"Weaving soul and body consciousness before birth supports internal allegiance for life."

Sacred Birthing Insight

One day old Kiana, born in this very same bathtub

Aahhhhh……., the feeling of a brand new baby's head in my hand. And then, the feeling as she goes into a still-point, and energetically takes me along with her. A warm bath, or “LeBoyer Bath,” is how to induce a “stillpoint.” And a stillpoint is how to help a baby let go of the stress of birth. If you feel this picture, instead of just look at it, you can feel the deep peace that is healing her.

Lotus Birth

“Lotus Birth lengthens the peace of the womb.” Anna, mom to 4
It is time for babies to be born in wholeness and stay whole. It's time to practice birthing techniques that support the innate radiance of our babies and protect their innate Oneness. Lotus Birth is a choice, a gift from parents who recognize its significance.

The first step toward a Lotus Birth is to allow the cord to stop pulsing before cutting it. Amazing transformations take place in the body of the baby as she morphs from being a water baby into an air world. When baby opens her eyes for the first time, all eyes and hearts satisfy their longing that all is well. Mother is flooded with relaxing hormones. Her relief speaks to her hormones, who speak directly to the placenta, as if saying, “Your baby is safe and well.” With this knowledge, she relaxes, the placenta completes its work, releases and the placenta is then ready for its own birth. It only takes 10-15 minutes. It is not necessary to hear the typical scream that accompanies the cutting of the cord and that first forced breath. Often within two minutes, the cord starts to feed baby progressively less oxygen to gently encourage her to breathe on her own. There is no need for a baby to scream. Her lungs open gently and she breathes without stress.

Taking this a step further, Lotus Birth is not cutting the cord at all. Lotus Birth softens the birth experience and allows birth to go back to a safer, more natural state. Like water birth, there seem to be only positive effects of Lotus Birth on a baby and her family. They are all unseen and can only be felt. Keeping the cord in tact means that baby and placenta stay on the altar of the family bed, visited only by the closest of family and friends. This keeps baby in the security of the family and slows down the pace of life. Nobody goes shopping with a newborn and placenta in tow! In fact, a mother does little more than go to the bathroom anyway. As the cord is kicked off, baby is gently showed around the house and maybe to a few close friends. In appropriate timing, baby is taken outside and introduced to the stars and moon, sun and rain. These first few days set into the mind of parents that life happens in perfect timing, according to baby's readiness. By watching baby's reaction, parents do the right thing at the right time.

When people hear about Lotus Birth it always creates a reaction. Most are fascinated at hearing something so different and say immediately, “That feels right.” Some though, will scream with the trauma of their own cut cord. Walk in with openness and see how this feels to entertain it for your baby. Understanding its benefits and wishing them for your baby makes the decision easy. Would you like your baby to experience these gifts? Ask your baby long before labor and decide if lotus birth is to be her path. If so, the logistics will easily fall into place. It takes this commitment to make the care hassle-free. This advance commitment seems to be felt by your baby as a high level of security when taking in her first breaths. Keeping the cord in tact allows the baby to hold her full vitality and radiance.

For babies to be born to parents who honor them with a Lotus Birth means that as a generation, we are completing this epoch of separation and moving into Oneness. The babies being born do not need to experience separation as their core issue, as so many of us parents have had to, and so, they draw to them a different birth.

There is an entire chapter on Lotus Birth in Sacred Birthing, Birthing A New Humanity book. It is all from my experiences in the last 24 years, since almost all of my births have been Lotus born. This chapter informs you from start to finish, and you will understand it and how to make it happen. Happy Trails! Your baby thanks you.
Radiance Quotient For Babies

Here is a powerful image I was given:

I saw the Earth. Luminous sparkles lit up all areas of the Earth. I wondered what this was, and saw that birth creates a radiance on Earth. As birth occurred, the soul's light flooded the earth. With birth after birth, there was twinkling in every part of the globe. Yet most lights suddenly faded! Then came the next wave of lights, but they too went dim. I looked around for the reason. Often the baby's radiance was bright, but the treatment immediately after birth dulled it. I saw how babies were either damaged or protected by the treatment before, during and after birth. And, I saw that most babies could hold far more soul energy than they do. Only then can the soul lights build upon each other, wave upon twinkling wave, lighting the Earth, strengthening the collective love upon her.

The health of a newborn is the radiance of its energy field. Maintaining this radiance of all babies is really the core sign of health. Could there be a “Radiance Score” that indicates that a baby retained his highest radiance because of the quality of care given? This would be Baby Friendly indeed!

Statistics register only obvious maladies. Instead, a baby's energy field could be measured with Kirlian photography to see which newborn practices cause an increase or decrease in radiance. This research would be easy to create. A clairvoyant can see the difference. A medical intuitive could give helpful descriptions of what affects a baby. As a culture prioritizes excellence of the newborn, we can easily find ways to accomplish this and support the radiance of all babies.
There are many reasons to name your baby. Some babies receive a family name handed down to honor a favorite ancestor. Some children have a namesake as their role model. Some names are chosen because both parents like the name and can agree on it – no easy task in itself! Ethnic names are chosen as a link back to family roots, or new roots of choice. Aboriginal names change to reflect the acquisition of a new ability, or an interest in one. A spiritual teacher gives a student a name that helps develop that quality within.

Many adults are changing their names, feeling their new name better portrays who they now feel themselves to be. A name can be our guiding force through life, keeping us aligned with our purpose. Maybe those who change their names are really striving to remember their purpose and their soul name.

The choice of a baby's name is a mighty consideration. The precious being who stares up into your eyes right after birth is who parents address when they name their baby. There is also another consciousness to address in your newborn baby – the soul consciousness, the wise being who oversees and participates in being conceived and born. This vast consciousness of your baby fully understands why he is incarnating, what he is here to learn, and why he chose you as his parents. He chooses the time to be conceived and best time to be born for certain desired qualities and attributes. And from this vast level of awareness, he brings with him a name, or a sound that will propel his success on the path he intends.

Many a father has told me that the name of his baby was spoken to him at the first sight of his baby, or within moments of birth. Dads know that what they heard was clearly to be the child’s name. Some mothers have known the name of their baby years before conception. Some, receive their baby’s name in a dream, during a quiet moment in pregnancy, or even weeks after birth.

There are no rules to receiving the name that your baby brings from his soul realm, just ask, be still and be open. Ask your baby's soul-consciousness to bring you the syllables or sounds that will support his potential. Then listening inwardly while being at peace. Your quiet, patient waiting will be rewarded. (Be sure to write down what you receive. It's easy to forget.)

A baby name that comes from your child's soul realm is a gift that will feel like a warm cloak of familiarity at the time of birth. This name sparks a memory of another time when his purpose was attained and acknowledged. Every time he hears his name spoken, its sound is empowering. A soul name will immediately and continually support this child as he grows to accomplish what he came to learn. This gift continues to offer its strength in those times of life when needed most. It will not be outgrown. Its comfort, empowerment and strength will support the child to find and step into his potential.
Kardec Radio with Sunni Karll: A Spiritual Perspective on Childbirth

Sunni was invited to Kardec Radio to talk about Sacred Birthing.

We invite you to listen to the conversation here below (the actual conversation with Sunni is between 9min 30sec -1h 14min).

Sunlight Deficiency and Breastfeeding

By Cynthia Good Mohab MS, IBLC from BREASTFEEDING ABSTRACTS, November 2002, Volume 22, Number 1, pp. 3-4.

In the absence of underlying organic causes (e.g., liver or kidney disease, prematurity), vitamin D deficiency is sunlight deficiency. “Vitamin D” is actually a steroid hormone produced in the body from a pro-steroid which is formed upon direct exposure of the skin to ultraviolet B (UVB) radiation in sunlight. Migration, industrialization, urbanization, social inequities, and concern about skin cancer have reduced sunlight exposure for many people globally. Nonetheless, direct, casual exposure of the skin to sunlight is the biologically normal, most common, and most important means of attaining sufficient levels of vitamin D for humans; dietary intake becomes important only with inadequate endogenous production and depletion of body stores. Only a few foods naturally contain significant levels of vitamin D (e.g., the liver and oils of some fatty fish). Without supplementation or enrichment, it would be unusual for people of any age to obtain sufficient vitamin D solely from their diet (1).

The Original Paradigm

The biologically normal sources of vitamin D for nurslings are primarily prenatal stores (for the neonate) and sunlight, with a smaller contribution made by human milk (2,3). Research has shown that without postnatal sunlight exposure, vitamin D stores of fetal origin were depleted by eight weeks in exclusively breastfed infants (Tampere, Finland [61°N] in winter)(2). However, studies in children have shown that only a few hours total of summer sunlight produces enough vitamin D to avoid deficiency for several months (1,4,5). In a study of exclusively breastfed Caucasian infants under six months of age (39°N; Cincinnati, Ohio, USA), 30 minutes/week (diaper only) or 2 hours/week (fully clothed without a hat) of sunlight exposure appeared sufficient to prevent deficiency (5). Exclusively breastfed Caucasian infants exposed to sunlight may not require vitamin D supplementation during the first six months of life, in spite of seasonal variations of UVB exposure,
infants under six months of age may be seen by some as evidence that breastfeeding is inadequate. However, continued problem or without risk. The prevention of vitamin D deficiency through the routine supplementation of all breastfed and fortification have been used in many countries for decades. However, that does not mean that supplementation is not. There are no known risks of orally supplementing infants and children with 200 to 400 IU/day. Vitamin D supplementation produce sufficient vitamin D in specific infants and children depends on many factors.

exposure. The determination of the exact amount of regular, brief, and nonerythemal sunlight exposure needed just to produce sufficient vitamin D in specific infants and children depends on many factors. Environmental risk factors for vitamin D deficiency in the breastfed infant interact with each other and overlap significantly with those of maternal deficiency. These include: indoor confinement during daylight hours; living at high latitudes; living in urban areas with buildings and/or pollution that block sunlight; darker skin pigmentation; sunscreen use; seasonal variations; covering much or all of the body when outside (e.g., due to cold climate, custom, fear of skin cancer); increased birth order; exposure to lead (27), and the replacement of human milk with foods low in calcium or foods that reduce calcium absorption. In the presence of these risk factors, other risk factors include not consuming vitamin D fortified cow’s milk, other vitamin D fortified foods, or vitamin D supplements.

Prevalence of Rickets

Vitamin D deficiency in childhood can cause rickets whose signs and symptoms include bone deformities and fractures, muscle weakness, developmental delays, short stature, failure to thrive, respiratory distress, tetany, and heart failure (16). The effects of subclinical rickets are unknown. Vitamin D deficiency in the first few months after birth is relatively rare, but has occurred congenitally in infants of mothers who were severely vitamin D deficient during pregnancy (17,18). Overt rickets appears more frequently in children 6 to 36 months of age than in infants under 6 months and its clinical presentation varies with age of onset (16).

Rickets was epidemic in the industrialized cities of North America and northern Europe at the turn of the 20th century. By the 1960s, it had been virtually eliminated in most developed countries through the use of vitamin D supplementation and cow's milk fortification. Rickets remains a serious health problem in some developing countries (e.g., 40.7 percent of children in China; 23 percent of children in the Ulas Health Centre Region of Turkey (19, 20,21,22)). Due to the convergence of a variety of risk factors, it is actually most common in those regions of the world where sunlight is plentiful (e.g., the Indian subcontinent, Egypt, Ethiopia, Libya, Morocco, Tunisia (23,24,25,26)). Since the 1970s vitamin D deficiency rickets in breastfed infants has been documented among at-risk populations in North America, northern Europe, and former Soviet countries (16).

Many factors (e.g., genetic, hormonal, nutritional, cultural) interact to cause rickets in susceptible children. Maternal vitamin D deficiency during pregnancy, which is often asymptomatic, results in insufficiently developed fetal stores of vitamin D (17,18). Environmental risk factors for vitamin D deficiency in the breastfed infant interact with each other and overlap significantly with those of maternal deficiency. These include: indoor confinement during daylight hours; living at high latitudes; living in urban areas with buildings and/or pollution that block sunlight; darker skin pigmentation; sunscreen use; seasonal variations; covering much or all of the body when outside (e.g., due to cold climate, custom, fear of skin cancer); increased birth order; exposure to lead (27), and the replacement of human milk with foods low in calcium or foods that reduce calcium absorption. In the presence of these risk factors, other risk factors include not consuming vitamin D fortified cow’s milk, other vitamin D fortified foods, or vitamin D supplements.

Complexity and Controversy

There is no global consensus on whether or how to screen infants, children, or pregnant women for vitamin D deficiency or on how to best prevent vitamin D deficiency in breastfed infants and children. Recommendations for preventing vitamin D deficiency in breastfed infants include universal supplementation, supplementation of at-risk breastfed infants, and habitual small doses of sunshine; some regions with plentiful sunshine have not yet developed recommendations (28,29,30,31,32). Recommendations for supplementation of at-risk infants can be difficult to interpret and apply (e.g., the difficulty of defining “dark skin”). The exact assessment of UVB exposure is difficult. Research showing a relationship between sun exposure and an increased risk of skin cancer has led some agencies to recommend avoidance of all sunlight exposure. The determination of the exact amount of regular, brief, and nonerythemal sunlight exposure needed just to produce sufficient vitamin D in specific infants and children depends on many factors.

There are no known risks of orally supplementing infants and children with 200 to 400 IU/day. Vitamin D supplementation and fortification have been used in many countries for decades. However, that does not mean that supplementation is not problematic or without risk. The prevention of vitamin D deficiency through the routine supplementation of all breastfed infants under six months of age may be seen by some as evidence that breastfeeding is inadequate. However, continued
reports of rickets among exclusively breastfed babies may also undermine efforts to increase breastfeeding initiation rates and rates of exclusive breastfeeding. Many questions related to vitamin D supplementation in breastfed infants remain unasked—and unanswered—in the scientific literature:

- Does vitamin D supplementation have any deleterious physiologic effects on the infant?
- How does vitamin D supplementation of breastfed infants at various dosages, ages, and latitudes affect the prevalence of vitamin D deficiency rickets among at-risk infants?
- Does a universal recommendation of vitamin D supplementation affect breastfeeding beliefs and behavior (e.g., use of other supplements, premature introduction of other foods, weaning)?
- How does direct sun exposure that is no greater than that needed to produce sufficient vitamin D in the breastfed infant affect the infant's lifetime risk of skin cancer?
- What means of preventing maternal vitamin D deficiency would be most effective in reducing the risk of early vitamin D deficiency in infants?

Given the varying incidences, combinations of risk factors for vitamin D deficiency, cultural practices, and financial resources that occur across the globe, one uniform recommendation for prevention is unlikely to successfully meet the needs of infants living in different areas of the world. International organizations like La Leche League International and UNICEF acknowledge that vitamin D supplementation is necessary when sunlight exposure is inadequate and that some infants have a higher risk of vitamin D deficiency than others(32,33). Research on this complex, global, controversial, and interdisciplinary issue is incomplete and must be expanded.

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References


Placenta Stories & Lotus Birth Tales: Aboriginal Wisdom

In Aboriginal wisdom, the placenta is always buried – given back to the Earth, to let Her know that a baby has been born and, by its blood, who this baby is. In the early years, all the mothers and grandmothers of the tribe guide the growing child. Then, when a child is an adolescent, the first blood or first seed is also given to the Earth, buried in a handkerchief. The child steps away from the guidance of the mothers, into the guidance of the Earth Mother, who now begins to oversee the child to become what his/her soul intended by incarnating. Life circumstances are created by the Earth to help this child become who s/he means to be.

Without burying the placenta, Earth Mother would not know a child had been born; She would not know to cherish the baby in the years after birth, and from adolescence, the child would flounder without Her guidance. How could a child ever become what her soul intended and grow to fulfill the need of the village and the universe without this guidance from Earth Mother? This is the importance of the placenta to the child’s whole life.

The Aboriginals see energy. They paint with dots to express what is emanating from the world of nature, rather than to express its form. They see and know that the stars above and the Earth below work together to guide and guard each child. We of the white world have a rudimentary respect and understanding of astronomy, but their star-wisdom is embedded in them and they remember they come from the stars. They remember their purpose in coming to Earth was to hold 7th dimensional wisdom. They remember how to live together in society, honoring each one’s gifts and individuality; how to heal; how to travel; how to be self-sufficient so they don’t need to play the money game. We belittle them as being barbaric, yet they have abilities we have lost and need.

At all times they are in intimate communication with each other, the animal, plant and mineral kingdoms, the weather, the stars and the planets. They know how to access the answers they need and their requests are heard and fulfilled. Their dancing may look funny to us, but is purposeful: it communicates with the Earth and nourishes Her with each rhythm. The dances result in altered states that maintain open-heartedness, their continual communion with All That Is.

Therefore, it only makes sense to look most deeply into Aboriginal wisdom when it comes to the placenta. Blood wisdom is inherent in the placenta. A mixture of mother-father blood went into the creation of baby and placenta, and now, when its job is complete, the blood carries this wealth of information into the Earth. What is really happening with the burying of body fluids? The DNA tells the Earth on what stage this child plays. Who is this child? What consciousness does she carry? How must she be celebrated in her village to be who she is to be?

Another cultural difference in our childrearing is that parents with discordant patterns from their own childhood are not responsible for raising this child. Mama Earth who has known this being through all time sees the bigger picture and offers each next opportunity to become all she is meant to be this lifetime. Parents give way to the lessons of The Mother, releasing their overlays from the child. Without the limiting matrix of the parents’ belief systems that a child typically takes on as her own identity, she is free to become what her soul intends. In this way, successive generations grow healthier.

Placenta Stories & Lotus Birth Tales: Kauai’s Little Miracle

I had found a special tree to plant on my big naked lawn, a 12 foot Kauai Camphor tree that smelled wonderful, with beautiful bright shiny leaves and white bark, and who would someday grow to have a huge spreading crown, almost as big as a Banyan tree. Knowing I bought this tree, a mother asked me if her daughter's placenta, frozen for over 4 years, could be buried under this tree, as they did not feel that it belonged at their rented home. So we planned to plant them both at the Monday afternoon meditation. When 23 people showed up instead of 6 or 8, it emphasized how very important this ancient ritual is.

The placenta belonged to a four year old, a fiery redhead who often threw angry tantrums and would cry for unknown reasons. Naps were nonexistent and sleep was constantly disturbed. She would strike out and nobody could figure out what she needed. Both parents were at their wits end, knowing how tormented she was and not knowing how to help.

The family had prepared baskets of different colored flower petals for their placenta celebration, pink, red and white from roses, and yellow and orange from marigolds. The hole was dug, the placenta laid down, the tree placed on top and the soil...
packed around it. One parent spoke about her birth and one about how happy they were to finally place the placenta in the Earth. The little redhead sprinkled petals decorating the base of the tree, and everyone else added more handfuls of color. As we backed away from the tree, a mighty energy let us know we had done something important. Something had been accomplished but we didn’t know what.

The next meditations brought reports that this little girl had started sleeping through the night: before this, she had slept through the night only one time in over four years. Planting her placenta had somehow anchored her enough to let her rest. And, in the next 9 months, what had created such anger, also eased and she seemed much more at peace.

I felt it was so appropriate for this little one’s placenta to be beneath a Camphor Tree: Camphor is the substance used to burn away negativity in Pujas. This tree seemed to be her homeopathic similar – Like cures Like. And it worked.

March 24, 2012

Mother & Baby Soul Communions Through Hypnotherapy

Mother/Baby Soul Communions initially referred to working with mothers whose infants had physical, emotional or behavioral challenges but were too young to be worked with directly. Using the hypnotherapeutic model, I would help a mother go into a deep state of relaxation and expanded consciousness and through her, call in a connection with her infant’s spirit and inner wisdom.

Through the study of the life and work of a South African wise woman by the name of Sobonfu Some’, I received the first role model I had ever come across reflecting the work I was doing. She took me a step further by telling how in her village, a similar process to what I was doing was used consistently with every pregnant woman for accessing the spirit of her unborn baby. The purpose for this was to ask questions like, “who are you? why are you coming to us now? what is your life purpose? how can we support you in fulfilling that purpose?” and so on. Reading Some’s beautiful books, I realized the scope of this work was much bigger than I had realized.

The stories below reflect the wonder yet naturalness of this capacity we have to access the spirit of our children; whether born, in utero, or before conception; whether aborted or in other ways deceased and so on. I learned early on, that each experience in this work was individual and unique to every situation and that the essential key was to ask and receive permission from the spirit of the child we are endeavoring to make contact with.

My First Experience of Mother/Baby Communication

9 Month Old with Skin Rash

Early on in my years of teaching at the Oakland Center for Hypnotherapy Certification, I was teaching a class entitled, “Accessing the Inner Healer”. I lived in Berkeley at the time and had a next-door neighbor who had her one and only child at age 40. At nine months old, her son developed a rash all over his body. She came over one day and we discussed ideas about what might be causing the rash and how it might be alleviated. Her diet was very healthy so it seemed unlikely that the cause was her breast feeding. At a point in our conversation, I wondered if it would be possible to access the inner healer of a child by going through his mother. This was a new concept for me but I offered it to my friend. She is a subtle energy intuitive healer herself so she was open to checking it out.

We got together soon after this and began our session. I invited her to do her familiar foundational practices for doing deep inner work. She let me know she was having trouble grounding. I made mental note of that but continued to guide her into deeper levels of expanded consciousness. We called forth the spirit of her son. In her mind’s eye, she saw her son approaching looking very serious. He told her that we had to ask permission to do this work. I remember the profound feeling of humility and awe that came over me in that moment. We asked permission and after a serious pause, were told that we both needed to learn from this so permission was granted. In that instant, my friend went very deep within; making is quite clear what had inhibited her ability to ground earlier. When asked about the rash, her son told her it had nothing to do with diet or anything physically wrong but had to do with his grieving having left the spirit realm. He directed his mother to take him up in the Desolation Wilderness and lay him on a rock. Then she was to take him to the beach where the ocean meets the shore. Something in the context of these two energetic vortexes would help him to integrate into his body more efficiently.
My friend was not one to question what she had experienced or received from this communion with her son's spirit. She followed the directives and when they were complete, the rash cleared up.

So began my own exploration into the potentials of Mother and Baby Soul Communions.

Overdue Mother with Previous Abortion Issues

A doula friend of mine called me in to work with a client of hers who was two weeks past due in birthing her baby. The woman was showing anxiety symptoms and my friend thought I might be able to help her.

I went to this woman's house and we began to talk. She told me about the time a few years earlier when she was pregnant and living in, what she referred to as, a dangerous relationship. She knew she needed to run from the man she was with but she also knew that if she ran with his child, he would follow. So she decided to abort the baby. Now she was living within a healthy relationship and she very much wanted this baby. Yet, as her birthing time neared, her guilt came forward making her afraid that this baby would die at birth in punishment for what she had done in the past.

When I helped her to go deep within herself, we invited a connection with the baby soul she was currently carrying. When that connection was established, we learned from the baby that it was the very same soul that had been conceived before. The baby soul told the mother that s/he knew that the decision to abort in the past had been made in love and that now everything was perfect for the soul to come forth into form. The baby soul told the mother that it was excited to be with her and that all was well.

Tears of joy and relief were pouring down the mother's face as this exchange was taking place. The force of her guilt and anxiety was the constriction in her body not allowing the labor to start. After the session, this mother's labor came on within the next 24 hours; her baby born vital and beautiful.

Doula and Mother with Stillborn Baby

A doula Friend of mine called one day to tell me a very emotionally charged story. One of her dearest friends, who this doula was supporting in a home birth, gave birth to a stillborn baby. My Friend told me about the labor. She said that everything went really well: the baby's vitals up to the labor were strong and clear and remained that way into and through labor. Even the birth was normal except for the fact that the baby was still and never revived after birth.

My doula friend was distraught with anguished questions about what had happened. Did someone do something wrong? What could have prevented this? How could this have happened with everything up to the end showing such vital life? She felt deep grief with the mother being her dear friend and such guilt having been in the birth support position.

I didn't know whether it would work to connect with the unborn baby soul through the doula rather than the mother but offered to support her in the attempt. Once my friend was taken within to a relaxed and expanded level of consciousness, we invited a connection with the still born baby soul. A connection was made and though little was said, what was needed came through. My friend was told that no one had done anything wrong and that this happenstance was purposefully designed and was between the mother and the baby soul. Apparently this incident, as it played out, was to affect some opening within the mother. The baby soul also said that it would be coming again to this mother.

This communion brought my doula friend much healing and relief.

Pregnant Mother Seeking Insights into Behavior of Older Son

This was such a fascinating study with many layers and connections. A woman came to me in the latter stages of her 2nd pregnancy in hopes of finding some keys to the discord she felt with her 3 year old son. She worried about having another child come into the tension that was in the home.

When I took her into deep consciousness, she made easy contact with the spirit of her 3 year old and was told that he needed art supplies around him. He needed paints and an easel and other supplies. This medium would help him express and develop himself for easily and harmoniously.

This mother decided to check in with her unborn child whom she knew to be another boy. She was told that this child would need a lot of nature around him and that this would be key for him to connect with and develop his life purpose.

Then a most unexpected thing occurred. This woman's deceased mother-in-law walked into her consciousness. The mother-in-law came to tell this woman to inform her husband that it was time that his mother's ashes be let go of. He was to take them out on his surf board and dispose of them out in the ocean. His mother also said that she would be carrying away something for her older grandson that he did not need to carry any longer. She finished by saying that her daughter-in-law and the two grandsons should be on the shore watching as her son paddled her ashes out to sea.
A woman who had taken my HypnoBirthing Classes came to me in the latter stages of her pregnancy to see about the possibility of turning her baby who was in the breech position. As we conversed, I learned that she had never wanted to have children and that it was her husband's desire that had moved her into this pregnancy. I also learned she had experienced some sexual trauma when she was younger. Hearing all this, I had a pretty good idea what was detouring baby from proper positioning.

I helped her relax into a deep, expanded state of consciousness and we invited the spirit of her baby to commune with us. When that connection was granted, I watched as this young mother's eyes filled with tears. She learned that this baby was coming in to teach her about love and that he was very excited to be with her. When the heart opens, the tears of healing and love tend to flow and clear the way. This mother fully opened to the wonder and blessing of this soul coming to her.

We described to the baby about the proper position for an easier birth for baby and mother. I doubt whether that was a necessary step in the process but regardless, Baby turned into the proper vertex position within the following 36 hours.

Recommended Reading

- Sobonfu Some's ~ The Spirit of Intimacy
- Welcoming Spirit Home
- Walter Makichen ~ Spirit Babies

All Birth Is Sacred

Why does a birth unfold the way it does? Why are some birth easy, flowing to a climax with the baby sliding into mom's waiting arms and others filled with fear, unexpected detours, trauma for mom and baby, separations and seemingly endless hours, days, weeks, months or even years of trying to figure out what went wrong. When we see all births as sacred there may be an easier way through these questions to a place of peace no matter how the birth unfolded. There is no wrong way, only the path to the unfolding of a new life.

We all, the women of this earth, come to birthing with an inner knowing that will lead to birthing the future. However, along the way, maybe even generations back this inner knowing was blocked, pushed underneath consciousness, or momentarily forgotten. As we are waking up and remembering the ways of our ancestors we may feel cheated, wronged, guilty, sad or darn right angry about the way a birth unfolds. And yet in this unfolding are rich and very powerful lessons that the birth has brought. Can you find the teachings in the planned homebirth that ended up in the hospital with a cesarean birth? Or the baby that came early and had to spend the first week or more of her life in the newborn nursery? And, what about the baby that was “too big” to fit through mom's body, or the baby that did not arrive on time – two weeks late and was then coaxed out with synthetic drugs, or the baby that died during the journey or shortly after – are these not as sacred as the baby who arrives on time, was the correct weight – not too big not too small – without the use of drugs, and is thriving in your arms?

What is the birth story telling us? I could stay stuck in the trauma of an unwished for birth outcome or I can accept the sacredness of birth, all birth, and love who I am as the person who gave birth to the future. I can let go of the ideal and fall in love with the person I am and the baby I created and gave birth to. I can go deep to my core essence and discover that the birth I had with this baby was perfect and unique and brought us both, me and baby to a place of understanding who we are and the power and beauty that always surrounds the birth time.

Telling your baby his story in all its glory, which includes the fear and trauma, will easily bring baby to a place of acceptance and understanding that she is pure light and nothing less. This pure light came from you, the mother giving birth, and is thus a reflection of who you are. See the birth as a time to undo the past and believing that birth is anything but sacred and perfect, and move once again into the place of inner knowing, the mother wisdom that so perfectly orchestrates each and every birth. Let go of the fear, the doubt, the guilt, the blame, and see yourself as the pure love and light that radiates from your baby.

Trying to figure out why is exhausting and will only diminish your love and light. Knowing that all birth is sacred and
unfolds in its own time in its own perfection will allow you to accept your own love, the love you have for your baby, and the birth that was. Become a willing participant in this life knowing that you have all you need to create birth and love the child that is put into your arms. When all birth is seen as sacred the birth process is secondary – this is your story, your truth for this birth and will lead you to even more truth as you maybe prepare for the birth of another child and this birth to, will unfold in unique perfection.

As I write these words I am filled with wonder as I discover that my birth was sacred. The moment that I arrived in this world was a sacred moment. I have never though of my birth in this way, and this changes a lot for me. It does not matter that my mother was heavily drugged with ether which means that I also was unconscious when I arrived, this was a sacred birth. It doesn't matter that I was pulled out with forceps and taken to a newborn nursery for ten days while my mother and I both recovered from this birth, this was a sacred birth. She was allowed to see me every 4 hours and I was briefly held then returned to the nursery. Did this cause harm to me? Probably, but at the time no one thought that the way a baby comes into the world really mattered. I was breathing and my physical needs were being met – I was being feed and kept in a clean diaper. My mother was being looked after and all was fine. I was harmed by this birth, but I was loved and both my mother and father, with the help of grandparents did the best they could to raise me to be a loving and kind person in this world. It may have been easier for me if I had been given my birth story right away instead of having to dig back on my own to finally find the details that then helped make sense out of my life. My life long message of “you are on your own kid” would not have been imprinted so deeply into my core and I could have moved forward faster and easier. None of this takes away from the truth of my birth – it was a sacred event, and finally knowing this eases the pain around the events of my birth. I, as all of us are, am a sacred child of the universe.

I can also look at the births of my own children as sacred moments. My first son was born with ease in a small rural hospital with little interference. I was moved from a labor room to a delivery room and in the process discovered the mother bear that resided in me. They tried to give me gas as they were wheeling me to the delivery room, but I hit the nurse who was putting the mask on my face and that was the end of the “let’s get her drugged and ready for birthing” phase of my first birth. My son was born and about 4 hours later I went home. This was a sacred birth.

The birth of my second son was different. He was born in a large metropolitan hospital and I was all alone. Husbands were not allowed in and mothers were isolated in small labor rooms then transported to a delivery room. I was given demoral during the labor then put under with gas as he was being born. He was pulled from me with forceps and taken to a nursery. I did not see him for hours and then only briefly. During the two days that I stayed in the hospital he was brought to me for feedings then taken away. A month after this birth it was discovered that he had a condition called pyloric stenosis and taken back to the hospital for surgery to open up the pyloric value into his stomach. Did this happen because of the birth? I don’t know. Did the problems that he had all through school stem from this birth experience? I don’t know. Did I harm my child? This is a difficult question for a mother to answer, but I do now know that this was a sacred birth. I did not intentionally harm him. I did not have enough information about giving birth at that time in my life, and trusted in the medical system that said they knew best. I do know that his birth was a sacred birth and that telling him his story has helped him to understand his life better and to find ways though and around the challenges he has had to face. I have suffered through pangs of guilt as I learn more and more about birth and then believe that I harmed my baby. I have let go of this guilt as it is a useless emotion. I did what I knew was the best for me and my baby at that time in my life. Today I know so much more and would not go back to that kind of a birthing situation. Did I harm my children – no I did not – their births unfolded in perfection, and we have all found a place of unconditional love for each other because of the way the births unfolded.
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