



CORNERSTONE NE CHILDBIRTH

Abiding in the presence and peace of
Christ during birth

Peace is possible!

Welcome to Cornerstone Childbirth!

Thank you for joining Cornerstone Childbirth™! I know 'free' offers online don't always reveal themselves to be worth the 'click', but I know you'll be more than satisfied with what you're going to learn here! I can't wait to see how the Lord reveals Himself to you as you journey to, and through, your birthing time! If you're not a Christian - no problem! All of the Steps outlined to help you experience decreased pain, faster birth, decreased intervention and increased satisfaction with birth **ARE EFFECTIVE regardless of your faith background!** They are **PROVEN** steps that I've been using **since 2015** in my other birthing program, Birth Unafraid.

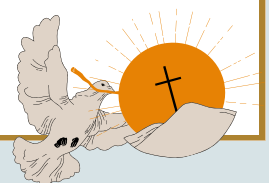
Here are a few notes about the content:

- the videos are 'private' on my YouTube channel and are only accessible through the private link provided - please reach out by email if you have any issues at all with viewing the videos and we will get it sorted asap
- the written content is copyrighted so please keep this in mind & do not share any of it
- There are 8 Modules as well as several audio recordings - please reach out by email if you have any issues at all with them
- Although this is a 'learn-at-your-own-pace' course, there is a process to the content and so I encourage you to **watch 1 Module per week** - a pace that allows the best review, retention & practice time.
- And, as you'll see in the Modules, practicing is a MUST - if you want to experience any kind of change and a better chance of improved birthing outcomes, you have to practice daily - the more practice, the better!

How to access the course content

All of the course content is on the YouTube Playlist found at the link below. The Modules, '12:2 Scripts', 'Hagahs' & the order in which to watch / listen to them is provided on the next page. I also provide information about in-person and zoom classes as well as the Cornerstone Childbirth book options that are available.

<https://bit.ly/cornerstonechildbirthcoursecontent>



The Cornerstone Childbirth™ Modules and the order in which to watch them

1. Intro: Introduction to Cornerstone Childbirth
2. Module 1: The Whole Person
3. Module 2: The Presence of God
4. Module 3: Science reveals the love and majesty of God
5. Module 4: The 9-Step Renewal Roadmap™
6. Module 5: Submission to the Lord; Hope that Does Not Disappoint; Why Birthing with Peace Matters
7. Module 6 Part 1: The Midwife in Me - Labour, Birth and the Birth Companion
8. Module 6 Part 2: The Midwife in Me - My baby's here - now what?

The Cornerstone Childbirth™ Audio '12:2 Scripts' and 'order of listening'

You'll learn more about them as you go through the content, but you will **begin listening to the first Script after Module 1.**

1. Colours of the Rainbow for Birth
2. The Beach Walk
3. The Meadow
4. Deep Unto Deep
5. Deep Relaxation with the Lord
6. Mountain Hike
7. Special Place
8. Staircase Deepening
9. The Forest
10. Instant Relaxation Exercise

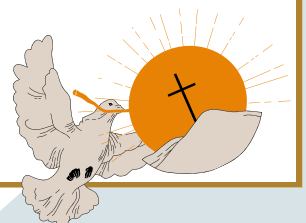
The Cornerstone Childbirth™ Audio 'Hagahs' and 'order of listening'

You'll learn more about them as you go through the content, but you will **begin listening to the first Script after Module 4.**

1. Pregnancy Hagahs
2. Early Labour Hagahs
3. Active Labour Hagahs
4. Pushing Hagahs

Hebrews 11:1-3 ESV

"Now faith is the assurance of things hoped for, the conviction of things not seen".



Cornerstone Childbirth™ Classes

Connecting **once a week for 4-6 weeks** as you go through the materials is highly beneficial. If you are interested in one or more 1:1 in-person or 1:1 live Zoom session with me, simply email me at sandy@cornerstonelifecoach.ca. There may also be group zoom and in-person classes available at a lower cost. Regardless of the platform and structure, the sessions/classes run for 1-1.5 hours and both you and your birth companion are both encouraged to attend. And, as a bonus for registering for a class, you receive the 'Practical Pregnancy' information database for free (a \$300 value). In it you'll find **answers to over 100** of the most common questions in pregnancy, birth and beyond including newborn care, breastfeeding, pregnancy myths, and so much more!

Paying it forward

I have a deep commitment to the pro-life cause and Pregnancy Care Centres, so **20%** of every paying client's fee goes **directly to their local Pregnancy Care Centre (PCC)**. So, registering for a class is helping your local PCC and the women & men they support - thank you!

I trust you'll find Cornerstone Childbirth™ informative, effective & transformative. I pray you'll receive revelation from the Holy Spirit as you work through it & that your faith in our Lord is increased as you journey towards a birthing story written by the hand of God - a birth rich in the perfect peace & joy of the Lord!

Sandy

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