

Natural Pain Free Birth

...A Soul's Journey To Earth



*Discover The Miracle Of A Soul
Conversation With Your Baby*

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Natural, Pain Free Birth? Drug Free? Impossible!

That's what you're thinking underneath the hope that it could be true. That's what everyone thinks in the same sentence as: Natural, Pain Free Birth – Impossible!

So why bother writing this book, when people's beliefs are such that they won't let in what's possible anyway? Do I really think that ONE positive story will make a difference out there?

Actually, I do. Because this isn't just MY story, it's also my son's story – from his perspective as a soul entering the body. It's time for people to receive the wonderful gift that is knowing the other side of the story – the baby's perspective. It's not fiction. On the right hand pages of this book, you'll read his words, channelled from his energy while he was in my womb.

And I also think this book will make a difference because “Little Oli” (Oliver – my son) and I, give you the HOW. It's not just a story. You'll read exactly how you can create the same beautiful experience (or even better!) for yourself.

So, how did I speak to my son before he could physically talk, before he was even born? I know this is a quantum leap for many of you, as it was for me three years before he was born!

Let me tell you how it all started...

The first thing I want to tell you is, I never wanted children. My whole life I never wanted them. I never

got clucky, not even in my thirties. I never thought they were cute (“little screamers” is what I used to call them). I only saw the negative side of things. I thought they ruined your career, took away your body, and ate up all your money. Then there was the birth – if I did ever fall pregnant, I had no idea how the baby would ever be born, because there was NO WAY I was going to go through all that pain – like in the video they showed us in science class in high school. In hindsight, I’m sure that was meant as a contraceptive, rather than as a female body education video.

So there you have it... my thoughts, my beliefs, my life back then said:

Drug free, natural, pain free birth = Impossible!

If you want pain free – go for drugs, surgery, the works!

End of book.

Only joking; clearly I found a different way, so...

On with the story!

I had the lowest pain threshold out of anyone I knew – young children included, and I still do.

So here I was, immersed in my career building a marketing business, and in the middle of a turning-nastier-by-the-minute-divorce, when I met Dan. We met in the transaction of me buying into his business. That’s a funny story... At the end of our first meeting I asked him: “So why are you wanting to sell?” He replied that he wanted to leave the industry to get more into his “energy work”. Energy work? I only had one point of reference for that, and that was the flow of energy between people, as described in “The Celestine Prophecy”, which I’d just finished reading. I

had decided I wanted to learn to see auras, so I asked: “can you see auras?”. “Yes”, he replied nonchalantly, just as if EVERYONE can do that, and it was nothing unusual at all. I made him promise to teach me, whether I bought into the business or not.

And so it began. Over some months he nurtured my ability to perceive energy, sending me to his teachers, and helping me begin to clear many unresolved emotions and limiting beliefs. As with any 33-year-old, there were many! Especially as I was in the middle of one of the most emotional times in one’s life – that divorce! What a great time to begin the direct path to self-discovery, of heightening my intuition, my vibrational frequency, my ability to read energy as information (we call it “fine tuning our super powers”, when we’re teaching this to kids)!

Through this process we became best friends. We were first and foremost business partners, so when one day it struck me out of the blue: “I want to spend my life with Dan, and I want to have his children”, you can imagine that nearly had me fall over in fright. We had such an intertwined, happy existence that really worked for us. We were each other’s support, confidante, strength in the areas the other was weak – yes, it sounds perfect. But all I could see in my panic was: this is the exact opposite of where I’m at in my life (divorce had left me never wanting to commit to another man, and you already know how I felt about kids). And this meant potentially ruining a great business partnership and the best friendship I’d ever had. I wasn’t prepared to give up a life that had finally turned into something that I was happy to live.

Needless to say we did make it through all that, with

the help of a lot of clearing of each of our energetic, emotional and belief systems. Within one and a half years we were married, conceiving our “Little Oli” 6 months after that.

That’s when the real work began to clear all my limiting beliefs around pregnancy and the birth experience. I had a lot to shift, and every day was spent connecting with my Higher Self (or SOUL, as many call it), receiving guidance and clearing beliefs that were harmful to me, Little Oli, or the upcoming birth experience.

I’d like to elaborate just for a moment, to create an understanding as to what I mean when I talk about my Higher Self, or Oli’s Higher Self. There is an aspect to all of us that is pure intelligence, a gateway to immense wisdom. It is our soul, or what we refer to as our Higher Self. It is the source of your intuition, the guiding influence in your life, the source of your strength, and the architect behind all the synchronicity and “coincidences” occurring in your life. Heightening your intuition allows you to perceive your Higher Self’s – your soul’s – beautiful guidance!

Regarding birth, I like to refer to it always as “the birth experience”, because it makes us aware that it’s something we have responsibility for and influence over, like any other experience we create in our lives. That way we can approach it from within our power, rather than as something external to us over which we have no control, which therefore leaves us feeling insecure and afraid. Then we can create it to be full of love and beauty. I know that may seem impossible and dreamy to you right now, but believe me – it’s highly possible, even inevitable, with the right preparation.

In this book, I have tuned into my Higher Self to give you perspective and guidance from a “wise mother” perspective, and into my son in the womb (I wrote that part of this book during my pregnancy, as part of my preparation for birth, and connection with the little being growing in my body), to give you the other side of the story, to have you realise what’s going on for the baby that you are giving life to. It was so humbling and empowering at the same time for me, his words the most beautiful gift during my pregnancy. I hope they’ll be the same for you.

Before we delve into it, let me explain briefly the mechanics behind some of our work, so you have a light understanding of where I’m coming from when I write certain things.

Albert Einstein had the world see that we are – everything is – constructed purely of energy. Like the ocean is made of drops of water, all connected with each other, warming and cooling together in the seasons, rising and falling as waves and tides, so are we – as energy – connected to everything else made of energy (that is everything!). Feeling the warmth, seeing the colour, tasting, hearing, smelling the energy around us. Some of us have better hearing than others, better eyesight than others – so we are able to perceive these senses at a more heightened level.

Intuition is often said to be a sixth sense, as it’s fine-tuning your brain to perceive at a more acute level what’s going on around you – whether that be sensing how someone’s feeling, receiving messages from someone silently (you might call it reading their mind), seeing future events, giving someone a healing hug with so much love that they actually feel better, or

knowing with absolute certainty the course of action to take in a particular situation or decision.

So now that we all know what we're part of, and that we can heighten our awareness within that structure – heighten our intuition – why wouldn't we learn to use more than the "standard 3 – 5%" of our brain, to tune into the complete picture around us, so that we can learn how to clear our emotional blockages, our belief blockages, and clear the road ahead to live life more fully – with less pain and suffering, and greater happiness?!

Most importantly in this context, why wouldn't we do this, so that we can give ourselves the gift of a beautiful pregnancy and birth experience, free of all the troubles normally experienced by mothers? And why wouldn't we facilitate a calm, connected journey to life for the soul and body we are nurturing in our womb?

It's not hard to do; it just takes that tiny bit of courage that says: "that actually sounds awesome, let's give it a try to see if I can do it". I guarantee you can, it's as natural to you as walking and talking. I was the least intuitive, most afraid and most disconnected out of almost anyone I've taught – and I did it easily. So you can too!

Ok, I hope I've inspired you to grow and learn more about the full extent of who you are on this planet, your life purpose, and how you can live 100% in this lifetime. Now on with the journey...

On the left hand pages of this book I'll be writing my Higher Self's answers to how women can overcome the common complaints of pregnancy. At the end of the book I'll describe my experience of my son's birth

experience – you will have already read about my pregnancy journey through his eyes on the right hand pages. Then I'll cover some handy hints for after your birth experience – things I wish I had been told.

So pick your way through this book at your leisure. My suggestion would be to read down the right hand side first – Little Oli's pages, and then down left hand side of the book. Only reference the pregnancy complaints section if you need to... I don't want anyone "talking themselves into" suffering any of these complaints! If you are reading that section, keep firmly in mind that "none of this applies to me anyway, I am in perfect health". It may be wise to install "I am in perfect health" as one of the beliefs in your subconscious mind!

So, enjoy the journey of this book – I loved it, I hope you will too!

Chapter 1: Conception – The Journey Begins

You don't have to try so hard to get it right, you two! Trust me, I wouldn't have chosen your body as my home for the next nine months if I didn't think I'd be comfortable there! Your body knows exactly what to do; all you have to do is... this long list of things to make sure everything goes well... only joking!

All you actually have to do is love each other, and express that love when you feel it welling up inside you! When you're both ready, the timing will be perfect and I'll make myself comfortable in your fertilized egg.

You'll know I'm here, I'll wave to you when you tune into your body. I'll wave to anyone with the intuitive ability to see me. You'll be so proud of your students of Universal Intelligence*, all of whom will right away be able to see or feel my presence. So don't think you'll get a chance to hide your pregnancy for three months "just in case", like most people do. Firstly, you won't be able to in your line of work, but secondly you won't need to – because you know I'll be perfectly safe. You won't lose me, I'll be there inside you until I'm perfectly ready to come out and breathe the fresh mountain air.

So just relax and enjoy your life, and stay connected to your feelings. Don't allow the burdens to take over and sever your connection with your Higher Self during this time. And don't hide from this incredible event – the conception of your child – like it's something to be feared. Don't bury yourself in work, in other people's problems, or in your own petty worries. Enjoy life and

* See www.AccessingUi.com for more details

live it to the fullest. See how you feel in every day, and maximise the good feelings, the ones that bring you happiness. Allow and guide dad to do the same, so both of you can be connected with your Higher Selves and each other.

This is a great way to live at any time, but if you haven't started living in this way yet, now is the time!

Then that day comes, the one where the environment is right and you connect with dad in that special way. You'll both somehow know it's time, and there'll be some extra excitement around the event. You'll have shed all your past fears around having children, pregnancy and birth. You'll have come to the stage where you love yourselves, every part of yourselves. And so you'll be uninhibited in your joy of receiving me into your life and body.

Then later, after "The Event":

For me, it felt like this...

The love in the room – and in mum and dad's auras – was multiplied one hundred fold. It was like I was in the middle of a big, gentle, rolling, soft whirlwind – drawing me in to the energy that was being created during this intimate time. I relaxed completely and let the energy take me to the place of origin, where the egg was beginning its journey. The intensity of the energy was seeping out of mum's body by this stage, and what remained was a deep, loving, holding energy – a welcoming and appreciation of dad in her life.

This energy was so beautiful I felt mesmerized to stay, and soon witnessed the fertilization process. This I remembered from my many prior occasions, so I watched over it to see that all was healthy, and

preparing for that rush as the next phase begins.

Being physical (part of, and inside, the fertilized egg) is like dashing down the steepest water-slide, whilst feeling totally safe. It has such momentum, I guess as a physical being you can only imagine it as travelling down a water-slide at the speed of light. Yet it is still soft and gentle, and at the end you find yourself in a soft, cushiony embrace in the centre of your capsule to Earth – the egg.

Was that what you were thinking happens? It must be hard, from the confines of the brain, to think such things could be real. You'll experience it again next time, try and remember!

Not all souls experience conception in the same way. There are some aspects that are the same (the water-slide effect), but often the feelings prior to and around that, are vastly different. Some souls choose to experience being a “surprise”, or a “mistake”. In these cases, often the prevailing feeling present is one of lust, expression of sexual energy, or even just resignation.

These are not the most comfortable clothes to be dressed in as a new being, and they certainly affect that person's experience in that lifetime. But these souls all knew that before “jumping on the water-slide”, so the choice is theirs. As souls, we can see far into the future. We make these choices with clear intent and purpose. So there's no need as a parent or potential parent, to fear or blame. You are doing a perfect job at giving us exactly the experience we are creating for ourselves. Be who you are, that's all that is necessary. Be everything you can be, and we'll be delighted.

From landing in my cushy new home, I snuggled in and made myself comfortable. I felt an overwhelming

sense of love and excited anticipation from mum, as she tuned in to feel me here – and we connected for the first time. I could feel her warmth surrounding and embracing me. And then there was dad: curious, half-afraid that he hadn't done his job right, and then overjoyed when he felt my presence – and we connected.

There's nothing like connecting with your dad from inside your mum's body... I'm sure it brought tears to his eyes too. Such love and admiration, such depth of connectedness. To have that from father to son at such an early age, truly is what you'd call priceless... no value high enough can be placed on it. I live here, knowing I have his full support forever. Thank-you dad!

As my journey down toward permanent (for the period of gestation, anyway) attachment to mum's body begins, it feels bouncy and crazy – like a ride in a fun park. It's not my favourite part of the journey, there's uncertainty and obstacles. Mum was also feeling a sense of unsure, and was thankfully very careful to rest and nurture herself during that time. We're at our most fragile then, and it certainly helps to be given the best start by our mums getting plenty of rest, feeling loved, secure and in awe of the process that is going on in their body.

Dads, give your lovely mums-to-be plenty of space to relax, love and embrace her, and have her feel special and secure. These are the things that held me during these first few days.

The really fun thing I enjoyed right at the beginning, was when other people in mum and dad's lives noticed I was in here. It was so great to be acknowledged as a

living thing so early on. Most have to wait until they're making a sizeable bulge in their mum's belly before anybody pays them any attention.

As new beings, we love to communicate right away. We, like adults, like to feel loved, like to belong, like to be acknowledged for the incredible beings that we are. So whenever somebody "sees" me, I wave excitedly and start a conversation. Lucky for me, mum and dad move in circles where there are many who recognise, acknowledge and appreciate my existence. They have many highly intuitive friends, and they teach people how to raise their intuition on a weekly basis. So there were always many people to connect with and talk to. It was a very happy time, especially as students would get so excited that they could see me, when I was clearly not visible externally. I loved being their proof of worth, so to speak, proof that they "got it", that they really had heightened their intuition. I loved being the one that had them believe in themselves.

