

# Sacred Birthing

Birthing a New Humanity

by Sunni Karll



# Sacred Birthing

**Ishtara Blue**



## **Sacred Birthing:**

**Sacred Birthing** Sunni Karll, 2003 Sacred Birthing allows birth to step into the Sacred birth without trauma uplifts the life of your baby and the evolution of humanity

**Pearls of Sacred Birthing** Sunni Karll, 2020-05-21 Pearls is an introduction to all of Sacred Birthing These are the gems that take you on your journey to your baby's Softbirth What do we need most in pregnancy We need to dream who it is hiding in there and who this little one is asking to become We need to grow our love for this teeny being and learn more of who we are as we take care of him We need to know that no matter what our body knows exactly what to do to grow and birth and nurture this beloved one We need to remember that we already know everything if we just stop and go inside As we let go of the medical the warnings the doubts and the self doubts we step into trusting our self This is the book that I wish I had received when I was first pregnant It's the perfect Baby Shower Gift or BlessingWay Gift but even better the perfect Conception Gift for your best friend Let it inspire you to ask yourself deep questions about your baby's birth From Pearls The babies I helped with taught me that babies are far more than just the tiny body they present visually They taught me about the consciousness that enlivens the body If our desire is to give birth to a radiant being it means that the whole baby asks to be addressed It is not enough to simply receive the baby's physical body at birth and not respect the feeling nature and the spiritual being A baby's physical body is best received into gentle soft hands imposing nothing to make a baby cry The emotional feeling nature of a baby is supported when a baby is received with love trust and respect The spiritual body of the baby has needs too that ask to be supported When the act of giving birth takes spiritual needs into consideration then baby's life is lived at a higher octave Thus a baby chooses a gentle birth to attain his full entitlement of light And What is our true purpose when we consciously ask to conceive Why do we do our very best for our baby during pregnancy Why are we concerned about protecting our baby from any trauma at birth Our intention is that our baby is not wounded for it is not possible for a baby to be in the mode of openness and growth when in the mode of defensiveness and protection Thus a baby always chooses a gentle birth to retain his full entitlement of light

Sacred Birthing, Sunni Karll, 2020-07-20 Sacred Birthing Birthing A New Humanity book is my journey as a midwife and how I was shown that there was more to birthing babies than just that tiny beautiful baby It is really all about consciousness not only for the baby but also for the parents In the first edition published in 2003 I just had to write down all the stories realizations and understanding that was inside me Then I had to grow up and come of age As I grew What about the baby was always my question as I heard birth becoming more and more about medical procedures technology drugs and pain But I kept thinking what must it feel like to the baby We need to think about the pristine delicate sensitive baby who is experiencing her out of the belly life for the first time And so Soul Needs that which upholds a baby's radiance were honored and highlighted to enunciate this Babies Soul Needs turned everything around and placed the priorities correctly This makes it clear for its the baby's birth Not the moms We had our own birth This is our baby's birth and we are here to do all we can for their birth to be

its best Sacred Birthing Insights are the principles for parent s actions to support their baby s highest birth These bring parents into coherence with their baby s needs If we wish to go into a new direction new choices must be made in order to turn the corner away from the old loop and into new possibilities This can only be created when we jump out of the box of birth as it is Are we able to let go of all its outdated stories If it is true that there is a new kind of birth for the Master Souls coming then we wish to do all we can to implement the softest birth for our baby By refining our understanding of what each soul needs from us to anchor rightly into life we can offer what they need by the way we give birth Our goal is to honor and protect a baby s energetic excellence so that each is well born and a pristine newborn is received This is a stepping stone into that new paradigm of birth Instead of being birthed into pain what if a baby were born into rushes of bliss What if joy and gratitude were the feelings mom authentically expresses What if mom could sing out her baby as a gift to the Earth There are so many options of love that can cradle your baby on her journey What it takes is for us to shift the way we think and feel Our baby s highest birth will take our willingness and the absolute strength of intention Are we ready to trust that there is a delicious way to give birth that better supports this baby s life Are we willing to be in the place of not knowing how it will happen but trusting it will Our Wise Self and Guardians have been waiting for our request to determine our own higher paradigm of birth Then as we stand back expectantly nature will lead the way And when one of us and then another and another creates this higher paradigm of birth then the hundredth monkey jumps in and it s real for everyone It s already happening

**Manifest Sacred Birth** Ishtara Blue,2013-11-26 Intuitive Birthing a term coined by Ishtara is not about right and wrong ways of birthing but to help you access your intuition easily in order to birth how it is right for you to birth By following the Manifest Sacred Birth Programme you can birth connected and tuned in to follow your unique body signals and intuition so that your birth can be blissful and pain free If you are in a sacred place you hear your intuition easily so you can open your light womb up wide When you cannot hear the inner voice you act from a place of fear you are scared It is this fear which blocks the birth hormones from being released and prevents you from opening up your womb easily and without pain The key intuitive birthing techniques which are an integral part of the 40 day programme include visualisation mantra meditation ceremony and more and are designed for regular practise from around week twenty of the pregnancy but to familiarise yourself with from before that time then to use during the actual birth itself You can use the Intuitive Birthing techniques contained within this programme for many other birthing and pregnancy issues resolve conception difficulties release heal and forgive past birth trauma or use them to connect to your intuition as a parent Packed full of birthing visualisations this is the ultimate book in Spiritual Birth I followed the programme in 2011 and used it to deal with issues that arose during my meditations and unexpectedly healed old wounds as well as my relationship then went onto have an even more beautiful and wonderful birth than the one I imagined and asked for Thank you Ishtara for these tools to joyfully birth our beautiful baby girl Christa Rose therapist This is a beautiful and intuitive book exploring the spiritual approach to birth

preparation Connection with your baby is the primary focus of this gentle programme by Ishtara Blue encouraging each mother to envision and create her ideal birth using visualisation and empowerment techniques drawing wisdom from a variety of traditional and New Age sources Claire Arnold doula

**The Herbalist's Guide to Pregnancy, Childbirth and Beyond** Carole Guyett, 2022-04-28 A comprehensive manual of holistic herbal therapeutics for pregnancy childbirth and the postpartum period The book is based on the author's experience and knowledge gained during 35 years of clinical practice in the UK and Ireland and is written for herbalists and herbal students as well as birth keepers midwives doulas and other health professionals Packed with practical examples the book describes the author's personal therapeutic approach reflecting how herbs and a holistic approach can support women and their babies from the time of conception until the months following childbirth The various stages of childbearing are clearly explained with details of conditions encountered in practice and the safe herbal treatments and supportive care that practitioners can provide Throughout history medicinal plants have played a significant role during childbearing and the accessible and extensive material in this book aims to equip practitioners with the skills and confidence to continue this valuable age old tradition

**EMBODIMENT** E.S. Amchin, 2012-04-25 A Divinely inspired visionary work Embodiment can be defined as a state of manifestation integration unification or incarnation all terms that may be used to describe this state of Being and the profound connection and relationship of the Creator and the Creation It is a book conceived in celebration of the awakening of the Sacred Embodied Soul Interpreted as written this material is self evident stimulating awareness of the evolving spiritual nature which provides an anchor for the Soul Life's continuing journey Embodiment is a Sacred Birthing guide in its true sense as the means in which human existence becomes the product of the process by which out of Spirit an Awakened Soul is Born This collection of writings was crafted for all who seek the answers to Life's origins supporting the eternal mothering aspects of the Human Soul by adding personal reflective insights into understanding this enlightened connection that leads to true Soul Self Awareness Embodiment challenges and expands the human intelligence to investigate in a spiritual perspective that which has its origins in the archives of human history and folklore The keys to unlock these spiritual truths are found in the presence of the intangible Sacred Essence that emanates a reflection of the Creator's Heart of Love and Sustenance which presents itself within the Human Soul's Life Experience To this quest the author has taken up the Banner of Faith and Trust in the ultimate search to discover an immortal connection between the Human Soul and its Divine Source

**SACKRED Birth** Karen Antoinette Scott, 2024-12-15 Hospitals health plans and quality organizations generally define safety as the absence of a preventable harm and subsequently interpret decreasing trends in adverse physical outcomes as indicators of reducing harm and improving quality Karen Antoinette Scott situates the contemporary provision of obstetric care and evaluation of obstetric quality in a broader historical context to illuminate a culture of neutral apathy and detached concern towards the lives of Black women men and children dating back to antebellum era ideologies and practices of anti Black

racism and anti Black misogyny Scott challenges conventional obstetric quality ethics leadership theories measures and methodologies that primarily focus on adverse outcomes effectively excluding patient experiences and community wisdom SACKRED Birth argues the need for a more culturally and scientifically responsive relevant and rigorous obstetric quality paradigm defined valued and shaped for by and with Black mothers and birthing people Using community based focus groups and consensus dialogue Scott establishes new obstetric quality norms and methodologies to guide scholars professionals and advocates in understanding investigating and interpreting clinical practice decision making and care delivery during childbirth in a manner that affirms the humanity power and potential not pathology of Blackness Black reproducing bodies and Black births in hospital settings , **Womb Awakening** Azra Bertrand, Seren Bertrand, 2017-08-15 Rediscover the lost ancient mystery teachings of the Cosmic Womb 2017 Nautilus Silver Award Explains how each of us has a holographic blueprint of the Womb of Creation our spiritual Womb Offers practices to help awaken your spiritual Womb experience the Womb of God within and activate the Womb s sacred magic of creation and manifestation Looks at the power of the moon and its connection to sacred Womb Consciousness Explores how the lost Womb mystery teachings were encoded in folk and fairy tales the legends of the Holy Grail and the traditions of Mary Magdalene and Sophia Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation where everything was birthed and dissolved through a sacred universal Womb Within each of us whether female or male lies a holographic blueprint of this Womb of Creation connecting us to the Web of Life By awakening your spiritual Womb the holy of holies within the temple of your body you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love Drawing on mythical and spiritual traditions from almost every culture Dr Azra and Seren Bertrand reconstruct the moon based feminine mystery teachings of a lost global Womb religion tracing the tradition all the way back to the Neanderthals and beyond They explore how these teachings were encoded in the symbolism of folk and fairy tales the legends of the Holy Grail the traditions of Mary Magdalene and Sophia the maiden queen and crone archetypes and the teachings of alchemy and the chakras They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood The authors look at the power of the Moon and its connection to sacred Womb Consciousness offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world they show how as we reawaken the powerful ancient path of the Womb Mysteries we help return our world to harmony with the wild untamed creative flows and cyclical rhythms of the cosmos

**The Doula's Guide to Empowering Your Birth** Lindsey Bliss, 2018-01-09 Experienced doula Lindsey Bliss shows you how to prepare physically and mentally for every element of having a child from pregnancy to fourth trimester in The Doula s

Guide to Empowering Your Birth Lindsey Bliss who has assisted as a doula at hundreds of births and is herself a mother of seven reveals here all the wisdom and advice that doulas share with the new mothers who hire them The Doula s Guide to Empowering Your Birth covers the period from pregnancy through labor and birth to fourth trimester healing The focus however is on preparing for birth including topics like how to pick the right childbirth class and the right birthing method for you You ll also learn How to handle and treat morning sickness What things you can do during pregnancy and what to avoid How to reduce anxiety during pregnancy including meditation and ritual baths How to assemble the team of professionals family members and friends who will support you through labor and birth Tools tips and positions for labor How to approach last minute decisions about pain medications and cesarean sections Post partum information including breastfeeding newborn care and the transition into parenting Bliss s tone throughout is at once authoritative and confident as well as warm and encouraging Her concern in her practice as well as in these pages is to listen to and help secure each new mom s own personal vision of a birthing experience that is safe fulfilling and meaningful

**Shamanic Mysteries of Egypt** Nicki Scully,Linda Star Wolf,2007-03-20 A book of wisdom teachings and rituals that invoke ancient Egyptian deities to awaken human consciousness Provides guided shamanic visualizations to invoke 26 of the most significant gods Takes the reader through shamanic portals of death rebirth and illumination Reconciles internal conflict through a sacred marriage of heart and mind In Shamanic Mysteries of Egypt Nicki Scully and Linda Star Wolf renew humanity s connection to the ancient gods of Egypt the neteru Voices from these divine ancestors remind us of the healing power of the heart and call us to bring their consciousness into the present to help us remember our true nature as divine humans with sacred purpose The authors provide rituals meditations and rites of passage to help us meet our personal and planetary challenges with grace wisdom and love The shamanic initiations provided are invoked directly experienced and transformed into embodied wisdom that awakens consciousness and illumines the intelligence of the heart Scully and Star Wolf focus their rituals on 26 of the primary divine entities that preside over the ancient mysteries whose roots are in Old Kingdom and pre historic Egypt This fresh interpretation of ancient mysteries unites the energies of Thoth and Anubis to guide us through the current cycle of Earth changes and to help us remember who we really are at heart Through these passages Anubis lives up to his ancient title as the Opener of the Way and Thoth as the Architect of Higher Learning Together they evoke their power to unite heart and mind in the sacred marriage that brings transformation renewal and the awakening of consciousness

**Buddhist Goddesses of India** Miranda Shaw,2015-08-25 The Indian Buddhist world abounds with goddesses voluptuous tree spirits maternal nurturers potent healers and protectors transcendent wisdom figures cosmic mothers of liberation and dancing female Buddhas Despite their importance in Buddhist thought and practice these female deities have received relatively little scholarly attention and no comprehensive study of the female pantheon has been available Buddhist Goddesses of India is the essential and definitive guide to divinities that as Miranda Shaw writes operate from transcendent planes of bliss and

awareness for as long as their presence may benefit living beings Beautifully illustrated the book chronicles the histories legends and artistic portrayals of nineteen goddesses and several related human figures and texts Drawing on a sweeping range of material from devotional poetry and meditation manuals to rituals and artistic images Shaw reveals the character powers and practice traditions of the female divinities Interpretations of intriguing traits such as body color stance hairstyle clothing jewelry hand gestures and handheld objects lend deep insight into the symbolism and roles of each goddess In addition to being a comprehensive reference this book traces the fascinating history of these goddesses as they evolved through the early Mahayana and Tantric movements in India and found a place in the pantheons of Tibet and Nepal Publisher s website

**Mojo Workin'** Katrina Hazzard-Donald,2012-12-30 A bold reconsideration of Hoodoo belief and practice Katrina Hazzard Donald explores African Americans experience and practice of the herbal healing folk belief tradition known as Hoodoo She examines Hoodoo culture and history by tracing its emergence from African traditions to religious practices in the Americas Working against conventional scholarship Hazzard Donald argues that Hoodoo emerged first in three distinct regions she calls regional Hoodoo clusters and that after the turn of the nineteenth century Hoodoo took on a national rather than regional profile The spread came about through the mechanism of the African Religion Complex eight distinct cultural characteristics familiar to all the African ethnic groups in the United States The first interdisciplinary examination to incorporate a full glossary of Hoodoo culture Mojo Workin' The Old African American Hoodoo System lays out the movement of Hoodoo against a series of watershed changes in the American cultural landscape Hazzard Donald examines Hoodoo material culture particularly the High John the Conquer root which practitioners employ for a variety of spiritual uses She also examines other facets of Hoodoo including rituals of divination such as the walking boy and the Ring Shout a sacred dance of Hoodoo tradition that bears its corollaries today in the American Baptist churches Throughout Hazzard Donald distinguishes between Old tradition Black Belt Hoodoo and commercially marketed forms that have been controlled modified and often fabricated by outsiders this study focuses on the hidden system operating almost exclusively among African Americans in the Black spiritual underground

The Naked Truth of Unexplained Infertility Saskia Röell,2023-06-13 Saskia has identified a profound connection between subconscious fear negative beliefs and unexplained infertility She has chosen to share them to inspire women who have almost given up hope She has written this book to explain how to achieve a mind body connection that can result in successful conception The book explores unspoken fears related to conception how to reverse negative thinking how to build safety in the body and the importance of a personal connection to your womb The book also covers advanced techniques such as talking to your unborn baby Saskia s process for recovering from miscarriage she has had three how to share the conception journey with your partner and the importance of motherhood as part of your larger soul s purpose In The Naked Truth of Unexplained Infertility you will discover surprising stories about fears behaviors and attitudes that can negatively impact fertility The book explores new territory in the fertility journey and explains the



number one reason for unexplained infertility assuming that there is no underlying physical issue The stories show the many different ways that Saskia's work can bring about the joy of conception for women diagnosed with unexplained infertility

**Give Birth a Chance** Ilia Blandina, 2018-02-20 Don't Talk Yourself Out of a VBAC Do you have a deep desire to give vaginal birth after having had a c section VBAC If you know deep in your heart that our ancestors did quite well with natural birth and want to follow in their footsteps If you know this path is a sacred one and you want to make it happen but you don't know where to begin If you long for a vaginal birth It starts with this book Give Birth A Chance is like Birthing from Within meets The Matrix It is a powerful guide to get yourself ready for an empowered birth experience whether you have had a c section before or not Read this book

Psychedelic Mysteries of the Feminine Maria Papaspyrou, Chiara Baldini, David Luke, 2019-04-30 An exploration of the connections between feminine consciousness and altered states from ancient times to present day Explores the feminine qualities of the psychedelic self ancient female roots of shamanism and how altered states naturally tap into the female archetype Discusses feminist psychedelic activism female ecstasies goddess consciousness the dark feminine and embodied paths to ecstasy Includes contributions by Martina Hoffmann Amanda Sage Carl Ruck and others Women have been shamans since time immemorial not only because women have innate intuitive gifts but also because the female body is wired to more easily experience altered states such as during the process of birth Whether female or male the altered states produced by psychedelics and ecstatic trance expand our minds to tap into and enhance our feminine states of consciousness as well as reconnect us to the web of life In this book we discover the transformative powers of feminine consciousness and altered states as revealed by contributors both female and male including revered scholars visionary artists anthropologists modern shamans witches psychotherapists and policy makers The book begins with a deep look at the archetypal dimensions of the feminine principle and how entheogens give us open access to these ancient archetypes including goddess consciousness and the dark feminine The contributors examine the female roots of shamanism including the role of women in the ancient rites of Dionysus the Eleusinian Sacrament and Norse witchcraft They explore psychedelic and embodied paths to ecstasy such as trance dance holotropic breathwork and the similarities of giving birth and taking mind altering drugs Looking at the healing potential of the feminine and altered states they discuss the power of plant medicines including ayahuasca and the recasting of the medicine woman archetype for the modern world They explore the feminine in the creative process and discuss feminist psychedelic activism sounding the call for more female voices in the psychedelic research community Sharing the power of femtheogenic wisdom to help us move beyond a patriarchal society this book reveals how feminine consciousness when intermingled with psychedelic knowledge carries and imparts the essence of inclusivity interconnectedness and balance our world needs to heal and consciously evolve

The 13th Step Jude Currivan, 2010-06-21 In 1998 scientist healer and mystic Jude Currivan heard an inner message a call to undertake a global quest that would transform her life and take her and her fellow travelers on an inner and outer odyssey that would ultimately

reveal our hidden heritage and cosmic destiny The initial intention of these journeys was to activate the healing **Feminist Solutions for Ending War** Megan MacKenzie,Nicole Wegner,2021-11-20 War is a man s game or so goes the saying Whether this is true or not patriarchal capitalism is certainly one of the driving forces behind war in the modern era So can we end war with feminism This book argues that this is possible and is in fact already happening Each chapter provides a solution to war using innovative examples of how feminist and queer theory and practice inform pacifist treaties movements and methods from the international to the domestic spheres The contributors propose a range of solutions that include arms abolition centring Indigenous knowledge economic restructuring and transforming how we count civilian deaths Ending war requires challenging complex structures but the solutions found in this edition have risen to this challenge By thinking beyond the violence of the capitalist patriarchy this book makes the powerful case that the possibility of life without war is real **Spirituality and Childbirth** Susan Crowther,Jenny Hall,2017-09-13 Highlighting aspects of birth often taken for granted ignored or left silenced this book questions the art and meaning of childbirth Addressing spirituality in and around the start of life from a variety of thought provoking perspectives it examines the apparent paradox of impersonal biomedical technocratic systems operating alongside the meaningful experiences encountered by those involved Themes covered include Notions of holism and spirituality culture religion and spirituality Childbirth significance at societal level Spiritual care in maternity care provision Birth environment mood space and place Spiritual experience of all those involved including health professionals Spiritual experience when birth is complex and challenging When birth and death are juxtaposed Although there is considerable literature on spirituality at the end of life this is the only book that draws together a global and multidisciplinary selection of academic researchers and practitioners to reflect on spirituality at the start of life Each chapter explores the relevant theoretical background and makes links to practice using case studies from research and practice The chapters conclude by discussing how spiritual care is and should be provided in this context what practice approaches are beneficial cross cultural perspectives and future directions for research It is an important read for all those interested in childbirth maternity care social science perspectives on health and illness and spirituality **Labor Like a Goddess** Alexandria Moran,Lauren Mahana,2019-10-14 Written by two birth doulas and intuitive healers this book tells the metaphorical story of a fictional goddess who must walk through 7 Gates of Transformation in order to become a Mother At the final gate she must surrender to the ultimate sacrifice spiritual death so she can be reborn into motherhood Each gate perfectly illustrates the 7 emotional psychological and often subconscious sacrifices that every laboring woman experiences whether willingly or not This book is a guide to help pregnant women understand birth as a divine journey and master how to walk through each gate with empowered sacrifice purpose and zeal through tools rituals and integrative practices

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