

BIRTH AND BEYOND

Release Fear, Create Ease

Feelings of fear and anxiety are understandable when you're faced with the unknown, and the birth of your first child is certainly that! What about when you're faced with the repeat experience and the first one wasn't that great?

During the **Birth and Beyond** program, you will prepare yourself holistically for the **birth of your child** and your **transition into motherhood**, creating an empowered and joyful journey, rather than one filled with fear, confusion and anxiety.

RELEASE FEAR



- Explore past wounds and fears, and release these using a variety of Body-Mind processes and Psychotherapy tools. Clearing these issues out early on your journey into motherhood will be a wonderful gift to both you and your child.
- Develop a birth plan that supports your birth choices and creates clarity.
- Create your own personalised affirmation audio for use during meditation; ensures ongoing support of releasing fears and affirming positive outcomes.

CREATE EASE



- Nourish your body with optimal nutrition and gain the energy you are missing.
- Tune into your body and baby through movement and yoga.
- Meditation / Relaxation combined with essential oils; creates supportive subconscious connections between your Body and Mind, and your baby.
- Explore what it means to become a mother. Examine different parenting styles and choices which pave the way for an empowered journey into motherhood.

MANDY'S BIRTH AND MOTHERHOOD STORY

When I first became pregnant I was so excited. I had waited until I was almost 30yrs old and was flying high in a career in the environmental sector of the mining industry. As the months progressed and I started to 'show', my pregnancy naturally became the topic of most conversations. At about 5 months 'in' I had had enough. It seemed like I was being told every awful birthing story under the sun, and quite frankly I was getting scared that my own birthing experience would be terrible. I hadn't been lucky enough to hear any good news stories of easy births and happy content babies. People would say "Women do it every day, so what are you worrying about" my inner response was "That's SO not helpful!"

I spoke to my meditation mentor at the time and he suggested some unique meditation and affirmation tools. I educated myself in pregnancy yoga and eating for two. I gained support from my network, my reiki group had fights about who got to place their hands on my ever-growing bump, and other opportunities to empower myself showed up.

Eventually the big day came and our son was born after 2 hours labor, no drugs, no stitches. This was repeated a couple of years later with our daughter who took slightly longer (approx. 4 hours). Why am I sharing this? Is it to show off? No! I want to share with you a 'good news' story, something that I had little of when I was facing birth. I want to share with you that it is possible and you can achieve this too.

Taking a holistic approach to preparing for birth is very important. Looking after the physical body through nutrition and movement are key ingredients, while exploring the mind and addressing any fears that arise is paramount. The connection between the body and mind is well understood, so going into birth with a clear and balanced mind will help your body to do exactly what it is designed to do.

What if the birth is not what you had hoped for, what then? It's really so very important to have a mindset that allows a fluid approach to birth. It's great to have an intension to have the birth experience that you think is just right for you, but at the end of the day your child's wellbeing is the most important thing. Being able to embrace the experience, **however it shows up**, is part of the journey.

So what's next? You have your baby and now you are a mother in the full sense of the word. Your life will never be the same again. Are you prepared for this? One of the biggest problems modern woman face is the transition into motherhood.

The majority of women today work either in professional or casual roles. Quite often little or no time is spent creating the mindset changes which support shifting gears into the full-time carer role. Sometimes, this is an easy transition; other times it can be a huge bump in the road, as it was for me. I had spent time creating the birthing experience that I wanted, but didn't know how to shift gears from 'Dr Rock' to 'Mrs Mummy'.

This transition is different for everyone. Sometimes when we become mothers this can be a time when our own issues of how we were mothered (or not) come to the surface. Having a support

system in place during this time of transition can be a significant help, often reducing the likelihood of post-natal depression.

Becoming a mother has been one of the most transformative and healing experiences of my life. My children are now in their teens and are amazing people. I have learnt from the journey and gathered the skills to help pregnant women navigate these uncertain waters.

Come and explore how you can approach your baby's birth in a holistic way. Prepare your body, mind and spirit for the experience. Create the space in your busy life to prepare for the mental transition into motherhood. It will be a gift that you give to yourself and your child that will create the foundation for great relationships into the future.

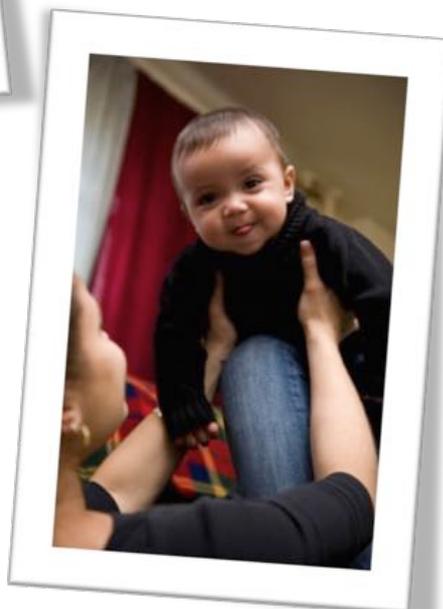
THE HOLISTIC BIRTH AND BEYOND APPROACH

"My baby is healthy and innately knows when to begin labor. My body knows how to birth by instinct. My mind has released all fears and trusts birth. I am enjoying this process and growing through it all." ~Mrs. BWF



Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gate of the soul opens"
B.K.S Iyengar

"The effort to separate the physical experience of childbirth from the mental, emotional and spiritual aspects of this event has served to disempower and violate women." ~Mary Rucklos Hampton



"The mind and the body are like parallel universes. Anything that happens in the mental universe must leave tracks in the physical one" Deepak Chopra

THE HOLISTIC BIRTH AND BEYOND APPROACH

BIRTH PREPARATION

BODY

- Nourishment & Supplementation
- Increase energy levels

MIND

- Addressing birthing fears
- Reprogramming subconscious
- Birthing plans
- Personalised affirmation audio meditation

MOVEMENT

- Yoga stretches to open and prepare
- Birthing breath techniques
- 'Inner Dance' to tune in to yourself and connect with your baby
- Body-Mind movement techniques to support subconscious reprogramming and affirmations

MOTHERHOOD PREPARATION

BODY

- Nourishment & Supplementation
- Maintain energy levels

MIND

- Addressing mothering fears
- Reprogramming subconscious
- Relaxation and stress relief
- Initiating parenting plans

MOVEMENT

- Yoga stretches to repair and release
- 'Inner Dance' to reconnect to yourself
- Movement and play to connect with your child
- Body-Mind movement techniques to support subconscious reprogramming and affirmations

"If there is one thing that I have learnt from my own journey of personal transformation and creation inner peace, it's that a holistic approach is fundamental" Mandy Agnew

BODY NOURISHMENT – BABY NOURISHMENT



There are mountains of resources that provide recommendations about eating for two. You know that what you are consuming is passed directly to your baby and provide the building blocks for your baby's growth. Never under estimate the power of your intuition! Within reason, go with what your body is craving, there is probably something in it that you really need.

Did you know that your body needs between 75 and 85 minerals everyday? What about all the vitamins as well? It's no longer a question of whether or not to supplement our diet with nutrients, it's simply a question of how best to do it. Consuming liquid wholefood creates the foundation of great health. Why?

ABSORPTION – Liquid provides the conditions for optimum adsorption of nutrients into your body. Research shows that liquid absorption of nutrients is above 95%, compared to tablet form, which can be as little as 10% (depending on the brand). That's less yellow wee down the toilet!

CO-FACTORS – Have you heard that Calcium absorption requires Vit D to be present, while Iron absorption requires Vit C? These are called co-factors. All natural wholefoods have the co-factors already available for the body to optimise absorption. Mother Nature is wise.

BENEFITS OF A BROAD SPECTRUM OF NUTRIENTS

The body is wise too and can heal/balance itself given the correct environment. Your body wisdom will utilise exactly what it needs from a spectrum of nutrients. Giving your body a broad spectrum also means that your body's varying needs are accommodated without you even knowing how it's happening.

For example, your stress levels vary daily and weekly and so the requirements on your body change too. Similarly, hormonal changes require difference nutrients depending on where you are in your stage of pregnancy, menstruation cycle or stage of life. What about when your immune system is under attack and you need to be on high alert? Having a broad spectrum of vitamins and minerals going into your body on a daily basis is invaluable.

YOUR MIND – YOUR CREATION

Your mind is a powerful tool, it can be your best friend on this journey, or your undoing.

ADDRESSING FEARS - We will explore fears as they arise and create strategies to approach unhelpful thinking patterns. Fears based on negative belief systems and conditioning can be released using a variety of Body-Mind processes and Psychotherapy tools. You will be empowered to define and create your own journey into motherhood by creating clarity and learning how to use your mind, combined with your body and movement to achieve the outcomes you are wanting.

Similarly, fears of being a 'good enough mother' can also rise to the surface, as 'ghosts in the nursery show up'. These are triggered by experiences that you may have had as a child, and they will impact your own sense of yourself as a mother. Clearing these out early on your journey into motherhood, will be a wonderful gift to both you and your child.

BIRTHING PLANS – It is fundamentally important to know what it is that you are wanting to create and equally important for everyone involved to know as well. Once a plan is created, the level of uncertainty can begin to subside, because you know everyone is on the same page. This simple step alone can be incredibly empowering and begin to bring you back to feeling centred.

AFFIRMATIONS – you may have heard about the power of affirmations in creating the outcome you are looking for. During **Birth and Beyond**, you will have the opportunity to create your own personalised affirmation audio which incorporates deep theta entrainment (DTE). DTE increases and promotes whole-brain integration, meaning that the two hemispheres of the brain grow more connections and exchange information more easily... a great learning and reprogramming state.

This audio is to be used at least once a day as you approach the birth of your child. Don't underestimate what this process is doing for you.

- You are reprogramming your subconscious mind with your own new affirming beliefs.
- You are setting an intention for the birth of your child and, in doing so, you are working with the Universal Laws of Attraction in the creation of your preferred outcomes.
- You will be working with your Body-Mind in a way to help trigger your body into an appropriate response when birthing begins.

Working with your BODY-MIND

Have you heard about 'Fight or Flight'? Research shows us that when we are faced with a challenge (a tiger comes to eat you), your body's physiology responds to help you to either fight or run away. Similarly, your body wisdom can take over during your birthing process, allowing muscles to stretch, bones to widen and hormones to release and relieve.

During the **Birth and Beyond** program, we will utilise this connection between your Body-Mind to your advantage. You will use imagery, memory and subconscious inputs to optimise the physiological changes that occur naturally during birth.

YOUR MOVEMENT – YOUR CONNECTION

Movement seems to be always the unsung hero of any journey, and yet it is one of your most powerful tools. Movement supports:

1. preparing your body for birth (yoga stretch /subconscious mind re-programming)
2. your connection to your baby prior to birth (Inner Dance)
3. during your birthing experience (active birth positions and movements / breathing)
4. after birth for the creation of connection with your baby (play and dance)
5. after the birth for connecting back to your own body when it may feel that it is no longer your own (yoga / Inner dance).

During the **Birth and Beyond** program you will be guided on how to utilise movement during the various elements of your journey.



“Keeping active during labour and adopting natural, upright or crouching birth positions is the safest, most enjoyable, most economical and sensible way for the majority of women to give birth.” – Janet Balaskas

“The most important birthing skill to master is breathing. Breathing is an involuntary, instinctual function that we can learn to control. If you can learn to breathe, you can learn to relax, to open, and to slow your heart rate. If you can learn to control your breath you can learn to control your endorphins. If you can harness the power of your breathing instincts, you can harness the power of your birthing instincts.” Lauralyn Curtis

“The same movements that get the baby in, get the baby out.” - Birthing Within

“When I move I know myself in a new way. Not through my mind but through my body. I feel relationships open in a new way profoundly through the body. I feel healing unfolding as new connections to myself and another are forged. Never underestimate the power of movement to heal.”

Mandy Agnew

Birth and Beyond Program Plan

(may vary over the 6 week journey)

Week 1

Program overview
Identifying your fears
Creating affirmations
Incorporating Nourishment

Week 2

Voice recording affirmation
Reviewing of fears – addressing negative subconscious programming
Introducing Movement – Yoga stretches

Week 3

Understand the Body-Mind approach
Provide affirmation audio MP3 & Lavender oil
Review fears – modify affirmation and MPower March as required
Embody Movement – review yoga stretches & introduce 'Inner Dance'
Birth Plan Creation

Week 4

Review Birth Plan creation – let go of birthing plan
Review fears – modify affirmation and MPower March as required
Embody movement – yoga stretches and 'Inner Dance'
Review meditation

Week 5

Check in and modify tools as required
Looking Beyond Birth
Exploring your mothering story – 'ghosts in the nursery'
Exploring your belief systems – addressing negative subconscious programming as required
Understanding child development
Developing Beyond Birth Plan – support plan, work plan, child plan, partner plan

Week 6

Review and Consolidation
Finalise outline of Beyond Birth Plan

Beyond Week 6 – Individual sessions are available as new elements of the mothering journey come to the forefront and require support.

YOUR TIME INVESTMENT

- 6 x 2 hr one-on-one sessions
- plus homework / workplay
 - movement
 - meditation and
 - personal exploration

YOUR FINANCIAL INVESTMENT

Total \$1779.00

or 3 monthly payments of \$595

includes:

- Information and workbook journal
- 3 months Nutritional Supplement supply
- High quality essential oils
- Professional Affirmation audio developed just for you
 - – includes deep theta entrainment

Mandy is most generous hearted and it didn't take long for me to know that I had found someone I could trust. This healing journey has been surprisingly gentle and easy, Mandy has an innate knowing of how to unlock doors in my consciousness and each time I have seen her, my acceptance and understanding of myself and my life circumstances has deepened and I have become more empowered to create my life in a more healthy and authentic way. Mandy's wholistic approach supports my spiritual, emotional, mental and physical wellbeing. I am very grateful to have found her and whole heartedly recommend her to anyone. *Sally*

Preparing the path into motherhood may take some time and effort, but in the end can make the journey less bumpy and more enjoyable.

When you truly understand the importance of your role as a mother/parent to your child, you will never question putting time into creating a strong foundation to grow from.

This will be a gift that you give to yourself and your child that will last a lifetime.

I am committed to your journey and offer you the following:

- Each step of the way you will be empowered with tools and knowledge.
- Nutritional support with money back guarantee.
- Unlimited email access, with back up phone calls if required
- Limited intake – to ensure the quality of your sessions.
- Payment plans and discounts available upon request.
- Money back guarantee – if at the end of the program you don't believe the journey has been worth the money invested, simply call the following day and receive your money back without hesitation.