



Explore Your Own Birth

Work Book

Introduction

In this workbook you will explore your own birth in a journaling style. The workbook is split into four sections plus a bonus section at the end. You will start with your current situation and take a journey of exploration through your own birth, and patterns in your family before drawing it all together.

As a minimum you may like to set aside a minimum of twenty minutes to half an hour of undisturbed time to fill in the work book. If your time is limited or it feels too much to do in one go, then you can take each part separately. You can also come back if you find you want to spend more time on some questions.

I find the most helpful way to approach enquiry questions is to ask the question then allow the answer to find you. In other words, you do not have to work hard and figure it out. There are no right or wrong answers and you are not being marked for excellence. This is a journey of discovery for you. Trust what you write and go with what comes.

You may be surprised at what you discover and you may feel emotional. Look after yourself and do reach out if you have any questions about any part of the exercise.

Finally, when wanting healing or support in an area of our lives, we often look for the problems which is valid and useful. Remember though, that this exploration of your birth, will also reveal to you your strengths and qualities that you either came in with or gained through the experience. These are also valid and often overlooked. Bear this in mind as you answer the questions.

With that said, let's get started.



Part 1 Setting the scene: What you want and what matters to you.

Question 1. Something brought you here. Something I spoke or wrote struck a chord with you, grabbed your attention and pulled you here. What was that? What is the desire that has been sparked in you? Write the first words that come to you without thinking too much or analysing your answer. There will be time for reflection later.

Question 2. What in your current life is causing you suffering and pain? What dreams or desires that really matter to you are you compromising or holding back on?

Question 3. Digging a little deeper. When you come up against the problem you outline above, how does it make you feel about yourself? What do you tell yourself this means about you? What actions do you take?

Question 4 Are these beliefs feelings and patterns of behaviour familiar to you? Do you see this pattern in other areas or other times of your life? How long have you felt this way?

Question 5. If you could wave a magic wand, how would things look instead. Who would you be, what would be happening and how would you feel about it?

Question 6. What matters most to you in this situation and your imagined solution?



Part 2: Focus on your experience of being born.

Question 1. What do you know about your own birth?

If you were not told anything about your birth and it is still possible you may ask your mother or other relatives for the answers to this question. If this is not possible write what little you are aware of and how you feel about it. If you know nothing at all about how you were born, write that then see what comes to you in response to that and write that down.

Some prompts to help you:

- Where were you born, e.g. hospital/ home/ birth centre?
- Were you early, late, on time?
- What position were you born in?
- Were you a small or big baby?
- Did your mother find the birth easy or hard? Did she use pain relief?
- Who was present at your birth? How did they experience your birth?
- What happened to you immediately after being born?

Question 2. On a more intuitive level, how was your experience of being born? Even though you most likely have no conscious memory of this, your body remembers, your soul knows and that knowledge is stored and can be accessed.

Try asking the question out loud, 'How was my experience of being born?' Then notice and allow what impressions come to you. Note these down. Trust what comes to you.

Some prompts to help you:

- How did each stage feel physically to you? Was it easy, hard enjoyable, painful?
- How did you experience each stage emotionally?
- Was being born how you expected?
- Were you ready?
- Did you feel welcomed when you were born?
- What were your first impressions of life outside the womb?
- What qualities did I bring with me to this life?
- What did I learn as I went through this first life transition?

Question 3. What was your life like in the womb? How connected did you feel to your mother? To life in physical form on earth?

Room for Extra notes:



Part Three: Family Patterns

Question 1. What is your place in your birth family?

- Are you the first/ second/third child?
- Were you a planned or a surprise baby?
- Wanted or unwanted?
- Was your gender as expected and as wanted?

Question 2. How does your place in your family impact and influence you?

Question 3. What are the threads and stories told through your family line (e.g. mother, father, grandmother/aunt) about birth?

Question 4. How have these stories influenced and impacted your life- both inner and outer experiences of life?



Part 4: Drawing it together

Question 1. Choose 3 words to describe your experience of being born. Pick the first three words that come to you without analysing them.

Now take a moment to reflect on what these words mean to you. What images and feelings do they conjure up in you now? What do they mean to you and your life since being born?

Question 2. How, if at all, do some of your reflections about birth relate to your answers to part 1- your current life challenges?

Question 3. Reflecting on your answers to part two and three about your birth and place in your family line; how have your experiences shaped who you are today and what you believe about yourself and your place in the world at large? You may like to take the overall experience or you may split it into each part. For example, with my own experience, I may look at what it meant to me that I was born breech, then reflect on how being separated from my mum impacted my levels of trust in the ones who love me, then move onto another aspect and so on.

Question 4. What have you learnt from this exercise? What insights can you use to help you going forwards?

Part 5: Bonus. A connection and healing exercise for baby you.

You are probably familiar with the concept of talking to and healing your inner child. In this exercise we are going to connect with the inner baby you. Start by making sure you are comfortable and have a period of time where you will be undisturbed. Have a glass of water ready for when you finish.

Take a few deep calming breaths in through your nose and out through your mouth. Bring your focus to your body. You may like to place your hands on your heart or your belly to help you connect to your body. Feel the warmth from your hands on your body. Hear your heart gently pulsing in your chest.

Now imagine that you can follow that pulsing heart and connection to your body back in time. Imagine that you could reach inside yourself and bring a baby version of you to this moment. Hold this baby version of you in your arms and look upon him/her.

How old is the baby you? For example, are they a foetus in the womb, or a baby just born minutes or hours ago? What do they look like? How does baby you hold themselves? Do they look stiff and awkward, or soft and floppy? Are they still or moving and wriggling? Are they silent or making noises? What kind of noise? How is she/he breathing?

Gaze upon baby you and notice all these details. Allow your heart to open to receive her/him exactly as they are. Notice how you feel as you hold them in your arms.

Gently ask baby you – ‘How are you?’ How does she/he respond? Listen with an open heart and respond. What does she /he need from you?

Now go to your heart centre and open into the love in your heart. See a white bubble of light grow in your heart. See this healing light of love expand and a ray of light travel from your heart to the heart of baby you. Allow it to connect with the heart of baby you. It begins to pour its light into baby you. The light expands and grows until baby you is held in a bubble of this healing white light. This healing light penetrates deeply and dissolves any stuck or wounded aspects of the baby you.

Spend some time here. Feel the heart connection between you and baby you. Allow her/him to be held and supported in your arms. Gaze into their eyes. Let your eyes also shine with this loving light so that baby you receives the energy of you from your eyes, your arms and your heart simultaneously.

Say to her/him, 'You are welcome. I see you. I am here for you. You are safe here. I love you.'

When you are ready, say thank you and then you may allow her/him to dissolve back inside you. As they do this, the white light grows to hold both of you within its sphere of love. You are held in this timeless place of love and safety. As you prepare to come back to waking consciousness you may allow this sphere of light to condense back into your heart space knowing you can call on this support any time you like.

Wriggle your fingers or toes and take a few deep breaths as you bring yourself back to ordinary waking consciousness and open your eyes.

Have some water and take your time before going about the rest of your day.



Room for extra notes:



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