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Note From Faye

Hi %\$firstname\$%,

Another very busy week has come to completion. I have been busily finishing things off and tidying up loose ends, ready to head off to Fiji for a weeks holiday and a family wedding! I am really looking forward to having a holiday and lazing by the pool (sorry everyone who will still be working!). I will be sure to share a photo or two with you when I get back!!



In the last week I've been dancing, going to the gym and Rogaining, run an Active Birth Workshop, had some Feng Shui and healing work to do, worked with my beautiful mum's at the resource centre, worked on the 'Childbirth Education course' I'm developing for CMWA, attended a few meetings, held my last teleseminar for the series, attended my 'spiritual group', had a radio interview, run around with the kids and not got very much sleep! I'm

REALLY looking forward to Fiji!! This time next week...

I hope you enjoy your week ahead. I'll bring you more news and views next Thursday (if you're lucky!!)

Yours in 'Peaceful Birthing'



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Birth Tip of the Week

Bellydance through birth



Bellydancing is a safe and effective dance expression that supports women throughout pregnancy and labour providing a natural birthing technique that encourages active birth at its most feminine

Middle Eastern Dance has evolved over time, transversed many lands and has been labelled, restructured, extended, and fused with other dance styles. A predominantly woman's dance it would have been passed from mothers to daughters to preserve its sacredness and honour its connections to birth and fertility.

Used with permission from:

<http://www.bellydanceforbirth.com>

Self Nurturing Tip of the Week

Dance to your favourite music

No matter what music you like or what form of dancing takes your fancy, just put on some music and start to move your body. It's amazing how good you feel as it gets the endorphins racing around your body. I find that if I'm tired or sad, dancing is the quickest 'pick me up' ever! Just have fun with it. Even get out some scarves and have a play!

This Weeks Q & A

How can I get my baby into the best position for birth?

As we come close to our 'due date' we become quite conscious of the position of our baby

inutero. Is there an 'Optimal position' for the baby to be in? Yes there is. Preferably we want the baby's head to be down and bottom up (known as 'cephalic'). Labour is generally quicker and easier too if the back of the baby's head is towards the front of your belly. We also look for the head to become 'fully engaged' by the time you are in labour (meaning, it has dropped right down into the pelvis). When the baby is in the optimal position, labour generally progresses quite well.

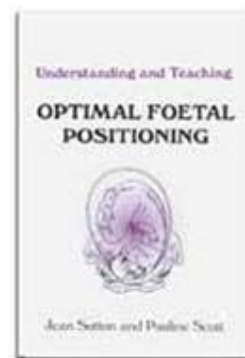
If your baby is not in the optimal position, there are several things you can do to move it to a better position. These can include:

- Leaning forward or on all fours as often as possible to move it around to the front.
- Belly dancing can be a terrific way to help the baby move into the right position or to help it move through the pelvis with ease.
- Communicating with your baby and 'asking' it to move
- Gentle regular massage to the belly in the direction that you want bub to turn
- Reflexology, shiatsu, acupuncture, acupressure, homeopathics etc. There are many different types of natural therapies that can be used, depending on your preferences. Always seek the advice of a professional practitioner though when using any of these modalities during pregnancy

There are many other things you can try. I suggest doing a google search. A fantastic website to visit for this is:

www.spinningbabies.com

Also a great book to read on this topic, if you can find a copy, is 'Understanding and Teaching Optimal Foetal Positioning' by Jean Sutton and Pauline Scott.



Feature Article

"Bellydance for birth" by Maha Al Musa



Maha Al Musa is a mother of three gorgeous children - two sons and a daughter, writer, human rights activist, dancer, doula and lover of all things connected to the divine 'feminine'. She is of Palestinian / Moslem and Lebanese / Christian background and was born in Kuwait and migrated to Australia in the early 60's.

In 1996, whilst pregnant with her first son Kailash, she reconnected to her cultural roots through the "bellydance".

When her son was six months old Maha began facilitating **Bellydancebirth**[®] classes in Byron Bay, Australia after being introduced to the dance by a local midwife, Annie. The classes were extremely popular with pregnant women and Maha developed a keen rapport with many of her students and midwives. She began working as a doula (birth assistant) with local home birth midwives and encouraged women to embrace their pregnancy journey with strength, empowerment and courage. She realized many modern women were estranged from not only their physical but also their

emotional and spiritual body in this most powerful feminine cycle.

Through her classes, Maha presents ***Bellydancebirth***[®] as a means for women to explore these most primal movements, drawing on her cultural heritage for its wisdom, healing and ancient knowledge. She weaves together the 'old world' with the 'new world' through the belly dance creating a joyful and uplifting experience for all mothers to be.

After the birth of her second son Tariq, at home in the water, she realised her dream in writing her book "**Dance of the Womb**". Then to give birth a third time round at the ripe young age of 46 to her beautiful daughter Aminah (how lucky I was to have a girl!!) gave Maha an opportunity to make her long awaited DVD - to share with all women the positive power of her native dance in pregnancy and birth - all an incredible gift.

It further solidified her understanding of ***Bellydancebirth***[®] in an even more powerful and holistic way – she was able to refine many of her ideas around dancing in pregnancy and gained even more experience of it's use in labour. Maha really felt that her third labour was enhanced by the belly dance in a way that was different from her first two births.

"I really felt that the belly dance gave me a very strong focus for my breath in my labour with Aminah.....rather than just ease and dissipate the intense sensation of each contraction, the circling and spiraling movements helped to ground me deeply into my pelvis as I breathed through each wave.....I was able to let go, surrender and remain free of fear and thought ... I really used the belly dance movements as a beautiful meditative guide through first stage.....it was really incredible to experience these new ways of utilizing the dance in my labour. I am so grateful as a facilitator of ***Bellydancebirth***[®] to have been given this wonderful opportunity to test out my work again!!"

Maha's **book** and **DVD** are two fold in their message, both as a valuable manual for women and an expression of the essence of Middle Eastern women's instinctual creative "feminine" expressed in an authentic and profoundly positive manner. Maha has always felt that most images, both visual and written about Arab women are usually one dimensional stereotypes that she, nor many of her sisters do not resonate with.

She hopes her **book** and **DVD** will shine a light on the positive aspects of Arab women's culture and take belly dance the **dance of birth** to a deeper realm for all women worldwide to have access to....

Maha's DVD and book will soon be available to order through the Soulbirth website. If interested in pre-ordering, please email me at: faye@soulbirth.com as I am in the process of ordering some in. I had a beautiful conversation with Maha this week and we are planning to bring her over to Perth in Aug/Sept 2010 to run a training program for us here in the West. I can't wait, as I have always been a huge advocate of bellydancing throughout pregnancy and birth.

To visit Maha's website, follow this link:
<http://www.bellydanceforbirth.com/>

Parenting Column

The Essence of Breastfeeding Presents

"The Essence of Parenting Interview Series"

By Lorraine Cuadro

Last week I introduced you to Lorraine and her interview series. I wanted to mention it again this week as she has this great offer for readers which ends on the 1st December. I didn't want you to miss out on this invaluable information which is being offered for free, so here goes...

I am so excited to invite you to take advantage of this **amazing information giveaway** which I am proud to say, I have been a part of.

Whether you are **currently pregnant**, have a **new born**, a **toddler**, or **6 year old**, this interview series will help you deal with the **day to day ins and outs of parenting!!**

Being a parent can be **tiring** and sometimes it feels like there is a lot of **guess work** involved.

We often feel guilty about everything!

We feel guilty about the way we talk to our children when we are **feeling frustrated and tired**, about the fact that they may be in **childcare**, or that we **struggle** with them at **bedtime**, and the list goes on...

Trying **to live up to our own expectations and the expectations of others**, makes parenting even harder...and how on earth do we find time to **take care of ourselves and our marriage/partnership in amongst all this?**



Lorraine Cuadro, mum and breastfeeding counsellor from the-essence-of-breastfeeding.com has put together a **fantastic team of experts** (most of which are mums at various stages) to help you **enjoy parenting** and **connect with your children** in a meaningful way, all whilst **looking after yourself and your relationships**.

In this **amazing interview series**, our team of experts **offer great insight** which you can start **putting into practise right away**.

And if you are interested, there are also **huge and exclusive discounts offered** by the experts on their awesome products and services.

The best part is although all this is valued at \$497.00, Lorraine is offering it to you absolutely free until the 1st Dec 2009!

By [clicking here](#) and entering your name and email address you will have access to **one amazing interview a week for 8 weeks starting from the 1st Dec 09**. Each interview goes for an hour and is packed with tips and strategies that you can put into place to refine how you're parenting!

To find out more about how to access the interviews and about our wonderful, inspiring team of experts, [click here](#).

You really will want to be a part of this fantastic interview series, the information will truly make a difference to you and your family!

Events Calendar

Active Birth Workshops

Last Sunday's Active Birth Workshop went really well. Another day of wonderful sharing and interaction. We were blessed with beautiful weather, so lunchtime was very pleasant out in the garden amongst the trees and the birds! We should have taken the workshop outdoors...maybe next time?!



The next Active Birth Workshop is in January! The full schedule of workshops for the next 6 months is at:

http://www.soulbirth.com/active_birth_workshop.49.html

You can book and pay online.

Don't forget, for those of you who can't attend in person due to distance etc, you can order a copy of my e-book... 'Childbirth Preparation'! It is available on the website, along with some fantastic FREE bonuses. Follow this link for more information:

<http://www.childbirthpreparationebook.com/>

Teleclasses – Have now concluded!

All except for a bonus Q&A session I will be holding in a few weeks time. To celebrate the 'Childbirth Preparation' E-book launch, I have been conducting a series of **FREE teleclasses** around 'Childbirth Preparation', based on the e-book. These commenced 6 weeks ago, so have now just concluded. You can still register for these calls and access them for free for a limited time only, by going to the following page on my website:

http://soulbirth.com.au/teleseminar_registration_page.109.html

This was a great option for those of you who couldn't attend the Active Birth Workshop. If you have any questions around pregnancy or birth, please email them in to me at: faye@soulbirth.com and I will be sure to answer them on the bonus Q&A call. I will be recording this call as well.

Radio Interview

This week I was interviewed on Jeanice Barcelo's radio show about the spiritual aspects of birth. I had so much fun chatting with Jeanice and it was so nice to be able to share my experience on radio with others. To listen to the call, just follow this link...

<http://www.blogtalkradio.com/jeanice-barcelo/2009/11/25/love-sex-pregnancy-childbirth-parenting>

World Birth Summit

This will be on between the 5th–9th May in Damanhur, a spiritual community in the far North of Italy. I will be presenting a couple of topics at the Summit and will be participating in the 'International Commission for Birth'. I will also be helping to create an 'International Spiritual school for the Art of Birth'. I will let you know more details when they become available in case you are interested in attending. To find out about Damanhur where the Summit will be held, visit:

<http://www.damanhur.org/>

National Homebirth Australia Conference

The National Homebirth Australia Conference is also on next May. If interested in attending you can visit the HBA website for details at:

<http://www.homebirthaustralia.org>

About Faye



Faye Read is an author and specialist in childbirth education. As the founder of Soulbirth - a consulting firm dedicated to empowering and educating women and their families about their choices and options available to them during the childbearing years.

Faye's professional experience includes being a Registered Nurse and Midwife, an Independent Community Childbirth Educator, Natural Therapist, Healer, 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.

Faye is author of "Childbirth Preparation", "Soulbirthing-A Spiritual Perspective" and a featured contributor to the book "Living an Abundant Life" by Sandy Forster of: <http://www.WildlyWealthy.com>

Faye is passionate about helping others to have a positive, empowering birth experience, laying the groundwork for many years ahead of positive parenting.

You can learn more about Faye and her workshops, products and services at www.soulbirth.com



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Faye Recommends

'Childbirth Preparation' Ebook

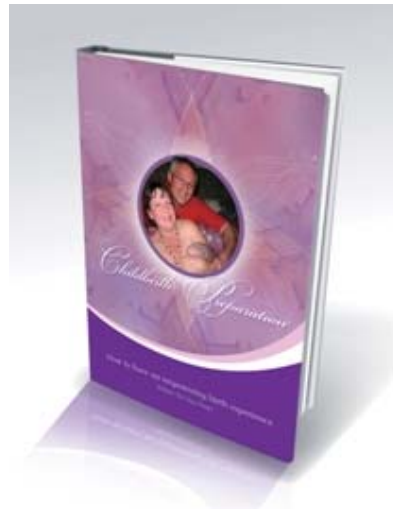
Take back control of your own birth experience and learn all about the options available to YOU ...leaving you feeling positive and empowered, as every new parent should be.

This newly released e-book titled "[Childbirth Preparation](http://www.childbirthpreparationebook.com)" by Faye Read is the quickest and easiest way to holistically prepare for birth.

Inside this informative e-book you'll get information about all the various choices available to you and what you can do to create the birth experience that you desire. Absolutely everything any birthing couple would need to know.

To find out more or to get your 'Childbirth Preparation' Ebook now, go to:

<http://www.childbirthpreparationebook.com>



'Ayana Organics' By Sam Crosby

Ayana Organics is a West Australian owned and operated boutique skin care company, passionate about providing products that are kind to our environment and free of chemicals. Ayana is an Indian word meaning 'beautiful flower'. In many cultures, the image of a flowers petals opening is synonymous with new life.

At Ayana, we have chosen to celebrate one of the most special and sacred journey's in a woman's life by creating a skin care range especially for pregnancy, newborn babies and the post-natal period. Ayana products are the highest quality natural ingredients, and we are committed to using certified organic ingredients wherever possible. Our entire range is vegan friendly, cruelty free and kind to the environment.

To see the full range of Ayana Organics, visit: www.ayanaorganics.com.au



Marketplace

"Early Loving, Early Learning - Loving Ways to Make Your Baby Smarter"

A series of recordings, which feature experts being interviewed on their main topic of expertise. In these interviews Pinky McKay asked each professional (individually) to explain how you can support your baby's development through the most appropriate care and interactions for each

stage, from pregnancy through infancy. To find out more about these recordings, go to:

<http://www.1shoppingcart.com/app/?af=1066440>



I am so impressed with the parenting experts Lorraine is interviewing; it's great to be in such good company. To access her 'The essence of parenting interview series' for FREE before 1st December, visit:

<http://tinyurl.com/y8um9nf>

"Let's Create an Ecstatic Birth School and Center on Maui"

A friend of mine... Jeanice Barcello lives in Maui and is creating THE most amazing place on earth for birthing women. You can help bring her vision to reality. See what she's up to and visit her website at: <http://www.ecstaticbirthmaui.com/2.html>

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