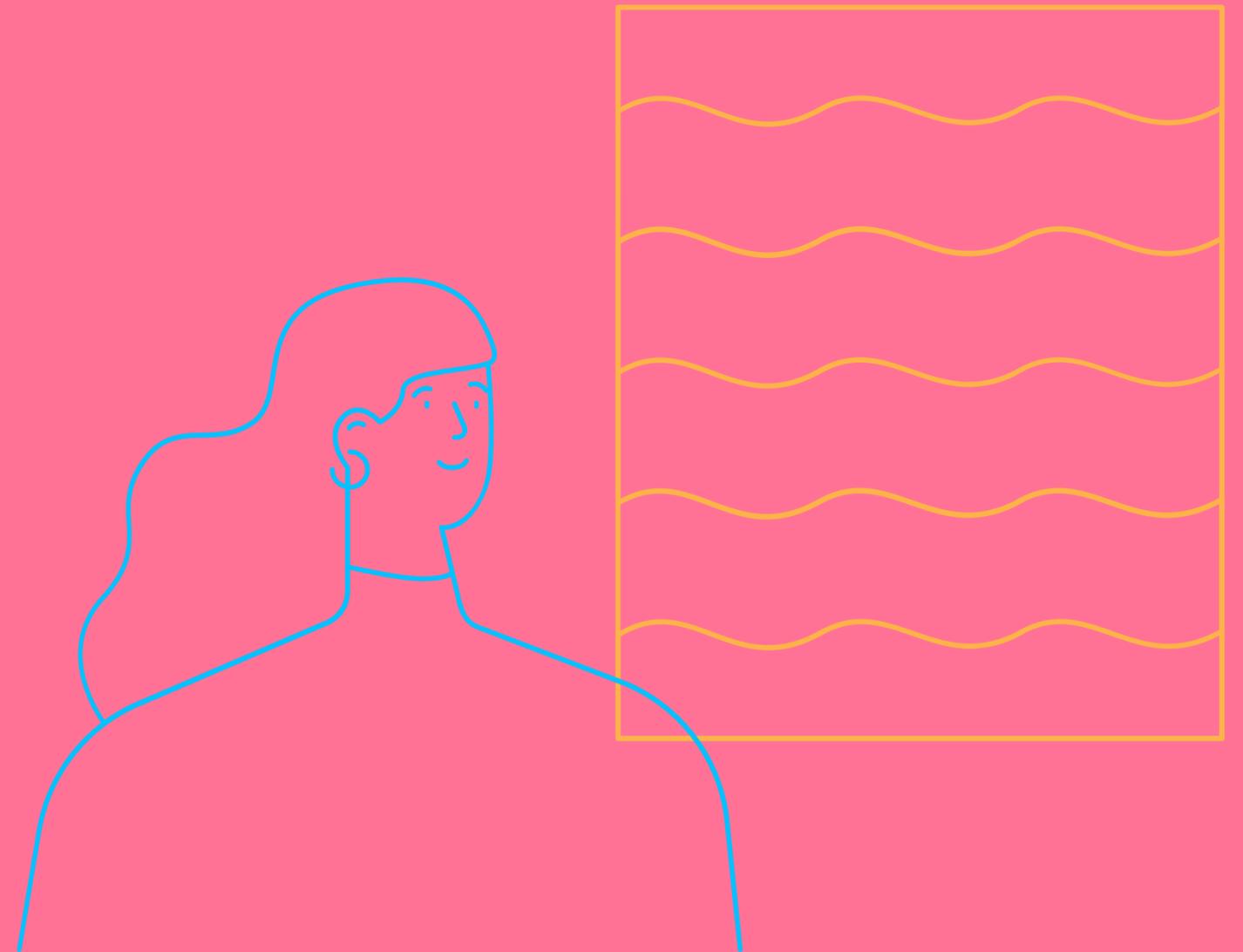


The burden of the mother archetype is heavier for women in BIPOC communities due to societal expectations, cultural and familial conditioning. We need a more balanced narrative for our women that includes understanding how we show up in the world in an integrative way.

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CHANT N' CHAT

Let's chat as a group about what we have learned and how it is shifting us into newer versions of ourselves.



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THANK YOU!