
Uncover Your Sacred Birthing Plan

Simple preparations for an empowering
pregnancy and beyond



by

Femke Maas

DEDICATION

I dedicate this writing to all the mums-to-be around the world who wish to bring forth the greatest potential in their offspring, by navigating through the wilderness of our time in a state of empowerment and joy.

To all the mothers who have come before who are voicing their experiences and shining their wisdom amongst the chaos.

To my beloved daughter who has miraculously chosen me as her birthing mother and who has shown me this exchange of gift and blessing.

And to our Mother Earth for her endless patience and abundance in helping us birth a conscious and wonder-full humanity.

Femke Maas

INTRODUCTION

Welcome!

There is a lot to take in on your way to motherhood, and thankfully you have a tiny space of time to prepare for it... Hopefully you've stumbled upon this far in advance of your pregnancy, though if you're already 5 months along then that's perfect too, you have been asked to take note of what you can include or what will be beneficial for your journey right now. That's really exciting!

Being honest with yourself about your true feelings during this whole process is absolutely key. This takes time, awareness, and courage. It isn't always easy, but once you establish and truly acknowledge those underlying feelings, then they immediately transform for the better and I wish for nothing more than to share HOW you can do this and experience the magic of this journey. We all have feelings or thoughts that are limiting, they can create perpetual resistance, and you will learn how you can shift, transmute, and completely release these energies and the hold they can have on you.

Feelings of uncertainty or doubt are all underlying fears that compel us to do silly things at times, they cause immense stress on yourself and baby to the point of physical disruptions, and I dare to say this is unnecessary harm. Baby's greatest potential starts evolving from the moment you decide to conceive and it's the reason I find this information so important right now, because you can have the most wonderful time of your life preparing and being pregnant, even when shit hits the fan. When you know how you can take responsibility of any subtle energies coming from some form of resistance then the ease of bringing forth a new being will come naturally...

"At age 25 I was suddenly struck by chronic back issues, whereby the only solution the medical establishment could give me was an operation. I had access to the best chiro's, physio's, trainers and therapists, due to my occupation as a trainer, but to no avail. With a history programming of 31 home addresses, in many different countries, too much partying, and dealing with incessant family drama, I had to somehow believe I wasn't completely lost and crippled, let alone capable of creating a family of my own. And because of my history I used to say that I would never bring children into this world... And during my twenties after my back went out, my potential mother-in-law even gave the hint that this meant I was no-good-baby-making-material either. Something had to change, but I wasn't even aware of it, let alone how."

People around you, and I mean everyone from nurses to neighbours, and from siblings to strangers, past or present, they all have good intentions, but they're not always aware of how the related comments, stories, suggestions or even demands can negatively affect a pregnant women's journey, so I applaud you for being here and keeping an open mind. It's not about what you hear, see, feel, or even sense, but *how you register it within you*. How would it feel *knowing* that nobody could rock your boat, and that your decision making on *what is best* for You and baby was *clear and easy??*

Here are the most important things I discovered on my way to motherhood that you will learn about in the pages ahead:

- HOW to PREPARE making the right choices for You involving exercise, diet, support, family, friends, medical involvement, and your environment, even before becoming pregnant.
- BREATHING techniques, MEDITATIONS, VISUALISATIONS, and a special frequency CODE.
- TAPPING techniques to TRANSMUTE fear, doubt, worry, and even pain.
- Uncover the TRUTH about natural birthing, even if you want to go to hospital.
- How to PREPARE THE PHYSICAL BODY for an easy journey and recover GRACEFULLY beyond birthing.
- Discover exactly WHAT YOU DESIRE to experience and know HOW you can Voice your Choice.
- CRAFT your PLAN and PRACTICE so you can trust this magic to unfold for you and All involved with confidence.

However, I'm not here to tell you the who/what/where/when/or how of pregnancy, labor and beyond, but rather guide you towards your innate abilities, so you may feel in control and aligned with what is necessary, learning to trust in the natural process of your amazing body, finding your own strength and intuition to choose the best answers that will come to you through the right people at the right time, so you can handle everything that comes your way!

The tools and techniques I share are a way to guide you and inspire you towards your inner knowing, and how to stand firm when needed. It takes a certain level of responsibility to own your pregnancy, which is not just a simple click of a switch, however your body is designed for this ultimate part of creation, and the level of trust needed can be gained!

"I slowly started to think I might be able to do this, to bring another being into this world. Now heading to 30, I found my partner on a remote island, and he was in love with the idea of having a family. I had healed my own body through all the work gathered in this book and I was preparing for a new home and the possibility of giving all I could in making a life for my own offspring. I had loads of new happy experiences under my belt and many profound realisations. BUT... when the bun was in the oven, suddenly I was dealing with loaded family dynamics, no home, no job, no savings, half a car, living in a foreign country and in a new state, with a partner from a completely different culture who didn't speak much english. My underlying fear was that there was no supportive environment I could give to this child, the thought that there was no real hope of me doing anything right was obviously a well-established subconscious program running the whole show (I realised later) And with all that in tow there was simply nowhere else to go, my survival mode kicked in, I picked myself up, took full responsibility and got to work, literally..."

Nothing like a bit cliffhanging to get a person to change! Just know that all this momentum you are now picking up on will create the greatest potential for yourself and baby, no matter how it happens and that is my vision for you to realise.

"At that time, I was stuck in my world of emotions and lack, and it wasn't the right time yet for baby to come and there was peace in that knowing of cause and effect. But this baby certainly wanted to come and play! So, the second time around it was eventually time to go to hospital and see how this was going to pan out. Financially we couldn't afford a midwife, and I honestly didn't know what else to do, so off to the hospital I went at 32 weeks. But when I walked out of the hospital with a bag full of everything that could go wrong during pregnancy for baby, and none of my 3 simple questions answered, it suddenly hit me: How on earth is a new mum-to-be supposed to have a joyful experience when all they get from society is fear and doubt; There must be another way!?! And so it was that my faith, and trust in giving this child the birth she was asking for was realised..."

I've been in the health and fitness industry now for over 15 years and have helped many women find their strength and confidence again in achieving their goals, but nothing is as important as creating a new human! We are in charge of planting forth our very existence and we are losing track of how significant the process of creating a new person is - in

order for us to live in a harmonious world we innately desire to experience. From the moment you give rise to the thought of having a child till the child is about 7 years of age, all the fundamentals have already been established. If you do this all unconsciously then you are merely hoping for a world without pain, suffering and perpetual war. I know this may sound dramatic, but it is a simple truth that it is not the world creating the drama, but the people not making conscious choices and continuing the cycle of lack and distortion which leads to everlasting conflict and chaos. Our humanity exists only within us, all the pleasures and comforts in the world are all but an experience focusing outside of ourselves, which in turn can only be enjoyed from an awareness within ourselves. This knowledge gets lost from the get-go when our minds are bombarded with distractions, negative, unstable programming, and fearful beliefs. The problem is we realise too late that this is the case and the cycle continues.

Not to go off topic there but rather giving you my reasons for sharing this book. Most of what I was hearing at the time, during and after pregnancy, were countless horror stories of pain and regret from women who didn't know things could be different and what possibilities were out there for them before giving birth... as they so desperately wanted it to be a better experience. Therefore, many women choose to make an effort in sharing how they changed their ways with the second or third child, however the majority of women are still in situations whereby this wisdom will never get a chance to unfold at all. Our existence can be a source for joy, and I wish for us all to see it in that light, especially when we give birth to new life.

Without all this information I had worked with over the years, and before even thinking of having a child or being forced to surrender through my physical pain, my story would be very, VERY different... My story went from a highly unlikely motherhood to a wondrous home birth. I invite you to stay focused on the bigger picture as you take on this miraculous journey, because there is really nothing else for you to do right now. Within you there is a vast universe of truth that will help you achieve the desired clarity, connections, and confidence to make this pregnancy and birthing experience truly magical. I hope I can inspire you to tap into that, because what you choose to do today will not only impact Your experience, but that of All involved, and beyond...

Big Love, Fem

DISCLAIMER

All the information, tools, techniques, light codes, skills and concepts contained within this publication are of educational purposes only and are not in any way recommended as individual advice for any reason. The intent is to offer a variety of information to provide a wider range of personal choices for now and in the future, recognising that we all have widely diverse viewpoints and unique circumstances. Should any reader make use of this information contained herein, this is at their own discretion and the author and publishers do not assume any responsibility under any condition or circumstances. It is intended that the reader follow their own advice and attain self-empowered responsibility.

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More information can be found at www.femfocus.com.au

WELCOME GIFTS

Please find these gifts in the back of this book:

- A Wellness Movement Program for each Trimester. Perfect for a daily reminder because some weeks go by like days! You will find the programs in the first chapter of this book with some clarifications.
- I've added two Delicious Recipes based on ancient Vedic knowledge to nourish, cleanse, detoxify and strengthen you throughout pregnancy and beyond. They will leave a comforting memory you will want to come back to...
- A Healing and Transmutation Light Code. This code is embedded with frequencies clearing layers of blockages relating to any kind of fear, such as limiting beliefs, doubts, and any disturbances keeping you low, lethargic, or just not optimal in your day-to-day routine.

ACKNOWLEDGEMENTS

While I am the one writing these pages, I know this information has already been in existence for eons and that through my experience I will simply be expressing it here once more for the greater good of future generations. I could not have done this without the heartfelt dedication of Sunni Karll, from the book Sacred Birthing; the only pages I held dear to me during my own journey into motherhood.

I was also blessed to be in the care of an openminded and loving midwife from WA, Australia, who held the space for me together with my dear friend and midwife René. Surrounded by friends, my beautiful cousin and only family member, and the lush country life by the ocean.

This publication expresses my gratitude and my service to share the wisdom of the ages, allowing more new mums-to-be to embrace this monumental process without fear and anxiety, which causes unimaginable consequences for our future generations.

Of course, without the humble support of William, my friend and loving father to our daughter there would be no such story, I am immensely grateful.

My daughter loves hearing the story of her birth into this world - I wish this for all mamas!

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How to Use This Book

This book is a guide only, nothing related here is intended to view things as good or bad, rather give you the opportunity to see things from different perspectives, as this allows for greater awareness, thus giving you your power back when it comes to challenging decisions.

As I've mentioned already there's no new information here, rather just another version that will resonate with those who are meant to hear it at this present time. So go through the book with an open mind, and an open heart.

You will see I have added PRACTICE sections throughout. These tools and techniques are for you to literally practice with. Choose one and try doing it for a week, or practice a different one each day, so you can find a few that resonate with you adding them to your daily routine going forward.

For the exercise program, they are high resolution and I suggest printing them out to simply remind you to do some daily movement. Having it in your vision somewhere will also allow the subconscious mind to be strengthened with all the positive suggestions you have brought forth regarding your plan. You may find that some of the exercises in the program are unfamiliar, if so, you can look up the exercise online to get a better understanding, plus there are plenty of excellent videos out there on pregnancy yoga that will keep you moving as well!

All I can suggest is to enjoy the process, it is unique to you in every way imaginable, and this book is to guide you into your own knowing that you are giving this whole journey the greatest potential.

HOW TO BUILD A STRONG FOUNDATION

I have become so passionate about starting this journey in the right way, because it doesn't have to be so hard. The main focus of all that you do in life is finding out what your body requires of you, because it's the only place you have to live. Many of us though don't know where to start when it comes to exercise for example, or rather how to progress according to their own needs and simply be truthful and discerning as to where they are at. They end up getting injured or give up. Believe me, as a trainer I have had to learn this the hard way. I know exactly what it feels like to be completely stuck, challenged, exhausted, discouraged, and overwhelmed, which is why I love sharing the simplicities of how this bodily process can evolve more easily. Every individual is unique, though building a strong foundation comes down to the same principles for everyone.

The first thing to realise is that exercise is not a goal, you can certainly have goals you want to achieve, but to be healthy and vibrant from within you simply **MUST** move the body. So, when it comes to training, exercise must be doable and enjoyable for you to continue. Though this is not the time to start a new fitness goal, it is time to keep the system energised and ensure strength from the inside out, in a sustainable way according to where you are at. If you are not yet pregnant then you can embrace a more dynamic approach to the program in building a strong foundation, if your lifestyle allows for it, but for the most part this program is focused on consistent daily activities which will make all the difference wherever you're at.

I have mapped out the core components to make each trimester most successful by activating your gluteus muscles, overall functional strength and mobility, proper pelvic floor function, core stability, heart health, and establishing the do's and don'ts. All this will be important so as to managing, carrying and birthing around 4kg of weight, plus having the ability to bounce back naturally after giving birth!

Where to Start Focusing and Why

Some of us may already have a background in fitness or a high-level training schedule, which will mean that now is the time to think about slowing down at your own discernment, acknowledging the importance of maintenance during this time rather than desired achievements. Excessive load on the pelvic floor isn't what you want right now. We

can all agree that the body needs the best resources and environment to establish harmony for baby's growth, which then allows for an overall positive experience for both mother and child. Giving your attention to the magic that is happening within you, this alone will strengthen you in ways you cannot see in the physical straight away. If you're not a regular exerciser, then just take note of what you have been doing and include the programs below as a form of self-care rather than a need to do more. Work with what you are capable of and comfortable with, knowing that you are maintaining a healthy lifestyle.

The thing I would suggest is making self-care a priority at this stage, however that fits in with your life. We all have different standards, just know that you are making an effort to be kind to yourself and your body every day. This doesn't mean that all is comfortable and effortless! When you focus your efforts as a form of self-care, just like cleansing the body with a shower, you take any perceived pressure off from which the process becomes more enjoyable. Remember, every little bit counts. So, focus on micro sessions and understanding the benefits of exercise and movement. These benefits are for your mental, emotional and physical wellbeing – for now, later, and all of baby's as well.

At this time it's about workouts that just keep you going, leaving you feeling lighter and more energised, no soreness, but require a consistent participation in an all-rounded physical practice each day. Make sure you modify by changing repetitions, angles, or range of motion to suit your needs. When we start something new and go too hard too fast, our body will simply ask us to recover physically and energetically at some point. This often results in needing rest and recovery in the most unexpected ways, so stay focused!



All the exercises in this program can be done in preparation of pregnancy, and I would recommend them as a lifestyle training routine. The most underestimated form of exercise to include in your lifestyle routine is walking. Here's why:

- *it's low impact,*
- *activates the core muscles and glute function perfectly without strain,*

-
- *increases heart health,*
 - *allows for fat oxidation,*
 - *increases joint mobility and stability,*
 - *maintains bone density,*
 - *balances blood pressure,*
 - *boosts immune function,*
 - *calms the mind, expands awareness, and allows you to feel grounded and connected, especially amongst nature on bare feet!*



Swimming can be another option, should you have any challenges with walking or simply love being in the water.

PRACTICE:

Print the program sheets and hang them in a prominent spot for you to be reminded. Remember that this is just a guide, and you must take responsibility for including some of it in your lifestyle where you can. Most of the time these workouts will be scattered on different days, you may mix and match, add on to your daily routine or skip a few, it's all good and it's all worth it! Enjoy the process.


Added to the sheets are also important things to be aware of that will impact your whole process, which is why I've made the sheets into a more of an overview to pay close attention to rather than an exact plan. The exercise components of the program are for general purposes and need to be adjusted to suit your own individual requirements. You know your body best, but the main focus of this plan is to stay consistent with what you can do.

Note that there are four stages in this book, a fourth 'trimester' to consider, as this last stage after giving birth is so important to keep the awareness of what your body requires of you. Of course, the first couple of weeks your focus is recovery and baby after which you will want to continue your pelvic floor movements and slowly progress into a new exercise routine with bubs around the 6-week mark.

Exercise Program

First Trimester:

For most of you it is likely that you are already past this stage and in your Second Trimester. All is well, just start where you are! All the programs are overlapping in some way and it's there to give you an outline of what to pay attention to and what to avoid during these times. Note that adding and sticking to more of a cardio based training is advisable. It depends on your level of training as you go into this journey as to how much and what type of strength training you wish to include, but everyone can do the exercise programs given and must aim to do at least the weekly routine given; add as much as you feel comfortable with. These exercises are functional everyday movements that are not taxing in any way and can be seen as essential daily activities especially if you have a more sedentary job or feel less energetic than usual.

DAY/ week 1-14	THUR	FRI	SAT	SUN	MON	TUE	WED
 First Trimester	CARDIO	PELVIC FLOOR WORKOUT	CARDIO	FULL BODY STABILITY	CARDIO	PELVIC FLOOR WORKOUT	WALL WORKOUT LEGS
	<p>No Pushing Out Urine! No Rush. A 10 Sec Steady Flow Is A Strong Pelvic Floor...</p>	<p><i>Take it easy...</i> Guideline Heart Rate: <20yr → Max 155 >25yr → Max 140</p>	<p>Avoid -over stretching -long exerted holds -rapid position changes</p>	<p>WALL WORKOUT LEGS: 10-20x each - Lying on back feet flat against wall legs at 90° → lift hips to hover hold for few sec → lift hips with one leg only → lift hips up with legs straight</p>	<p>FULL BODY STABILITY: START LOWERING LOAD AND INCREASE REPETITIONS... 10x → reverse table top (on chair) 10x → aeroplane balance 20x → side plank alt (elevated) 20x → bridge knee extensions 10x → bird-dog reaches REPEAT 2-3X</p>	<p>CARDIO: REDUCE IMPACT Walking/ Cycling/ Swimming/ Stairs</p>	<p>30-60 sec - Wall Sit → slide down with back against wall and aim for knees at 90° - push hands into wall to lift back up</p>
				<p>20 – 30 minutes focused movement daily</p>			

YOUR FOCUS IS PREPARING FOR BABY NOT TO LEARN NEW TRICKS OR LEVEL UP YOUR FITNESS REGIMEN

Second Trimester:

A few things to note, but the emphasis I want to make is on doing a little bit daily. Take the workouts from the First Trimester and start slowing things down but adding in more micro workouts to your daily routine. Of course for a lot of people this requires a bit of shifting though I'm only talking about squeezing in an extra 15-20 minutes here and there... a doable adjustment when considering the impact it will make on the process of carrying, delivering, and recovery from pregnancy. I have deliberately given you the option to create your own repetitions count for the Core Workout, which can vary around the 10-20 reps each and perhaps doing 1-4 rounds. You can also split it up into 2 workouts and add some core exercises to the other workout programs, such as the Wall Workouts and the Full Body Stability Workout. The aim is to give you plenty of ideas to get the whole body moving throughout the week in a safe and effective way.

DAY/ week 15-27	THUR	FRI	SAT	SUN	MON	TUE	WED	
<i>FemFocally</i> com.au	CARDIO + PELVIC FLOOR WORKOUT	ARMS + CORE + STRETCH	REST/CARDIO	FULL BODY STABILITY	REST	CARDIO	ARMS + CORE + STRETCH	
Second Trimester	PELVIC FLOOR WORKOUT: <i>(Start with an empty bladder)</i> -60sec vagina squeezes → sit or stand -Rest (as needed) -4x 10sec hold squeeze → entire vagina -Rest (as needed) -3x 20sec hold squeeze → all internal muscles near pelvis (progress and position as needed) -60sec vagina squeezes (seated or in bed) -Rest 2min in stillness, until muscles are completely released and relaxed -- count your squeezes --		BECOME AWARE OF FEELING YOUR BODY CORE: -Horse stance (arm reach) -Leg Balance (varied) -Bird-Dog -Bridge ballerina -Bridge frog -Bridge standard (fitball) -Side crunch (fitball) -Side plank (modified)		<i>Create Your Comfort Ritual</i> ARMS: 20 x tiny circles (forward) 10 x large circles 20 x tiny circles (backward) 10 x large circles 15 x wide open chest (shoulder height rotate wrists) 20 x forward up-down-scissors 10x overhead raises 10x robot arms forward and up		STRETCH → chest/shoulders /hips/wrists/ back/ side body	
	KEGELS CAN BE DONE EVERY DAY (PELVIC FLOOR WORKOUT)							

Third Trimester:

Again, keeping the body moving is essential and this entire program is a holistic way of keeping the body fit and healthy. By incorporating the best aspects of yoga and functional movement for when you are pregnant. By adding more of the upper-body and lower-body workouts to the basic weekly routine given, you will see that you have an all-rounded program for your best body. The program outlined is simply the bare minimum for maintaining functional strength and mobility during these times. Maybe you've only just started getting into it here in the third trimester, and that's brilliant, you've created a routine!

Remember that this process is also quite forgiving, knowing that your intuition will guide you to what is best, though movement isn't supposed to be effortless. It is therefore essential to learn to listen to your intuition and how that relates to your body's needs, then act upon those needs whether you 'feel' like it or not, whether it is taking a nap or going for a walk, you choose to make it happen. The feeling of wanting to do what is best will grow stronger as you realise how much better you feel because of your actions. Being true to what is needed will allow you to express more joy and eventually make the process of doing what is best feel easy.

**DAY/
week
27-40**

THUR

FRI

SAT

SUN

MON

TUE

WED

STAIRS

BREATHING +
MOUNTAIN POSE

WALL
WORKOUT

SPINE MOBILITY

REST

GLUTE WAKE UP

WALK/REST

Third Trimester

SPINE MOBILITY:
(option on knees with cushion)

- 3-5x Rainbow arms → reach arm over head alternating side to side
- 60sec Standing cat-cow → gentle rolls
- 5x Squat arm reach → focus on neutral spine and arms near ears (chair pose)
- 3-5x Thread the needle (option with arms out front on fitball)
- Wide leg seated forward fold → one leg bent and just play with the movement
- 3-5x Child pose flow → extra cushioning recommended

Avoid if vulnerable around pelvic area
-any wide stance movements:

MOVE AS IF
YOU ARE WEARING A MINI SKIRT!

BREATHING + MOUNTAIN POSE:

Standing feet hip width apart → arms relaxed by your side → feel your feet evenly distributing weight → lengthen spine as if pulled up through the crown of your head → shoulders relaxed → chest open without flaring ribs → breathe in → feel the energy rise through feet legs hips belly chest throat brain... → breathe out → allow the energy of any tension to release outwards through arms...

♡ ↓ You may want to do this every day ↓ ♡

GLUTE WAKE UP:
5-15x each

Lying on your side:

- Straight leg lift
- Bent leg lift
- clam shell
- straight leg circles
- leg forward

Great Morning Routine!

BEARHUG YOUR BABY
DURING ALL EXERCISES

Avoid

- being on your back
- back bends
- sudden/holding twists
- over stretching

WALL WORKOUT:

- Wall squats (option on fitball)
- Wall bird-dog (opp arm+leg lift alternate)
- Standing push ups (wide/narrow)
- Standing scapula push ups (squeeze shoulder blades together then apart)
- Wall sit or pulses (option on fitball)

30-45 sec each exercise
1-3 ROUNDS

18

Post Pregnancy:

By this stage you will have become a new version of yourself, whether you implemented what you have learned along the way or not, everything has given you more insight and the probability for a greater potential, no matter what! Shifts have taken place that you are not even aware of. And for the most part you will feel a sense of joy for the responsibility you have taken on and for what you have been through. Eat well, eat what comes to you naturally, eat what you could grow or harvest yourself to ensure your body will easily pick up again and feel strong. The more you can allow yourself to rest at this stage the faster you will get back on your feet, stronger than ever. Rest does not mean not moving, rest means you are in a relaxed state doing what your body requires of you.

DAY/ week 40-47	THUR	FRI	SAT	SUN	MON	TUE	WED
FemFocus.com.au	CARDIO + BREATHING	PELVIC FLOOR WORKOUT	REST/CARDIO	FULL BODY STABILITY	REST	GLUTE WAKE UP + CARDIO	ARMS + CORE + STRETCH
Post Pregnancy	CARDIO: WALKING/ WALKS / WALK → <i>Take this time to be with baby in nature</i>		PELVIC FLOOR WORKOUT: -60sec vagina squeezes → sit or stand -Rest (as needed) -4x 10sec hold squeeze → entire vagina -Rest (as needed) -3x 20sec hold squeeze → all internal muscles near pelvis (progress and position as needed) -60sec vagina squeezes (seated or in bed) -Rest 2min in stillness, until muscles are completely released and relaxed -Add (kneeling on all fours) CAT-COW (NERVE FLOSSING) BIRD-DOG (CORE ACTIVATION) THREAD THE NEEDLE (SPINE MOBILISATION) CHILD POSE (TENSION RELEASE)		WHEN YOU "NEED A MOMENT" DO YOUR COMFORT RITUAL		B R E A T H E Rest- Recover - Enjoy CONNECT
	THE TEST = 10 jumps and no leakage! Then you can go back to your HIIT	Avoid -Ab exercises	YOUR BODY WILL BOUNCE BACK WHEN YOU don't FORCE IT TO				

This program is created in such a way so that you may feel you are doing it all yourself, because that is in essence the truth, with the right knowledge to support you properly. When you are able to be present with what you are doing in each moment, and you aren't worrying about the who, what, where, and when of everything and baby, then you allow the natural process to unfold, and you don't have to question all that you require to do. If you allow thoughts to keep entering that are resistant, because of how you think it should be, then you will allow any pain or disease to continue. This of course is true in all aspects of life, but the sooner you realise that resistance creates dis-ease, the easier it will be to make better decisions.

The mind is a tool, and the knowledge and wisdom of the ages will make a huge difference when you need help, so definitely ask your midwife lots of questions. If you are anything like me and you had never dealt with smaller children in your life prior to having one yourself then everyday things like how to bath a newborn suddenly become difficult situations because you simply didn't experience it yet. I was blessed with a man who had dealt with babies and children his whole life! Be sure your midwife tells you how to get baby to latch on properly and just know that in the beginning it will hurt for a little while as your body gets used to it, trust these parts of the process! You can also check with your midwife if there is any abdominal separation (it will put you on a path to perform extra kegels if so. But these things are not perse common themes of struggle, which means NOT knowing these things can also be beneficial because our mind often stays focused on things we may fear, thus creating a less desirable outcome!

All the knowledge that is passed down can be super valuable including experiences like using natural pure products for your own skin so you don't feed baby with it, wipes for baby's bottom that don't sting, having a firm mattress when baby wants to sleep next to you for example are all things that you wouldn't necessarily think about straight away but can be invaluable knowledge to new mums... Just remember that everything will unfold for you in the best way when you're on a journey of trust and you don't wander off with fearful thoughts too much. This includes thoughts like 'he's doing this' and 'I can't believe she's saying that', or 'how can I organise such and such', these thoughts are unconsciously keeping us everywhere but in the moment. All this will make more sense in the following chapters.

How To Create Simplicity and Be Consistent with Exercise

The reason you will need consistency is because it's the only way to get to where you want to go - by seeing results. To build a strong foundation with exercise in general you will need some form of consistency to start with, even if it is only 15min a day doing a few moves. Although it is a rather simple concept it can be extremely hard to establish due to the plethora of demands and distractions in our daily lives. Days or even weeks can go by without any focus on exercise or relaxation time for oneself. But what I have found time and time again, in my own experience and with my clients, is that when you make things super simple and enjoyable, meaning you can see your progress and achievement in the right surroundings for you, then you automatically choose to do it more often. And from there... ABRACADABRA it's part of your lifestyle, you've created a new habit, and this is the consistency you need. This goes for everything of course but remember this with your nutrition as well!

PRACTICE:

1. Keep your program sheets in a space where you will notice them, where your subconscious mind will simply register them; Toilet, fridge, dresser... This way you will automatically make better choices without even trying.
2. Remember to only do as much as you can handle, the exercises must be easy and suitable to start off with. It's essential to just do something, even if it's only a 5min walk around the block; Some days will be easier than others so respect that and just focus on what you can and want to do right in the moment you said you would.
3. Find out what time of day you feel most inspired to get moving, forget about any science you've read, if you're a 6am, 10am or a 4pm lady then acknowledge this and make it work for you during that time!



-
4. Set up your alarm with an uplifting tune and then get a timer going for 10, 20 or 30 minutes depending on where you are at... Any resistance often subsides once we have made that initial step to start something.
 5. Know that you are very capable starting your exercise routine in the right way. Choose from the Core, Ams, Spine Mobility, Pelvic Floor, Breathing + Mountain Pose or Cardio Workouts.

Once you get going, you will most likely do more than you thought. It's the first step that we are most challenged with. You want to make things simple and easy so you don't have to think about what to do, you just rock up and start some movement and pick up the pace where you can. To be honest for most of us it will be a nice stretch or a bit of faffing around on the floor to begin with! And that's perfect.

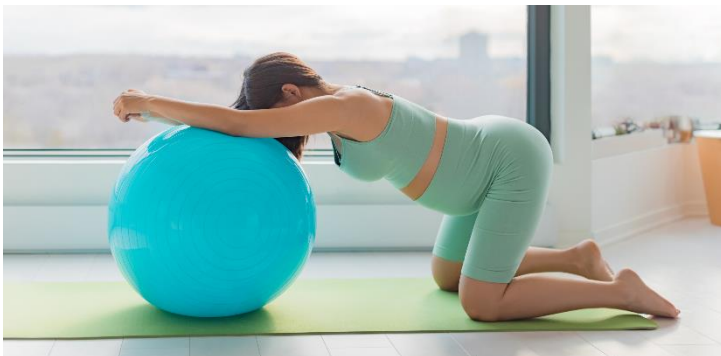
So how do we just get going without any resistance?

Well, resistance is part of the process of change, so we better start allowing resistance to be there. Making things simple and becoming consistent is the way to form a new habit and rewiring what you are used to doing. The mind likes what is familiar so by giving it new rituals and routines means that there will be resistance. The beauty of the mind is that by repetition of the new it becomes familiar, and the resistance disappears! And to make it even easier we ensure it is one small change at a time. If you have been moving consistently prior to pregnancy then there might be some resistance to slowing down, be aware of what you might be forcing yourself to do rather than focusing on creating a baby.

Making something enjoyable, even just in the slightest way, will allow for way less resistance. During my personal experience I wasn't even thinking about the how, what or when of fitness, even though I had a PT and Yoga background! Walking was always my go-to for movement and relaxation so I did bush walks, beach strolls, the occasional splash in the ocean (it was the middle of summer) but I wasn't thinking too much about if I had done enough core exercises or whether my upper body was strong enough. Looking back, I would have loved to know more, but I was working full time in a hot kitchen and wasn't aware of any special pregnancy yoga classes or the like.

If you don't have a consistent exercise background then it is worth your time to investigate all the pelvic floor and functional exercises in the program, because this will set you up for a positive experience all-round. If only we would learn these things from the get-go when we move into adulthood and not when we are already pregnant, like the majority of women. Let us change this!

Even though I was fortunate to have a background in physical well-being and started learning ancient Vedic knowledge on how you can prepare for pregnancy, I wasn't focused on what needed to be done regarding exercise and health, it was simply about how I could improve and what could I do to feel at my best every day. My focus during pregnancy was to consistently make less heavy or burdensome choices for myself, trusting the natural process I was going through. After my chronic back issues, I knew without a doubt that my thoughts and feelings affect my bodily function, I wanted to limit this, and also limit passing on any major trauma to baby, so I used techniques to calm my system and stay present as much as I could manage, and I must say it wasn't a strict routine. I was always very mentally and emotionally sensitive, decision making was long and arduous at times because of it, and my intuition wasn't very strong so I would let my feelings and beliefs get hold of me. Arguably, everything is as it should be, and I believe we are given the opportunities to grow in consciousness whereby the same situations will arise until we realise and expand our awareness. However, over many millennia now we have also been given tools and techniques to excel the process of our growth and it's our choice whether we use them or not. No pressure!



This focus on doing things that FEEL best or better in each moment eventually gave me a new normal. The question I would ask myself is: How can I make this (what I'm doing/thinking) feel a bit better right Now? All of this will help you to stay consistent with moving more.

Some of you can skip this chapter or PRACTICE as you may have discovered your love for exercise a long time ago, but some of you may have to learn how it makes you feel and function better when you move consistently, even if during the session it is often uncomfortable! As with everything in life, when you get out of your comfort zone, you expand your horizon, you change your perspective, and you develop new pathways. When you know there is progression, you become more ebullient and your vitality increases.

PRACTICE:

Start thinking about what you would be willing to do relating to exercise today. Know that just doing something will have a plethora of benefits of which some are listed above

involving walking. What is one thing that you could enjoy doing right now? Unless you have a plan and you know you will stick to it, forget about what you think you 'have to' do, because that can put you off and then you won't do anything. Just know that every little bit counts. Sometimes you might think you're doing it for baby, which is certainly true also, but ultimately you are doing it for yourself anyway. So, when you've learned the benefits of why we need to move the body, or the consequences of not moving regularly! then, in order to rewire some old habits, you have 2 options:

1. Blissfully sit in stillness, tap into it, meditate on it, practice a technique (from chapter 2) and breathe.
2. Bite the Bullet, grab yourself by the hair, and do any kind of low impact exercise you can think of, with poise.

Viola! Your mind at ease or a simple workout achieved. Give yourself some credit for that, because your cells are literally filling up with more energy from **BOTH those choices**. Not only that, but your confidence will also be boosted from doing something with conviction and intention, no matter if it was blissfully resting or mindfully moving. Remember, it is the state you are in that will determine your progress. The reward, however, will not be seen immediately, which is why these things are tricky to stay consistent with. Your efforts however, have an immense impact on the relationship with yourself and baby, something I can only share from my own experience and growth, but is evident everywhere.

Focus on making your exercise, movement, workout, or whatever you call it super easy and acknowledge you made it happen - this will give you more power to get going each, and every time. Just taking that step outside your door or onto your yoga mat is an ameliorating experience. Some days you will feel way stronger and more energized than other days as you are still dealing with fluctuating hormone levels that can have a powerful influence. It is up to you to become aware of this, to then show up with integrity, grace and discernment. I know, easier said than done! It's a process of growth and by setting your intention to show up like this, even if everything is awesome, things shift towards greater heights still. With the tools that are to follow you will feel progressively more empowered and able. It is literally about becoming aware and observing what is happening within your mind-body system that will give you the authority to embrace what needs to be done each day.



You only require a little bit of knowledge and guidance to propel you towards what is best, **every little bit counts!**

Nutrition

This subject has completely been taken out of proportion, we simply cannot fathom the complexity of how and in what way food transforms into our bodily function. We certainly have a good idea through science, but essentially every person's unique subtle energy system will determine how that food is processed within the physical body. A simple example that we can all relate to is looking at how a person would process sugar when they choose to be an active cyclist or a full-time gamer. And that's just a 'simple' choice coagulated out of one's needs, desires, and memories...



Really, the only thing we need to do is become more in tune with how our consumption affects and influences us, always remembering it is a direct influence on baby in so many ways. We know there are ways to improve our health, what foods to include and what to avoid, but that doesn't give us the perfect diet for our individual bodies and baby's needs. In any given moment a tomato can be damaging for some and healing for others. Knowing this will hopefully make you want to tune in more to how your food and drink choices make you feel...

Of course, we all know about things that have an immediate effect on us, like alcohol or coffee, but we fail to truly realise how immediate and potent certain foods can be, and they are literally becoming You. Just because we don't notice the effects of a muffin, French fries or an apple juice, doesn't

mean it is always ok. So imagine tuning in to your dinner at a restaurant and it just feels a bit off, or you make yourself a smoothie, but when you go to grab the coconut water you feel a subtle shift, you can't put your finger on it, but now you know you've actually been given a signal to make an important decision... Do I eat it or do I choose a different option, sometimes this means you have to be very patient. What I'm conveying here is that we can fine tune our ability to recognize what is most beneficial for us, we learn to discern in each moment, because that's where the magic happens for health and well-being.

After discernment also comes integrity, integrity comes from truly understanding the impact of your consumption and then acting upon your discernment. *Everything* you consume will be converted into food for baby, and all foods/feelings/rituals /environment *will affect* the development of your child *for better or worse*. It is up to you to make the best choices possible. The problem comes from not having the knowledge as to how impactful your consumption is. This understanding will come from knowing **What** but also **Why** you are eating or drinking certain things. Any choices you make activates chemical reactions that are either a *high vibration* or a *harmful low vibration*, to your own experience and to baby throughout this whole process. Your body knows exactly what nutrients it needs to thrive, and even though you can't exactly intuit what that is all the time, you will be able to know what is best by sensing what feels positive or negative with practice.

As humans we can be extremely predictable, which is why every bit of data imaginable is currently being synced with AI to allow for greater calculated probabilities in human movement, including calculations for our nutritional needs. This will be absolutely marvelous of course, as well as very dangerous long term. It's a bit like having a party now and again, enjoying the high 'spirits' of alcohol, but to then develop an addiction to the ease of getting into an unnatural joyous spirit and potentially becoming an alcoholic. This is a consequence of *not realizing* our **own** power and *choosing not to* take responsibility for our own well-being. I will back this up by saying that addiction is a very real thing. Knowledge and understanding of the affects of each substance is certainly needed to master the choice over comfort or growth, but arguably more importantly, is what thoughts are the culprit, and which thoughts can help you really stand in your power and choose differently. I emphasize this because something as normal as sugar is far more addictive than alcohol, though the effects are elusive, they are all encompassing towards destruction of the body and our beliefs will change the choices we make.

What I've learned along the way, is the seemingly obvious, which is to just stick to the foods that are in their natural form, keep your meals basic and made from scratch. Observe everything from the moment you pick it up, as not all produce is created equally or brought to you in the same way. What you consume is and holds the energy of all the elements and from all the people that have produced, shipped, and held it. This energy you are consuming will become part of you and baby, and it will influence how it is processed within your body. This is not to install fear, just awareness; remember the gist of it and let it rest for now. Below is a method for some extra self-care.

PRACTICE:

You may want to write this one down, it's actually not easy to make this question second nature, but it is almighty powerful if you do. Ask this question to teach yourself how to listen to what your body needs when you have food or drink in front of you:



“Is this selfcare and is it the best thing for me right now in this moment?”

Naturally this question can be stated for all life experiences which is why it is so powerful. The yes or no response becomes clearer over time as you learn your own unique response that your body gives you to signify the yes or no feeling. There are also specific ways in which this is taught, for instance feeling the energy through the palm of your hand to monitor the body's yes or no response. If this resonates then go and google energy signatures. Nobody can tell you what you can and cannot eat, so it is up to your own knowledge, understanding, and discernment.

What you want to learn from this practice is that if you are eating with an ingredient of guilt, shame, sadness, or frustration then this will affect how your consumption translates into the body. Worrying about and when you eat or drink something is feeding yourself poison. These chemical compounds of emotions create havoc, keeping you in an unhealthy loop. *Eat your ice cream with gratitude!* or choose to make it with frozen fruit and coconut yoghurt if you know you're not truly in a state of pleasure when eating it, make the call.

You may not do it for your own health, but you probably won't second guess doing it for your child... Know that when you're preparing food when in a bad mood, this will be transferred energetically into what you consume, resulting in malnourishment, no lasting satisfaction, and hidden side effects.



If your body is not receiving the amount of nutrients needed at the time, you will find it hard to stay energized enough because the body will

prioritize baby's health over the body it is carried by. The body will make sure to take everything it needs from your body and convert it into the right nutrients for baby, resulting in all kinds of perceived physical, mental, and emotional issues for you. This includes everything from headaches, skin problems, feelings of judgment, rejection, and all else in between.

When it comes to nutrition, especially when preparing for pregnancy, when in doubt make an effort to *leave It for now*, remember to delay, not deny, otherwise the uncertainty and doubt creates unnecessary stress within the body. This is why some women can eat whatever they want without any issues, and others have all kinds of problems just by looking at something, this is the biology of belief.

Focus on adding extra greens with every meal. If we make what we eat or drink from things that come straight from the earth in their natural form, then you will not have to question it. And when you learn to understand how it can affect baby, it becomes easier to do the right thing. When the mind is at ease it will not be craving extremely processed foods either out of habit or needing immediate comfort for some reason. I get that this is easier said than done, though being aware of this fact is all that is required to make better choices.

The above is a well-known example to illustrate the importance of your feeling state when eating or drinking. Of course, sticking with simple truths is best, and I have listed them in the PRACTICE section below. Eat all the wholefoods you desire and leave the highly processed stuff out for now. The same goes for very powerful, potent, or medicinal foods like for example garlic and chilies. If these have always been part of your diet then of course ok, but this is NOT the time to change your diet or experiment in any way.

Obviously, we can go on and on about how important nutrition is, but it really comes down to learning how your body feels, responds, and relates to what you consume. Making sure your body is at ease is what matters most. It's not about whether cheese or shellfish are bad right now, it's about taking responsibility without relying on other peoples' opinions, being able to clearly understand what messages your body is sending you; by being present and listening in. This is ALL you must do to be able to make the right choices going forward. Remember that if you feel yucky in any given moment it is your time to become aware of what the cause may have been, whether it was a stressful event, a lingering thought, or a bad combination of foods for



you, only you will know... and when you see this, you have the power to change it. Just your awareness of it alone will move things forward favourably. The question is then, how do I become more aware of the messages my body is telling me?

Due to the constant distractions we deal with it is certainly an ongoing path of discovery, and our needs are everchanging, but with the tools and techniques you will learn in this book, especially in chapter 3, it will be increasingly easier to take your power back and know what your body is trying to tell you. Here are some tips you can practice with.

PRACTICE:

- If you feel the need for coffee, focus on rest, relaxation or getting better or more sleep.
- Delay don't deny; If you feel like eating a croissant, chips, or cookies, then choose to first eat some protein, drink water, have a piece of fruit or make a home-made treat instead and become aware of what creates the craving.
- If you're desperate for chocolate, take a breath (start Tapping! see chapter 2) and swap it for a raw cacao smoothie/hot chocolate with your favourite milk and some natural sweetener.
- Don't be distracted when eating and sit down, you'll eat way less and become more aware of whether it's the right thing for you at that time.
- Eat as much whole foods as you need and veer away from anything that has been zapped, highly processed, or nutritionally enhanced in any way.
- Flavour your dishes with herbs.
- Create a barrier for your impulse foods; don't have it in the house or near you, making you think long and hard whether to make the effort to go and get it, should you start craving for it.
- Look at nutritional labels; anything with over 5 ingredients is questionable, do you know what they are, do they have any vegetable oils, numbers, colours, preservatives, sugars of any kind, etc.

This will not 'fix' your cravings, and it is fine to indulge in the occasional comfort, because it is generally impossible to restrict ourselves as we then often unintentionally tend to rebel. We will go through many techniques you can use to release the causes of your tendencies in the following chapter. For now I suggest you find or create a healthy food option for the times you feel the need for comfort! Let it be something you can come back to again and again when the going gets rough; All your senses will then associate this gesture with having a calming, nourishing and comforting effect for you, which in turn will

automatically steer you in a more desired direction, and away from any unhealthy habits that create toxicity and disharmony. So, let's create one now!

PRACTICE:

Take a deep breath and close your eyes for this. Then take a moment to think about what your favourite food or drink is. Now make it so that it becomes something very, VERY basic. Can you make it so it is healthy for you? yet easy and comforting? What might you have to do, prepare, or buy to make it so?

Mine came down to a cup of warm almond milk with a tsp of honey, but I also remember in the final weeks I allowed myself to have cheese on toast by making it with a piece of organic spelt sourdough and a really nice aged (goat) cheese (I'm Dutch, I was brought up on bread and cheese, this was serious comfort!). I was aware of my cravings and conscious of the choices I was making and that is what I wish for you.

Till this day a warm almond milk drink is still my go to for a soothing loving gesture to myself.



MIND OVER MATTER WITH TOOLS AND TECHNIQUES

We all know by now that our experience comes from a more subtle energy source, rather than just a bag of blood and bones our body is made up of. I invite you to always look beyond just the physical for knowledge and truth. These subtle energies aren't as tangible as feeling pain in the body, and we tend to not realise that the energy that makes our heartbeat and send signals to our brain that something hurts IS that subtle energy. It governs our mind as well, so even though we may believe that this physical body is who we are, we can also relate to the fact that we have a choice about what we think. If we can choose what we think about, then we are also the observer of our physical reality, and if we are the observer of our body that means we are in fact also the subtle energy source that governs the body. Therefore our thoughts can be managed and changed when we really start to step back and observe them...

Once the thought of bringing a child into this world is set into motion our current experience of the material world tends to influence that outcome. Which is why it's a good idea to put tangible things into practice so we can keep track of what goes on in the mind and allow our desires to fruition. When we can better observe our mind, which are the thoughts that come and go, then we can master how we respond to those thoughts as they arise. We can learn to change the thoughts instantly rather than reacting to everything uncontrollably and letting our thoughts influence our behaviours. Of course, this will be liberation when we fully master this concept, and it is our innate journey towards happiness that drives this quest, so it is by no means necessary to feel out of place here if this is all new territory, as this is also simply called evolution which happens naturally. Yet, when we explore these concepts in more depth and utilize some of the tools and techniques you find helpful then you can speed up the process exponentially.

I know from deep within me, especially during my preparation stage and as a mother, that you want to be the best version of yourself for your child no matter what. There are so many tools and techniques out there to practice with and I suggest you just choose what resonates. In the beginning, the idea alone of practicing to focus will seem aimless, or a waste of time, or perhaps even ridiculous, thoughts will come disturb the peace you seek, but it is only a matter of time before you no longer see yourself as being those thoughts and observe them as a program that you can update and command. The program will always be running, it is needed to operate your system, though you will slowly become

aware that you can choose what thoughts will allow for a better operating system over time. One small adjustment consistently will eventually rewrite the old program. And the best thing I can possibly do is to share what those tools are to slowly but surely change the programming of your body that reflects your reality. The healthiest and happiest people on the planet will all tell you they have a subtle energy practice they do daily.

“
Just give the breath the necessary attention
and doorways will open. The world will ease
for you only to the extent you are willing to
listen to the breath.

Sadhguru

”

Besides this, and to the point of this book, every limiting aspect of you that is not yet resolved will be passed on to your child. This is not to say you must be All Angelic or that there is any right or wrong in any way, shape or form! No, what I'm expressing is that life will flow with more ease and grace when you consistently do your inner work and focus. Thus, the journey will be empowering as you will handle any challenge that comes your way and see the magic of your own experience.

Breathwork

When I was pregnant, I started to notice my inability to sit still, this was just me at the time, everyone is different, so I tried different ways to focus. Breathing is the easiest and no doubt the best and most obvious thing to focus on, so instead of sitting still I would move or stretch whilst breathing and sometimes set an intention. I would just wander in the garden or go for a walk and focus only on my in breath or example, other times I just tried to stay present with my breathing for as long as possible when doing chores around the house. It was my way of meditating at the time to connect and raise my vibration. Here are some breathing techniques you can try, and all that matters is your ability to connect with a greater sense of well-being...

PRACTICE:

Have a little note pad or journal with you, just in case something comes to you that may be important or you would like to write down.

- **Even Flow In And Out** – This breathwork is the most effective and easiest way to ease the mind and body. Might not feel that way at first, but just take a few deep breaths to get centered and try not to force it, just start to notice the movement of your breath. You are aiming for your breathing to become a seamless process of in and out breaths without any pauses. Take a relaxing and intentional breath in and immediately follow through by breathing out with the same relaxing and intentional breath out. Continuing this process until you feel it becomes uncomfortable or you need a pause. You will notice over time that you find a rhythm for yourself, an effortless flow, and this rhythm becomes slower with practice. Even a few minutes here and there will be greatly beneficial. Beneficial in the sense that life unfolds more effortlessly for you because the mind becomes more at ease and not frantically moving around trying to take charge of everything.
- **Ujjayi** – With this breathing technique you create a sound whilst breathing by constricting the throat. The breath becomes a hissing sound at the back of your throat. Start by practicing a deep breath in and a really long breath out trying to restrict the breath going out whereby you will hear a sound like when you whisper something. Then progress to breath with your mouth closed, making the sound by controlling the flow of air through your throat. It all comes down to keeping your attention on what you are doing, when a thought rushes in get straight back to the breathing practice until your allotted time has passed. If you have a persistent thought, perhaps write it down so you can come back to it later and endeavour to focus on breathing a little longer.
- **Big Sigh Breath** – This is simply a deep breath through the nose followed by a short breath through the mouth. It is a beautiful releasing technique, likened to a sigh of relief. A big breath out with force releases stuck energy from the system. When there is disturbance within you, you can imagine picking it up, grabbing it, inhaling it up through your body and exhale it out through your mouth, perhaps blowing it out into the sun or a big blazing imaginary sacred fire. With or without visualization, this breath will bring you effortlessly back into focus from whatever is niggling you. Anything from stage fright or dealing with a silly comment. You don't want to do many of these in a row, but randomly a few throughout the day with intention will give you a sense of renewed power to move forward when you do it intentionally like this.

-
- **Belly Hugs** – This technique is ideal for doing with your pelvic floor practice. Connect with your body and baby by holding onto your belly in a loving way either standing or seated with spine erect. The intention is to bring the energy up through your body with your breath from your vagina and pelvic floor all the way up to the crown of your head. This will take some practice and you might only feel it to a certain area in the body, that's great, just notice that. Eventually with practice, in a very relaxed setting you will feel the energy rise all the way up and this is the subtle energy becoming more tangible for you, which is quite magical. Take a few normal breaths to begin with. When ready, contract your muscles around the vagina and take a slow long breath in through your nose, imagine you are bringing that breath up along the spine passing the stomach, to the chest, then through your throat and up into your head. When you have done a few breaths, you can either continue to focus on contracting and hugging the belly or you may just want to sit or stand for a while holding your belly and having baby in your focus. You may feel a tingling or pressure in the area you bring the breath up to, and this is your life force you are feeling. You have now physically felt your subtle energy come up through the body and into the brain. Please use this technique wisely as it is very powerful and will create shifts in your being.

Discipline comes forth from knowledge and understanding. A little practice with the breath will let you FEEL and KNOW what is best for you at any given time. NOTICE the little changes that arise throughout your day or week and make choices by learning what feels true to you.

“Giving and receiving is part of life, you cannot take a breath without giving one back. You give and receive with everything you do...”

Light Codes

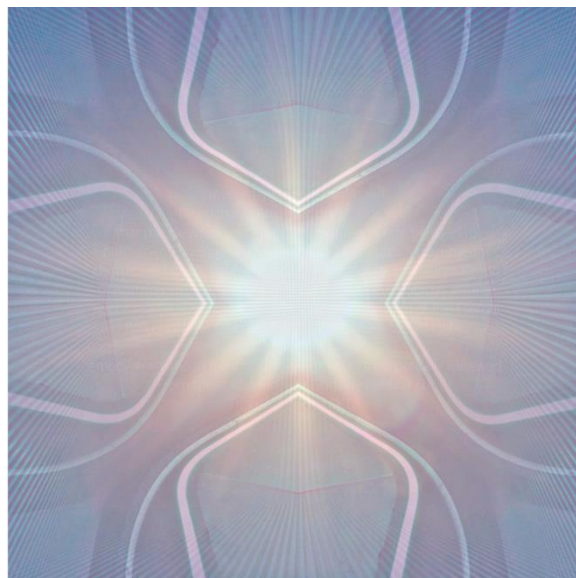
Light codes are vibrational frequencies in the form of an image. An image in essence is the projection of energy through a light spectrum manifesting in a visible wavelength. The code is imbedded within the image. Every image has code within it, therefore we can choose what energy we wish to embed within an image and create it for a specific intention, including our own body!

If you want to go deeper into this practice visit Ivonne Delaflor's Codes of AH

PRACTICE:

This Light Code here is created and embedded with the frequencies of Love and Above, Healing, and Transmutation of anything that is not serving you at this time. As you look at the Healing Light and Transmutation Code below imagine . We can use more technical terminology for this method here, but for the sake of simplicity we can just focus on bringing the image into the body through the brain where we will allow the Light Code to work its magic through our own intention.

I Invoke By Humble Command, Through The Power Of Love Vested Within Me, That The Healing Light And Transmutation Code Be Used To Permanently Remove All Blockages, Fears, Doubts, Attachments, Chords, Discordant Energies, Negative Frequencies, Disharmonic Vibrations, And Any Other Occupants That Are Not In Alignment With My Highest Self, Across All Time, Space, Realities, Dimensions And Matrixes, NOW, Further Transmuting All These Activated Energies Into Their Polar Opposites And Distributing These As Needed; In Full Faith Of The Eternal Powers Of The Emerald And Violet Flame, The Golden Liquid Light, All Masters, Archangels And Avatars; I Am Empowered, I Am In My Full Embodied Expression And Perpetually Renewed;
So Be It.



EFT Tapping

Tapping is the most tangible tool you can use to shift subtle energies. EFT is a method whereby you are literally tapping on certain points on the body that relate to our meridian energy system and are known as acupuncture points. When we tap on the body in this way we stimulate our electricity circuit and dissolve any tripping issues.

The psychologist at the time discovered that when focusing on our perceived challenging experiences, negative thought patterns, limiting beliefs, etc. whilst stimulating the body by these tapping sequences, we can neutralize our system to the point that the body doesn't get triggered by the perceived challenges. Liken to the old lights on a Christmas tree when the lights start glitching or don't work at all, you then fix the one little lightbulb that wasn't on properly and all the lights function again.

This doesn't really need to make any sense at all, you needn't even believe it. What you do know is that you have a challenge within your body-mind system that needs clearing and you have a tool that you can use.

When you use this tool or any other for that matter you will learn to recognize how your body responds and feel confident things are shifting for you. During tapping you may start to feel like crying, yawning, burping, or anything else out of the ordinary during the process; Just keep tapping until you feel any tension shift or lessen, these are simply symptoms of energy shifting and releasing.

Please be aware that when things do shift you must have confidence knowing where you will focus your attention on instead. Meaning, that when you have dealt with a severe or chronic issue for many years and it suddenly is no longer a part of you, this might leave a very unreal and empty feeling, in which case you must trust in yourself on how to deal with this new you. Please consult with someone who can assist in the process if needed for serious long-term traumas. The following sequence is for general purpose only so focus on what relates and which words you resonate with.

The Tapping Points are tapped on in a sequence though this can be done in any order you feel works best for you.

Sometimes I just tap on the collarbone point or go through them all very swiftly. The deal is to become aware and activate the entire energy system by tapping on all of the points. I normally start at the eyebrow point in between the eyebrows > then move next to the eye > under the eye > under the nose > chin > collarbone > under arm > top of head, then continue on through the points again. The side of

the hand point (not depicted in image) also known as the Karate Chop point, is the nice chubby bit below the pinky finger on the side of the hand. Tapping on this point to start off with and saying your set up statement about what you are focusing on sets your mind up for acceptance and neutralises any thought interference. It can be that you feel uncomfortable or triggered by stating some of the set-up phrases, in which case you must tap on that first and find a more general statement that creates a sense of ease. Most of the time its just a matter of uttering the sentences not even realizing something has shifted until you stop to read the issue and it no longer triggers you. By writing down how much it hurts in the beginning so you can come back to it later, only to find you do not react to it in the same way helps keep you going with the process, knowing that things have shifted.



For further information please connect with me or go to TheTappingSolution.com or Gary Craig's website Emofree.com on how to start tapping or who to consult.

Now let's do some Tapping. What shall we tap on today?

**Are you a bit scared about how your pregnancy or the birthing will unfold?*

**Do you have any idea what can come into play and how you might respond to any interventions?*

**Are you perhaps worrying about your spouse or parents with a different opinion?*

**Maybe you're experiencing a lot of pain on your journey...*

PRACTICE:

Choose what you want to focus on. On a scale of 1-10, how heavy does this feel for you? Write the number down and what you are focusing on. When going through these statements keep repeating what triggers you and keep repeating that statement till you feel a shift. Use any hand you prefer or both hands.

Side of Hand: Even though I feel worried about this, I choose to accept and love myself anyway. Even though this is painful, I'm choosing to accept myself and I'm open to letting it go. Even though I'm scared about what might happen, I forgive and accept myself and anyone else who may have contributed to this feeling.

Eyebrow: *This constant worry*

Side of Eye: *This pain*

Under Eye: *It's really painful*

Under Nose: *I don't know what to do*

Under Mouth: *Its so exhausting*

Collarbone: *It's scary*

Under Armpit: *This worry that it might not change*

Top of Head: *This fear of not knowing*

>>

Eyebrow: *This frustration*

Side of Eye: *This frustrating pain*

Under Eye: *This overwhelming doubt it wont work out*

Under Nose: *I know I can let go of this doubt*

Under Mouth: *But it's all just so hopeless*

Collarbone: *I could right now!*

Under Armpit: *How can I make it go away*

Top of Head: *All this pain and frustration*

>>

Eyebrow: *I'm making an effort to let this go*

Side of Eye: *I'm so over this*

Under Eye: *I'm open to forgive myself for being this way*



Under Nose: *I'm willing to forgive and accept myself and anyone else who may have contributed to this*

Under Mouth: *I'm willing letting go of my doubt now*

Collarbone: *and I'm ready for change*

Under Armpit: *I'm still a bit worried it won't change*

Top of Head: *But I know I'm willing and able*

>>

Eyebrow: *I choose to see things differently*

Side of Eye: *I choose to understand this pain*

Under Eye: *I choose to break the chain of fear*

Under Nose: *I'm open to receive the answers I seek*

Under Mouth: *I choose to open up and release this with grace*

Collarbone: *I choose to love and accept myself anyway*

Under Armpit: *I'm letting go of All this now*

Top of Head: *I forgive and accept myself and I now clear this blockage that is no longer serving me, through all of my being*

Take a deep breath.

Continue tapping through the points if you feel you want to, otherwise just check in with what you were focused on at the beginning and ask yourself on a scale of 1-10, how heavy does it feel now? Has the feeling changed, has the pain lessened or moved, are there other thoughts that have gathered instead, in which case perhaps the irritation increased? Notice what has happened and continue tapping as long as necessary if you have the time and space, especially if you experienced any emotional side effects like crying or even becoming angry. This happens when the energy shifts, which is a miracle, but needs to be addressed by simply continuing to focus on it whilst tapping to the point where you feel more at ease.

Please reach out if you would like some extra guidance. It is a powerful tool and sometimes we get caught up in our own mind about what we tap on and an outside perspective can often help gear us in the right direction.

Together with the Violet Flame, Tapping has been the most profound tool I still use today. It is the easiest way to settle the mind and not let your emotions take the better of you in a tangible way. Pretty much as with all meditation techniques you don't have to believe it, but with consistent practice you certainly will. I was in so much pain when I couldn't walk because of the complications in my spine, and I had nothing else to do than my inner work and I delved into EFT, crying for hours on end and noticing some pain relief. It was either this or an operation with no guaranteed success, so I kept on going because of the very subtle shifts I noticed. I was blessed to have such amazing friends from not being in

Sydney that long, and I laid on their floor for a month with chronic 24/7 pain; they were there for me until I could get back up on my feet. From the moment I gave up on pain killers, to the moment I walked out the door pain free was 3 months. I remember it very well. I shifted, the pain shifted, and I give thanks to all the tools and techniques in this book, especially EFT.

The Work by Byron Katie

I'm just making sure you have heard of The Work by Byron Katie, if not, please go and explore as I will only give you her basic framework below. The Work is a profound method for self-enquiry that brings our subconscious to the light in a way that will change your belief structures for the better. Please visit thework.com to find out more.

Grab your journal and let's begin.

PRACTICE:

Take a deep breath, sit in a comfortable position, and read through each of the questions below in sequence. Make sure you take the time to give an honest answer each time you ask a question.

Make a statement that is occupying or bothering you...

(Example: My mother is always forcing me to do things her way)

Is it true?

Do you absolutely know for sure this is true?

What happens when you believe that thought?

Who would you be without that thought?

Turn the thought around...

Meditation

The aim of the game is to clear the mind of incessant unwanted thoughts. A turbulent mind is a stressful reality. When you calm down, it means you are at ease and thoughts are not running around controlling your every move. Meditation is a tool to focus the mind so as to create clarity and peace as a result. I have created a recording - Awareness is the key. When you allow yourself to just sit, in stillness, and observe, you will initially find it hard to just sit and be present, but you may start to notice that your life flows with greater ease and you occasionally pick up on synchronicities in your day-to-day business. Eventually you will notice that you become more peaceful during your practice, but it takes time. Begin with 10min upon waking and before bed. It is called a practice because you are practicing how to control your mind, it might not happen in this lifetime, however it is the only way to true happiness. If you are struggling with anything it is simply because your thoughts are making up all kinds of stories for you to worry about. When you learn how to focus the mind, how your thoughts come and go, you will see that things seem easier and can therefore find greater joy with all that you experience.

There are so many beautiful meditation songs available, but find music or sound that you resonate with. Let it be tuned to 432Hz or 528Hz. Set your timer for 10min or 20min, then perhaps adding on a minute each week. Like I said before, sitting still may not be so easy when you're pregnant, so it is paramount to create a sitting position that is comfortable and suitable for you at each stage. The idea is to be fully present throughout; you may want to focus on your breath, a feeling, or a word so that you have something to come back to when you notice your mind has gone on a tangent.

*"Your minds job is to tell the body what to do, and
your job is to tell your mind what to do."*

Marissa Peer

The Violet Flame

Healing with the Masters. I learned about the power of the Violet Flame through my friend during the time I was healing my back. Below is a method I still use today and that I taught my daughter at around 5 years old as well, it is immensely powerful, especially when dealing with nightmares. I also use it when she feels sad, angry, or anxious about something and cannot get her mind off it. I use the Violet Flame daily and it has become a habit of clearing anything that is no longer serving me. With Gratitude.

Make sure your energy is set to a clear intention of release.

PRACTICE:

Take a deep breath in, filling your whole body and a long breath out completely emptying your lungs. Do this a few times if needed to feel centered and focused.

Imagine somewhere near you a mighty violet coloured fire with blazing flames.

Take each of your feelings or images of what you wish to clear and lasso these with a golden rope.

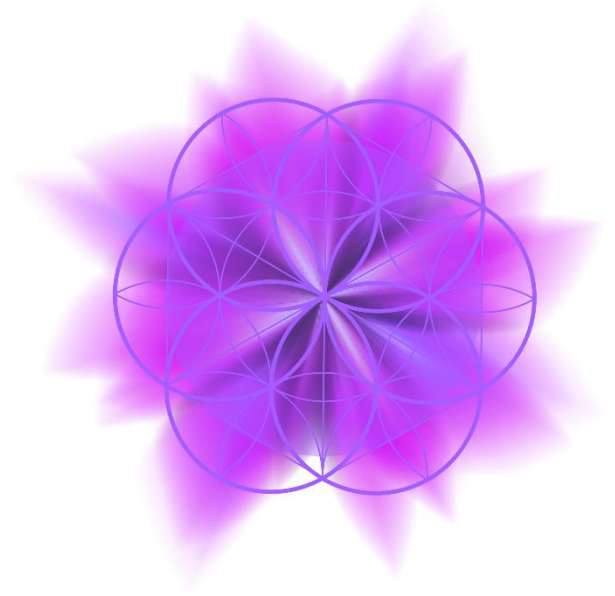
With complete conviction (and actual movement with children) lasso these one by one in a forceful way into the Violet Fire.

After this take a big releasing breath...

Then immediately give thanks to the Violet Flame and its governing Masters, especially St. Germain for their transmutation and immense blessings:

"Thank You Violet Flame, Thank You Saint Germain, Thank You Masters, Avatars And All Benevolent Beings For Your Immense Blessings And Guidance. Thank You For The Powers Of The Violet Fire For Its Transmutation And Freedom From Anything That Is Not In Alignment With Our Highest Good. Thank You.

Allow yourself to become aware of the release, it maybe subtle, or through sighing, yawning, etc.



Gem Cave Visualization

Most of the techniques I've mentioned do require some adjusting as they shift energy. You may feel unusually tired or easily triggered. Ideally you don't want to have too much on as the shifts that can occur may ask for some extra space and rest. Just want to let you know to be mindful that your body may need time to recover when going through profound energy shifts. And they are often not noticed internally, but rather through toxic release through the body and your outer world. It requires energy to heal, so also on a subtle level.

CREATE RECORDING.

Ancient Wisdom Beliefs And Rituals

If you are here, reading this, you already know the importance of creating a harmonious outcome for all involved. You are probably also drawn to seeking knowledge of our elders that can provide some real wisdom about this whole journey you are about to embark on. If so, you will most certainly stumble across something that is meant for you at the right time, just like this ebook. Even if you only take away one tiny little thing, embrace the gift!

Knowledge and understanding from back in the day can be super weird, because most of what is available for the general public is based on tribe rituals and superstitious beliefs. This of course will not give you any valuable wisdom unless you feel drawn to it. If we look a little further into history we will find however some simple truths that we can really learn from. What I have found is that preparation was key, and birthing unassisted was normal, as it is for animals. To prepare for pregnancy and birth was to establish faith and to energetically cleanse the system, and the way they did that was by holding that space through rituals. It gave, and still does give in parts of the world today the strength and trust needed to bring about true empowerment, especially for the birthing process.

There are countless fertility boosting rituals and



maternity spells from cultures all around the world, but you have to believe in it yourself, so make it your own.

Every single birth is unique, just like every child is unique, so rather than going into detail, focus on wisdom that will give you insight into how you can prepare yourself. In many parts of the world home births are the norm unless there is an extreme problem at hand, yet in most countries nowadays a cesarian is booked in from the get-go. Unfortunately, we now have to explain scientifically why it is important for a baby to be born naturally through the birth canal, yet if you simply stand back and take an intense look at creation then you will not think twice about birthing your child naturally in a loving setting. Anyway, I'm not here to convince you of doing things a certain way, but I would like to give you some beliefs and rituals to ponder that will perhaps give you a different perspective on life and the life to be.

I personally stumbled upon Sunni Karl's book *Sacred Birthing – Birthing a New Humanity*, which of course is a must read in my opinion, especially for those seeking to birth in the most natural way possible, but there are others who have also conveyed the ancient wisdom in ways that are inspiring, authentic, and profound. The main thing is that this knowledge allows you to see the true beauty of this magnificent process and teach you the raw process, truth and meaning of giving birth to a new generation. I don't want to suggest any reads here really as I trust that the perfect information will come your way in Divine Timing, just like this book did. Although one other series of books that compelled me early on to take extra care in preparing my body and environment for the prospect of children is *The Ringing Cedars of Russia*. It resonated with me in way that it simply acknowledged basic truths on how we can set ourselves up in creating the greatest potential for our children.

Since the turning of the century, we have all this wisdom at the click of a button so we can gain back our power, however, there are too many other buttons to click on as well! Getting our power back by being more conscious about our choices is where our true strength and wisdom lies, and this will eliminate a lot of unnecessary trauma or suffering. Our consciousness plays a most significant role in this ultimate process of producing another human, which we don't fully recognize yet. We have evolved, and we have forgotten that we are more than just blood and bones. We are becoming more and more disconnected from the energy source that governs our body, causing us to feel increasingly dis-eased and out of alignment with what our bodies are asking from us. On top of that, we often can't even provide those needs. It's becoming really difficult to stay present in these times of overloading information and overwhelming demands, all of which causes us to seek and need medical assistance at the flick of a switch. And that's ok

too. The medical establishment has its place, and we can be immensely grateful for all their help in times of acute needs. If only we can come across this ancient wisdom sooner on our journey towards motherhood so we may better prepare our beautiful bodies in keeping them strong, able and worry free!

PRACTICE:

- Yoni bath before, during and after pregnancy,
- Create your own invocation for health, grace, ease, etc.,
- Create your own form of belief and protection through a spell, painting or object,
- Create a special chair for yourself,
- Recite poetry,
- Wear an amulet or crystals that resonate; Rose quartz, Moonstone, Amethyst, Unakite,
- Visualise or where practical, create a circle or sphere of protection,
- Have a candlelight or bonfire ceremony,
- Create a birthing altar with herbs and symbols,
- Cleanse the rooms with salt, sage, and incantations,
- Have a soothing drink at the same time daily,
- Weekly hike to contemplate what you really want to experience and what baby is asking of you, do a partner cleansing retreat ritual,
- Create a song for baby when pregnant, this will come to you when it comes,
- Do something specific with baby in mind at the same time each day,
- Keep the placenta, to bury under a fruit tree or encapsulated for future use,
- Weekly spouse (foot) massage,
- Tell the birthing story to your newborn child,
-

Talk With Baby



By far the most valuable way to stay in tune with what is best for you and baby is by talking with this life inside of you. It sounds a bit weird when you say it like that, but it's a profound realization when you stop to think about it. When you're talking to baby, you're not talking to your belly, although in the beginning it may just feel like that! However, as you set your intention to truly communicate with baby it will eventually feel like a

genuine connection on a very subtle level of being. What you want to do is connect to the energy of your baby, affirm this when you want some answers. Talking with baby may also become more tangible with a big belly to feel, hold and see before you, with it's increasing presence, but even before conception you are creating this being into existence with your awareness, even then the connection with that part of your creation is possible.

By setting your intention to connect with the energy of your baby a certain feeling of knowingness will come over you. This will get stronger with practice by doing any kind of inner work. The inner work you do brings about greater awareness, and awareness allows you to experience things beyond the physical reality. It may take a minute to feel calmness in order to connect, or perhaps just a phrase you say to yourself to trigger a moment whereby you truly acknowledge this bond you have with baby. The Big Sigh breath is also a great way to initiate your connection. Another easy way to feel the connection is by saying thank you, thinking of being thankful for this journey and baby coming into your life or anything you can feel grateful for so you can feel more intune.

PRACTICE:

Stand or sit somewhere when you know you won't be distracted or disturbed. Deep breath in and with every breath out release even more until you get the inkling to connect with baby. And that's it. Know that you're always able to connect, though you may need to find your favourite way to calm the mind so you can tune in to the body. Acknowledge their presence and send gratitude. Communicate with baby as if it were your best friend. Ask a question or simply just be there for a moment. When you are ready to ask questions if need be then the answer will be a sense of knowing. It will be the first thing that pops up in your awareness without any thoughts



interfering. It may even be shown to you in other ways, but your trust in this process will lead the way and this sense of knowing becomes clearer and stronger over time.

It all sounds quite magical, yet once you realise this possibility you can then also communicate with your Self! Practice talking to baby and you'll be surprised at how it gives you a greater sense of peace, understanding and confidence.. This is a wonderful opportunity to magnify your intuition.

Magnifying Your Intuition

We've all got a pretty good understanding of what our intuition is, yet it is so subtle, often sporadic, and getting a solid grip on it seems elusive. Your intuition can mean that you have faith in that which is unseen or unknown. When talking to baby you will undoubtedly experience a sense of knowing that you are communicating with this source of energy within you. But because there is no physical, relatable, or scientific proof you've heard of to explain this phenomenon, it will mostly be about acknowledging the growing strength of your own conviction.

Everything your body tells you through your senses is a message, and becoming more aware of your body's messages is a simple way to magnify your intuition. You can start being more aware of any exaggerated sight, smell, feeling, pain, niggles, song, sound, number, colour, etc. When you give these messages your attention, answers you need will fall into place with greater ease; it's a matter of knowing what to do without really having to think about it, you're just moving along with less distracting thoughts. When you acknowledge what comes your way as being either true or false you are developing your intuition, no matter the choices you tend to make. Your intuition will grow stronger as you become more and more authentic with your choices. This means you notice when it's truly the best thing to do with conviction and you choose to do it. So even though that which you choose might not be the most pleasant thing to do, as you sift and sort through your tendencies (aka habits) the strength in your conviction will make you choose the best direction. This doesn't happen overnight as it would be too overwhelming, but the feeling gets stronger daily, every time you acknowledge your senses.

Incantations

Verbalized magic or words of betrayal, that's what an incantation is. And it is essential to realise that every word counts as an incantation. The only job left for you is to use them wisely... You are not your thoughts, but you are the maker of them, therefore you probably

want to make your thoughts work FOR you, not against you. Becoming aware of your thought patterns and subconscious mind talk is one thing, and you may not even want to change a thought that is seemingly harmless, meditation might be too much for you right now, but what you can do is listen to a mantra, focus on a word or catchy phrase that literally sparks you in a more peaceful and calming direction. Choose incantations that lower stress and blood pressure by lifting your mood.

PRACTICE:

Write your own incantation! Take a comfortable position and humbly command your mind to meet your vision, then write a sentence that makes you glow and feel really inspired. You can do an internet search for mantras and affirmations and find ones that inspire you to then make them your own by changing or adding a few words here and there until it lights you up inside. Plant them in your mind now and they will be there as needed throughout your journey. As always put them somewhere you will glance over them daily, maybe the most powerful ones you can add to your birthing plan visual.



All I need is within me Now

One Day/Minute at a time

My body is the perfect vessel for baby

I am strong enough, I can handle this

She believed she could and so she did

I make the best decisions for myself and baby

*I allow for things to unfold naturally
I give thanks for a wonderful experience
My Body Knows how to do this
My body is built for this
I have a plan and its ok if it changes
I voice my choice with ease and grace
Every day I stand guard of my mind
You can do this, I believe in you
I give more than I expect to receive
Everything is always working out for me
I am kind and courageous
My inner giant is in charge
Women all over the world are birthing at the same time
Right here, right now
I am open, I surrender
I breathe, I trust*

It's ok, Mommy is ok, we are safe

What Is 'Natural' Birthing?

You know, this is really a personal opinion to a certain degree, but I just wanted to add this reflection to give some perspective before you potentially get bombarded with stories from others. Natural birthing can be said to be anything from just vaginal birth to completely unassisted at home, but for the most part we can consider it to be birthing without any medical intervention. If you have read somewhere about the pros and cons of natural birthing you may have missed the whole point. Birthing a baby is in essence natural, the body has been created in way to bring a baby into this world and that process is innate, just as an animal gives birth naturally, we don't question the process, we may be interfering, but that's another topic. I know it all sounds simple, but believe me, the majority of women in the western world have already decided on a c-section from day one, without considering why a natural process would be any better than medically inducing themselves and letting someone else take it out. When I say it like that it sounds extremely harsh, I know, but that is exactly what is happening on the planet in the most well off countries where comfort is the #1 priority...

Natural birthing is a bit like organic food, it has simply grown from the soil without any harsh chemical interference. Why we call it natural or organic is only because all the other options available have been tampered with in some way... What we tend to do though, with organic food or any other natural phenomenon, is we try to make it better. We evolve the process by learning how to nurture it better, feed it better, give it a better environment, etc. which allows for greater potential flavour and growth. You can see that we are attempting the same with the birthing process.

A natural process is simply how things are, whatever happens, for whatever reason, we are doing it together. The natural process of germination, growth, and blossoming remains the same whether we talk of food or humans. We can always work on creating the most beneficial development process, and that is exactly what we are looking to do. This certainly doesn't mean that everything will necessarily be rainbows and cupcakes! Our interference though can often be too much, mainly because we don't fully understand why we do things; the reasons for our actions are often superficial, again reflecting on our need for comfort all the time, only because we are not willing to look for answers from within us.

So, natural birthing might not be for you right now, but if it is something you wish to consider even after having a c-section and the doctor told you you can't it is especially important for you to be wary of outside influences, because only you will know if it's going to be ok in the end. There is so much information out there and I can tell you that whatever the challenge, it is possible, and you're not alone. But ultimately the courage and decisions come from you. You decide to take on someone else's fear; by believing any of the plethora of horror stories others project towards you. You then alter the course of this natural process by creating resistance. Resistance to allow the body to guide you there safely and in the best way for you and baby. I'm not saying there won't be any complications, I'm definitely *not* saying to *not* seek medical assistance if needed, and most certainly keep listening to others, but what I am conveying is that your ability to trust your body's natural process will prepare you for what can happen with ease and grace, by staying aware of all that I've mentioned.

When the mind is at peace, the body is too. We just get carried away thinking that we can create peace of mind by outside information or substances. Whenever you notice in any situation that you feel pressured then remember to take a breath first. Even thoughts like the anticipated pain, feeling exhausted, or family members giving their opinion, you will otherwise be subject to others making decisions for you, because you may not be present enough to voice what you actually want. This unfortunately is what women can only tell you afterwards... and this is what I feel so many of us can avoid if we are guided towards our empowerment, work on our awareness in this area of womanhood *before* the journey to motherhood.

So, what do you do? You avoid the feeling like you are not in control by constantly coming back to focusing on what you wish to experience. A little bit of intentional focus each day on Self-care is all that is required to feel more confident and empowered throughout the whole process. Again, it is up to you what you decide, there is no right or wrong, absolutely not, I'm just encouraging you to go within and uncover what truly feels best for you and bubs!

If you are reading this then you already know that the most natural process will allow for the most desirable outcome, through pregnancy and beyond. And comfort is actually important to implement in order to find ease of mind, but we don't want to deviate from the natural consequences and the necessary involvement needed during your pregnancy and birthing. Comfort does not mean bliss, and during labor when there is much discomfort there is simultaneously moments of euphoria. Whatever happens, it will be intense and it will be a vivid memory no matter what. It's the intense experience on all levels that creates a solid memory. The physical sensations and the overwhelming joy of

creation implants the mind, and this is part of the natural process to then bond with baby, which naturally creates greater fervor to care for baby in the best way possible. So, let us create a wonderful memory!

The first book listed is the only book I read during my pregnancy, and it was all I personally needed, apparently. I can't remember if it was recommended to me or not, but I do remember ordering it online without hesitation. I went into this journey of motherhood without knowing anything about children or babies, or mums circles, playgroups, etc., the only thing I had witnessed was my best friend after giving birth to her first child when I was 18, that's it... I was completely oblivious. So have faith that the right way will unfold for you, have a deep conviction that the perfect knowledge for the right outcome will come to you.

PRACTICE:

Focus on the outcome you wish to see and let the path be uncovered for you. Here are a few books I recommend, but please allow whatever comes your way to give you what you need. Hunches and being drawn to things are the energies you must learn to listen to. Remember that it is definitely a good thing to second guess, but second guess the *state you are in*; listening to hunches and signs when there are no lingering or interfering thoughts of doubt or fear, because they are misleading.

Sunni Karl – Sacred Birthing - Birthing A New Humanity

Ivonne Delaflor – Sacred Messages For The Parents Of The World, The Positive Child

Bailey Gaddis – Asking For A Pregnant Friend, Feng Shui Mommy

MY STORY

Lets start from when I conceived our child, and gosh I was still a heated mess, but definitely on a path of least resistance just not as grateful as I am now.. My intentions and needs were simple, I wanted to be sure I could take full responsibility for this child in a way I felt it was necessary according to my own living standards of course and in a way to provide the best potentials. I had the wish to create a world in which this child will thrive rather than just stay survive. A few years prior when the first idea of creating a family arose, I started to drastically change my ways to clean up my body and prepare my surroundings to welcome a new life. Ultimately, I wanted to give to my partner his wish of a daughter and bring forth a better version of myself, knowing full well that this would be a gift of transformation to my own experience of life also. The when, how and if of a choice for a family remains unknown until it happens...

Things fell into place, I was part of a yoga community in a quiet coastal town, the house we lived in was beautifully situated, and evidence of the often-wondrous synchronicities through our connection as parents-to-be was keeping us full of joy. The exact moment of conception was clear in my experience and from then we would often be lying in bed sharing and imagining all the best bits and pieces we wanted to pass on.

I planted organic watermelon seeds in our garden at one point even, and just stated to my partner that they will be ripe when the baby comes. Thinking nothing of it, there were no calculations, and yet the day before I simply decided it was time to harvest the watermelons, even though they were still very small. Only after the harvest did we realise what had occurred, and so we enjoyed the sweetest melons we have ever tasted till this day. I realised that it must be time though yet again the thought passed over and I do not remember pondering at all about whether today was the day or not, but after her birth the reality and significance of these events sank in.

My first intention was to have a homebirth, but due to the costs out in a rural area I let it go. We were 30min away from the nearest hospital and eventually I went for an appointment to check it out. Well, as I mentioned in the introduction this super powered my decision-making process! The homebirth just had to happen somehow. So about a month before due date we had our first meeting with the midwife and we were very pleased with the process. She made

notes, asked how we wanted things to happen and gave me some birthing videos to watch. Then she asked us to decide on where the bath would go when the time came and if the back-up midwife (which was a man) would be a suitable arrangement as well.

During these final weeks my birthing plan had come together as I had been reading up on Sunni Karl's Sacred Birthing book and felt inspired to let my plan shine on the wall for all to see and understand, especially for me and the father-to-be. I must say that I could not have been more blessed with such an open-minded person like him. He was especially capable being so in tune with nature, having grown up in a remote village in Fiji surrounded by babies all the time. During the final weeks I randomly shared little pieces of information in a gentle way to make sure he got the idea of what was going to happen and how I wished for things to be.

I woke up at 3am, I knew it, things were now starting, though I wasn't sure of how long it was going to take I was gradually prepared from the power within. A week before I remember thinking once if I was ready for it... I had ordered firewood early for the winter just to make sure the house could be warmed should it be cold during birthing time and so I made a fire in the early hours of the morning. Partner was not yet willing to get up. I allowed the waves of pressure to surge through my body perhaps every 15-20 minutes or so. This went on consistently it felt, and I chose to let the midwife know around 7am. I also asked our midwife friend to be with us who came straight away. Both my partner and friend organised the bath, which had been delivered earlier that week. We had a nice open living room where we decided to put the bath and started filling it up with warm water around midday. My cousin who had supported us throughout was there helping to prepare.

At some point the waves were coming every 10 minutes or so and I couldn't handle that people were just sitting around waiting and looking on their phone, so I politely asked for all to leave, and spent some time with my partner on the balcony. By this time I was already in a state of euphoria and things are a little blurred. The midwife was kept informed and came around 2pm and it was time to hop in the bath again to allow things to unfold. I had asked nobody to touch myself or baby and leave us be for the duration unless it was entirely necessary. We were in the bath for a while when I suddenly requested the music to be turned off as well. There came a point where it felt like forever and the bath was getting colder so we decided to get out and increase the temperature again. As I came out, I was kneeling on the towels next to the bath and my waters broke. I could feel the midwife was very happy to see this. With some extra hot water, I immediately got back into the bath and in a natural state of

allowance I could let things just unfold. My partner had already taken his position in the bath opposite me and I remember the midwife asking me if I was ready... because I just started pushing. She hadn't checked to see if I was dilated enough and ready; bless her for trusting the whole process and my requests! The only time she intervened was when I lifted my hips up almost out of the water because of the intensity and she gently urged me not to do that. It was about 20 min after I had stepped back into the bath when I began pushing. After the second push her head came out and by the third about she swam with arms out in front of her into daddy's arms. The sense of time was so different and every second felt like a big experience as he gently held her under the water in awe and then brought her to his chest. No sounds, just an imaginatively slow process as she took her first breath out of the water and opened her eyes. Acknowledging our baby was a girl she was passed over to me and her nose nudging its way down to my breast straight away.

My intention was a lotus birth which means the chord and placenta stays intact until the baby decides to kick it off, so as I came out of the water and lay down on the bed with baby, the placenta was born still attached to baby. Our midwife prepared it all by cleaning it in a bowl on the bed right next to us, and then covering the placenta with my own prepared dried rosemary powder from the garden placing it on a bamboo placemat loosely wrapped it in a small blanket. Again, I have to say that my state of being was not of this world and even though fully aware, the help I was given for that first experience was much needed and received with inexpressible gratitude.



Every 4 hours or so we would check the placenta and cover it with more rosemary powder to help it dry quickly, also for neutralising aroma, it's anti-fungal, anti-microbial, therapeutic, and medicinal properties. After day 2 she literally kicked it off, boom, her life giving companion for these 9 months was let go as she transitioned to the next stage!

I might have missed many details, but this has stayed with me personally as I have told her the story many times, even during infancy. The actual experience is unique, not only for every

individual woman, but also for each of her births. Just like every child is completely different, so too is their entry into this world, which is all part of having our individual life experience.

What I'd like to express is the beginning of baby's life starts when the thought arises from our baby making energies; The life-giving force we so often carelessly misuse in fleeting moments of pleasure. As a collective I trust we will become more aware of these powerful energies that can ignite a joyous start to our experience if we use them more consciously.

Ok, we won't go too deep and meaningful! Let's get creative!

DISCOVER YOUR VISION AND CREATE YOUR OWN PLAN

How exciting! So, you've come this far, and you may be wondering what you are actually going to get out of this book. In this chapter you will go through a number of questions to help you uncover what you truly wish to see for yourself, baby and other loved ones involved. All will now translate into a plan, even if you do nothing with it, the questions and examples will be stored in your mind and you will have set in motion powerful feelings that come from uncovering how you really want to see this happening. This creative part of the process is to allow you to make it your own. You want your plan to reflect what you really desire. What you truly desire is what feels best, this is so powerful because everything else will hold a feeling of dis-ease and ultimately create one as well. This doesn't mean all will go exactly according to plan! It won't, and it doesn't have to... By creating a vision for the right feelings to unfold you will foster empowerment. When you feel empowered you are coming from a place of confidence and clarity, and you will be able to handle decisions and circumstances with great ease. With this empowerment your ideals you have set in motion are more likely to be favourable any way they show up.

The most important message I can probably give you is that NOBODY can tell you what is best for you. Others can guide you, they can teach you how things work, they can show you examples of birthing women, but this whole process (and beyond) is ultimately unique to you and it is an unparalleled opportunity to learn about your intuition and discernment. It requires responsibility, commitment, and a willingness for self-discovery to make the best choices in each moment.

A cocoon of support can be your way of creating a path of faith. Whether things go exactly how you plan it or not, whether you change your desires along the way, or whether all kinds of unexpected things turn up on your path, you will know that you have designed a supportive environment to get you through your experience with exuberance and grace. That, dear one, is owning your experience and creating your own sacred birthing plan.

sessions and create multiple plans; you might do one including ideas for fertility, another for your pregnancy journey, perhaps even thinking about ways to prepare for each term (like the program plan), and then again become creative for your birthing experience. You may want to give it a title of wherever you are on the path to motherhood; Sacred Fertility Plan, My Divine Womb, Heavenly Childbearing Process, Divine Motherhood Adventure, Dream Birth Experience, Sacred Birthing Plan, Divinely Processed...

All the information I had gathered during my time of preparation, what I wanted to manifest and especially what I wanted others to know about how I desired things to go was scribbles down and then ended up as a little vision board... I can't tell you how much I valued having it up on my wall for all to see and those involved noticed it, curious of my plan. It was so effortless to convey my message this way as there are so many elements involved and having it visible reminded me to randomly voice to at appropriate times what was going to happen.

PRACTICE:

Make sure you are in a really comfy spot; sit and relax when you do this. Take at least 30min to sit with all your ideas and feelings. Have maybe some herbal tea, or water handy, and of course a pen & paper to jot down your thoughts. Feel inspired to uncover your truth and perhaps you even want to get out an A3 and start drawing straight away. Read the question, pause, then read all the examples (maybe several times) and then start writing down what comes up.

Here we go...

What Things Do I Want To Have With Me?

Fertility: herbs/ crystals/ amulet/ oils/ sounds/ smells/ music/ special comfort drink/ soothing materials, clothing/ yoni bath / organic shower gel, beauty products, cleansing materials/ massages/ mantras/ meditation chair/ ritual corner

Pregnancy: Healthy comfort foods/ veggie garden prep/ organic, fresh foods/ herbs/ crystals/ amulet/ sounds/ music/ smells/ flowers/ incense/ create your special drink/ meditation spot/ soothing materials for linen, clothing favourite textures/ pillows/ cleansing liquids, soaps/

Birth: Do I want my favourites/ textures/ towels/ blankets/ linen/ wash cloths/ soothing materials/ drinks/ clean filtered water/ homemade icy poles, honey lollies, broth, juice/ organic/ herbs/ crystals/ music/ smells/ clean environment/ heating/ family corner

After care: Pj's, favourite clothes/ fresh, favourite bed sheets/ heating/ fans/ have food provided, ready, prepared / homemade icy poles, honey lollies/ placenta- encapsulating, freezing, burying/

What Harmful Things or Discomforts Are Around Me?

Electronics/ Wi-Fi/ distractions/ heat/ chills/ unhealthy comfort foods/toxic cleaning materials, products/ beauty products/ synthetic bed linen, clothing/ heavily processed oils, takeaway foods, soy, corn, sugar, wheat/

What Are You Drawn To Now?

Colours/ smells/ textures/ fire/ coolness/ freshness/ spice/ space/ nature/ water/ air/ earth/ people/ connection/ home/ coziness/ protection/ nurturing/ nourishment/ cleansing/ cleaning/ relationships/ intimacy/ arousal/ excitement/ alone time/ safety/

Who Will Be With Me?

Guardians/ siblings/ the other child(ren)/ friend/ family members / parents/ midwife/ doctor/ doula/ partner/ mother/ aunt/ sister/ grandmother/ photographer/

Where Will It Be?

Birthplace/ open space/ smaller space/ at home/ living room/ bedroom/ bathroom/ guestroom/ baby room/ holiday home/ cottage/ beach house/ mansion/ tiny home/ hospital/ hall way/ car/

How Do You NOT Want It? What Are You Resisting?

Birthing at home/ birthing in the hospital/ c-section/ premature chord cutting/ your mother/ stories/ traumas/ memories/ your in-laws/ doing everything yourself/ having too many people around/ not enough help/ no me-time/ your doctor/ nurses/ your midwife/ your doula/ asking for help/ exercise/ movement/ pain/ feelings/ drugs/ injections/ gas/ etc

When you ask yourself these questions remember to sit with every individual item for a few seconds. The slower you go through these suggestions the more real it will feel and the more you will be in a space of receiving what is right for you.

Nothing is set in stone, things change consistently, so keep adding, adjusting and figuring out what feels right.

INTEGRATION

Remember it's about finding out what is driving you, what thoughts are controlling your actions or bogging you down, what energies are making you feel loved and excited or sad and lonely. Everything you uncover and become aware of is then open for change, if desired. Little incremental steps can be taken through the use of all the tools and information given, and not to forget all that will come onto your path as you go through this process to see the greatest potential outcome for you and baby.

So now you've either made a list and journaled what has come to mind during your read, and perhaps you want to go through the questions and suggestions again; you can make more notes over the next few days as thoughts come up. Maybe you've started sketching a vision board already! You can and probably will change your likes and dislikes along the way, so add or change what feels best for you all the way to the end of your pregnancy.

Now is the time to reflect on what has come up for you and maybe get out your art and crafts! I'm definitely a crafty type, but I wasn't in the headspace to make an extravagant piece of artwork out of it. I wanted it to be clear in writing, but I can imagine that some will want to create a lovely vision board or big painting out of it. Get out your paint pens, glitter, stickers, highlighters, crayons or just a plain pencil. What is important is that it becomes visible and helpful for all those involved. Those who are around need to know how you stand, what you want, and how they can be a part of that in their own way through this clear picture you've communicated.

Every baby you carry will be leading the way, so make sure to connect and ask for guidance as you sit down to write your notes...This counts for those of you in the fertility phase as well, there is a part of you that IS of the bigger whole and there to guide you; connect with your source of energy.

Another aspect I'd inspire you to realise is that baby will experience everything just as vividly as you, however not in words... so a memorable positive experience is something to cherish, with all its ups and downs of course. These tools and methods are a way to not be triggered or attached to the outcome in any way. Even though baby doesn't communicate in words, baby is in need of processing it all just as you are. It will help for all involved when the story or experience can be told again and again. This will allow baby

to integrate the magical arrival with the energy of your compassion, gratitude, and blessing. To do this set the intention to relay the birthing story with baby a few more times in the days, months, even many years after (they do love this). Tell the story in all its rawness, grace, wonder, and glory.

Your full involvement will make you feel the empowering responsibility for what is taking place. It IS up to you, but it does require preparation. Preparation of your circumstances, your body and most of all your mind. It requires practice, but the practice brings joy and a sense of peace. Practicing with your self-study means you must learn to discern and honor where you are at right now; use only the tools and techniques mentioned that resonate with you and release yourself from needing to do anything. Don't worry about how or what you could have done different or better, just know that you have now chosen to be the best version of you, today, and today, and today, and every day... that's all you need to know. Take the stress away of being who you think you are supposed to be by focusing on what is really making you tick right this moment.

Start believing in your innate abilities, the body is restricted only by our beliefs. Unravel what your beliefs are and set your intention to transform them for the better. Few minutes upon waking and a dedicated few moments before sleeping. The life we have been given here is full of comfort but the idea of needing it to be comfortable is not exactly true. We can work with comfort by experiencing it and being grateful for it, though your journey is not meant to be comfortable perse. Blissful yes, but not because of endless comfort. The most divine flowers bloom from the most gunkiest swamp, the deepest felt pain enlightens us to what is pure and loving, what we don't like gives rise to what we DO want to experience, and so on. Meaning there is no good or bad, we can experience the birthing as suffering or we can choose to be present and honor the experience in a state of joy. The natural hormones that are secreted in response to pain and stress, the hormones that keep you focused and put you in a state of euphoria whilst doing what must be done, can be pleasant or met with resistance, the choice is now yours.

Resistance will keep all assistance at bay. It will also cause discomfort on all levels. We have all experienced many forms of discomfort due to being resistant in some way, it just needs reminding doesn't it. When things happen - we must remember what could have

brought it on - this is the key to feeling empowered as you realise that You are the one driving this miraculous vehicle AND you are about to journey along with another passenger! So how important do you believe it is to keep your vehicle clean and running smoothly...

I trust it will be a warm and loving welcome to whatever comes your way. Create the belief of that, not by wishing it to be so, but by grabbing any stress factor by the horns and literally tossing it in the fire of the sacred flames so they are transmuted. Burn those forgotten, limiting energies that were locked in the body and keeping you in all kinds of stickiness. Wipe clean any form of unease when you come across it and the magic can only become more powerful.

Big Love to You and Many Blessings!

Fem