

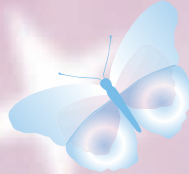
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Faye Read at Soulbirth:
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For funding and organizing the event

Vanessa Tucker at Flame Creations:
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For all the Graphic Design work

Community Midwifery WA:
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For the use of the 'Red tent'

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All stationary and art supplies



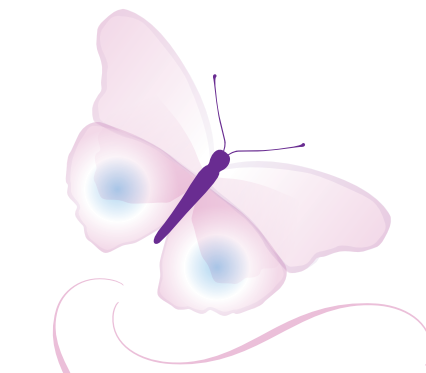
*Thankyou for your valuable support, as
without it this event could not have happened*

For more information about this annual event
or other activities planned throughout 2009
contact us or visit the following website:

Soulbirth
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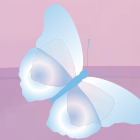
Design by Flame Creations design studio 0419 200 793

Dare to be all that you can be



Universal Day *of* Soul-Birthing

Saturday 7th Feb 2009
11:00am – 2:00pm



Grass Trees Lawn, Synergy Playground
Kings Park Botanical Gardens
Perth, Western Australia

*Acknowledging Beautiful Souls everywhere
on all planes of existence*

Realizing our true potential

Our Symbol ...



...The Butterfly

The wisdom of the Butterfly is Transformation and Grace. Butterfly conjures up a vision of grace as it flutters on wings of a Gossamer, touching here and there, ever so gently, on its flight to feed and cross-pollinate life. Butterfly's transformation occurs as it changes from egg to larva, to pupa, to butterfly. Allowing change to take place, Butterfly ensures its new growth, moving from stage to stage until it achieves a state of perfection and grace. This occurs time and again with ease, never a struggle is had. Butterfly reflects how humanity should be. We need to learn how to transform our lives from stage to stage, bringing in change with open arms, allowing ourselves to open our hearts and accept new growth, so we may someday achieve perfection and grace.

Affirmation: I give thanks for life

From the 'Wisdom of the Australian Animals' cards
By Ann Williams-Fitzgerald and Karen Osborn

Nelson Mandela's Inaugural Speech

“Our worst fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, ‘who am I to be brilliant, gorgeous, talented and fabulous?’ Actually, who are you not to be? You are a child of God; your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure about you. We were born to make manifest the glory of God within us. It is not just in some of us, it is in everyone and as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear our presence automatically liberates others.”

Nelson Mandela

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UNIVERSAL DAY OF SOUL-BIRTHING

The *Universal Day of Soul-Birthing* is a day that has been declared to acknowledge the uniqueness and beauty of each and every individual, and to honor the Soul Journey that each of us is on. It is about realizing your 'True Potential' and striving to be the best that you can possibly be, to create greater joy and happiness in your life.

What is 'Soul-Birthing'?

'Soul-Birthing' is all about giving birth to our 'Soul'!! This is our true essence...who we really are, our authentic selves. We all come into this life filled with possibilities, dreams and huge potential. Every one of us is different and unique. We are all on our own soul journey and will travel down many different pathways on our journey through life. It is through connecting with our true selves that we are able to realize what our journey has in store for us, where we've been and where we're going. We can truly 'give birth' to ourselves on a heart and soul level. Our parents brought us into the world by birthing us physically. The rest is up to us. By being on purpose and connecting with ourselves on a soul level, we can truly birth this wonderful soul of ours.

What's in it for me?

The benefits to you in taking part in this day include the following:

- It is a chance to re-connect with your 'self'.
- It is an opportunity for growth, evolution and change.
- It is a chance to connect with others in a similar way and delve into those deep questions we all ponder at some time in our lives.
- Hear about all the FREE events coming your way in the year ahead to help YOU along the way on your Soul Journey.

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Are you BEING all that you can BE?

Have you stepped up to the plate and embraced your authentic self? If not, now is your time to shine!! We are all here for a reason, doing what we all do differently. Each of us is unique and wonderful beyond measure. It is time to acknowledge yourself for being you and doing whatever it is that you do...to the absolute best of your ability!! Be the best that you can be. Live your life consciously & authentically.

How can you find more meaning in *your* life?

Simply start by asking yourself if you are truly happy. If not, then what would help to make you feel this way? Write yourself a list of ten things that would make you truly happy...make your heart sing. Make it your mission to incorporate all these things into your life as often as is practical. Make time for them, as they will make you happy remember? If they are currently unattainable, then it's time to set some goals, do some visioning and put some practical strategies into place. Don't forget that happiness comes from within. No amount of material possessions will create true happiness, even though they will certainly make the journey more comfortable. Look within.

What is your heart calling you to do?

Spend time as often as you can, sitting quietly on your own. Go right into yourself and connect with your heart. This is easier to do if you place your right hand on your heart as you're sitting quietly. Try to get a sense of what would make you *feel* so unbelievable wonderful, that your heart would be bulging and aching to do it. Ask for some divine guidance and lots of clarity. It's amazing what you get if you ask for it! Is there something that you have ALWAYS wanted to do, but never done? Or maybe you're already following your heart? In my experience, the doors just seem to open for me when I follow my heart. Life flows way more easily and I enjoy what I do. It's when we ignore our hearts yearning that we become unhappy. So go for it...follow your heart and your dreams!!

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Learn the secrets of having and maintaining a harmonious family home and environment

Did you know that the 'energy' that is all around us can influence our lives considerably? Negative or disharmonious energy can disrupt our lives and create blocks that prevent us from achieving our full potential. Babies and young children will sometimes appear unsettled or quite hysterical, even when there is no logical reason. It could be due to negative environmental energy. Once this energy is cleared, things progress on a much more positive note and 'flow' way more easily. See the articles on Feng Shui and Geomancy on the website, to better understand these influences and how these can be corrected. Regular 'Space-clearing' is also highly recommended to keep your environment at home or work free of negative energy. Regular updates and information will be available in our future newsletters.

Find out how you can make a difference in 2009 and get your life back on track

Coming throughout 2009 will be a series of free teleclasses, aimed at covering a huge variety of topics around being the best that you can be, Communicating with your unborn baby, Preparing for birth, the art of soulful parenting and all about our souls journey.

Each teleclass will give you lots of practical tips and strategies that you can adopt easily into your lifestyle to create positive change. Each session will be recorded, so you will be able to download a copy for a limited time, to listen to at your leisure. **Make sure you visit us NOW at: www.soulbirth.com and subscribe to the free *Soulbirth newsletter* so that we can keep you up to date with our happenings, and let you know when these free tele-classes will commence.** In addition, there will be several e-books released this year which will also be announced in the newsletter.

In the meantime, if you're looking for some inspiration, why not grab a copy of 'Living an Abundant Life and have a read. This book was released in 2008, right before the global economic crisis. The book is very timely, as the stories highlight that 'abundance' comes in many forms and it's in times like this that: 'When the going gets tough, the tough get going!!'

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