



Childbirth Connections

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



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November 5, 2009

Issue 12

Published every Thursday.
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Note From Faye

Hi,

Wow...there is so much going on at the moment 'out there'. I am so excited about the future of birthing for women and their partners. I have just been at a meeting with fellow practitioners (amazing women) as we discuss the creation of a 'Conscious Conception and Birth Centre' in Armadale, Perth. It is very exciting and I look forward to working there in the New Year. I will keep you posted on the developments.

There is another RALLY happening in Perth and around the country NEXT MONDAY to keep homebirth with a private midwife alive and not under the supervision of doctors! I THINK it is going to be at Parliament house on Monday 9th November at 11.30am. I'm not totally sure at this point, so if you are planning to go, please email me by Sunday night and I can pass on any further updates to you as they become available.



Next Thursday (Nov 12th) I am being interviewed by Lorraine Cuadro from 'The Essence of Breastfeeding' about preparing for birth, comfort measures and healing. I can't wait as it will be a lot of fun. I'll keep you posted about how it goes.

On Saturday 15th November, the WNA Expo is on. Details are down the page. I would love to see as many of you as possible from Perth attending. Kiera Pedley has put a lot of hard work and angst into organizing it. I will be holding a stall at the expo. So please come along and say hello.

The Next Active Birth Workshop is approaching very fast...only a couple of weeks away. There are still vacancies if you would like to join us! See details below.

On the 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 3 or 4 am to be in time in the US where the show is broadcast from. More fun!! See Jeanice's article below. She is one amazing Goddess birth worker.

I am also involved in the making of a movie called 'The Difference'. It is totally amazing and has the potential to transform people's lives around the world! I am so excited to be a part of the project. I may talk a bit more about it further down the track. If anyone feels a calling to also get involved, please email me and I can let you know the details.

I will also be heading to Italy next May to present at the 'World Birth Summit'. It will be on between the 5th-9th May in Damanhur, a spiritual community in the far North of Italy. I am the Australian Representative on the International Organizing Committee and have been appointed a position on the 'International Commission for Birth'. This is very exciting and also very daunting, but I'm sure I will also have a lot of fun!

The National Homebirth Australia Conference is also on next May (Not sure if I'll be back in time to attend). If interested in attending you can visit the HBA website for details at:

<http://www.homebirthaustralia.org>

Anyway, I think I've given you enough to think about for now...so I'll let you get on and read this edition of 'Childbirth Connections'. I hope you enjoy receiving this weekly in your inbox. :)

Yours in 'Peaceful Birthing'

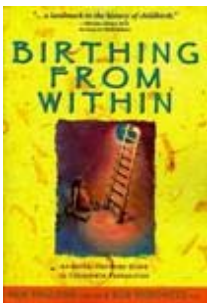


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Birth Tip of the Week

Read a good book



There are so many wonderful books out there to read in preparation of a great birth. Visit your local library or Resource Centre and ask for recommendations. There is a list of books that I recommend at the 'Soulbirth' website at the following link:

http://www.soulbirth.com/recommended_reading.18.html

Self Nurturing Tip of the Week

Cloud Watch

Lie on a rug outside and cloud watch, or watch the breeze blowing the leaves of the trees. It can become quite hypnotic and put you into a deeply relaxed state. This was one of my favorites as a kid.

This Weeks Q & A

Am I too old to give birth naturally?

I am often asked this question by women, who have been told by their caregivers that because they are over 35 years old, they are 'high risk' and unlikely to be able to birth naturally!

Firstly, let me say...35 is not old! Neither is 40! I can say this because I'm older!!

But it totally depends on the individual and their health and flexibility. There is supposedly a higher 'risk' of having a baby with 'Down's Syndrome' which they usually test for early in pregnancy, but this shouldn't affect your body's ability to birth. So, if you are fit and healthy, don't have any medical problems or complications and the pregnancy is going well, there is absolutely no reason why you shouldn't be able to birth naturally! Admittedly our bodies ain't what they used to be when we were 20, but there's no reason why you can't prepare yourself well ahead of time by staying active, joining a pregnancy yoga class, having regular massages (partners listen up) and generally gather knowledge and educate yourself. Almost all the women I have known to birth beyond their 35 years, has labored and birthed beautifully. So...YOU CAN DO IT TOO!!



Feature Article

"Ecstatic Birth"

by Jeanice Barcelo

When I use the term "ecstatic birth," I am referring to a birth experience that is filled with extreme joy, supreme satisfaction, deep love, and spiritual bliss. Ecstatic birth is a life-changing, cellular shifting, consciousness-altering event. Some women describe their ecstatic birth experience as transcendent, i.e., an inter-dimensional journey that activates union with the divine.

Ecstatic birth is deeply empowering for both mother and child (and dad, if he is present) and provides a memory of absolute victory for the entire family that can be referenced again and again throughout time. Ecstatic birth activates the neurobiology of love in both mother and child (and dad if he is present) and lays the foundation for the preservation of love in families forever.

Mothers who have experienced ecstatic birth speak of the deep, exquisite feelings of love they experience at birth – for their babies and their partners – a bond of love that persists throughout life and seems to create immunity to the dysfunctional types of relating we see so often in mainstream parent/child interactions.

An ecstatic birth is usually bestowed upon families that have prepared themselves physically, mentally, emotionally and spiritually. Technology is typically not part of an ecstatic birth, and very often the parents have worked on resolving their own negative birth imprints before they give birth to their babies.



Jeanice Barcelo, M.A., is a sociologist, independent childbirth educator and birth trauma prevention specialist. She is the host of a weekly radio show entitled "Love, Sex, Pregnancy, Childbirth & Parenting" which is dedicated to the education and empowerment of teenagers and young adults. She has written several articles about conscious birth including "How to Have an Ecstatic Birth" and "Understanding the Difference between Sex and Love." Jeanice currently lives on Maui in Hawaii and is writing her first book entitled, "From Trauma to Ecstasy: The Path to Ecstatic Birth." She can be reached through her website at www.ecstaticbirthmaui.com or by e-mailing

jeanicebarcelo@yahoo.com

See details below to order her book and also at the bottom of the page for information about the 'Ecstatic Birth Centre' she is creating on Maui.

Parenting Column

"Treating mastitis naturally"

By Faye Read

Mastitis is the inflammation of the breast and is usually caused through infection. Engorgement and blocked milk ducts can be early warning signs, and if these are not treated they may lead to mastitis.

Having had constant bouts of mastitis with my first child, I began to research it more for the second and to apply some natural methods of healing, with some success. With my third baby I added more of the spiritual healing and visualization and this combination totally ended it for me. With my fourth baby I never had an episode of mastitis. The following ideas are some suggestions that I found worked extremely well.

1. Rest as much as possible- catch up in the daytime if necessary, even if you can only do so while the baby sleeps next to you.
2. Drink a lot of water. Keep a jug full of water in the fridge which has had a chamomile teabag added.
3. A warm shower while massaging the blocked ducts works wonders.
4. Use a base oil to massage so you don't chafe the skin (e.g. Jojoba oil)
5. Keep breastfeeding your baby on the affected side, and massage the blocked area towards the nipple while feeding.
6. Try really hard to let down while feeding as tension creates blockages. Play relaxing music, get comfortable, burn some lavender essential oil, make sure you're warm enough, drink a warm milk drink just before feeding, close your eyes breathing slowly and deeply.
7. Visualize while feeding and while massaging the breast. See the milk ducts becoming unblocked and flowing freely with healthy milk. See the inflammation being cooled with ice.

8. An essential oil blend with lavender, geranium, and peppermint works wonders in a base oil, as it has the properties of healing, cooling, and balancing the hormones. However, you must always check with a qualified Aromatherapist before using essential oils as they are very concentrated and only minute amounts are used. There are also some contra-indications for use of certain oils. So please use with caution.
9. A bath with essential oils is great to kill off any infection and is a relaxing way to massage the breast and unblock those ducts. The warm water helps with the letdown reflex.
10. When really stressed with the pain try some of Dr Bach's "Rescue Remedy" or the equivalent gem essence "Emergency Essence" to calm yourself and ease the immediate pain. Put a dab on the affected area.
11. If hot and inflamed a compress of lavender, peppermint, and geranium essential oils diluted in cool water, placed over the breast with cabbage leaves on top is very effective. Extremely soothing and it helps heal the inflammation between feeds. Once again, consult an Aromatherapist. DO NOT apply oils to the nipple and wipe the breast clean before a feed.
12. If none of the above works, it is important to see your doctor immediately as mastitis untreated can make you very, very ill.

Note – There are also homoeopathic treatments available, however these should not be used in conjunction with essential oils. I chose the oils, so I can't relate experiences with homoeopathic remedies. Maybe another reader can send in what worked for them.

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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

Events Calendar

Active Birth Workshops

The next Active Birth Workshop is scheduled for Sunday 22nd November. We have just a couple of places left now, so don't forget to book your place so you don't miss out. 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 FREE bonuses. Follow this link for more information:



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

Teleclasses – NOW ON!

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 3 weeks ago, so are now half way through as they are set to run for 6 weeks consecutively. 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 hoping 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. The lines will be opened at the end of each call for Q & As and I am recording the calls, in case this time slot doesn't suit you.

If you have any friends or family that you think would benefit from this FREE '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 a great opportunity to network, meet other Mums AND pick up a good bargain or two. Come and browse, or have your own display. 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

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

'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>



[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 Barcelo 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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