

Spiritual Midwifery



Level 1, 2010

June 5, July 10, August 7
9.30am – 5.00pm

The birth process is mysterious and it is something we all experience when we are born. A deeper understanding of the birth time enables one to live with much more aliveness and connection. Spirit moves into form those present are witness to the miracle. Yet again a human opens her/his eyes and sees. This course lifts the veils of illusion that hamper the realisation of the dream.

Ideal for Midwives, Obstetricians, G.P's, Therapists, Childbirth Educators, Doulas, pregnant women and any person who would like to learn about the birth process. Come

Bookings Essential
Phone Sunderai – 0401626883
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Course Outline

The Calling. Looking at the participant's connection to birth - articulating, re-discovering and expanding this vital inner sense.

The Body Systems. The known and the "unknown" - the physical and spiritual bodies. Examining experiences that demonstrate these systems. Looking at the inter-relationship between them and how this understanding aids the resolution of difficulties that can manifest during pregnancy and birth. A model based on the four elements will be presented and explored - EARTH, FIRE, WATER and AIR.

Altered States of Consciousness. Defining these and learning about the healing available in these states. De-mystifying and learning how to access them, a VITAL tool for the birth attendant. Seeing how they are important part of a woman's well-being during pregnancy, birth and post-partum.

Left Brain, Right Brain. How entering right brain spaces facilitates the birth process. How engaging the left brain inappropriately inhibits labour. The place of birth and the practices/rituals that aid or hinder the process.

Birth as Part of the Continuum. Seeing the interconnections of a woman's psycho/sexual life and its influence on birth outcomes. These rhythms of life affect the birth attendant too and her ability to respond appropriately. The honouring of these rhythms provides the impetus needed for the natural process to occur.

With Woman. We examine the forces present for the woman and her carers that aid or inhibit the birth process and the interpersonal relationships that occur in different situations. The allegiances, conscious and unconscious, that exist. Who has the power?

**Held at 766 Riversdale Rd.
Camberwell
Cost: \$650
Includes use of ICSM library**

This program is lead by Shivam Rachana.



Rachana has been teaching for more than thirty years. Within each person she recognises the ability to self-heal and through the power of this recognition, enables others to take the necessary steps toward their healing. She draws upon her experience as a woman, lover, mother, teacher of Spiritual Midwifery, therapist and pioneer of birthing practices including Waterbirth and Lotus Birth. She teaches nationally and internationally.

"I'd like to thank all the wise women of the college who have shared the wisdom of birthing - I came home from this birth with a strong feeling that the knowledge you share comes from a place of authenticity and integrity. I have found the college to be a place where my spirit can soar and my soul feels at home - for that there are no words to express my gratitude."

With love, Jo Watson - Doula

**For more information go to
www.womenofspirit.asn.au**