

A guided workbook · 12 pages

# *The Sacred Birth Preparation Guide*

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*“For the woman walking into motherhood on purpose.”*

This is not a checklist. It is a slow, sacred companion — a place to gather your fears, your knowing, and your questions before your baby arrives.

Move through it gently. Skip what does not call you. Return to what does.

— Joanne, *A Soul Full of Community*

## *How to Use This Guide*

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### *Make a small ritual of it*

Light a candle. Pour something warm. Choose a notebook you love. This guide is meant to be sat with — not skimmed.

### *Move at your own pace*

There are ten reflective sections ahead. You might move through one a week, or one in a single quiet morning. Both are right.

### *Invite your circle in*

Some prompts are beautiful to share with a partner, sister, or doula. Others are just for you.

## *On Becoming a Mother*

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*“Matrescence is the becoming — not just of a baby, but of a woman remade.”*

Pregnancy is not only the growing of a child. It is the slow, sacred remaking of you. Your identity, your body, your relationships, your time — all of it shifts.

### *Sit with these questions*

- Who was I before this pregnancy began?
- Who am I becoming — and what am I being asked to release?
- What stories about motherhood did I inherit? Which do I want to keep?

# *Coming Home to Your Body*

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*“Your body already knows how to do this. Your job is to trust her.”*

Birth asks us to listen to a body we may have spent years overriding. This page is an invitation to come back.

## *A daily practice*

- Place both hands on your belly. Breathe slowly for three minutes.
- Whisper: *I trust you. I am here. We are doing this together.*
- Notice — without judgement — what arises.

## *Naming Your Fears*

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*“What we name loses its grip on us.”*

Fear in pregnancy is not weakness. It is information. Let it speak so you can decide what to do with it.

*Write freely for ten minutes*

- What am I most afraid of about birth?
- What am I most afraid of about becoming a mother?
- Where did each fear begin? Is it mine — or someone else's?
- What do I need in order to feel held through it?

## *Your Birth Vision*

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*“A birth plan is a wish. A birth vision is a knowing.”*

Less about what must happen, more about how you want to feel.

### *Begin here*

- Three words I want to feel during labour:
- The atmosphere I am creating — sound, light, scent, who is present:
- What I want my first moments with my baby to look like:
- What I want to be true even if everything changes:

# *Clinical Questions Worth Asking*

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*“You are allowed to ask. You are allowed to pause. You are allowed to change your mind.”*

Print this page. Tuck it in your notes. Use the framework **B.R.A.I.N.** at every decision point:

- **B**enefits — What are the benefits of this?
- **R**isks — What are the risks?
- **A**lternatives — What else is possible?
- **I**ntuition — What does my gut say?
- **N**othing — What if we wait, or do nothing right now?

## *Ask freely*

- Is this an emergency, or do I have time to consider?
- What happens if we wait an hour? A day?
- Can my partner and I have a moment alone to decide?

# *Affirmations for the Threshold*

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*“Read one each morning. Write the one that finds you.”*

- I am safe. My baby is safe. We are doing this together.
- My body is wise. My breath is enough.
- I open. I soften. I trust.
- Each wave brings my baby closer.
- I am held by the women who came before me.
- I do not have to be brave. I only have to be here.
- My voice matters in this room.
- I am becoming. I am already her.

# *A Letter to the One Beside You*

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*“Whoever holds your hand needs to know what you need.”*

Whether your support is a partner, a mother, a sister, or a chosen friend — they deserve more than guesses.

## *Write them a letter*

- What I most need from you in labour is...
- If I get quiet or fearful, please...
- After the baby arrives, the way you can love me is...
- If I am not in the room to advocate for myself, please say...

# *Preparing for the Fourth Trimester*

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*“You will give birth to a baby. You will also give birth to a mother. Both need tending.”*

## *The first 40 days*

- Who will bring food? List three people and the meal you'll ask for.
- Who will hold the baby so you can shower or sleep?
- Who will protect your door — visitors, opinions, noise?
- What does rest actually look like for you?
- What words do you want said to you, daily, in those weeks?

## *A Closing Ritual Before Birth*

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*“You do not enter motherhood alone. You enter it with every woman who has come before you.”*

In the final weeks, gather what is yours:

- A bath, with salt and something fragrant.
- A candle lit for your own mother, and hers, and hers.
- One hand on your belly, one hand on your heart.
- A whisper: *I am ready. I am held. I begin.*

Let yourself cry. Let yourself laugh. Let yourself be soft.

## *You Are Not Walking This Alone*

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*“You were never meant to do this in isolation. You were meant for a circle.”*

If anything in this guide opened something — a question, a tenderness, a longing for more support — I would love to hear from you.

I work with women preparing for birth, postpartum, and the long becoming of motherhood. One-to-one, and in our membership circle, *Soul Full Village*.

### *Stay in the circle*

- Email: [asoulfullofcommunity@gmail.com](mailto:asoulfullofcommunity@gmail.com)
- Visit: [asoulfullofcommunity.com](http://asoulfullofcommunity.com)
- Join: Soul Full Village — our community for the woman becoming.

*With love, and with you —*  
*Joanne*