

Newsletter

*Creating a soulful birthing experience...
through education and support.*

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Active Birth Workshop

The next Active Birth Workshop will be on Sunday the 19th July 2009, for those interested in achieving an empowering birth experience. See our [workshops](#) section.

You can now book and pay online.

[Sign Up Now!](#)

Teleclasses

Soon I will begin a series of FREE 'teleclasses' on a series of topics about 'the soul's journey'. This is a follow on from the 'Universal Day of Soul-Birthing' as promised. The titles of these teleclasses will be:

1. *Who are we and why are we here?...The journey of our*

Greetings,

Hello and welcome to our April E-zine. I hope the last couple of months have been exciting and fruitful for you? Life just keeps racing along. Somehow my New Years goal of slowing time down hasn't quite worked!!

For the past couple of weeks we have had school holidays here in Perth. It's been so much fun. I really enjoyed spending time with the kids. It was nice to have the usual few outings to do something out of the ordinary. I took the kids horse riding this time, which they thought was fantastic!! We also had some nice time at home to do some painting and movie watching together. I'm not really ready for them to go back to school yet. Oh well...back to routine and WORK!! I'm so glad I love my work. I feel so honored to be able to work with women and their families all the time. I find it so rewarding.

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News

Active Birth Workshop

The latest Active Birth Workshop was on last weekend. As usual, we had the most awesome couples in attendance. I really love getting the chance to work with couples and help them to achieve a wonderful, empowering birth experience. I find at the end of the day, that I got just as much out of it as they did. Can't wait to hear their birth stories!!

soul.

2. *The collective Consciousness...and the Universal Law of Existence.*

3. *What happens at birth?...The incarnation process.*

4. *The journey through life in a physical existence.*

5. *Death as a transition...The return to source.*

An email will be sent out shortly regarding dates and times, and an opportunity to register for these classes. Each teleclass will be recorded so that you can listen in at your leisure if you miss the live event. You must register to receive the links to these.

Recommended Reading & Viewing

This month I would like to recommend the DVD - **'The Secret'**. You've probably all heard about it before. It seems that there is a real need at present to reconnect with the message in this powerful film. In this astonishing movie are ALL the resources you will ever need to understand and live The Secret. For the first time in history, the world's leading scientists, authors, and philosophers will reveal The Secret that utterly transformed the lives of every person who ever knew it... Now YOU will know The Secret. And it could change your life forever. You can find 'The Secret' [here](#).

Soulbirth also highly recommends **'Kindred magazine'**. 'Kindred' is a courageous and lively quarterly magazine produced in Byron Bay, Australia, for natural parenting and sustainable living. It is filled with great articles which are totally in alignment with 'Soulbirth' philosophy.

You can subscribe to 'Kindred' [here](#).



Preparing for Birth E-book

Coming soon...an E-book on 'Preparing for Birth' and soon after that, e-classes for those of you who are unable to make it to Perth, Western Australia to attend the workshops in person!! It will be available on the website as soon as it is ready. Some things take a little longer to gestate! School holidays have slowed me down. Oh well...it was worth it to spend time with my kids.

Baby Making Companion

Also the long awaited 'Baby Making Companion' will soon be up on the website. It is an 800 page e-book which gives you ABSOLUTELY EVERYTHING you need to know about your new baby. So keep an eye out on the 'Soulbirth Products' page. It should be available within the week!!

Communicating with your Unborn Child

I'm also working on getting my CD - 'Communicating with your Unborn Child', uploaded as an MP3, so that those of you who prefer to download guided visualizations can do so. This does away with mailing costs for those who prefer this method. Once again, keep an eye out on the 'Soulbirth Products' page, as it should be ready VERY SOON.



The other REALLY BIG NEWS...is that 'Soulbirth' is now on Facebook AND Twitter!! Please visit us at the links above and follow our activity. Not on Facebook or Twitter? Why not join up? It's totally free and is a fantastic way of keeping up to date with friends, family, colleagues...and US!!

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Remember, if you are interested in using **Hypnosis** as an effective method of achieving an empowering birth experience, then visit [here](#).

We now have all the available CDs loaded on to the site for purchase. The latest CD that came out is one for 'Breastfeeding'. Why not check it out? Read some of the great testimonials from people who have tried and loved the CDs. Some of these CDs are also now available on E-bay.

This Month's Quote

"The only place where your dream becomes impossible is in your own thinking."
--Robert H. Schuller

Activities

Are you feeling tired and stressed with all that you have going on in your life at the moment? Why not try one of the following ideas to relax. These suggestions only take 5 minutes to do and can totally re-energise you:

- Soak your feet in a bowl of warm water with a drop of 'rose-Geranium' oil added or some rose petals, with marbles on the bottom. Run your feet over the marbles for a foot massage. Indulge yourself for as long as you like!!
- Light a candle and take five big deep gratitude breaths. Think of at least one thing that you are grateful for.
- Lie on a rug outside and cloud watch, or watch the breeze blowing the leaves of the trees.
- Burn some incense or essential oils
- Sit down, shut your eyes and think of something/someone that makes you happy
- Dance for 5 minutes to your favourite music
- Write a love letter to yourself
- Make a hot face towel

Find more suggestions at:

http://www.soulbirth.com/nurturing_ourselves.29.html

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Stories

For those of you who need a little encouragement from others as your big day approaches, why not read one of our amazing 'Birth Stories' at: http://www.soulbirth.com/birth_stories.26.html

For anyone out there who has had a wonderful birth that they would like to share...please send your story in. I would love to publish it on the website. I want to begin collecting birth stories for a book I am writing. Also stories of a 'spiritual nature' are required. So if you possess a desire to be published and share your story, please let me know.

I hope you have enjoyed your e-zine from 'Soulbirth'. Don't forget to visit us on the website, blog, facebook or twitter. I look

forward to sharing more news and views with you next time.

With Love & Gratitude,

Faye Read

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ABOUT FAYE

Faye Read is an author and specialist in childbirth - Midwifery. As the founder of Soulbirth - a consulting firm dedicated to empowering and educating women and their families so they can lead fulfilling, soulful, and heartfelt lives - her clients have experienced conscious awareness of one's soul journey, understanding their life purpose and bringing deeper meaning to their lives. Faye believe that we can then 'truly live' from a heart and soul centre.

Faye's professional experience includes being a Registered Nurse and Midwife, an independent Community Childbirth Educator, Natural Therapist, Energy Intuitive and mother of 4 beautiful children. She uses a large range of Natural Therapies and healing modalities in her work and has a broad range of experience from her many years working in the various fields. She is author of "Soulbirthing-A Spiritual Perspective" and a featured contributor to the book "Living An Abundant Life" by Sandy Forster of WildlyWealthyWomen.com.

[Forward Email](#)

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