Daddy Doula
A Guide To Home Birth
by @thefallbackup

based on a true story

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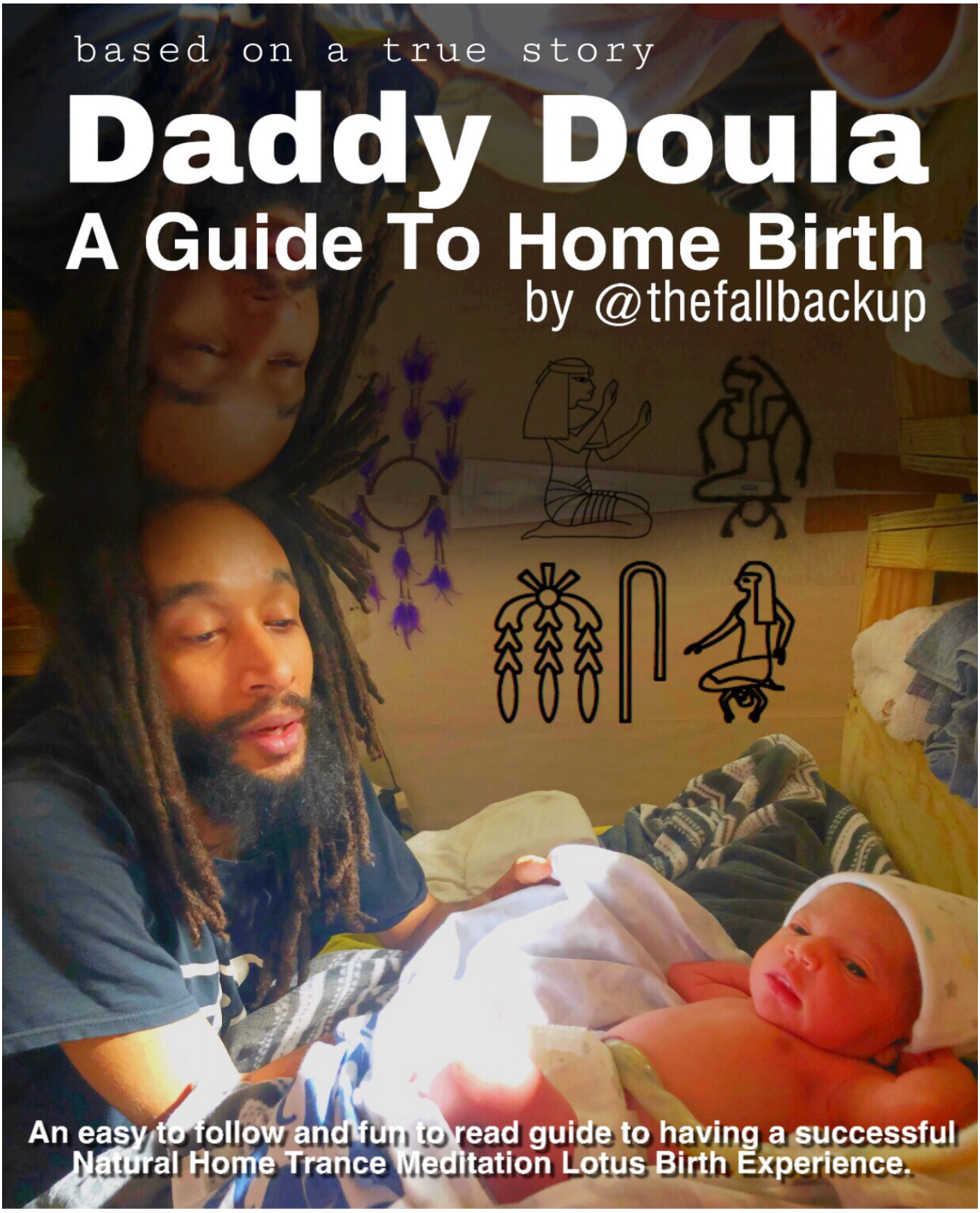

An easy to follow and fun to read guide to having a successful Natural Home Trance Meditation Lotus Birth Experience.

A GUIDE TO HOME BIRTH

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Type "I want this book" or "111" if you need this guide

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Introduction-

Home birth, the very thought of it sparks fear in many due to a lack of knowledge and understanding for the process of birth. As I write this birth guide I am the father of five children, four girls and one boy that I was blessed to be apart of Full birthing process so this guide is from personal experience and is not a medical guide approved by any medical associations. Everything in this guide is from my point of view and from my experience, this is what we found to be the best way to give birth at home safely without cutting or trauma to mom or baby.

In our at home experience we decided to go with a natural lotus trance birth.

So what is a natural lotus trance birth?

Let's start with natural, natural meaning no medications or drugs. The reason for this is two part, one because it allows baby to not be drugged at birth which give baby a fighting

chance and two because it also give mom a better chance at higher survival rate. A conscious individual is best for any job especially for birth which is going to have its pain but with the right techniques can be blissful euphoric and even orgasmic.

The second part of natural lotus trance birth was Lotus, so what is a Lotus Birth? A Lotus Birth is when a baby is allowed to stay connected to their placenta until it naturally falls off within 3 to 7 days. This allows the baby to experience their full birthing experience which is a week long process of nursing with mom sleeping and meditating while healing. During this 7 days process mom is pampered by doulas and dad as she passes the remaining blood clots heals and reforms her natural shape.

This is a sacred time for mom and baby and should not be interrupted by negative spirits and envious people as the placenta and moms wounds are still exposed. After the placenta and cord detach mom and baby should be healed enough to move around when ready. This full process is called a sacred lotus birth.

The third part of natural lotus trance birth is trance, so what is a trance birth? A trance is a deep meditation. In this book I will teach you how we used trance meditation to get

through the entire process of our birth experience so you may do the same if you wish to.

After reading this book you should have a better understanding of how to go through the process of birth with your mate your doulas or your family support system. I will also discuss the energy behind everything I teach you in this book so you understand why we used such methods and why we made the decision we did. Overall I hope this enlightens a new generation in the truth of child birth and the power they have to make decision for their selves and their body.

Chapter 1 - How I became a Daddy Doula living in a Tiny House Mobile Wellness Center

In 2017 my goddess and I decided to build a Tiny House that was also a Wellness center because we both share a passion in holistic healing and the overall healing and education of our people. It also helps that she dedicated her life to the educating of women about womb health and natural healing.

The vision was clear we would buy a school bus, convert it into a Tiny House Wellness center on wheels then become a traveling Doula service that offers Sound Meditations and classes about birth diet and holistic healing to all people. A impossible task, a crazy dream, a wild idea that as soon we we had the opportunity to we made into a reality.

Yes that's right dreams come true and miracles happen the full story of this, a story for another book, i will discuss at a later time but fast forward we buy the bus and build a fully functional tiny home slash Mobile Wellness center in it. Right on time of course because as we were in mid construction we find out that we are pregnant with our second child Irie Alia.

For anyone else this might of been a bad thing right in the middle of trying to accomplish a goal but for us building a Wellness center it only further solidified our resolve to completing this goal. So the last few month we had we

finished up our Tiny House in a School Bus and began the preparations for our first clients, ourselves.

We purchased a tub for child birth and to use as a shower in our Tiny House and began to collect supplies for birth. Blankets Towels gloves essential oils for meditation herbs and salts for the lotus birth placenta, adult diapers for mom, baby diapers for baby and basket for baby. We planned to get more items but moms water broke a few weeks early so we used what we had to have a successful birth. Only realizing after that we had everything we needed.

Chapter 2 - How we gave Birth at Home

So it’s the evening of February 17th and my pregnant Goddess Ajané and I are laying in the loft bed looking up out the sky light at the clouds talking when the goddess felt like she had to pee. As she gets up to get out of bed she began to release liquid onto the bed. She states that she feels like she can’t control it and is not sure if it is her water that has

broken or if she just has a weak bladder due to her pregnancy. In this moment we did not panic as we knew that we could expect a early birth so we began to prepare for child birth just in case.

We cleaned the bed then moved to the front living area. We called our Doulas and let them know that it was possible that we may be going into labor today so if they could come by then now would be a good time. Then we called our family members to come get our other two year old daughter so we could have peace during the birthing process. After she was picked up we prepped the tub with warm spring water and draped the couch and floor with pads to catch any blood or fluids from the birth.

By the time our doulas showed up we were sure that we were in labor and the process began.

Our Doula Jacara added crystals to the birth pool then used her essential oils to calm mom down by passing the fragrances she made past moms nose back and forth as our second Doula Niasja who is a licensed masseuse massages the back of mom.

The Goddess Ajané began to perform her sacred chants of the womb chakras to release tension and pain in her womb.

“uhhhhhh ooooooo oowwwww ahhhhhhh, uhhhhhh ooooo owwww. Uhhh oooo owwww ahhhh”

As the pains subsided we all would experience moments of clarity and conversation to ease the spirits and prepared for another barrage of contraction pains from mom.

“Here comes another one” mom would warn and everyone would instinctively snap into action to help mom with their positive intentions.

“I feel her here she comes” the goddess Ajané yelled as she stood in a squatting position on the couch. I put on a fresh pair of gloves and positioned myself behind the goddess for a perfect view of my daughters crown which was now hanging out.

“Ok she is here, you got this goddess” We all began to encourage as the Goddess Ajané built the strength for another push then.

Time seemed to stop as the baby cake gracefully out into my hands as mom gained her breath and grabbed her beautiful new born baby girl into her arms with a sigh of relief as the placenta began to also be birthed.

Once the placenta was out we placed it in a bowl and rinsed the extra blood off it with water then placed it in a second bowl being very careful as it was still attached to our daughter. We made sure to Never place to placenta far away from the baby to avoid any stretching or pain to baby.

After we washed the placenta we immediately placed the herbal blend on top of it to begin the process of preservation.

The entire process of from the time the Doulas arrived until the actual birth was an hour and forty five minutes full of laughter and good vibes. Even in moments of pain there was a euphoric vibe.

Chapter 3 - What you really need to give birth at home

Before the actual birth we prepared for the Home lotus birth by Creating a Herbal Blend made with sea salts Himalayan salts red rose pedals yarrow & jasmine flowers, rosemary. The salts are the most important ingredients as they begin to kill all bacteria and dry the placenta, the rest of the ingredients were for fragrance so if you are creating your own blend you may add the herbs and flowers you want to get the desired fragrance you seek.

We used this herbal blend the entire week of the Lotus Birth adding a little more each day to the placenta until the cord detached on the morning of the fourth day.

We also began to prepare a tincture which is herb steeped in alcohol for a few weeks. This is used to stop bleeding or hemorrhage if needed, we did need this during our pregnancy but we wanted to have it just in case of emergencies.

During the actual birth the number one thing you need is a calm person, that's why doctors get paid the big bucks; they swoop in with a calm demeanor a smile a joke and a lollipop and make everyone feel comfortable with the pain of the traumas they are about to endure. A calm person will save your life so it's best that you be the calm person in the room. In our home birth we were all pretty calm for the most part. I was extremely focused this time around as this was my fifth birthing experiences so that played a major part in the success of our home birth.

We had a birthing tub but we did not use it as mom opted to squat and stand and go into downward dog every now and then. Giving birth in water helps ease pain during birth so if you can have a tub or pool with water that would help mom and baby.

Before the birth I grabbed adult diapers for mom. One pack lasted her the entire week of birth. I also grabbed rubber gloves. The gloves come in real handy when cleaning blood and other fluids from birth and also help when handling the placenta so I got a pack to last the week. Then I grabbed some new born shirts hats socks pants blankets and diapers for baby when she came out.

When baby first comes out we simply placed her on moms breast then wrapped the blanket over them. When mom was ready she put a hat and socks on baby but kept the baby with no shirt so she could do skin to skin and feed baby. The baby blanket is important during birth so get a few if possible and learn in advance on how to swaddle a baby. After a few hours of skin to skin with baby after birth mom put the first outfit on baby.

For the lotus birth we had a colander and two bowls that held the placenta and cord and we moved with the baby when we moved the baby. These bowls held her placenta and cord until they detached naturally on the fourth day. We let the planets drip through the colander into the bowl and we replaced one bowl with another under the colander for every few hours until the placenta dried.

We also had pads over our couch and floor which are like big flat bandages that we got from Walmart. This protected

our furniture from being stained so if your home birthing be sure to cover your furniture with pads or towels you don't need anymore.

We did not use any cutting scissors or razors of any kind during birth since a lotus birth does not call for that. By not cutting or clamping the cord you avoid wounds making lotus birth the safest form of labor since it decreases chances for infections.

Lotus births take a few days for the placenta to detach so you will need to free at least a week of your schedule to have a successful lotus birth as mom and baby are not to be moved during this time. That means they need you their to help them with food cleaning and encouragement as mom heals and overcomes after birth pains and emotions.

During this sacred time play 174 Hz. This frequency will help mom and baby with pain and relaxation for a meditative and blissful healing process.

Chapter 4: How Meditation Makes Birth a wonderful experience

Our home birth experience was a blissful euphoric and rather fast experience mainly because we used meditation techniques like chanting crystals oils and sound healing to create a calm atmosphere outwardly and inwardly perfect for child birth.

During the actual labor the Goddess used the chakra chants to beat the pain which are “Uh Oo Oh Ah iii Aye Eee” these are sounds of the chakras. Uh is root, ooo is sacral, ohh is solar, Ahh is heart, iii is throat, Ayyy is third Eye, Eeee is crown. During birth you want to focus on the bottom chakra so the Goddess chanted “Uhhh Ooooo Ooh” on repeat to ease pain.

Our Doulas also used essential oils that made mom go into a trance like meditation and overcome pain. So find out which smells bring you the most comfort and smell them during birth to ease pain

After birth we played 174 Hz Frequency and rested together in blissful relaxing harmony meditating on healing and growing as a family. We kept this frequency playing and found it to be the best frequency for meditation during and after child birth.

174 Hz is a Solfeggio Frequency, which is a Miracle Tone used during meditation. Listen to the different Solfeggios to determine which is best for you during and after your child birth experience.

Chapter 5 - Why Dads make great Doulas

Fathers are one half of the creation of birth and are a sacred part of the birth process. The role of men and fathers in this process has been removed from the education on the people in regards to birth but it is sacred none the less. A males energy during birth helps create the hormones needed to have a successful birth as the mom dad and child share a bond as one. The creation of a child is the weaving of the dna of two people to created a singular person that is one person with two codes connected as one so the fathers presence at birth is important.

Daddy Doula Tip: Before birth a father should speak to his child while in the belly of the mother so the child may remember his vibration. The green language of nature is vibration and love is the highest vibration of life so by taking and emitting love into the womb of you goddess you are vibrating the child higher in consciousness and growing an eternal bond with the child.

Daddy Doula Reminder: Dads make great masseuses for mommy. As expecting moms go through bodily pains dad can watch a few YouTube videos to learn some massage techniques for pregnancy and help mom when in need of some aching relief.

Dads make great punching bags for mom during birth. As the Goddess went through her pain she squeezed me

choked me and even literally bit me to relieve her pain and I enjoyed every second of it because I knew it made her feel better. Dads are great partners to have there for support through the pain of mom.

Dads are protectors so when the new born baby comes out we are ready to do what is needed to protect the baby instinctively as mom is so we make great protectors of mom and baby during birth at home or in nature.

While preparing for the birth Dads help around the house and even do extra chores and errands for mom while mom is resting in preparation for the baby which is a duty of a Doula during pregnancy so Dads are natural Doulas.

Chapter 6 - The lost history of Child Birth

Before there was institutional health care there was nature there was mom dad tribe doulas midwifes there was Family. When a child was born the men protected from predators as the women protected from spirits and helped mom and dad to deliver baby. So what happened? If this is true then why is the medical industry what it is today? Why is Child Birth a systematic industry that does not educate women about natural lotus child birth?

The answer is rather cultural, as one culture conquers a neighboring culture the knowledge of that culture is assimilated and over time it gets watered down as more knowledge is transferred more knowledge is lost and mistranslated. This is the case with allopathic medicine which is the current form of healing most societies choose to use over the alternative of holistic medicine. Allopathic medicine breaks healing into categories which takes away from the overall understanding of the body and it's healing.

In today hospital child birth experience, I'm writing in 2019 for perspective to future generations, a woman in labor is rushed to room given very dangerous drugs then gives birth in a awkward position around people telling her everything that wrong and not right to confuse and scare her into cutting the umbilical cord or allow strangers to take her child at the moment of birth. All thing being the completely wrong way to experience child birth. There's nothing sacred about it, the most sacred moment of life for mom and baby is turned into a drive through fast food style birth experience.

In a home lotus trance birth mom gets to experience a child birth that is sacred and blissful. The pain is converted into motivation and not a scare tactic. The people in the room are hand chosen by you to bring a good spirit to the room at birth. Mom listens to her intuition and everyone supports

her instead of taking control of her most sacred moment. She delivers without fear so baby and mom get to have a euphoric bonding experience together at birth without referees. This is what child birth really is, this is not what it can be since it is like that now if you decide to, most people just decide to give into fear and use the medical institutes way of giving birth.

Chapter 7 - Why you should not be scared to give birth at Home

The main reason you should not be scared to give birth is so mom does not panic and have complications during birth. It may not seem very important to not tell mom “oh my gosh are ready are you sure you don’t want to go to a hospital and take drugs for pain” which sounds like a rational thing to say at the time but it’s affects of mom delivering baby in peace are detrimental. Peace is the main ingredient to a successful home birth.

To become better at not being scared during childbirth the main thing you want to do is educate yourself, by reading books like this one will help you to be calmer in the moment. What scared people most is what they do not know, if you fully understood birth you would not be scared of the unknowns of it so educating yourself and practicing

techniques is important if you are to overcome you fear of child birth.

Home Birth is a beautiful experience of being life into this world in a sacred space and that is an honor and a miracle to be apart of that should not be looked upon as something to be scared of. The moment you come into the world is the most sacred moment of your life. The people in the room during the birth feeling calm and loving is important for baby to have a great first moment of life.

Fear also causes trauma to mom, moms can experience depression and anxiety when their fears reach a peak. For this reason it's great to have a good support system of positive people that show you love and honor mom especially in her most sacred moment. Make a list of 10 people who will be calm loving supporters of your birth plan then cut the list the top 3 or 4. This will make for the best energy at you birth. Find Doulas that are calm people that are loving people that are not against your birthing plan or birth so that you will feel comfortable giving birth at home and enjoying the experience.

If you can remember to not have fear you will make it through anything with a higher success rate. So take a deep breath turn on some meditation music relax breathe deep and bring baby into the world with no fear, you are strong,

you are beautiful, you are amazing, you are incredible and you are worthy of giving birth and having a great life. Much love 💗