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Note From Faye

Hi %\$firstname\$%,

BULA!! Hello and welcome to another week of news and updates. Well my week away in Fiji has now been and gone. It proved to be a very relaxing break - just what I needed. It was a nice blend of relaxation and sightseeing, as well as being a cultural experience. Being involved in three days of celebration around the wedding was truly an experience, one that I felt very privileged to be a part of. I really enjoyed the ritual and ceremony around such an event in a different culture. Even though I don't understand Hindi, the many new relatives made sure that I knew what was going on. We were made to feel so welcome. This photo is of me with my partner Brian, his son Scott (the groom) and his beautiful bride, Shereen.



Hindu weddings are so colourful. There was an endless parade of colourful sari's, laden with beads and jewels all meticulously hand sewn. The bride and groom looked stunning in a mix of red and gold.



After the wedding we had some R&R time. I finally got to laze by the pool with a strawberry Dacquiri...aloha!!

We went on an island cruise and managed to paddle around the island, do some snorkeling and laze on the beach. We watched a fire twirling ceremony on the beach which was pretty spectacular and joined in with some of the local dancing. All in all it was a great holiday, but I was ready to come home at the end of the week. Now it's back to reality, but I'm determined to stay on Fiji time (at least for a little while)...hence the late arrival of your ezine this week!! My apologies. I hope you find something of interest this week. It

has been inspired in part by some of the rituals we experienced in Fiji. Read on and enjoy.

Yours in 'Peaceful Birthing'

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Birth Tip of the Week

Create a Belly Cast

Kits are available now to take a cast of your pregnant belly. This enables you to create a lasting memory of the pregnancy. The kits come with full instructions, materials and decorative ideas. The cast can then be decorated with many different materials to create a wonderful centrepiece, or can be given a special place in the child's room.



In creating your cast, time can be taken to focus on your baby. This can be a lovely activity to do as part of a 'Blessingway' ceremony before the babies arrival.

Self Nurturing Tip of the Week

Henna Body Art



Applying henna to the belly toward the end of a pregnancy in certain cultures is believed to protect or bless the mother and child during the difficulties of labor. It's believed to guard against the evil eye and protect from evil or malicious spirits that may be near during delivery. Henna designs are viewed as protective. Having henna applied and having someone touch your pregnant belly, is very calming. The henna paste is cooling and can help relieve heat exhaustion and soothe hot skin. Henna brings something restful and joyous to the strenuous last trimester and helps women embrace this transformation.

This Weeks Q & A

How can we find out more about belly dancing for birth?

Following Maha's article on Belly dancing, I have had so many emails from readers, asking how they can get more info about belly dancing.

The good news is...as from NEXT WEEK I will have Maha's book and DVD available from my website as I have ordered some in. If you would like to reserve your copy before they all sell out, just [drop me an email](#) and add your name to the list. I will let you know when they arrive. They should be here by next week.

Maha will also be coming to Perth next August/September next year to run a 'Bellydanceforbirth' training session, for anyone wishing to learn this skill to pass on to others. She will also be doing these sessions in many other locations. Stay tuned and I'll bring her schedule to you next week if possible.

Feature Article

"Rituals and Ceremonies"

by Faye Read

During this time of creating new life, one tends to be a little in awe of the powers that be and the miracle that is taking place within us. It is an ideal time to reconnect with some of those ancient traditions, which have somehow been lost in our westernised way of life.

The traditions surrounding birth include many different forms of ritual and ceremony. We can celebrate love, conception, welcoming the incoming soul, the woman's pregnant state, and birth as a woman's rite of passage.

After the birth we can celebrate the new arrival, hold a name giving ceremony, baptise the baby, have a special burial ceremony for the placenta and also celebrate the woman as she takes on her new role as a mother. All of these occasions and more are worthy of such ritual and ceremony.

Candles, essential oils, smudge sticks, mandalas, chants, drums, music, special beads, cloth, crystals or gifts, are often used as ceremonial objects to help create the right energy for such an occasion.



A ceremony which is particularly enjoyable and becoming quite popular is the 'blessing way'. This is held in the weeks leading up to the due date of birth. It is held to welcome the child and bless and honour the family that is bringing the child to earth. The family and circle of friends come together to welcome the baby in and show support for the parents by creating an environment of readiness, love and acceptance.

This is an excerpt taken from the ebook 'Childbirth Preparation', written by Faye Read, available at:

www.childbirthpreparationebook.com

Parenting Column

"The good, the bad and the ugly"

By Sam Crosby

The good, the bad and the ugly...the truth about skin care and why you should choose natural, organic products for you and your baby.

There are many reasons why it is desirable to use products that contain only natural and certified organic ingredients. Firstly, our skin is our largest organ and it absorbs the products we use through our pores. By using natural products, we are reducing the number of harmful chemicals entering our body and circulating round our system. It has been found that some synthetic preservatives, once absorbed by the body, store in our organs and continue working in our bodies for long periods of time. Many commonly used synthetic ingredients are suspected carcinogens (cancer causing).

The importance choosing natural products becomes heightened with new babies, who have more vulnerable skin that is easily irritated. Using chemical ingredients on the skin of new babies can harm the development of the protective skin barrier and lead to future skin complaints. Secondly, if you choose to use products containing certified organic ingredients, this means that there will be far less contamination from pesticides, herbicides and chemical fertilizers than alternative products. Organic methods of farming are costly and therefore the raw ingredients derived from organically grown plants increases. Natural and certified organic raw ingredients and pure organic essential oils are far more expensive than their cheap synthetic counterparts, so be prepared to pay more for natural and organic products than for standard, mass produced, synthetic alternatives, however, the long term

benefits will always be worth the extra cost.

Most products on the market today require the use of strong, potentially harmful chemicals, often preservatives (**parabens**) to enable them to have a long shelf life and commonly contain other chemicals including **sodium lauryl sulfate (SLS)**, **mineral oil** and **propylene glycol**, which is another petroleum derivative. Available on the Ayana website is a list of the harmful chemicals that are found in an overwhelming number of skin products, including those on the market for newborn babies and young children. Even those products marketed as 'natural' or 'organic' often contain synthetic ingredients (often preservatives) that are known to be toxic. As a rule of thumb, if it sounds like a chemical...it probably is! Read the back of your product labels very carefully and remember that ingredients '**derived from a natural source**' are not the same as '**natural**' ingredients. At Ayana Organics, we have made the decision to refrain from the use of chemical preservatives and have selected 2 natural preservatives to extend the shelf life of our natural products.

About Ayana Organics:

Ayana Organics is a West Australian owned and operated boutique skin care company, passionate about providing products that are kind to our environment and free of chemicals. Ayana is an Indian word meaning 'beautiful flower'. In many cultures, the image of a flower's petals opening is synonymous with new life. At Ayana, we have chosen to celebrate one of the most special and sacred journey's in a woman's life by creating a skin care range especially for pregnancy, newborn babies and the post-natal period.

Sadly, a great many companies still test products on animals, or have it done for them. There is absolutely no reason for this to be continuing, with other accurate testing methods available. At Ayana, our entire product range is certified cruelty free by CCF Australia, something of which we are very proud.

Ayana products are also vegan friendly, containing no animal products or animal by-products. We do not use honey or beeswax in our products. We have chosen to use soy wax in our Ayana baby bottom cream, as an eco friendly and vegan alternative to beeswax. We have made our candles from 100% soy wax, rather than beeswax, or paraffin wax (which release chemicals when burning).

Ayana Organics also believe in offering you ethically and environmentally sound choices in packaging. Our bags and boxes are made in Nepal from 100% recycled waste material. We are proud to help support this fair trade project which involves primarily women, who are given a trade and a fair income. This fair trade co-operative also provides our recycled string and ribbon used in our gift packs. Our coffee beans in our post natal scrub are certified organic and fair trade. Our jars are all recyclable and we print only on 100% PCW recycled paper.

Ayana Products:

The Ayana Lotus range is for use throughout pregnancy. In Egyptian culture, the lotus flower is a symbol of creation and new beginnings. The lotus range uses carrier oils that nourish, moisturize and protect pregnant skin and a range of essential oils which are all safe throughout your pregnancy.

The Ayana Blossom range is for babies. It has been created with delicate skin in mind. The products in this range are either fragrance free, or mildly scented with pure essential oils that are safe to use on your baby and known for their soothing and healing properties.

The Ayana Orchid range is for use during the post-natal period. This range contains some essential oils that are to be avoided during pregnancy.

For more information, or to look at our range of skin care, soy wax candles and herbal teas, please visit the Ayana organics website on www.ayanaorganics.com.au or send us an email.



Events Calendar

Active Birth Workshops

The next Active Birth Workshop is in January! The full schedule of workshops for the next 6 months is at:

http://www.soulbirth.com/active_birth_workshop.49.html

You can book and pay online.

Don't forget, for those of you who can't attend in person due to distance etc, you can order a copy of my e-book...'Childbirth Preparation'! It is available on the website, along with some fantastic FREE bonuses. Follow this link for more information:

<http://www.childbirthpreparationebook.com/>



Teleclasses – Have now concluded!

The bonus Q&A session will be on next week. To celebrate the 'Childbirth Preparation' E-book launch, I have been conducting a series of **FREE teleclasses** around 'Childbirth Preparation', based on the e-book. For those of you who registered for these calls, you will receive an email early next week with the phone in details for the bonus session. Don't forget to email me with any questions you have on pregnancy and childbirth, so that they can be answered on this call. My email address is: faye@soulbirth.com

Radio Interview

Last week I was interviewed on Jeanice Barcelo's radio show about the spiritual aspects of birth. I had so much fun chatting with Jeanice and it was so nice to be able to share my experience on radio with others. To listen to the call, just follow this link...



<http://www.blogtalkradio.com/jeanice-barcelo/2009/11/25/love-sex-pregnancy-childbirth-parenting>

World Birth Summit

This will be on between the 5th–9th May in Damanhur, a spiritual community in the far North of Italy. I will be presenting a couple of topics at the Summit and will be participating in the 'International Commission for Birth'. I will also be helping to create an 'International Spiritual school for the Art of Birth'. I will let you know more details when they become available in case you are

interested in attending. To find out about Damanhur where the Summit will be held, visit:

<http://www.damanhur.org/>

National Homebirth Australia Conference

The National Homebirth Australia Conference is also on next May. If interested in attending you can visit the HBA website for details at:

<http://www.homebirthaustralia.org>

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



Soulbirth
PO Box 349, Beechboro, WA 6063, Australia
Phone: +61 8 9378 9196 Mob: 0417 471 526
Email: faye@soulbirth.com
Website: <http://www.soulbirth.com>

Faye Recommends

'Childbirth Preparation' Ebook

Take back control of your own birth experience and learn all about the options available to YOU ...leaving you feeling positive and empowered, as every new parent should be.

This newly released e-book titled "[Childbirth Preparation](http://www.childbirthpreparationebook.com)" by Faye Read is the quickest and easiest way to holistically prepare for birth.

Inside this informative e-book you'll get information about all the various choices available to you and what you can do to create the birth experience that you desire. Absolutely everything any birthing couple would need to know.



To find out more or to get your 'Childbirth Preparation' EBook now, go to:

<http://www.childbirthpreparationebook.com>

Coming next week...Maha's 'Bellydance for birth' book and DVD

Marketplace

"Early Loving, Early Learning - Loving Ways to Make Your Baby Smarter"

A series of recordings, which feature experts being interviewed on their main topic of expertise. In these interviews Pinky McKay asked each professional (individually) to explain how you can support your baby's development through the most appropriate care and interactions for each stage, from pregnancy through infancy. To find out more about these recordings, go to:

<http://www.1shoppingcart.com/app/?af=1066440>



I am so impressed with the parenting experts Lorraine is interviewing; it's great to be in such good company. To access her 'The essence of parenting interview series', visit:

<http://tinyurl.com/y8um9nf>

"Let's 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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