



Explore Your Birth Blueprint

WORKBOOK

Charlotte Kanyi

About Charlotte Kanyi



Feeling disillusioned and depressed whilst seemingly living a perfect life travelling, was the catalyst I needed to change.

But it was my birth story that held the key to turning my life around.

Healing the impact of birth trauma and subsequent separation from my mother liberated me from my fears of birth and the over medicalised system that rules it, fears which surfaced when I was pregnant. Three home births and a deep dive into mothering later, I have stopped putting myself last while I meet everyone else's needs first.

I want you to experience the joy and fulfilment that comes from putting yourself back in the picture, honouring what *you* want in balance with your loved ones' needs.

Since 2012 I have dedicated my business, Birth Essence, to supporting parents to be, mothers, birth workers, healers and other caring, sensitive souls with a mission, to heal their birth trauma and stop holding back on the life they wished they had the courage to lead and start living it with confidence.

If you'd like further help or support from Charlotte, please check out the last page of this workbook for information about your possible next steps.



Welcome

Thank you for downloading the work book. I am so pleased you are here.

Because even though you don't remember being born, how you came into this world matters. Your womb and birth time is imprinted at the deepest levels, the information encoded and stored. Influencing what you feel, do, and what you believe you can achieve.

Until now.

Now you will start to explore and heal. Your birth is your blueprint for your world. But your blueprint can be changed. Rewritten. Unhealed trauma, unmet needs, can be resolved, You no longer need to be held back by difficult circumstances right at the beginning of your life.

Are you ready to take this first step to renewed joy and passion in your life?

Let's go!



Guidelines

Written in a journaling style, this 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.

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 you also have strengths and qualities that you came in with or gained through the experience. These are also valid and often overlooked as they may have been masked or suppressed along the way.

Bear this in mind as you answer the questions.



Part One

Setting the Scene

**What you want to
have / be / do in
your life right now**

Question 1: What drew you to want to explore your own birth?

Question 2: What do you want to do or achieve in your life?

Question 3: Where in your life are you experiencing suffering, pain or repeating challenges?

**Question 4: What happens when these issues occur?
E.g. What do you do, say or believe about yourself?**

Question 5: If you could wave a magic wand and make everything just how you want it, how would you and your life be different?

Question 6: What matters most to you in your answers above?



Part Two

Your Experience

**Focusing on what
the birth journey
was like for you**

Question 1: What are the basic details about your 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 if anything you are aware of. And move onto question 2.

Some prompts to help you:

Where were you born? Hospital/home/birthcentre. Were you born early or later, were you induced? What position were you born in? Were you a big small or ordinary sized baby? Did your mother find the birth easy or hard? Was it fast or slow? What happened to you immediately after birth? Who was present at your birth? What were they doing or feeling?

Question 2: How was your time in the womb and birth on a more intuitive level?

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 these three questions out loud in turn;

'How was my experience of being in the womb?'

'How was my experience of being born?'

'How was my experience in the first few hours/days?'

Then notice and allow what impressions come to you. Note these down. Trust what comes to you.

Some prompts to help you:

How did it feel physically; easy, hard painful?

How was it emotionally; scary, exhilarating, daunting?

Were you ready to be born? How were you received?

What did you bring in with you? What did you learn?


Experience in the womb:



Experience of being born:



Experience of life in the first few hours / days:





Part Three

The Family System

**Exploring the
stories and patterns
in your family**

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

E.g. Are you the first/second/third etc child? Were you planned or a surprise baby? Were you wanted or unwanted? Was your sex as expected and as wanted? Were your parents together or not?

Question 2: How does your place in your family impact you?

Question 3: What if anything, were you told about your birth growing up? How does this impact you?

Question 4: What stories are told about other members of your family and birth?

E.g. Your mother, grandmother or dad's birth story

Question 5: What if any, stories were shared about birth generally?

Question 6: How have these stories impacted you?



Part Four

Reflections

**Drawing it all
together, noticing
repeating patterns**



Question 1: Choose 3 words to describe your experience of being born.

Pick the first three words that come to you without second guessing yourself.

Now take a moment to reflect on what these words mean to you. What images or 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 your explorations about birth relate to your answers in Part 1- your current life aspirations and challenges?

Question 3: Reflecting on your answers to Part Two, Your Birth and Part Three, The Family System: 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 reflect on the overall experience or you may split it into parts. 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 me, then move onto another aspect and so on.

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



Part Five

Bonus

Guided Visualisation: Connecting and Healing 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.

A decorative header featuring a branch with orange and pink flowers and green leaves on the left, and a large, textured white heart on the right. The text is centered in a white box.

**Enjoyed this
guided
visualisation?**

**I know it is hard to read and at the same time,
be fully in the experience.**

**To help with that, I created a recorded version
of this visualisation.**

**Allow yourself to be fully immersed as I take
you on the journey to connect deeply with
Baby You.**

To Purchase for a donation of your choice

[Click Here](#)



**Would you
like more
support?**

Explore Your Birth Mini Course

- Go through the work book with live support and guidance from me.
- Group healing on the themes revealed in your birth story.

For more information click [here](#)

Reset Your Birth Blueprint Package

- Reset your birth imprints in a 2-4 month deep dive.

For more information click [here](#)





Appendix

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