



**Dear Mommy-to-be,**

## **This letter to you is about the Act of Birth**

The Act of Birth is a structured, holistic and inspirational approach for childbirth preparation. Embrace it, enjoy it in these last days before you meet your baby.

As a pregnant woman, you know that your emotional, spiritual, physical and intellectual well-being and health is important to make the most of childbirth and early days after birth. Even though you can not control the birth outcome, you can consciously work with your body, focus with your mind, and with wonderful inspiration, allow all these aspects to come together.

This is a concise, meaningful and practical way to embrace the truth, wonder, love and security needed for this childbirth.

Act of Birth... Each labour and birth is unique to each woman.

Act is to take action, do something. Take effect or have a particular effect.

Embrace and unfold your act for this precious childbirth.

A - Anchor, Appreciation and Action

C - Confirmations, Conviction, Integrity moving forward

T - Your Tipping point, Balance, Trust





## The Act of Birth...

### A - Anchor, Appreciation, Action your body

Your mind plays a powerful role in the last days before the birth of your baby. You have prepared, and now you wait, everyone tells you to just relax and baby will come. Whilst it is so, your mind may be very busy and to simply accept this, may not be easy.

How to work with your mind and body in the last days before childbirth...

To illustrate the power of your mind, the analogy of a ship is used. Your conscious mind is the captain of your ship. These are your thoughts, decisions and habitual thinking patterns. Your body is the ship and your subconscious mind is the men in the engine room of the ship. With your conscious mind you give orders, take decisions, and process your thoughts. Your subconscious mind takes it as the truth. Your body reacts to your thoughts and emotions, and will follow suit with psychological reactions that you may be aware of. You maybe aware of your subconscious mind when you dream. Sometimes, when you are still and relaxed, you may realize inner conflict or peace within you after mentally processing some thoughts and beliefs.

Your mind is inspired by your spirit, and your mind affects your body. You need to understand that in order for your body (ship) to embrace and trust the process of labour and childbirth, your mind and spirit needs to be anchored in true appreciation and faith, and your body will follow suit.

Check your thinking, and clarify your appreciation and mindful inspirational anchors. This is the first step for body and mind integration. This is your creative power to influence and realize your body takes action exactly as it is meant to be.

On a daily basis, declare all negative thinking, so that your mind can be cleansed and consciously choose to only fill your mind with positive and inspirational thinking. Know and trust that the Act of Childbirth is an Act of Love.

Action your body: Stand with your feet (barefeet on the grass if you can) as wide as your shoulders and do figure 8 hip rotations while you deeply breath, think and speak your appreciations and spiritual affirmations and anchors. Be consciously aware of any tensions in your pelvis and other parts of your body and feel how it changes with time.

Get comfortable in any labour position that represent 'A' in your mind:  
Squat, Standing, Kneel, Sit





## The Act of Birth...

### C - Confirmations, Conviction, Integrity moving forward

Go one step further. On a deeper level, consciously and creatively declare and embrace your confirmations, your conviction and integrity. This will align your body and mind along the truthful integrity of you becoming a mother to your baby.

Action your body and mind: Speak, write, hear, taste, feel and so embrace faith in the unfailing Love and Grace of God with all your senses (ear, eye, taste, smell, feel).

Apply your mind creatively and with your own unique style, art and incline, create your confirmations and conviction about the birth of your baby and of yourself as a mother of your baby.

It can be creative letters, pictures, images, symbols, bible verses, anything that you can visualize, feel, touch.

Conclude this with 'I am ...'

Place it prominently where you can relax and feel comfortable. Whilst looking at it, do cross-crawls for a couple of minutes. This will help with left and right brain integration on your confirmations and convictions. Do deep breathing and focus your mind exclusively on your confirmations and conviction.

Remember to Confirm that your focus and faith is not in the birth outcome, but anchored in the Almighty Grace and Protection as created in Psalm 23. Then you will be able to handle the birth outcome emotionally, physically and mentally on a much stronger basis.

Get comfortable in any labour position that represents the letter 'C' in your mind: Lying, Pushing, Kneeling on all fours

Consciously choose your comfort measures, candles, music, labour snacks and drinks with your confirmations and convictions.

Condition your body and mind with deep relaxation sessions daily so that you can enjoy an enhanced sensation of all your other comfort measures during labour.





## The Act of Birth...

### T - Your Tipping point, Balance (Support), Trust

What is your Tipping point in Labour and birth? When will it happen, and how will you keep your balance? How will you maintain your trust in the process as it evolves?

I encourage you to read the booklet 'The Basic Needs of a Woman in Labour' written by Ruth Erhardt. She describes the beautiful process of labour and birth in a simple and remarkable way. It focuses on the essentials needed to experience and truly respect the power of labour and birth, even in a medicated birth environment. She describes that sleep and labour are both states that cannot be forced. You cannot decide or control the moment when you fall asleep. You can also not decide or control when you 'fall' into labour.

You know what you need to fall asleep. You need to feel, safe, warm and relaxed. What do you need to feel private, unobserved and undisturbed? The hormones of labour are the same hormones in love making and orgasm.

Remind, quiet your mind and relax your body with your 'A' and 'C' of your Act of Childbirth every day until you 'fall' into labour, Condition your mind and body continuously the same way as a child has to learn and master time tables until it becomes 'second nature'. That means simplifying your days into a routine in an environment conducive to all the basic needs of a woman to 'fall' into labour. You 'teach' and allow your mind and body to trust.

Live, breath, eat, sleep, consciously relaxing into your Act of Childbirth.

Action your body and mind: 'T' stands for you and your husband/partner. Unity, trust and closeness between you in the Act of Love and Childbirth. You will be amazed by your body's flexibility, strength and endurance when you feel encouraged, loved and supported.

Get comfortable in any labour position that represents the letter 'T' in your mind: Standing 'The slow birth dance with your husband', arms around his neck so that he can support you lovingly. His hands on your lower back doing counter pressure so that you feel supported. He looking into your eyes and telling you 'He loves you'. When your baby is born, visualize yourself embracing your baby with open arms and lovingly.

That is the truth about the Act of Childbirth. It is an Act of Love.

