

# Sacred Birthing Program - Frequently Asked Questions

**Q: Is this intended to replace birth classes or a Doula?**

**A:** No. This program works best when used in conjunction with physical support like birth classes and birth workers. The Sacred Birthing Audio Program is designed to be your 'home work'. The education you gift yourself in the comfort of your own home to prepare your heart, mind and spirit for birth. I highly recommend you attend an active birth workshop with your partner and consider hiring a Doula or Midwife to physically share the journey with you.

**Q: Will I get to talk to you during the program?**

**A:** This is an online audio program. As such, it is self paced learning and I will not have one-on-one contact with the participants. That being said, I am available via facebook should you wish to ask a question. I have a team to support with technical questions, however, with your personal birthing questions - I will endeavor to respond as soon as I can.

**Q: Will you create a program or classes where we can meet with you in person?**

**A:** Yes! It's in the pipeline 😊 However, with 3 kids (one still a baby) and a business I have to be realistic about the timelines of my goals. I anticipate birthing workshops and live programs to be up and running by early 2018 (in time for your next baby ;)

**Q: At what point in my pregnancy is the best time to start this program?**

**A:** You can really start wherever you're at. It will be a personal choice and I want to invite you to trust that you know when the best time to begin is. For some, you may have finally found my program at 38 weeks - In this case, you can still gain deep benefit - albeit brief. For others, perhaps you are at the beginning of your journey - this will give you plenty of time to dedicate to your weekly practice. For optimum results my suggestion would be to start in 2nd trimester and continue through until your birthing day. Listen as often as you feel called to. Remember, this program works at a subconscious level, so the more frequently you participate in your practice, the deeper the learnings, the more effective the experience.

**Q: I don't have a printer, can't I just type my answers into the PDF document?**

**A:** I have purposely made it so the worksheets are print ONLY. For two reasons: 1) I want you to create a PHYSICAL experience of this program and suggest you make a box or binder in which to collect all of the meaningful material you have in preparation for your birth. And 2) Learning deepens in the brain when we physical handwrite our own insights and awareness. With deeper learning comes a greater ability to create the experiences we seek.

**Q: Is this the same as Hypno-Birthing?**

**A:** The principles are very similar. However this program takes the listener on a journey to connect with the Divine and their highest self. Whilst offering hypnotic suggestion for birthing with ease and managing pain, it also offers bliss inducing experiences and Divine Feminine language to help the birthing mama awaken to the ecstasy and pleasure of birth.

