

Elevating Pregnancy & Birth



The Complete Series

Volumes 1, 2 & 3

Angela J. Brown, RN
Certified Doula, Childbirth Educator



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Your Guide to Experiencing a Natural Non-Medicated Birth



Elevating Pregnancy & Birth Series

Volume 1

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Disclaimer

The contents of this book/booklet/video/article are for informational purposes only and are not a substitute for a guaranteed natural birth, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you have regarding pregnancy, a medical condition, and before undertaking any diet, dietary supplement, exercise, or other health program. Neither Angela J. Brown, RN nor DoulaLove'sCreation is responsible for any adverse effects resulting from your use of or reliance on any information contained in any book/booklet/video/article.



Your Guide to Experiencing a Natural Non-Medicated Birth

1. Ask yourself insightful and key questions about the kind of pregnancy and birth you want to experience
 - [Click here to order: Self-Assessment for Pregnancy & Birth](#)
2. Birth for your child's health, not for your comfort level. But, do all you can to learn breath awareness and comfort techniques to support you as you birth.
3. Write a clear Birth Intention, (this is very different than a birth plan)
 - [Click here to order: Claim Your Birth, Set a Powerful Birth Intention](#)
4. Develop Devotion and Increase Trust in Yourself, Your Pregnancy & Birth
 - a. Everyday, acknowledge that there is a power within you that lives within you that knows how to birth your baby through you.
 - b. Be willing to acknowledge any fears that may be present for you about birth, but do not allow these fears to become a block to your birth vision and goals. Increase your awareness and develop methods to process through these fears, rise above them and release them. Hiding or ignoring fears does not make them go away. (This may be an ongoing process throughout your pregnancy. Know that you are developing trust within yourself and that you will become comfortable with the unknowns within pregnancy and birth and embrace it.) Get honest with yourself.



- c. Be careful not to “identify” yourself as fear; understand that fearful thoughts come and go and are just passing through to remind you to be aware of your thinking.
- d. Remind yourself often that you are love and that you are loved. If you’re not convinced, find a friend and have the say it to you!
- e. Do the inner work that may not always feel comfortable; but, is worth it in order to birth confidently and with emotional maturity. Be willing to remove all known or unknown mental, physical, and emotional blocks that may keep you from experiencing a peaceful and natural birth. (For example, if you have anger, long term resentment toward your parent(s), self or another, were sexually molested or abused as a child, teenager or as a woman, get someone to support you so that you can be an open, loving and available vessel for childbirth). The key here is to get the help you need. There is no shame in this.
- f. Meditate using breath awareness daily. Sit quietly and begin slow deep breathing in through your nostrils and out through your nostrils. Watch your breath, feel the air moving in and out of your nose. Start at 3 minutes and increase to 30 minutes or longer; visualize your natural vaginal birth. Be consistent and committed. (Note to self: “I will not beat myself up or judge myself if I miss a day.
- g. Learn and practice a variety of breathing exercises that will support you during labor and birth (such as, the one above.)
- h. Write affirmations and gratitude statements.
 - [Click Here to Order: “Elevating Thought, Affirmations for Pregnancy & Birth”](#)



- i. Create an Ideal Birth Scenes. Use Your Imagination!
 - i. [Click Here to Order: Create Your Ideal Birth Scene](#)
Coming Soon!
5. Schedule a Pregnancy Life Coaching Session(s) to support you in remaining focused and on track throughout your pregnancy. You have nothing to lose and everything to gain! [Contact me](#)

See the [“Resources”](#) section on my website:

6. Do the Physical Work
 - a. Eat healthy and smart (this strengthens your mind, body, spirit and baby!)
 - b. Exercise regularly and consistently during the week (minimum of 3 days for 30-mins to 60 minutes, or to tolerance. (*Check with your healthcare professional doctors/midwife's for guidance before beginning any exercise routine*) (Example: walking, yoga, swimming, pilates, hikes, dancing, etc.)
 - c. Breathing exercises
7. Do the Mental Work
 - a. Remove yourself from people who have negative conversation about birth
 - b. Become your own Positive Pregnancy and Birth Advocate
 - c. Seek out and research the strengths and positive stories/ images of natural birth and the women who have experienced natural birth
 - Childbirth Preparation classes (best to take classes outside hospital setting) If you cannot afford that, take additional pregnancy empowering workshops
 - DoulaLove'sCreation's Pregnancy Workshop
 - DoulaLove'sCreation's YouTube Videos and other positive pregnancy & birth videos
 - Breastfeeding classes
 - Newborn Care classes
 - Papa Bootcamp



- CPR
 - Any other classes that will benefit you
- d. Read books that support natural birth that will help you dissolve old negative belief patterns about labor and birth
 - Read and listen to Ina May Gaskin!
 - e. Listen to speakers who support natural birth
 - f. Talking to women who have birthed naturally
 - g. Journal and write about your pregnancy and birth experience
 - h. Remember, feed your mind with positive thoughts, speak your affirmations allowed and visualize daily of the birth you want and speak words of gratitude that it is done
8. Last but not Least! Hire a Birth Coach/Doula!
- a. I have found having a third person at a birth that supports a birthing woman and husband is ideal for hospital, home and birth center births. Even if you are not planning a natural birth a doula will help you! Having a doula at your birth, who is fully concerned with your needs, who is neutral, yet loving and caring, is one of the greatest gifts you can give yourself, your husband and your child.
- To schedule a FREE Doula Consultation, [contact me!](#)

*Enjoy the adventure in empowering yourself during your pregnancy and birth!
Remember, being Your own positive birth advocate begins within You!*

RISE Mama RISE!

Claim Your Birth

Set a Powerful Birth Intention



Elevating Pregnancy & Birth Series

Volume 2

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How to Write a Birth Intention

1. What is a Birth Intention?

- A birth intention is written from your heart and soul and expresses your highest vision of your pregnancy and childbirth. It is the ideal vision of the way that you know you are to give birth
- It is a powerful declaration of what you are proclaiming and believe
- It states what kind of birth you want to experience and describes what you will do to successfully achieve your vision.

2. What is a Birth Plan? Birth Plans are written and designed to:

- Support the birth intention. It is a list of things that you want to have done during labor, childbirth & postpartum
- Help you focus on your heart's intention for the birth you truly desire
- Birth Plans are flexible and are not rigid

3. What is included in a Powerful Birth Intention?

- It must be written in the present moment, (as though the birth is happening now).
- Write each statement from the I Am Consciousness; i.e., I am, I allow, I surrender, I trust, I am grateful, etc. (Not I am going to, I will try...)
 - This is your proclamation for how you intend to successfully manage your childbirth, for your sake and the sake of your child
 - This may feel different to you in the beginning. You may feel that you are being dishonest with yourself, in conflict with yourself, but keep writing as the directions indicate. If your current birth consciousness is fear based, anxiety, self-doubt, you have to start by feeding your consciousness a new vision, a new truth. Be aware of your thought patterns, your "ego," but do not be attached to them. Allow the thoughts to pass on by and keep writing.



- Remember, you cannot solve a fear-based, anxiety-ridden belief at the same level of consciousness as that belief. You must rise above it by changing your thought and choose to think and write from a more positive awareness, an elevated consciousness.
 - Your vision of your ideal birth, a statement of pure heart-felt intention
 - Declare statements of gratitude and self appreciation
4. Describe the tools you will use to support you in successfully managing your natural birth experience. (Mentally/emotionally, spiritually and physically)
- How will you use your breath?
 - How will you use your mind?
 - How will you use your body?
5. What will you do during labor and birth to support yourself and your baby?

Spiritually:

- What quality of God/the Divine will you acknowledge and more fully embody during pregnancy and birth (i.e., love, patience, surrender, gratitude, etc.)
- Prayer, meditation, chanting, mantra
- Breath
- Express feelings of Gratitude Gratitude! Gratitude!

Mentally/Emotionally:

- Where will you choose to keep your thoughts?
- What thoughts will you choose to think, what words will you choose to speak during pregnancy and during your birthing
- What are you going to do to keep your thoughts elevated about the birth process
- Breath awareness
- Be humble, be gracious during labor and birth



Physically:

- Describe the physical activity/movements you will use to support yourself during your pregnancy and in successfully managing your natural vaginal birth (yoga, Pilates, dance, squats, walking, etc.)
- What will you nourish your body with during your labor and birth?
- Breath awareness

Remember, all statements are written affirmatively and as though the labor and birth is happening now.



Example of Birth Intentions

Note: Create a birth intention using your own words or you can use some of the phrases below, if they resonate with you. Be specific and clear in your writing. The goal is to read your Birth Intention daily, many times each day. Place on mirror, dashboard of car, phone, record it and listen to it every single day. You can also play it at night on low or silent, (allowing your subconscious mind to absorb the power of your new vision and beliefs about the phenomenal birth you are creating!

My birth intention is to have a natural, non-medicated vaginal birth. I now willingly let go of any conscious or unconscious resistance to my birthing process. I now fully align myself with the energy and activity of love that I am. I breathe this in and allow this to be so. I am birthing my child with a powerful internal focus. I am relaxed and surrendered. I am at ease and confident during my labor, because I choose to be. I fully trust myself to manage each contraction/birth wave. I trust and know that I have everything within me to birth forth my child in love and with grace. I am grateful to God that I have prepared my mind and body for this beautiful birthing process.

Right now and as I am in labor, I choose to keep my attention in the present moment and I allow love and gratitude to be my only focus. I am fully present with myself. I am honored and privileged to be nurturing and caring for God's child within my womb. During pregnancy, labor and childbirth, I joyfully open my mind and my heart to all the sensations I feel. I inhale deeply and I exhale deeply as I embrace the descent of my child through me with confidence and grace. My deep and conscious breathing is my absolute center of power that greatly supports me through each and every contraction/birthwave. My breath is my Life Force and the Life Force of my child. I allow the deep soothing effects of my breath to completely relax me and my baby during each contraction. My mind is calm, my heart is overflowing with love as I welcome my baby's movement through my



body. Thank you Love. Thank you God. Thank you Angels. Thank you Ancestors. Amen.

During my labor and birth, I am moving my body by rocking my hips, walking, squatting, etc. I am drinking fluids after each contraction so that I keep myself and my baby hydrated. Describe in your own words the ways you are going to successfully manage your labor and birth. I use my breath to calm my mind and I use my mind to watch my breath.



Clients' Birth Intentions

~D. Valles

“Thank you Lord, Daddy, Universe for giving me another day to live and birth Victoria Rose in perfect health and happiness. My Birth intention is to have a natural non-medicated vaginal birth with ease, grace, comfort and joy. I trust my body and am confident I am birthing Victoria Rose with a powerful internal focus. I am safe, loved and protected by everyone that surrounds me. I am relaxed and surrendered, and allow my body to open and birth this child with gratitude.

Right now as I am in labor I use my ujjayi breath to be fully present in this moment, as I embrace the descent of my child through me with ease and grace. My ujjayi breath is my anesthesia, and I allow the deep soothing effects of my breath to completely relax me during each contraction. I use my body to support this birth by walking, and slow rocking and moving my hips on a birth ball. I am able to squat comfortably with the support of my husband and squat bar. I use child's pose to rest my body when needed and allow the warm bath water to soothe and relax me. My cervix opens with each contraction and my body is completely rejuvenating in between.

During pregnancy, labor and childbirth, I joyfully and willfully open my mind and my heart to all the sensations I feel. My mind is calm and I am overflowing with love as I welcome my baby's movement through my

body. My body was created to give birth, it knows what it needs to do and I choose to participate. Victoria Rose is born naturally and vaginally in perfect health. Everything goes as divinely orchestrated and intended. Thank you self. Thank you Gabriel. Thank you Daddy. Thank you Momma. Thank you God. Thank you angels. AMEN”



~B. Johnson

"At this moment, and while, I am in labor. I choose to experience a natural childbirth.

I am and feel empowered during my pregnancy and my birth. I fully embrace my natural childbirth choice and I open my heart to each and every birth wave that I experience. I am filled with love for myself and for my daughter. I am one with the rhythm of each birth wave. I am strong in my mind, body and spirit. My partner's strength and encouragement adds to the inner strength I already feel within myself.

I let go of any and all fear or hesitation that I may be holding on to. I know that this is how I will welcome my daughter into this world. I welcome my daughter with a calm mind and loving heart. I am in a peaceful state of mind. I go deeper into relaxation as my birth waves get stronger. I am grateful for my inner strength, faith and ability to be able to birth forth my daughter naturally, I am full of life and happiness. I thank my creator, for this beautiful and extraordinary birth experience.

I use my hypnobirthing breathing techniques, calm breathing, surge breathing, and last breath breathing as I transition through each stage of my birth. I am transitioning through each birth wave by receiving light touch massage, and counter pressure from Nohea, in the bath or anywhere I feel comfortable. I listen to my scripts playing at a volume comfortable to me. As my birthing begins, my home environment is calm, candles are lit and my home is cozy. When I am at the hospital, I continue with a calm and soothing birthing environment with lights dimmed and music playing. I use aromatherapy oils that I have prepared to calm my mind and soothe my body. I remain hydrated by drinking



water, and coconut water to recharge after each birth wave. I am in tune with the needs of my body, my mind, and spirit. I listen to the rhythm of

my child as she descends through me and I allow her movements by taking deep long inhales and exhales.

I am physically and mentally strong. I am confident in myself and my choice to birth naturally. I consciously choose to physically use my body and mind to support me throughout my birthing. I walk, do squats, use the birth ball, lunges, all fours, rest **and I** use my meditative mind to successfully navigate through each birth wave. I remain patient and calm with myself, my child, and our birth process. I choose to birth in gratitude and love by remaining thankful throughout my birthing. I consciously say thank you for this experience during and after each birth wave. I am in the present moment.”

Self-Assessment for Pregnancy & Birth



Elevating Pregnancy & Birth Series
Volume 3

Angela J. Brown, RN
Certified Doula, Childbirth Educator



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Pregnancy & Birth Self-Assessment Questions

Congratulations on your pregnancy!

These Self-Assessment Questions are for your clarity. Answer them honestly so that you will know what you believe and what you want. Feel free to use a journal or extra sheets of paper because some of your answers may be quite lengthy. Remember, all of these answers are for you. No one needs to see them unless you choose to share them. So go for it! Learn something about yourself. Enjoy this process of self-discovery and clarity!

With love,

Angela



1. What kind of birth do you want to have? What kind of birth are you choosing to experience?
 - a. Natural (explain why)
 - b. Medicated (explain why)
 - c. C-section (explain why)
2. What would be your ideal birth experience? Describe it in detail, using affirmative and positive statements to describe your ideal birth.
3. Where do you want to give birth and why? (home, birth center, or hospital?)
4. What are your fears around childbirth, of being a parent? (Please list and explain)
5. When fear of childbirth comes up, how do you manage your discomfort? Please explain your answer(s) and how your choice does or does not supports you.
 - a) Eating
 - b) Ignore it
 - c) Humor
 - d) Feel guilty about the fear and do nothing
 - e) Feel overwhelmed



- f) Feel the fear and process through it, if so, how?
 - g) Exercise
 - h) Other
6. What do you think it means to Birth in Alignment with Your Innate Intelligence?
7. Do you believe that women were given everything within them to be able to experience a natural birth? Yes or No? Please explain your answer.
8. Do you believe that you have been given everything within you to experience a natural birth? Yes or No? Please explain your answer.
9. What do you believe about medicated childbirth? Where did these beliefs come from?
10. On a scale from a-d, d being the highest, how important do you believe natural birth is? Please explain in detail.
- a. Not important
 - b. Moderately important
 - c. Very important
 - d. Extremely important



11. If you are choosing a medicated birth, what makes a woman who chooses to have a non-medicated vaginal birth, different from you, if anything?
12. What do you think a woman who chooses to have a non-medicated vaginal birth does differently during her pregnancy and birth, than a woman who chooses a medicated birth?
13. Describe the ways you intend to successfully manage the discomforts during your birthing? What will you do to support yourself? Please explain and be specific.
14. How do you want your home to be when you labor, what does it feel like, look like, smell like as you labor?
15. What does the hospital room feel like? What can you do to help it feel calm and cozier?
16. How do you visualize and see the medical staff treating you/your partner?
How do you want to be treated when you get into the hospital?
17. If you are birthing at a hospital, how long do you want to labor at home?



18. Please explain in detail, what it means to have a heart-centered birth experience?
19. Do you have a way of connecting to your heart-center? A way of connecting to your loving? If not, would you like to find out how to do so? If you have a way or ways of connecting to your heart center, your loving, please describe how you do this?
20. Do you know the difference between a Birth Intention and a Birth Plan?
21. If you are a second or third... time mama, did you experience the birth of your dreams the first time? If not, please briefly explain why you believe you did not have the birth you desired. What could you have done differently, if anything?
22. If you are a second or third... time mama, please explain the physical, mental and spiritual actions you took to support yourself in experiencing a natural birth? What tools did you use to successfully manage your labor and birth?

The Power of Meditation, Gratitude and Forgiveness During Pregnancy

23. Do you believe that developing a meditation and breath practice can support you throughout your pregnancy and during childbirth? If so, explain how you believe a meditation practice could help you.



24. Would you be willing to begin a daily meditation practice starting with 1-3 minutes each day until you birth? (Feel free to continue after you birth). The meditation is your willingness to sit in the quiet, bring your attention to your breath and watch each breath. Feel the inhale of air through your nostrils, feel the exhale of air through your nostrils. You can extend this time to 30 minutes or longer. Purpose: To bring quiet and stillness into your life by way of meditation. To support you in cultivating a focused and calm mind as you prepare yourself for labor and birth. As you learn to be still and go within, you will begin to watch and release your thoughts as they show up in your head and not become attached to them; or identify yourself as them. Once you become aware of what you are thinking, you can then choose to decide if this thought is harming you or supporting you. Armed with this knowledge, you simply bring your attention back to watching your breath. You are not your thoughts, they are simply passing through. You are not the “pain” during labor and birth, it is simply passing through, as you deeply breathe. The earlier you start in your pregnancy, combined with consistency, the better your birthing experience. Light a candle, set your timer, sit and get comfy, meditate and consciously breathe. It’s good for you!

25. How many times a day would you say you express gratitude for the things you have in your life?



26. Are you willing to create a gratitude journal during this pregnancy? Write down 3-5 things every day that you are grateful for. Gratitude is the quickest way to align with the energy of Love.

Date and sign when you will start your Gratitude journal:

Date: _____

Sign: _____

27. Do you need to forgive yourself for something? Are there people in your life that you need to forgive? If yes, are you willing to forgive them? Please list their names on a separate sheet of paper. If yes, please explain how forgiving them will serve you. If no, please explain how not forgiving them will serve you.

Date and sign when you will start your Forgiveness journal:

Date: _____

Sign: _____

Sit quietly with yourself and begin writing out your forgiveness statements. After you have written them out, place your hand at your heart center, recite them aloud or softly with tenderness. Please write and recite these forgiveness phrases at least three times each day for 21 days at bedtime (or at the same time each day). This is a heart-centered work, please no distractions.

a. I forgive myself for judging myself as _____



- b. I forgive myself for judging myself as not feeling strong enough to give birth
- c. I forgive myself for judging myself as unworthy, unlovable, distrustful of myself, angry, rage, etc. (Write a new forgiveness sentence for each judgment. I combined them above for an example.)
- d. I forgive myself for judging (name of person) as (whatever the issue is)

28. After you have completed the Forgiveness exercise, please move into the Gratitude exercise. Please write 3-5 things that you are grateful for after you complete. The Forgiveness and Gratitude exercises are done together. In other words, you complete your forgiveness and move into writing your expressions of gratitude. Write them every evening for 21 days consecutively, or longer, if you choose.

The Development of Trust During Pregnancy & Birth

29. In what area(s) of your life are you being asked to trust more fully now that you are pregnant?

30. Do you trust the birth process? Yes or No. Please explain in detail.

31. Do you trust that your body knows what to do in order to birth your child through you? Yes or No. Please explain your answer.

32. Do you trust yourself to be able to birth your child without medication? Yes or No. Please explain your answer in detail.



33. Do you trust that you can learn skills and techniques, i.e., supportive physical movement, postures, breathing exercises, and massage comfort tools that will support you during pregnancy so that you successfully and calmly experience a natural birth?



Angela Brown loves being a birth doula, teacher and empowering women about their bodies, pregnancy and childbirth by assisting them in transforming

their old perceptions and belief patterns about birth. She nurtures and builds trusting relationships with each client so that the client feels safe and trusts herself to have her highest and best childbirth experience. In her childbirth classes, Angela teaches by successfully integrating the science, spirituality, mental and physical aspects of the birth process so that pregnant women, expectant couples make conscious heart-felt intuitive choices about childbirth, not fear-based choices. She wants women to know that it is possible to have a holistic, natural, calm and empowered birth experience wherever they may be birthing, but especially, if birthing in a hospital setting.

Angela is the Founder of DoulaLove'sCreation, located in Orange County, California. She is a licensed Registered Nurse, Certified Birth Doula, Childbirth Educator, Pregnancy Life Coach, Certified Massage Therapist, Author and Speaker. She has been a Birth Doula since 2003 and a holistic practitioner for over 20 years. She completed studies as a Spiritual Practitioner from Agape International Spiritual Center in Culver City, California in the early 90s. From there, she attended the University of Santa Monica "USM," graduate program in spiritual psychology and heart-centered living. She has been a Kundalini Yoga Instructor for over 12 years and a Prenatal Yoga Instructor for over 10 years. She was trained by some of the best yoga instructors, Krishna Kaur and Gurmukh Kaur Khalsa. Angela brings the culmination of her life expressions and experiences into her practice as a Doula, Childbirth Educator, Pregnancy Life Coach and Author. She is now continues to pursue one of her greatest loves, writing. Stay tuned for more...

