

Castellino, Prenatal and Birth Training

T13M2 Sequencing

Creative Home Project

Purpose:

The purpose of this assignment is to track your self through three different events. Discover if there is a pattern of how you move through the events. The sequences that you discover may give you information about how early experiences have influenced or imprinted your own sequencing.

Project Theme:

The theme of this project has to do with cycles of time that have beginnings, middles and ends, and cycles of separating, coming together, separating and coming together again. Each of these cycles will be marked by five phases:

- the pre-event phase
- the beginning phase
- the middle phase
- the ending phase
- the post event phase

The cycles are also examples of sequences.

For example your family may go on a vacation for a week:

- The pre-event phase is when you prepare to go and travel to your vacation destination.
- The beginning phase is when you arrive at the destination of your vacation.
- The middle phase is during the middle of your vacation week.
- The ending phase is when you leave your vacation place.
- The post vacation phase is when you get home and move back into your "regular life."

Another example could be coming to the training:

- The pre-training phase was when you prepared to leave, separated from your families, and traveled to the training.
- The training experience had a beginning phase, the arrival day and coming together with the training group that lasted for the first day and second day.
- It had a middle phase that includes third and fourth days.
- The training had an ending phase that includes the fifth and sixth days
- Then there is the post phase when you travel home, what happens when you arrive home and come together again with your family.

During this time I am asking you to pay attention to and track how you find your way through these five phases of different cycles in your life. Ask yourself three questions:

- How do I resource myself during each of the five stages?
- How am I activated during each of the five stages?
- What are my challenges and leading edges during each of the five stages?
- Do you notice any relationship between your experience during the five phases and the phases of your birth? Remember that birth is also marked by:
 1. a pre-birth phase,
 2. an inlet dynamics phase or stage one,
 3. the mid pelvic dynamics phase or stage two,
 4. the outlet dynamics phase or stage three
 5. the post birth dynamics phase or stage four.

Here is your assignment.

1. Keep notes, journal or have some creative way to keep track of yourself during two or three of the cycles described at the beginning of the assignment (under **Project Theme**). Especially pay attention to how you find your way through the experience of coming together, making contact, separating, and coming together again. These notes or your journal are just so you can collect information. They do not have to be sent to your reader. Share what happens to you with your training buddy during this period.
2. After you track three different cycles write a paper on how you find your way through the phases of these cycles. Include the following questions:
 - How you resource yourself during each of the five stages?
 - How you are activated during each of the five stages?
 - What your leading edges and challenges are during each of the five stages?
 - Do you notice any relationship between your experience during the five phases and what you know about the phases of your birth? Remember that birth is also marked by:
 - a. a pre-birth phase,
 - b. an inlet phase or stage one,
 - c. the mid pelvic phase or stage two,
 - d. the outlet dynamics phase or stage three,
 - e. the post birth dynamics phase or stage four.
3. Find a peer in the training group that you can check in with and share what you are learning about your sequencing while you are doing this assignment. Write one paragraph about whom you were doing this with and log when you talked with them.

All the best,
 Ray Castellino, Mary Jackson, and Tara Blasco
 Castellino Prenatal and Birth Training.