

**A Place for You Here:
A Loving Re-Creation Of Your Birth Journey
Supplementary Information**

Welcome! I'm Cathy Chapman, and I created the Guided Journey that became, in collaboration with Shaina and Richard Noll, the CD *A Place for You Here: A Loving Re-Creation Of Your Birth Journey*. This document offers a wealth of information that we were unable to include with the CD itself.

Perhaps you have made your way here because you bought the CD and are interested in more information on how to use it most effectively. Perhaps someone sent you this document and you will discover, through reading it, if the CD offers something relevant for you. If, after reading this document, you are ready to purchase one or more copies (they make excellent gifts), please go to www.shainanoll.com.

First, I would like to share how this CD came into being. Following that brief story, I have a number of suggestions for how to use **A Place for You Here: A Loving Re-Creation Of Your Birth Journey as a tool for healing, either personally, or in a professional capacity, if you are a therapist, healer, social worker, etc.**

For those of you who would appreciate a more in-depth, theoretical explanation of the potential benefits offered by this CD, I offer this on page 8 following the "How to use" section.

The Origin of *A Place for You Here: A Loving Re-Creation Of Your Birth Journey*

I have used this "birth healing" meditation for years as a part of a program called **Journey to Healing**. At the end of the meditation I would usually play *How Could Anyone* from Shaina Noll's CD **Songs for the Inner Child**. The song, written by Libby Roderick, was arranged by Shaina and sung as a lullaby. (If you like the song, *A Place for You Here*, you may enjoy Shaina's other work. You can find her at www.shainanoll.com . When I first conceived of this CD, it was my deep desire to have the birth healing meditation and the song, *How Could Anyone*, on one CD. This, of course, required getting the rights to use Shaina's recording of the song. When unable to do so, I asked Shaina if she would be willing to write a new song that would be appropriate for the culmination of this birth healing meditation. I was delighted when she said "Yes."

Shaina and I had a pivotal phone conversation, discussing the energy and core concepts we wanted the song to carry. The song, as you hear it on the CD, came to her in a fairly dramatic burst of inspiration the following day. As she began working on recording the song, it was clear to her that the song, and the CD as a whole would be deeply served by having her husband, Richard, sing the song with her, so that this song of welcome would come to you with the voices of both the Mother and Father.

Using the CD to Facilitate Healing

For your safety, do not use the first track, the meditation, while driving, using heavy machinery or during any activity in which your full presence is required!

If you have not yet used the CD, let me acquaint you with its format. The CD is designed to use in its entirety, listening to the meditation and the song together, or each track individually.

The first track is the birth-healing journey. This guided journey will take you from the moment of your conception through your birth, to a bonding experience with your parents. You are given the choice of having these parents be spiritual parents, birth parents, your adoptive parents, an angelic presence, or any loving, supportive energy or being of your choosing.

Since this guided journey is intended for a wide audience, there may be specific scenarios mentioned that do not apply to you. Simply allow the meditation to carry you, floating past any content that does not apply to your personal story. The journey ends as you rest in the arms of the loving parents you have chosen. You are invited to listen as they sing a song of welcome to you.

The second track is Shaina Noll's song *A Place for You Here*. She and her husband, Richard, sing the song to you after you complete your journey of lovingly re-creating your experience from conception-through-birth. It is my experience that imagining yourself held in loving arms and being sung to in this way is a powerful and moving experience. You may find that this song offers messages you have always wanted to hear from your parents. For myself, every time I listen to the song I feel such warmth and love. Sometimes I imagine that I am in the arms of Spirit as mother and father. Other times I imagine being in my own parents' arms. At other times, I simply let the words and music wash over me.

Taking The Journey

If you have been struggling with emotional pain, you might want to experience *A Place for You Here: A Loving Re-Creation of Your Birth Journey* with your therapist, healer, health care practitioner, or a loving, supportive companion. If you participate in a meditation or prayer group, you may enjoy taking this journey as a group.

However you choose to use *A Place for You Here: A Loving Re-Creation of Your Birth Journey*, set aside about 35 minutes for the experience. For the most relaxed experience you will want to eliminate as many distractions as possible (phone, computer, etc.)

The meditation will give you the opportunity to "be born" into the hands of a spiritual being. Use whatever name or image is most supportive for you. Because the purpose of *A*

Place for You Here: A Loving Re-Creation of Your Birth Journey is to facilitate healing of gestation and birth experience, you are guided to be welcomed by both the masculine and feminine aspects of God or Spirit. You may find it helpful, before beginning the CD, to take a few moments to determine how you wish to visualize those who welcome you into this life. You may choose to visualize your own parents. You may also simply allow the meditation to unfold with images coming to you.

After you have finished *A Place for You Here: A Loving Re-Creation of Your Birth Journey*, sit quietly with your own thoughts. Journaling might be very supportive for you at this time. If this is a group experience, give time for each person to sit silently before group discussion. Group members may or may not want to share experiences. There are times when sharing deep experiences too soon can disrupt the sacredness of the moment. Follow your heart and inner knowing. There is no wrong way to use *A Place for You Here: A Loving Re-Creation of Your Birth Journey*.

After your first experience with the entire CD, you may have the desire to play the song repeatedly. If you have the technological capabilities, set your CD player so that it repeats the song track. Doing this while you sleep can be profound.

People have used this meditation alone or in groups. Some have had strong emotional reactions which they preferred to process privately. Others wanted to talk about their experience afterwards. Trust that you will know which is most supportive for you. Most people have a sense of peace and warmth after the experience.

Specific Purposes

If you are currently working with a therapist, please speak to your therapist before working with the CD. If your therapist is willing, you may want to have him/her preview *A Place for You Here: A Loving Re-Creation of Your Birth Journey* and help you determine whether or not you are ready for this kind of process. You may also ask your therapist if you can use *A Place for You Here: A Loving Re-Creation of Your Birth Journey* in a therapy session. In this way, you have their presence to support you while you take the journey, and also have the opportunity to talk about it afterwards.

Inner Child Work

When people come in touch with their inner child, they often find their little child scared and lonely. Many times the inner child is hiding. You can assist the healing of your inner child by using *A Place for You Here: A Loving Re-Creation of Your Birth Journey*. Imagine yourself as one of the parents welcoming you into this life. Sing the welcoming song, *A Place for You Here* to your infant self. You may also find it beneficial to sing along with the song imaging yourself at various ages. In this way you can parent yourself.

Emotional Distress

The information above on Inner Child work applies here. Most emotional distress, whether it be depression, anxiety, or more, stems from our lack of self-love. This inability for self-love almost always comes from *feeling* unloved as a child. Use *A Place for You Here: A Loving Re-Creation of Your Birth Journey Experience* with the intention of filling the emptiness within you with love.

While Pregnant

Since the developing child absorbs much emotion from the birthmother, impressions about birth are also absorbed. I've had many experiences with woman preparing for delivery who have an "imprint" of their own birth, or even the birth of their mother. Coupled with hearing the stories of giving birth, the "imprint" can lead to fear of the birth process making delivery much more difficult. Working with one woman, pregnant with her first child, took us to when her great-great grandmother died when she miscarried.

Listening to the meditation and song as part of preparation for birth can assist in releasing some of these fears that are on a conscious or subconscious level. Before beginning *A Place for You Here: A Loving Re-Creation of Your Birth Journey*, set your intention that these issues be addressed. You do not have to know the particular issues. Your intention can be as straight forward as asking for the release of anything which would interfere with an easy, safe and healthy birth. You may make the intention as specific or as general as you wish.

You will also find it a wonderful bonding experience with your unborn child to listen to *A Place for You Here*. One or both parents can sing the song while their hands are lovingly on the mother's abdomen. Both parents can, also, image themselves holding their unborn child and singing the song of welcome. If the father is not available, you can image yourself and the father, or the father aspect of God or Spirit welcoming your child.

Adoption

I have worked in the area of adoption for many years. I'd like to give those of you who are part of the adoption triangle suggestions on how to use *A Place for You Here: A Loving Re-Creation of Your Birth Journey*.

The Adoptive Parent

Set your intention that you bond with your child through *A Place for You Here: A Loving Re-Creation of Your Birth Journey*. You may want to "see" your child born into your hands. Imagine yourself holding and cuddling your child while singing him/her the song of welcome immediately after his/her birth. You may also want to listen to the CD with your child while all are imaging you holding and singing the song of welcome.

The Adoptee

Many adoptees have a longing for connecting in some way with their birthparents. This longing happens even though they have had loving adoptive parents. For those adoptees who have problems, there are often two basic questions. The first is “Why was I given away?” This question could take the form of “Why wasn’t I wanted,” “Why didn’t they keep me,” “What was wrong with me that they had to get rid of me” and similar questions. The second question, which is not addressed in *A Place for You Here: A Loving Re-Creation of Your Birth Journey* is “Who do I look like?”

For the adoptee, whether you have any unresolved feelings about your adoption or not, I suggest using *A Place for You Here: A Loving Re-Creation of Your Birth Journey* a minimum of three times. First, use *A Place for You Here: A Loving Re-Creation of Your Birth Journey* generally. By that I mean, have no specific intention. Those first months after your birthmother found out she was pregnant were filled with turmoil. Set your intention for the first use of *A Place for You Here: A Loving Re-Creation of Your Birth Journey* to heal or resolve the turmoil.

Second, use the CD with the intention of resolving any issues with your birthparents. My experience in working with birthmothers is that the decision made was filled with anguish. Almost always, even when the birthmother did not want to meet the child later in life, the birthmother had/has deep love for the child she placed for adoption.

Third, experience *A Place for You Here: A Loving Re-Creation of Your Birth Journey* with your birthparents singing you the song of welcome and then gently handing you to your adoptive parents. Replay the song and have your adoptive parents sing you the song of welcome. You might want to imagine all four of them singing you the song together.

The Birthparent

With open adoption now available in many places, some birthparents are able to stay in contact with and be involved in varying degrees with their child. The majority of birthparents have not been able to do this. If you are a birthparent, mother or father, who continues to be in turmoil about the adoption plan you made for your child, *A Place for You Here: A Loving Re-Creation of Your Birth Journey* may assist you.

After you have listened to *A Place for You Here: A Loving Re-Creation of Your Birth Journey* at least once for yourself, you may want to listen again with the intention of this being for the child you placed for adoption. See yourself welcoming your child and singing *A Place for You Here*. You may then want to repeat the process with you placing your precious child in the arms of the adoptive parents. This may assist you in healing unresolved feelings regarding the adoption plan. In addition, the love you feel goes

directly to your child, no matter the age. This is very much like praying for your child.

Therapists, Body Workers

Each of you may find particular occasions in which your clients may benefit from the entire CD, *A Place for You Here: A Loving Re-Creation of Your Birth Journey* or either one of the tracks. Energy and Body Workers may find it beneficial to play the song *A Place for You Here* several times while working with a client. This is especially true if you have clients who feel they do not belong or fit in.

Therapists will find that the length of the CD provides time for you to both listen to the CD and process any feelings that surface in your client. Using the CD in a group setting can be a powerful experience for all.

Illness

My studies and experience in Mind/Body Psychology have demonstrated to me the deep connection between thoughts, feelings, events and our body. When dealing with an illness, including a chronic one, you may benefit from *A Place for You Here: A Loving Re-Creation of Your Birth Journey*. Set your intention to heal and release emotions and wounds that may be contributing to your illness. Use the CD as a time to love yourself unconditionally no matter what is happening do your physical body. Sing *A Place for You Here* to yourself. You may even wish to sing the song lovingly to the part of your body that is ill.

Hospice

Coming into this world is difficult and leaving can be even more difficult. If you work with those who will soon be making their transition from this life, or are yourself getting ready to make your transition, *A Place for You Here: A Loving Re-Creation of Your Birth Journey* can assist you.

When your entrance into this life is difficult, the imprint of the birth trauma can generate fear about your next “birth.” Set your intention to release whatever is contributing to any fear of dying.

If you are feeling regrets about events in life and are fearful of what lies beyond this life, use the meditation and the song, *A Place for You Here*, as many times as needed to bring you to a place of self-love. There may be times you want the song to play in the background. Other times you may want to image yourself in the arms of loving parents. Still other times you will want to sing the song to yourself. Consider using the song while seeing your personal image of God, Spirit or your Higher Power, welcoming you home after this journey on earth.

As Prayer

With prayer you can be the facilitator of healing. Using *A Place for You Here: A Loving Re-Creation of Your Birth Journey* is one way of facilitating healing.

My personal spiritual path began as what is called a “cradle Catholic.” I, also, had a sojourn in the convent for 20 years. Prayer was, and is, integral to my life. What I was taught, and what I believe, is that there is no distance and no time with God or Spirit. You and I can pray for healing for someone when they were younger, even as young as in the womb. Those of you who work with energy as healing would refer to this as “nonlocal healing.” (For more information on non-local healing go to http://www.noetic.org/publications/shift/issue5/s5_dossey.pdf)

In using *A Place for You Here: A Loving Re-Creation of Your Birth Journey* as a prayer for another, simply set your intention that the meditation and the song be for the healing of a particular person. While holding your intention, imagine the individual you are praying for in the womb. See, feel or sense healing love enveloping him or her. See that person being held and welcomed into life.

Trans-generational Healing

Various forms of energy work are able to facilitate trans-generational healing. This form of healing is also based upon the concept of non-local healing (see above paragraph for reference). If you are more comfortable with the term prayer, you can say that you are praying for the healing of all wounds at their very source.

I first learned of healing the family tree while I was in the convent. **Healing the Family Tree** by Kenneth McAll was my resource for this powerful form of healing. (McAll was an Anglican psychiatrist and, as such, the book is from a Christian perspective. You can do an Internet search using the words “trans generational healing, healing the family tree” and receive a variety of links from various spiritual perspectives.)

Let’s say that you come from a family in which alcoholism goes back several generations. Before beginning *A Place for You Here: A Loving Re-Creation of Your Birth Journey*, set your intention that the healing energy from this experience be for the first alcoholic in the family. Know that God, Spirit, your Higher Power will honor this intention. See, feel, sense, experience the meditation and song being for that person who was so deeply wounded that s/he began the cycle of abuse.

You can use *A Place for You Here: A Loving Re-Creation of Your Birth Journey* for any behavior pattern (abuse, anger, addiction, over eating,), feeling (anger, sadness, jealousy), or illness (cancer, heart disease, diabetes) that you find in your family that goes back generations. Consider a pattern also being “all the men in my family...”, “all the women in my family...)

Summary

The many ways it is possible to use this CD as a healing tool will, I hope, be expanded by your own intuition and imagination. If an idea comes to your mind, please trust your inspiration. Please allow yourself to use this powerful tool in anyway that comes from your heart.

Shaina, Richard and I would be delighted to hear anything you'd like to share about how you used the CD, and the results you experience. This is a document-in-process, and we welcome your participation. You can share your experiences by writing to any one of us at these e-mail addresses:

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We will, with your permission, add your ideas to this supplement, and it will hopefully be enriched and expanded by input from those of you making use of the CD.

Why a “Birth Healing” Meditation and Song of Welcome

Allow me to give you some background on why the birth healing meditation “needed” this wonderful song.

Few people are aware of the impact our own conception, gestation and birth have upon our life. Those who study this area have found that events which occurred to our birth mom's¹ have a definite effect upon how we live our lives. In addition, how she, our birthfather and others viewed our coming entrance into the world also affects us. Much of this information is gathered from those who work in the field of hypnotherapy and forms of breathwork such as holotropic breathwork (www.breathwork.com) .

My own work as a psychotherapist began when I was a Catholic Sister. Prayer, if desired by the client, was a component of the sessions. When someone talked about not being a wanted child, I would lead him/her through a healing prayer experience. Time and again I noticed, as did the individual, that something had changed within them. Life was easier. They were happier. Working through issues was facilitated.

As I developed the class **Journey to Healing**, I found that participants made greater progress with less emotional turmoil when I led them through the birth healing meditation at the beginning of the program. When I became acquainted with Shaina's work, I played one of her recordings at the end of the meditation. The result was profound. The song added a powerful dimension to the healing. It moved me and others in a way that the meditation itself, although powerful, did not. To experience myself being held closely and

lovingly while being sung a song of welcome was blissful.

Why We Need Healing of the First Months of Our Lives

As mentioned above, there are researches and clinicians studying the life time effects of what happens to us in the womb and during birth. I'm not going to refer to any research. I'm simply going to relate to you some of my experiences and learnings from my 30+ years as a clinician.

If the possibility of healing pre-birth and birth experience seems like science fiction and an impossibility to you, I simply ask you to read the following with an open mind and heart to the distinct possibility of healing.² Remember high school geometry? We solved a problem based upon certain assumptions that someone else formulated for us. I'd like you, just for this time, to have the assumption that pre-birth and birth experiences can have a tremendous effect upon how we live the rest of our lives.

A woman who birthed 8 children told me she sees in each child a reflection of what was happening in her and her husband's life at the time each was conceived. On the other hand, my mother once told me I did not display any of the emotional turmoil that she had during my gestation. Later I will tell you things that I learned about myself directly related to what was happening while she was pregnant with me, but I could not share with her since my insights came after she had passed on.

Think of a time you walked into a room and just knew something wasn't right. No one said anything, you could just feel it. Later you found at there had been an argument or someone had received disturbing news. Then there have been those times you entered somewhere and you felt tremendous peace and love. The feelings or sensations you experienced were the result of the energy of the feelings which were left in the room.

Haven't you had the experience where you were doing well and, when around someone else who was sad or depressed, you weren't feeling as well as you had before? Perhaps you even felt like that person's feelings clung to you. Again, that was the energy of the feelings that were affecting you.

If those situations can affect you, wouldn't it be possible that your birthmother's feelings when you were in the womb could affect you? Again, this is the assumption I would like you to make for the time you are reading this document. You can discard the assumption later if you wish.

Various Conception Experiences

If you have given birth to children, you may be aware of what was happening at the time of their conception. Some children were conceived intentionally. They were planned and surrounded with love, excitement and anticipation the entire pregnancy. Others were

conceived unintentionally. Some of these children were a wonderful surprise and were surrounded with love, excitement and anticipation the entire pregnancy. Still other unintentional conceptions were greeted with consternation, anger or despair. At some point in the pregnancy one or both birthparents may have grown to accept the pregnancy and then accepted the child with love. Then there are those unintentional pregnancies that resulted in children unaccepted and resented. Some of these children were conceived during acts of violence.

Somehow, the energy present at the very beginning of the pregnancy can have an effect upon the belief systems the individual forms in life. For instance, someone whose pregnancy was not wanted, even if it was just for a few months, may carry the belief s/he will never be wanted and accepted wherever s/he goes. That belief acts as a filter resulting in seeing the world as unfriendly and unwelcoming. Re-Creating your conception experience can alter your beliefs and change the way you view the world.

Various Pre-birth Experiences

I know many people who were shocked and dismayed when becoming pregnant and later were very happy. They were able to enjoy the rest of the pregnancy and welcome their child lovingly into the family. Others were so overwhelmed by the impending baby that they were in anguish about whether to parent the child themselves or to make an adoption plan for their child. All these emotions can be absorbed by the one growing hidden in the womb.

Even families that wanted and desired the baby can have upset in their lives. There could be financial difficulties, illness, war, turmoil and even death of a loved one which results in emotional upheaval of the birthmother. These emotions can be absorbed by the growing baby.

Various Birth Experience

Most births in the Western world are without incident and done in a hospital. There are those births in which there is a sudden crisis, perhaps the cord around the neck, or the life of mother, child or both is endangered. Some births are induced and others are not. Many, if not most births, are done with some type of anesthesia.

Most infants are immediately taken by the doctor, cleaned, clothed and then given back to the parents. Others are immediately put to the mother's breast. Still others are taken from the birthmother for the purposes of adoption. Some infants spend their time in the hospital alone in the nursery until taken to mom for feeding. There are those who stay in the same room with their mother until time to go home.

Again, all of these experiences can have an effect upon the person. My instructor in hypno-therapy told the class that abandonment issues can be directly related to the

separation of the infant from the mother after birth. I, myself, was the client in an hypnotherapy session in which I experienced myself as an infant just a few days of age, furious with my mother for letting these strange women take me away from her. In fact, I had this strong sensation that, as an infant I formed a belief that I would never trust my mother. I must also say, that when I was “re-experiencing” this time after birth, I saw her looking at me with great love, but still didn’t trust her. As I was re-experiencing this early time of my life, I was confused. I knew nothing about not living with my parents. Then it dawned on me. Those “strange women” were the nurses who took me back to the nursery after feeding time.

I worked with a client who didn’t want to live. She didn’t want to kill herself, but she didn’t want to live. During a hypnotherapy session she relived hearing the doctor say to her mother, “She won’t live.” She also remembered her mother telling her that most of the pregnancy was in fear that there would be a miscarriage. Somehow these events were interpreted as, “I’m not supposed to live.”

You may ask, “How do I know these experiences are real?” Some experiences have been verified by people present at the time. As for myself, although I know that an infant doesn’t have language for thoughts, the words I mentioned above were my adult interpretation of the overpowering feelings and knowingness I had.

There is so much about life experience we just don’t understand. Anyone who has had a dog who seems to know that a bath is in order and not food, wonders how that happens. (Mine are little so it isn’t difficult to pick them up as they resist.) I am aware of scientists studying such occurrences, but am not aware of an answer to “Why.”

There is much about the effects of our conception and gestation upon our lives that we just won’t know for a fact. We can only surmise and glean from personal experience and the research that is being done. What I can tell you is that myself and others I’ve worked with have experienced healing in areas of their lives by working on healing of the issues of those first few months of life from conception to birth.

Possible Long Term Effects of Birth Issues

Admittedly, information gathered about birth issues and their effects is near impossible to study in an objective manner using the scientific double-blind study paradigm. I’m going to list for you some of the possible connections I’ve found that have resolved for some people when birth issues have been healed.

- Feelings of suffocation due to the cord being around the neck
- Difficulty in attaching to parents due to being isolated in nursery after birth
- Unhappy with gender because parent’s wanted other gender
- Feelings of not belonging due to parent’s not wanting you
- Difficulty in finishing projects due to not having to work for birth (C-sections)

- Suicide attempts due to attempted abortion
 - Inability of accepting or trusting love because you weren't "wanted"
 - Pervasive guilt due to causing pain at birth
 - Continual fear and anxiety because mother was in fear during pregnancy
- These are just a few of many issues that can be due to conception, gestation and birth events. Not everyone has significant negative effects due to gestation and birth issues. Often, because our issues have been with us "forever," we aren't even aware of what has been with us until it is gone.

If you have not yet used *A Place for You Here: A Loving Re-Creation of Your Birth Journey*, and feel motivated to listen to this beautiful journey, I encourage you to gift yourself with this experience.

Thank you for working with *A Place for You Here: A Loving Re-Creation of Your Birth Journey*. Shaina, Richard and I wish you healing on your journey and send you our blessings

Again, if you would like to share with us your experiences, or ask a question, please e-mail us at:

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For more information about Cathy Chapman, Ph.D., and her work, please go to www.OdysseyToWholeness.com. For more information about Shaina Noll and her work, please go to www.ShainaNoll.com. We both have a number of resources you may find helpful.

End Notes

1 I use “birthmom” and “birthfather” as there are many who were raised by someone other than their biological parents.

2 There is a difference between “healing” and “curing.” When I refer to “healing” I am speaking of something that happens within us resulting in the release of an emotional charge that is inhibiting us. “Healing” can directly affect belief systems which are filters for how we view ourselves and the world around us. Healing can result in changes on the physical level, but not always. “Curing,” on the other hand, is the elimination of physical difficulties be they injuries or illnesses. One can be “cured” physically and not “healed” emotionally.