



In This Issue

- **A Note from Faye**
- **Birth Tip of the Week:** Investigate birth in Nature
- **Self Nurturing Tip of the Week:** Get back to Nature
- **This Weeks Q & A:** AHow can I keep my birth as natural as possible?
- **Feature Article:** Creating 'Sacred space' for birth
- **Parenting Column:** The child's room – Their sacred space
- **Events Calendar:** Workshops and Teleclasses
- **About Faye**
- **Faye Recommends:** 'Childbirth Preparation' eBook and 'Ecstatic Birth' eBook
- **Marketplace**

November 12, 2009

Issue 13

Published every Thursday.
You are on our list because you signed up for our e-zine or made a purchase from us. To change your subscription, see link at end of email.

[Sign me up for this e-zine](#)

Please add faye@soulbirth.com to your email address book, so you don't miss out on future issues!

Please help us to pass on this information by [sharing this e-zine with a friend](#) or directing them to [our website](#) to [join our mailing list](#).

Note From Faye

Hi,

Well I managed to escape for the weekend to my favorite destination down south at Dwellingup. It was such a wonderful break from the busy-ness of life. It's so nice to wake up in the



morning with the sun streaming through the tent, especially after a light rainfall overnight. Everything is so crisp and fresh...ahhhhhh!! It was a bit too cold still for a swim in my favorite swimming hole, but it gave us a chance to explore other regions. Can't wait to get away there again.

It was a good reminder to me about how our environment really does affect our moods. After such a short time there, I felt totally relaxed again. So, I decided that I would make this week's edition ALL about environment!!

Just as camping relaxed me, so too can a more relaxed, homelike environment relax women during labour. A peaceful environment can also help settle your children. So read on to see what you can do to create a relaxing environment for all.

The RALLY for birth choices that was on last Monday went really well. We had a good turnout in Perth, as well as all the other capital cities in Australia. Let's hope our voices are heard this time. It's absolutely outrageous that they can even contemplate taking away women's choices like this!!



The interview I had with Lorraine Cuadro from 'The Essence of Breastfeeding' will be available amongst a series of interviews done by Lorraine from December on. My particular interview was about preparing for birth, comfort measures and healing. I will let you know details as soon as they are posted.

I hope you enjoy your read this week and pick up some interesting ideas on creating a peaceful environment. Have a great week ahead and I'll bring you more news and views next Thursday.

Yours in 'Peaceful Birthing'

A handwritten signature in cursive script that reads "Jaze".

Follow me on Facebook and Twitter



Birth Tip of the Week

Investigate how birth happens in nature



Did you know that animals in the wild usually birth easily and naturally without any problems? Their biggest concern is predators! If an animal is attacked during labour, the surge of adrenaline will allow them to expel their baby quickly and flee to safety. Otherwise, if they are still early on in labour, contractions will cease while they get to safety. Labour will not recommence until they have reached safety and created the right environment again. This is no different in humans, except we're not generally being hunted!! We do however, release adrenaline in response to other stressful situations. So think about your current environment...whether you feel relaxed or stressed. This will determine how well you birth your baby.

To see some beautiful births of animals in the wild...when left undisturbed to just 'get on with it', visit 'You tube'. There are lots of amazing videos on there to check out. It even shows how animals clean up the afterbirth...yum, yum!! We can learn a lot by observing nature!!

Self Nurturing Tip of the Week

Get back to nature

Feeling stressed and run down? Whenever I feel this way it's time to get back to nature! Go bushwalking, camping, paddling, bike riding or surfing! Anywhere in the natural environment has the ability to totally relax you and recharge those batteries. So start planning now for your next date with nature :)

This Weeks Q & A

How can I keep my birth as natural as possible?

If you want to keep your birth as natural as possible then practice regular relaxation, listen to your intuition and trust your body! Listen to what your body is telling you, not what other people are telling you. No-one knows your body like you do. If you feel comfortable with this and trust what your body is telling you, you will know if everything is okay, or if you need to make changes.

Avoid interventions wherever possible, otherwise you may start the 'cascade of intervention', whereby one intervention leads to another, then another and another. Work with your body's natural endorphins and oxytocin. They are there for a reason and make labour so much more comfortable, as long as you don't block them out with artificial substitutes. Find out more ideas on what you can do in my eBook on 'Childbirth Preparation'. Available at:

www.childbirthpreparationebook.com

Feature Article

"The Birth Environment – Creating Sacred Space for Birth"

by Faye Read

The birth environment needs to be such that it allows the most natural birth to take place. It should allow you to relax, feel comfortable and safe so that you can release endorphins naturally in this environment, allowing for a good flow of energy and a natural, positive, empowering birth experience.

So how do we re-create an environment similar to one you had when you first got the baby in there? Try to think about how you would like a room to be or to feel during conception. Do you like a room to be nice and quiet, dark and intimate, with candles burning, nice music playing, comfortable cushions or bed linen, or anything else you would like to have in the room to help you feel comfortable and relaxed? This is what you need to have in your room during birth in order to help you become relaxed. We want to prevent the fear/tension/pain syndrome and the "adrenaline" reaction. We want to increase endorphin release, so it is really important to have a relaxing birth environment in order to do this.



You are able to move furniture around and create the environment you want. If you are birthing in a hospital, you may not be aware of this. You can actually move the room around to suit yourself and bring in things from home to make you feel comfortable. You are perfectly within your rights to create whatever you like that is going to make you comfortable. This may change however, if you have a high risk pregnancy where you need to be monitored more closely, and will probably need all the equipment around. Otherwise, you should be able to push the bed to the side and place the mattress on the floor if you so desire. This is a good way of preventing you from feeling that you have to lie on the bed.

Just push the bed to the side and put your bags on top of it. Then it is really difficult for anyone to come in and ask you to get on the bed for an internal examination or for any other reason. These can be done (if needed) with you in any position.

Most labour rooms these days have dimmer switches so you can dim the lights. You cannot actually use candles in the labour ward because of the oxygen on the wall, but you can usually ask for a vaporizer, which is kept in a storeroom. So you can bring in your own oil blends from home if you like and use the hospital vaporizer, or if they don't have that you can always put essential oils on a handkerchief so that you have got some nice aromas from home as well. You can also bring in photos and flowers, your own pillow, your own doona if you want. You can also bring in your own CD's from home. Most labour wards have a CD player now, so all you need to do is bring your own music from home so that you can put it on and listen to that during labour or bring your own MP3 player, whatever suits you. You can play the music of your choice because music makes a huge difference to how well relaxed you will feel.

Just remember that, however the environment is, you can change it around and create whatever space you need because BIRTH IS A SACRED EVENT so you really want a nice SACRED SPACE for the baby to be born into. Create whatever suits you!

It helps to write a list ahead of time too, of all the things to take to the birth so that when you go into labour, it is just a matter of gathering them together and taking them with you. It is your birth, so create the birth experience that you want to have by starting with the environment. Create the environment that you want on this special day.

© 2004-2009 Soulbirth

WANT TO USE THIS ARTICLE IN YOUR EZINE OR WEB SITE? You can, as long as you include this complete blurb with it: Faye Read is dedicated to empowering couples to achieve a positive birth experience. To learn how you too can take back control of your birth and make informed choices, register for her free weekly articles at: www.soulbirth.com

Parenting Column

"The Child's room – Their Sacred Space"

By Faye Read

As parents, we are often faced with screaming, unsettled and inconsolable kids! You know how it is...they've eaten, slept, been to the toilet, played with the pets, got their favorite toy etc etc...but they STILL won't settle! Sometimes we even take them to the doctor, only to find out that there is absolutely nothing physically wrong with our child! So, what on earth is the problem?

Did you know that children are very sensitive to their environment? For the first seven years of a child's life, they are still very connected to Spirit. If you know anything about energy centers/chakras/auras or healing, you would recognize instantly that these kids (all kids) are aware of much more in their environment than the average adult. That's because their energy centers (or chakras) are wide open. They perceive things around them that are not visible to most adults.

There are subtle energies around us all the time...electromagnetic lines and fields (you may be aware of), Ley lines, geomagnetic lines, psychic impressions and spirit beings...to mention just a few.

Often when a child is unsettled beyond reason, it is found that they are picking up on these subtle energies, which may be out of balance or disturbing them. They can actually work themselves into quite a state over it and adults are left wondering what on earth is wrong with their child.

The good news is...there are things you can do! For starters, these energies can be cleared or harmonized by anyone who knows how. This is something I do regularly for people and it makes an incredible difference. It may be that your child is sleeping in the middle of a negative Ley line, has a not so friendly 'ghost' upsetting them, or it may simply be that their feet are pointing out the door, or the colour of the room creates disharmony for them!

All this relates back to the simple but concise art of Feng Shui, Geomancy and Space Clearing! It may sound like voodoo to some, however it is anything but. It is highly practical and makes a

lot of sense. You only have to hear the results from people before and after the energies have been harmonized!

Feng Shui can be fairly simple and common sense, but can also be incredibly analytical, detailed and concise. By looking at the person's birth date you can discover a lot about them, such as:

- Their best directions to face
- Best sector of the house to place them in
- Elements that will support them (colour of their room, furnishings and items in the room. Find things that will strengthen them and remove things that weaken them)
- How to harmonize them with their surroundings

With children I have found that if you first 'harmonize' their surroundings, then place them in their best sector, facing their best direction, surrounded by elements that support them and removing all things that don't support them (including clutter), then they usually settle extremely well. You can top it all off by playing calm relaxing music in their room (especially music they listened to while in the womb) and burning relaxing essential oils like Lavender oil. These create a beautiful ambience and help the child to have their own 'Sacred Space'.



If they are still unsettled, they may need a personal healing. Sometimes there can be more going on for them at a deeper level. By tapping into that, we can clear it from their system and create a beautifully relaxed and happy child.

© 2004-2009 Soulbirth

WANT TO USE THIS ARTICLE IN YOUR EZINE OR WEB SITE? You can, as long as you include this complete blurb with it: "Faye Read is dedicated to empowering couples to achieve a positive birth experience. She is also a Feng Shui Practitioner and healer, who specializes in creating Sacred Space for birth and parenting. Find out more about Faye and her services by visiting: www.soulbirth.com

Events Calendar

Active Birth Workshops

Only one more week until the next Active Birth Workshop which is scheduled for Sunday 22nd November. Book now if you haven't already as the next one won't be until January! My 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.

For those of you who can't attend in person due to distance



etc, you can order a copy of my new e-book...'**Childbirth Preparation**'! It is available on the website, along with some fantastic F'REE bonuses. Follow this link for more information:

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

Teleclasses – Only two left to go!

To celebrate the 'Childbirth Preparation' E-book launch, I am conducting a series of FREE teleclasses around 'Childbirth Preparation', based on the e-book. These commenced 4 weeks ago, so we only have two left to go. You can still register for these calls, by going to the following page on my website:

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

If you missed the first few, don't worry as you will be sent a link to the recordings...BUT you MUST be registered to receive these! We had a few technical difficulties starting up, but these have now been ironed out.

This is a great option for those of you who can't attend the Active Birth Workshop. As an introduction e-course this is the only time it will be offered FREE. So don't miss out! In the future it will be by subscription. So be in the first series to get a real bargain. I will also now be adding a bonus session at the end, specifically for 'Questions and Answers'. So 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 this call. I am recording all calls, in case the time slot doesn't suit you.

If you have any friends or family that you think would benefit from this F'REE 'Childbirth Preparation' tele-class series, please send them to <http://www.soulbirth.com> to sign up for this free e-zine, or the above link to register for the event.

WNA – Women in Enterprise Expo

Coming to Perth on November 15th 2009 (THIS SUNDAY!!) a great opportunity to network, meet other Mums AND pick up a good bargain or two (Don't forget Christmas is fast approaching). Come along and browse and make sure you drop in to say hello. Details are as follows:

Date: Sunday, November 15, 2009
Time: 10.00am – 4.00pm
Where: Banksia Room, Wanneroo Civic Centre
Street: Dundobar Road
City: Wanneroo, Perth, Western Australia

For more details. Contact Kiera Pedley on 0430 209 924, or email her at: kiera@wahnnetwork.com.au

Radio Interview

On Thursday morning, 26th November I am being interviewed on Jeanice Barcelo's radio show about the spiritual aspects of birth. That will be a very early morning for me at 4 am to be in time in the US where the show is broadcast from. I will send you the link to the replay afterwards. Can't wait!!

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 let you know more details when they become available, in case you are interested in attending.

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



Soulbirth
PO Box 349, Beechboro, WA 6063, Australia
Phone: +61 8 9378 9196 Mob: 0417 471 526
Email: faye@soulbirth.com
Website: <http://www.soulbirth.com>

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](#)" 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.childbirthpreparazionebook.com>



'Ecstatic Birth' By Jeanice Barcelo

At this time, there is a growing trend of awareness happening all across the globe. More and more people are realizing that they've been traumatized by their own gestation and birth experiences. Others are recognizing the dangers inherent in technological birth. Still others are clearly seeing that what we are doing is hurting our children.

As a result, many people are now willing to make the changes necessary to create a whole new paradigm re: conceiving, gestating, birthing and parenting our children. The "ecstatic birth" movement is taking this planet by storm. Jeanice Barcelo has put together an eBook which goes into what 'Ecstatic Birth' is and things that we can do to enhance the possibility of a trauma-free, ecstatic birth.



To get your copy of 'Ecstatic Birth' [click HERE](#)

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>



The Essence of Breastfeeding

Share in my love and knowledge of breastfeeding...



[Click here to purchase "Essential Steps to a Beautiful Breastfeeding Relationship"](#)

"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>

Paid Advertising Disclaimer:

Soulbirth does not represent or endorse the accuracy or reliability of any of the recommendations or advertisements above or the quality of any products, information, or other materials displayed, purchased, or obtained by you as a result of an offer in conjunction with any ad. Please do your own due diligence before purchasing any product.

© 2009 Soulbirth, all rights reserved