

Birthing



... bonding experience for
Expectant Parents

Dear Mommy and Daddy,

This ritual is for the birthing of the Spirit known to us as your Child. It is a personal medicine wheel, a step by step guide that tells you how to best relate to this bundle of conscious energy now as you hold the life so precious before birth, and later when a moment of silence or privacy may seem like a memory that echoes. Imagine your child comes with such love - a complete interrelation guide to your finest co-created act - a guide to help you know how, and when to be involved, and where it is best to let Baby discover.

Your Baby's Wheel provides some affirmations that mean a lot. This bonds you to the spirit of your child by tapping the aspect essences being carried into physical manifestation with your loving act. Approach this wheel each time as a sacred ritual communication with your baby. This is Unto the Seventh Generation... prophecy fulfilled...

Prepare for this ritual by setting aside some time and space. You may do this alone, or with others. The more prayers carried aloft for the baby, the stronger the bonds of love and universal family.

1- BREATHING THE SACRED-

Begin with five, slow conscious breaths. Breathe in through your nose and out through your nose. You are circulating the energies of life.

Now light a candle, and either alone or with friends, begin...



Changing Mother, see this one.
Feel the labor as it approaches.
Feel the love
for the newly discovered spirit.
Changing Mother, we ask a speedy birth,
an easy labor, and enjoyable term.
Bring this new life into this plane!



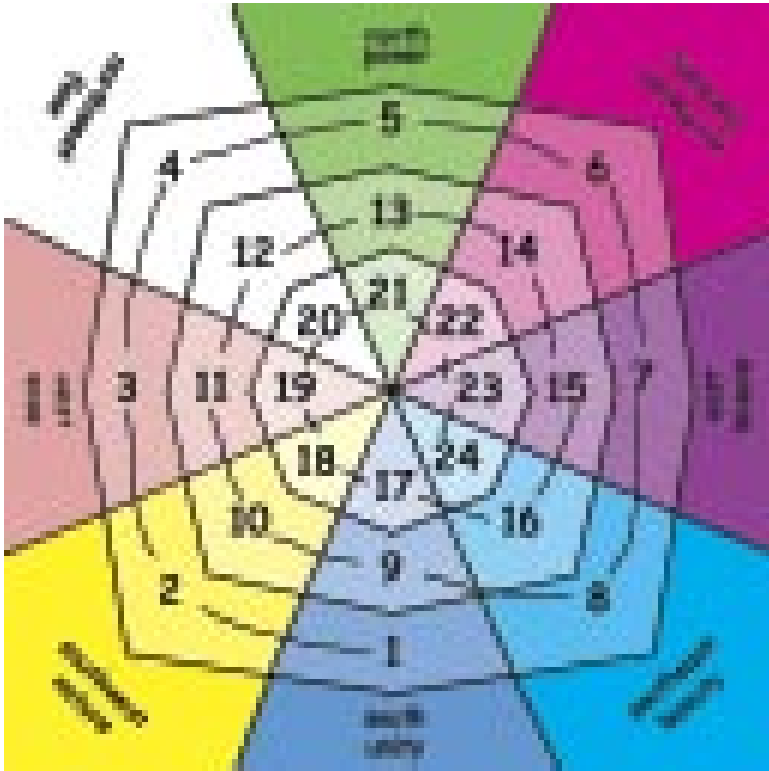
2 - GROUNDING CONNECTION

Gather a total of 24 small stones for this connecting ritual. You will also need a bandana to tie the stones up in.

Hold the rock bundle, focus upon the feeling of being filled with sacred energy. Hold the bundle to your heart, stomach, muscles, and bones, and feel the energy. Feel how joyful you and your child are at this union. Pay attention to how the energy flows into and out of you - how uniting grounds you and the baby with Changing Mother Earth in a divine cycle of interdependent life.



The way is old. The way is proven.
We understand the passion.
We have been given an opportunity
to enter in by applying the old ways
to present situations and needs.
Service is the reason.
Everything else is dessert.



3- BLESSING THE ESSENCE CHILD

Layout the medicine wheel tablet in front of you. Lift each stone individually, and say the following prayers into them. Lay the stone on the tablet in correlation to the stone drawn for each placement. Replace stones in wheel as indicated. When ...Your Baby... turns 24 years old, gift this booklet and the stones.

STONE #1 - REPLACE ON FIRST BIRTHDAY WITH A PIECE OF BORNITE, STONE OF OB-

SERVATION

PRAYER: I have a listening ear so that Spirit can speak to me. I have a waiting heart so that Spirit can come to me and teach me love. Aho!

STONE #2 - REPLACE ON SECOND BIRTHDAY WITH A PIECE OF APACHE GOLD, STONE OF SPIRITUAL ENDURANCE

PRAYER: The power of Spirit strengthens me. My prayers echo through time and space to the ears of humanity. Aho!

STONE #3 - REPLACE ON THIRD BIRTHDAY WITH A PIECE OF RED / BLACK OBSIDIAN, THE STONE OF CYCLES

PRAYER: I have more faith and discipline. I live an abundant life as a result of these things. Aho!

STONE #4 - REPLACE ON FOURTH BIRTH-



DAY WITH A PIECE OF BLOODSTONE,
STONE OF INSIGHT

PRAYER: No lack of trust or fearfulness can make me disloyal to my path. I keep a strong hold on the lifeline of faith. Aho!

STONE #5 - REPLACE ON FIFTH BIRTHDAY WITH A PIECE OF HALITE, STONE OF MANY GIFTS

PRAYER: I cut away the deadwood of my life. I do not mind the pruning, it helps me bear luscious fruit. Aho!

STONE #6 - REPLACE ON SEVENTH BIRTHDAY WITH A PIECE OF CHALCEDONY, STONE OF SUCCESS

PRAYER: I develop all that is within my capacity to flower and bear fruit. I receive Spirit's promise of a more abundant life. Aho!

STONE #7 - REPLACE ON SEVENTH BIRTHDAY WITH A PIECE OF SUNSTONE, STONE OF SPIRIT

PRAYER: I press on until I reach my road's end. I do not lose sight of this goal. Aho!

STONE #8 - REPLACE ON EIGHTH BIRTHDAY WITH A PIECE OF BLOODSTONE, STONE OF INSIGHT

PRAYER: No lack of trust or fearfulness can

make me disloyal to my path. I keep a strong hold on the lifeline of faith. Aho!

STONE #9 - REPLACE ON NINETH BIRTHDAY WITH A PIECE OF ORANGE TOURMALINE, STONE OF ENERGETIC VORTEX

PRAYER: I wait patiently. I trust Spirit, and I am prepared for my full potential. Aho!

STONE #10 - REPLACE ON TENTH BIRTHDAY WITH A PIECE OF CHRYSOPRASE, STONE OF RECEPTIVITY

PRAYER: My faith is based on my own experience of the power of Spirit in my life. I know this one thing above all else in the universe. Aho!

STONE #11 - REPLACE ON ELEVENTH BIRTHDAY WITH A PIECE OF CALCITE, STONE OF MOTIVATION

PRAYER: Hard times are vague. Spirit blesses me with inspiration, and shows me what I am to become. Aho!

STONE #12 - REPLACE ON TWELFTH BIRTHDAY WITH A PIECE OF INCLUDED QUARTZ, STONE OF WISE INFLUENCE

PRAYER: I am ever conscious of Spirit. I have a good life through this consciousness. Aho!

STONE #13 - REPLACE ON THIRTEENTH BIRTHDAY WITH A PIECE OF PINK TOURMALINE, THE STONE OF VISIONARIES
PRAYER: I let Spirit direct my life. I never make a shambles of my life through trying to live on my own. Aho!

STONE #14 - REPLACE ON FOURTEENTH BIRTHDAY WITH A PIECE OF APACHE TEAR, STONE OF POWER IN ALL DIMENSIONS
PRAYER: I am still and commune with Spirit. I am patient, humble, and peaceful through love.. Aho!

STONE #15 - REPLACE ON FIFTEENTH BIRTHDAY WITH A PIECE OF SUNSTONE, STONE OF SPIRIT
PRAYER: I press on until I reach my road's end. I do not loose sight of this goal. Aho!

STONE #16 - REPLACE ON SIXTEENTH BIRTHDAY WITH A PIECE OF MARBLE, STONE OF RESPONSIBILITY
PRAYER: I put all situations in Spirit's hands and leave them there. I fully trust Spirit to provide the action necessary. Aho!

STONE #17 - REPLACE ON SEVENTEENTH BIRTHDAY WITH A PIECE OF CHURINGA STONE, STONE OF THE FAITHFUL

PRAYER: I follow Spirit in the eternal quest for souls. I offer my helping hand. Aho!

STONE #18 - REPLACE ON EIGHTEENTH BIRTHDAY WITH A PIECE OF THUNDEREGG, STONE OF ENERGETIC SHIFT

PRAYER: Selfishness does not hinder my progress in spiritual matters. I am a good instrument for Spirit to work with. Aho!

STONE #19 - REPLACE ON NINETEENTH BIRTHDAY WITH A PIECE OF AVOGADRITE, STONE OF RISING CREATIVITY

PRAYER: I am a clean conduit for the sacred power. I do my share in recreating the world. Aho!

STONE #20 - REPLACE ON TWENTIETH BIRTHDAY WITH A PIECE OF SENAR-MONITE, STONE OF ATTRACTION

PRAYER: I make each visitor desire to return. I never make anyone feel unwanted. Aho!

STONE #21 - REPLACE ON TWENTY FIRST BIRTHDAY WITH A PIECE OF GEODE, STONE OF THUNDER ENERGY

PRAYER: I am a help to discouraged people. I help show others how to find what the evolving world needs. Aho!

STONE #22 - REPLACE ON TWENTY SECOND BIRTHDAY WITH A PIECE OF SANDSTONE, STONE OF FOCUSED INTENT
PRAYER: I faithfully enter the silence and connect to Spirit. Through that time I grow spiritually each day.

Aho!

STONE #23 - REPLACE ON TWENTY THIRD BIRTHDAY WITH A PIECE OF AVOGADRITE, STONE OF RISING CREATIVITY
PRAYER: I am a clean conduit for the sacred power. I do my share in recreating the world.
Aho!

STONE #24 - REPLACE ON TWENTY FIRST BIRTHDAY WITH A PIECE OF RED CORAL, STONE OF SACRED TRINITY WITHIN
PRAYER: I live in the springtime of life. I enjoy contact with Spirit and watch the flowering of life continue. Aho!

This prayer wheel journeyed into at least once a year is a gesture of loving embrace from a family united in peace.

4 - SUPPORTING MAGIC

There are all sorts of wonderful ways of receiving support during this time of transition that speak of loving connection...

- As you hold the stones in Blue Wolf's medicine wheel, let each stone speak to you and bless you: Breathe deeply, feel the stone against your skin, be secure.
- Get a good pregnancy massage from a healer/nurturer. Let others send loving, healing energies deep into your essence, and that of your child's.
- Go to a sauna, especially one with eucalyptus vapor.
- If you are currently with a group, lie in a cradle blanket: a simple blanket that everyone in the circle lifts and rocks slowly, while chanting baby's name... Blue Wolf... an expressions of love, life, and peace.
- The next time someone compliments you, take it.
- Listen to your favorite music.

5- RAISING THE ENERGY

As you and baby grow together the energy rises, and you can see it and feel it rising from your heart center in a spiral that spins upward through and around and above all. It may appear as white, gold, blue or other colored light. Take note, these are the baby's identification colors and can be interpreted by any number of color resources.

You can feel the energy moving through you and from the baby, see it swirling into a circle dome around the room. Tapping into this energy you can determine your child's moods, and unlock a secret communication of the heart. With practice, you will be able to feel the energy in cresendos, as it rests and plays.

Allow yourself to spin in the spiral holding your child... this is accomplished transcendence. If you are with others, ask them later what they have witnessed. Have someone record this for you.

**NOW LET'S EAT AND PARTY DOWN!
YEAH! MOMMY and DADDY!**

A close-up photograph of several pink flowers with green leaves. In the bottom foreground, the head of a frog is visible, looking towards the right. The frog has a blue-green back and a yellowish-orange belly. The text is overlaid on the image in red.

Most importantly
NEVER LOSE
YOUR SENSE
OF HUMOR!

daaiina, and so it is...