

Joyful and spiritual birth outline

SECTION ONE: *joyful and spiritual birth basics*

BIRTH IS A SACRED ORDINANCE

OUR STEWARDSHIP OVER BIRTH

- Being an agent unto ourselves

CREATIVE PARTNERS WITH GOD

- Endowment
- Personal revelation
- Inherent capacity to give birth
- Angels and Ancestors

TRAUMA, STORIES, AND BELIEFS

SECTION TWO: *walking the birth preparation path*

CREATE YOUR BIRTH EXPERIENCE

- Coming to know God's will for us in birth
- Experiencing birth in a fallen world
- Using God's power to create

THE MIND AND BIRTH

- The spirit, mind, body connection
- Using your mind during pregnancy and birth
- Your mind and fear about birth
- Your mind and pain during birth
- Overcoming fears about birth
- Affirmations
- Meditation

WE DEFINE WHAT WE FEEL IN BIRTH

- Redefining pain
- Pain in birth

ALLOWING BIRTH TO CHANGE YOU

SECTION THREE: *building testimony of birth*

FINDING MORE JOY IN BIRTH

- Love brings life
- The joy of life
- Gratitude of the soul

THE HEART VERSUS MIND IN BIRTH

- A heart for birth
- Female and male energy
- Inward and upward

GOD'S DESIGN FOR BIRTH

- Physiological birth
- The power of breath

TRUE NATURE OF BIRTH

- There is ancient truth and wisdom in birth

SECTION FOUR: *getting to know birth*

RELATIONSHIP WITH YOUR BODY

- Trusting your body
- Relationship to your fertility

RELATIONSHIP WITH BIRTH

HEAVENLY MOTHER IN BIRTH

- Becoming like Her through birth
- Mother God as birth
- Our relationship to Heavenly Mother

GETTING TO KNOW BIRTH

- What birth is like
- The pattern of labor

- Attending a birth
- Birth coping methods

MORE OF GOD'S DESIGN FOR BIRTH

- The end of pregnancy
- The end of birth, delivering the placenta
- The golden hours after birth

SAFETY IN BIRTH

- The secret of birth

SECTION FIVE: *applying birth as a sacred ordinance*

THE ENVIRONMENT OF BIRTH

- It's the baby's experience too
- Location of birth
- People present at birth

JESUS CHRIST'S ROLE IN CHILDBIRTH

- We don't have to suffer, because He already did
- Willing to feel
- He is the path, the door, the way

ANCIENT PATTERNS FOR BIRTH

- The birth of Jesus Christ
- Mother Eve
- Self-reliance

THE FUTURE CULTURE OF BIRTH

- Birth in the last days
- Millennial birth
- Your joyful and spiritual birth