



## In This Issue

- A Note from Faye
- Birth Tip of the Week
- Self Nurturing Tip of the Week: Have a relaxing bath
- This Weeks Q & A: Do you think my baby can hear me?
- Feature Article: Communicating with Your Unborn Child
- Events Calendar: Workshops and Teleclasses
- About Faye
- Faye Recommends: CD – ‘Communicating with Your Unborn Child’
- Marketplace

Please add [faye@soulbirth.com](mailto:faye@soulbirth.com) to your email address book, so you don't miss out on future issues!

## Note From Faye

Hi %\$firstname\$%,

Well school holidays begin here tomorrow. I am so ready for a break. It's spring-time here in Australia, but we've had one long continuous winter. I'm hanging out for the warmth of summer, although the much needed rain has at least been filling up our dams. Hopefully the water restrictions won't be so severe this summer!

I'm looking forward to getting out in the bush and taking the kids camping and bushwalking. The nights are still a little chilly though. We were very lucky for a break in the weather last weekend. My 14 year old son and his cousin had been saving and planning for at least a year, until they were old enough to go for a tandem skydive! Last Sunday was THE day. The weather held out just long enough for them to jump and then all flights were closed for the day. I was so proud to see my son have so much courage and confidence to do something that most adults won't do. See the picture of him under canopy...

At what stage in life do we lose this courage and confidence? Imagine if you could have an experience like this and then be able to tap into that experience at anytime you needed to get you through difficult times. Experiences like this set you up for success, as it lets you know how amazing you really are! Having an 'empowered birth experience' is much like this!! The rush of

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endorphins that you experience leaves you on such a 'high', that it is much the same as the adrenalin rush you get from skydiving! Don't believe me? Go for a skydive. Experience the rush! Then write in and let me know what YOU think!

In the meantime, enjoy this weeks e-zine and we look forward to connecting with you again. Feel free to pass this on to any friends or family that you think may benefit from it.

Peaceful Birthing

*Faye*

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## Birth Tip of the Week

Take time out each day to 'just be'. Sit in silence, meditate, read a good book on birth, or tune in to your baby growing inside you. This time is valuable and you'd be amazed how intuitive you are if you stop and listen to the messages coming your way. This is a great chance to truly 'connect' with your baby.

## Self Nurturing Tip of the Week

### Have a relaxing bath

I find it very relaxing and indulgent to lie in a bath for half an hour and close my eyes. Fill the bath. Make it as warm as you feel comfortable in. Add some bubbles if you like. Put in a few drops of your favorite essential oils. If you're pregnant, you may need to check first with an Aromatherapist, as there are some oils that you shouldn't use during pregnancy. In the first trimester, you shouldn't be adding any essential oils at all as they may increase the likelihood of miscarriage!

An alternative is to sprinkle a handful of rose petals into the water. This makes you feel like a princess as it is very luxurious! You will then be able to indulge in the scent of the rose petals.

Take the phone off the hook, dim the lights or light some candles, put on your favorite relaxing music and settle into the bath. Take at least 30 minutes to drift off into a state of total relaxation, or use this time to really connect with your baby if you are pregnant.



## This Weeks Q & A

### Do you think my baby can hear me?

A lot of research has been done in the US, showing that babies in the womb are very conscious of their surroundings. It has been scientifically proven that babies see light, hear sounds and absorb information that is either given to them, or absorbed from the goings on around their mother.

Babies are so in tune with what is going on in the 'outside world'. They react to all sorts of stimuli. They will respond to music that is played while in the womb. I played Strauss's 'The Emperors Waltz' throughout my pregnancy with my eldest daughter. As a new baby and young child, I found this to be the most amazingly effective way to calm her when she was upset.

Babies will also react to loud noises by jumping suddenly and then having a lengthier unsettled or 'awake' period. They can be calmed and soothed in utero by gentle massage, a dose of Reiki, singing softly or gentle rocking motions.

So yes, your baby can definitely hear you when you speak to him/her. They even hear your thoughts...so be careful what you think!!

## Feature Article

### "Communicating with Your Unborn Child"

by Faye Read

When communicating with your baby before birth, you can experience a relationship on a whole new level that you probably never thought was possible. If you do this, so many new possibilities can open to you. You may be able to connect with your baby on a more 'spiritual' level and find out all kinds of information about them and what they want for their birth and for their lifetime. Let go of any fears you may have in relation to the upcoming birth and parenthood, so that you can truly open to the experience and enjoy the journey.

When communicating with the unborn child, it is essential to say things in the positive. The whole birth experience should be spoken about and prepared for in the positive, as it sets up continual affirmations of what will happen. This is then far more likely to eventuate. I know it's difficult for pregnant women because there are so many other women wanting to share their negative birth experiences with them. These women need to debrief their own birth and this is why they 'dump' on other women. The trick is to not take it on. So if you know this, you can keep feeding yourself and the baby on positives. Hopefully then, over time you will begin communicating in this way out of habit. Use positive affirmations every day as often as you can.



Your baby is unique to you and the relationship you build with your baby will be different to that with anyone else. To bond with your baby before birth, you can try one or all of the following methods. Develop some other methods of your own.

Methods of bonding can include:

- Touch - massaging, stroking, Reiki
- Sound - talking, singing, music (Mozart is wonderful)
- Emotional - Love, joy, happiness
- Spiritual - Meditation, visualization, ritual & ceremony

Take it to a new level...the spiritual dimension - by [communicating with the incarnating soul](#).

Establish a deeper level of communication - through relaxation, visualization, meditation, guided imagery, journal writing, dream work, music, partner dialogue, affirmations, tactile stimulation, verbal stimulation, free drawing,

mandala drawing, clay work, rhythmic breathing and any other creative way you can think of.

Trusting your intuition and the information you are receiving is all part of effective communication with your baby, whether physically here already or not. We can be so quick to negate our own thoughts and feelings, which can undermine our efforts and cause us to give up on trying to communicate in this way. It takes persistence, practice and a lot of trust initially. The rewards however, are great.

To read the full article on 'Communicating with Your Unborn Child', just follow this link:

[http://www.soulbirth.com/communicating\\_with\\_your\\_unborn\\_child.14.html](http://www.soulbirth.com/communicating_with_your_unborn_child.14.html)

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**WANT TO USE THIS ARTICLE IN YOUR EZINE OR WEB SITE?** You can, as long as you include this complete blurb with it: Faye Read is dedicated to empowering couples to achieve a positive birth experience. To learn how you too can take back control of your birth and make informed choices, register for her free weekly articles at:

[www.soulbirth.com](http://www.soulbirth.com)

## Events Calendar

### Active Birth Workshops

Our next Active Birth Workshop which is scheduled for Sunday 11th October is now FULLY BOOKED. Apologies to those of you who may have missed out. Demand for these workshops is increasing, which is fantastic. That means that more and more women are starting to take back control of their birth experience! People are looking for information and wanting to know what THEY can do for THEMSELVES to have a great outcome.



I have scheduled more frequent workshops for the next 6 months to meet this demand. To find a date that suits you, go to: [http://www.soulbirth.com/active\\_birth\\_workshop.49.html](http://www.soulbirth.com/active_birth_workshop.49.html)

You can now book and pay online.

For those of you who can't attend in person due to distance etc, I have now completed my e-book...'Childbirth Preparation'! This has been a LONG time in development...but it's FINALLY done! I am now getting it ready to have available on the website. It should only be about a week away. Thank you everyone so much for your patience. I know I've been talking about this for years!!

### Teleclasses

To celebrate the 'Childbirth Preparation' E-book launch, I will be conducting a series of FREE teleclasses around Childbirth Preparation, based on the e-book. These will commence in October and run for 6 weeks. Dates will be in the next e-zine.

This is a great option for those of you who can't attend the live workshop. As an *introduction* e-course this is the only time it will be offered FREE. In the future it will be by subscription. So be in the first series to get a real bargain. The lines will be opened at the end of each call for Q & As. I will also be recording the calls, so that they can be available for a limited time after, in case the allocated time doesn't suit you.

## About Faye



Faye Read is an author and specialist in childbirth education. As the founder of Soulbirth - a consulting firm dedicated to empowering and educating women and their families about their choices and options available to them during the childbearing years.

Faye's professional experience includes being a Registered Nurse and Midwife, an Independent Community Childbirth Educator, Natural Therapist, Healer, Energy Intuitive and mother of 4 beautiful children. She uses a large range of Natural Therapies and healing modalities in her work and has a broad range of experience from her many years working in the various fields.

Faye is author of "Childbirth Preparation", "Soulbirthing-A Spiritual Perspective" and a featured contributor to the book "Living an Abundant Life" by Sandy Forster of: <http://www.WildlyWealthy.com>

Faye is passionate about helping others to have a positive, empowering birth experience, laying the groundwork for many years ahead of positive parenting.

You can learn more about Faye and her workshops, products and services at [www.soulbirth.com](http://www.soulbirth.com)



Soulbirth

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## Faye Recommends

## CD - COMMUNICATING WITH YOUR UNBORN CHILD

This CD has 2 tracks, which can be listened to during the preconception phase, to help draw the intended soul towards you and prepare you on all levels for conception and the incarnation process. It can be used during pregnancy, to connect with spirit and your own intuition, so that the pregnancy develops on a deeply spiritual level. It can also be used after birth so that you can truly parent from the heart and soul. Once communication is established, it can be maintained as long as you desire...forever!!



### Track 1 - 'Communicating with your unborn child'

This track will help guide you through a process to tune into your unborn child, on a physical, emotional and spiritual level. It will help deepen your awareness of your baby's origin, soul purpose and individuality and help establish a communication pathway between you both. You will then be able to tune into your child at any time...preconception, pregnancy, birth and childhood. This communication, once established will help you to make decisions on the baby's behalf and help heal any wounds that need to be healed, to help them move through their life/soul journey more smoothly.

### Track 2 - 'Listening to your intuition'

This track will help you get in touch with yourself, and establish trust in your own intuition. It can be used by anyone at any time, although it was originally recorded for use during pregnancy, as this is a time of heightened sensitivity and intuition. It is a time when women feel most vulnerable and need to find their inner strength. This CD will help guide you inward, to get in touch with all your feelings and gradually build up trust in those feelings. This will not only help build self confidence, but it will give strength during the birth process and any other time throughout life when you need to re- focus. It is a wonderful resource to utilise throughout your lifetime.

**Get your copy of these CDs plus all the additional bonuses now at:**

[http://soulbirth.com.au/communicating\\_cd.61.html](http://soulbirth.com.au/communicating_cd.61.html)

They can be shipped to anywhere in the world.

## Marketplace

**"Simply Raw: Reversing Diabetes in 30 days"** Karen Bartz – Naturopath and Nutritionist has a 'Raw Foods' screening on Monday 28th September from 7pm to 9.30pm at the Loftus Community Centre in Leederville, Perth, Western Australia. Tickets are \$15.00 at the door and there will be a green smoothie demo, organic raw food supper and a question and answer session. To book, phone Karen on: 0419 943 328. Visit her website to find out all about raw foods: [www.teachtheworldraw.org](http://www.teachtheworldraw.org)

**"Bedtime and Toilet Training Solutions"** Forget about all those sleepless nights and spending hours getting your children to go to bed and fall asleep fast - your bedtime problems solved in a loving way - guaranteed and proven.

Forget about potty training and toilet training being a hassle, taking months and spending a fortune on

unnecessary nappies. Find the solutions to all of these 'toddler hassles' by visiting:  
<http://soulbirth.btts88.hop.clickbank.net/>

**"Lets Create an Ecstatic Birth School and Center on Maui"** A friend of mine... Jeanice Barcello, lives in Maui and is creating THE most amazing place on earth for birthing women. You can help bring her vision to reality. See what she's up to and visit her website at: <http://www.ecstaticbirthmaui.com/2.html>

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