



Tips for Success!

# VBAC GUIDE

BY THE QUANTUM BIRTH DOULA

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# Hello Friend

I am so excited that you are ready to embark on this powerful journey to achieving your VBAC!

I'm Carmen and this is my VBA2C baby Luna in the image above! This guide is going to be packed with some powerful information that helped me achieve my VBA2C, and I can't wait for you to get started!

The information I share in here is based on a number of programs that I have attended pre-conception, and during my pregnancy. They are truly powerful however you do have to be open to receiving them!

Let's jump right in!



# Vision

THE GREATEST PLACE TO START!



# Let's start here...

The very first time that I visualised my birth was before I found out I was pregnant. I was at a powerful event where I saw myself pregnant, then giving birth, and scooping my baby up onto my chest, which was the most magical experience ever! The tears rolled down my face because it honestly felt so real! 10 days later I got my positive pregnancy test, and from that day on I committed to visualising every single day, until I felt confident that it was mine!

If you are preparing for a VBAC or HBAC, I want you to make sure that you visualise your dream birth every single day:

- Choose a song that resonates with you
- Close your eyes
- Let your imagination run free, let go of the how or the when, because that will all work itself out, just focus on the dream birth you want.

I want you to remember 1 thing though, in visualisation the main thing that you need to experience is the feeling, if you can't see a focused image yet, that's ok because the feeling is what's most important!

Commit to doing this exercise every morning and evening, because this is when your subconscious mind is more suggestible, plus your subconscious doesn't know the difference between what is real and what is imagined.

Over the next few days of doing the visualisation, I want you to become aware of the negative thoughts that come up, and write them down in a note book. These negative thoughts will be what you will need to work through!

I also want you to take a bit of time to understand WHY you want your VBAC? So many women say they want it, but when I ask why, they can never answer, so I want you to take some time to carve out your why because this will truly be your driving force!



# Release

GOING BEYOND THE FEAR!



# Let the monkey thoughts go...

Once you have made your list, I want you to go through each item on the list to see whether you fully believe each negative thought or not, I want you to understand whether this thought belongs to someone else or whether it's your truth? This will be an important part of the process, because the idea is to give your mind enough proof that the negative thoughts it's thinking are complete and utter BS!

So go ahead and do that now!

Once you sift through the list, you will potentially have a smaller list of thoughts that you still believe in, even if it's just partially. Next I want you to find evidence that tells you that the thoughts on that list are total BS!

I want you to realise that the thoughts you have taken on as part of your beliefs aren't your truth, they would've been based on something you've heard several times, and as a result thought about it, and then you decided to take it on as your own belief.

For instance a thought that came up for me multiple times was about tearing, I was so afraid of it, this is the exact reason why when I was a young girl I didn't want children because I feared it hurting so bad. The reason for this is because every conversation around childbirth resulted in being told how excruciatingly painful it was. Once I understood that our vagina unfolds to facilitate birth, that breathing baby out or pushing baby out at our own pace would help the journey too, being upright rather than laying down releases the pressure of baby's head directly on the perineum, etc... When I understood this, it really helped put my mind at ease.

I then went through my list to find evidence that would support me in letting go of the thought and when I did, I used a technique called 'Flipping the Script'. Whenever a thought would pop up, I would say it was BS, then replace it with a new thought and feel the feelings! This was powerful!

# Revisit & Forgive Your Birth...

I want to emphasise something here! No matter how traumatic your previous birth was, it really requires an element of forgiveness! By forgiveness I mean releasing the energetic feelings towards the person, people, events that you may still be holding onto, and that are no longer serving you.

You can choose to do this in a variety of ways, there is no right way of wrong way, however there are stronger processes that may help if this DIY method hasn't worked for you. So here is goes:

1. You can choose to step up 2 chairs in a private room, you sit in one chair and in the other chair you imagine the person that you need to forgive. You will need to have a conversation with this person and tell them everything you need to get it out of your system, and then you can choose to forgive them and release the energy. You can repeat this process as many times as you need to with the same person or different people.
2. You could write a letter of forgiveness forgiving the person for wronging you, and once you have done this you can then burn it. Again you can repeat this as many times as you need to. It's a powerful process.
3. If it feels good to you, you could choose to do steps 1 and 2 as part of your very own process.

I want you to understand that this practice can be an emotional one, so please do give yourself the space and time to process before moving onto the next steps. You will be surprised at what you may be holding onto, and if you feel that this practice hasn't shifted anything for you, then it may be worth exploring one of the 1:1 sessions with myself or someone else that feels more aligned for you.

# Birth Partner Trust...

This is a tricky one for many women planning a VBAC, and the reason being is because your birth partner may not fully trust in birth, they have seen you at your most vulnerable, and they may be fearing a number of different things!

This is their trauma speaking up, however they may not tell you directly that this is what it is... and this is where it can get really uncomfortable...

You may also carry a level of resentment, even anger towards your partner from your previous birth, this is something that really needs to be released, please follow the DIY forgiveness method above. If you are still struggling with this there may need to be an additional energetic process that can be done on a 1:1 basis, feel free to reach out!

Once you have worked your way through releasing any negative emotion towards your partner, then I would have a conversation with them, so that you can understand where they are at, and whether they will support you.

My conversation with my husband consisted of the following: I simply asked him if he trusted me? I told him that I wanted a VBA2C, that I knew my body and our baby, and that I wouldn't be putting either of us at risk, and then I asked him whether he trusted me? And his response was yes.

I get that it won't be as simple as this for everyone so I would do the following prep before:

- Plan out the conversation, gather evidence around VBAC'S
- Tell your partner your WHY
- Listen to what they have to say
- If they still aren't fully behind, and you are determined to go ahead, you may need to find someone else that can support you on the day
- It won't be up to you or anyone else to convince them, and if they aren't fully behind you, having this energy in the room could be detrimental to your VBAC
- Another option is to book in a power hour with Kemi Johnson so that she can better explain things



# Unlearn

EVERYTHING YOU THOUGHT YOU KNEW  
ABOUT BIRTH!



# Learn everything you can about birth...

But not just traditional birth prep, you will want a program that teaches you about physiological birth, not one that primes you towards the conveyor belt birth that so many are having.

The more you can learn about birth, the more evidence you provide your subconscious mind about how your body works, and that your body can truly do this.

The reason why I say not to just opt for a traditional birth prep course is because you are going to want to go deeper, so that you can break through fears, beliefs and patterns that you thought you knew about birth, and the traditional approach just won't cut it.

I want you to have a bit of insight as to the preparation I had before achieving my VBA2C:

- I trained as a perinatal educator shortly after the birth of my second daughter
- I then trained as a doula
- I then did a hypnobirthing course and a pregnancy yoga course
- I joined a birth works membership with Kemi Johnson, where she was mentoring birth keepers
- I attended personal development events and coaching programs

Now I'm not saying for you to do all of these courses, but find something that covers a big part of what I mention above because this will truly benefit you!

# But what if it doesn't work?...

I invest all this money and still end up with a repeat caesarean... I'm here to tell you WHAT IF IT DOES WORK?? I am also here to tell you that this is your way of showing up for yourself, investing in yourself!

I can tell you now that there was never a doubt in my mind that I would get my VBA2C! I can also tell you that I invested well over £5000 in myself, and it was never with the energy that the investment would be a waste if I didn't achieve my VBAC!

This leads me to the next piece of the puzzle:

Why do you feel that you are not worthy?...

You don't have the same doubts if you are investing in something big like an expensive pushchair or changing table (just as an example) you don't ask yourself, What if baby doesn't use it, you just trust that it will be used and you don't question it at all.

So what's the difference with investing in yourself?...

And this is the very thing that you need to explore...because if you don't fully believe that you are worthy of investing in yourself to prepare for a life-changing event like your VBAC, then how can you actually fully believe that you are worthy of receiving your VBAC?

Hopefully this is landing, but if not...I'm pretty sure that it is about to!...



# The Be-Do-Have Method...

Now this is something MEGA IMPORTANT!! I want your full attention for this!!!

In order to achieve my VBA2C, I needed to become the version of myself that had already achieved it, and for this to happen there needed to be a shift in identity...however this is never easy, but I am going to show you a simple way to do this.

The next time you go to visualise your Dream Birth, I want you to pay close attention to how you are being in that very moment that you scoop your baby into your arms... I really want you to breathe it in, embrace it, so that you can truly start embodying it!

You see the version of yourself that has already achieved it wouldn't be questioning whether she could do it, she wouldn't be worrying about the what if's, she would be fully trusting that it would happen, there would be no doubts at all. She would then go onto take the inspired action, so in other words, do the pregnancy classes, do the yoga, do the mindset work, basically do the things that felt aligned, so that she could then receive the dream birth...

I really hope this is landing... but if not here is what I mean...

The version of myself that had already achieved her VBA2C was fearless, powerful, confident, magnetic, trusting, loving and calm. I already had the foundational knowledge on birth preparation however the thing that was still needing to be worked on were my fears, and I knew this was a mindset shift that needed to happen, so I enrolled in a few personal development programs, as well as a 4 day immersion, and I also connected and invested in Kemi Johnson because she had achieved her VBAC and I wanted to be in close proximity to her...

# I really hope it is!...

When I had taken the inspired action, it was then easier to reach a point where I could fully surrender and trust that everything I had done was enough to get me to where I needed to be!

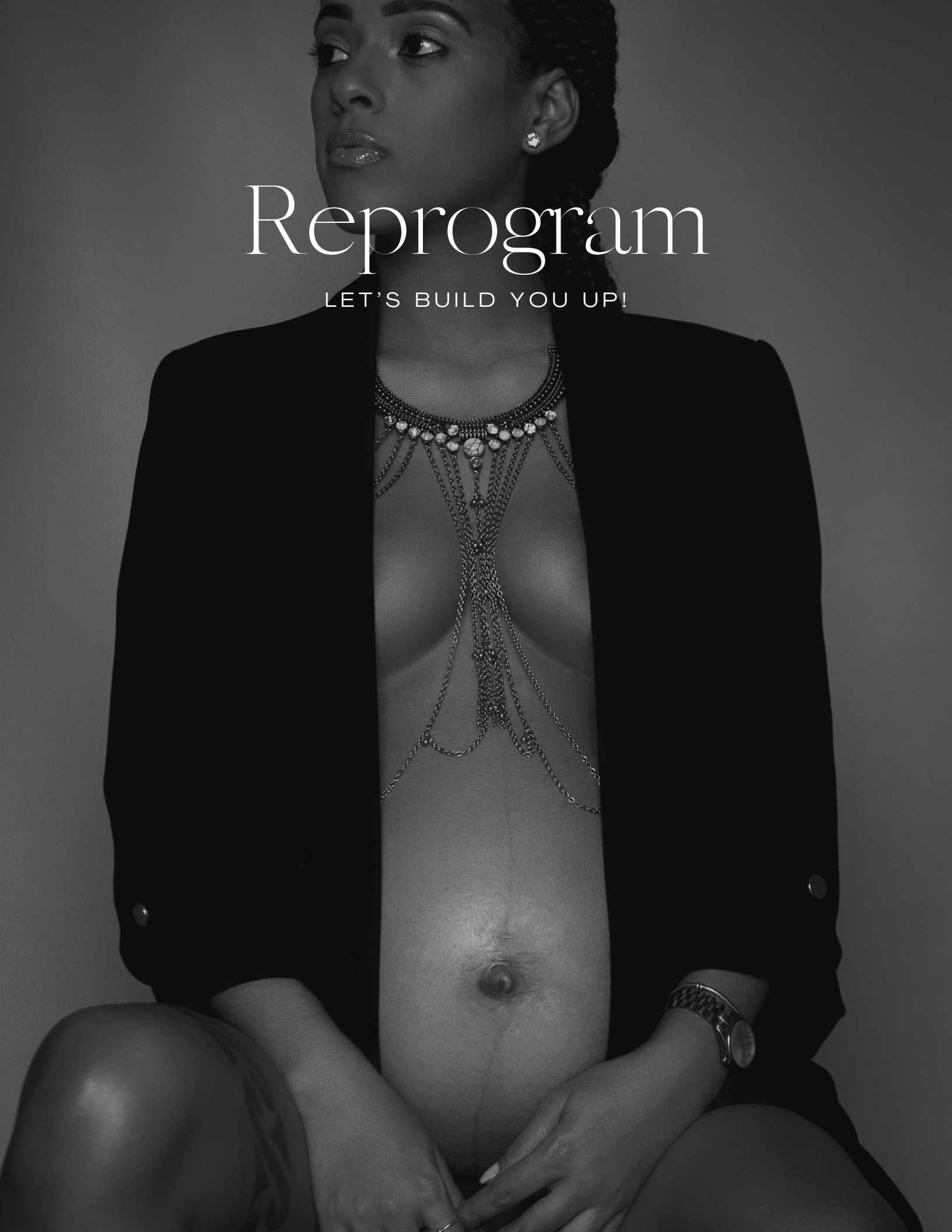
All I can say is if you don't feel this yet, then I would totally explore why that is.

Once you reach that place of surrender and trust, the have is the next part!

The Be-Do-Have Method is usually taught in Manifestation Programs, however it's not something that is specifically taught in birth prep, and this is why I want you to know this!

In many circumstances we will want to HAVE the thing first, then we can DO all of the things, so that we can BE the person that has the thing!

I encourage you to Become the person first, then do the things this next level identity of yourself would do, so that you can then have your VBAC!

A black and white photograph of a pregnant woman. She is wearing a dark blazer that is open, revealing her bare midriff and belly. She is also wearing a multi-strand necklace with various beads and chains that hang down her chest. She has her hair styled in braids and is looking upwards and to the left. The background is a plain, light-colored wall.

# Reprogram

LET'S BUILD YOU UP!

# Affirmations

Have you heard about Neuroplasticity? If you haven't then I strongly recommend you go and read up on it! We actually have the power to rewire our brain, however not just by saying a handful of affirmations that you can't truly connect with!

During my pregnancy, I decided to create my own, and I will share with you the steps that I learnt:

1. Make sure you write your affirmation in the present tense. Remember your subconscious doesn't know the difference between what is real and what is imagined.
2. Make sure your affirmation is positive.
3. Make sure that you believe what you have written, if you can't get behind it then say the words: "I choose to believe xyz..." followed by your affirmation. Once you can get behind it then leave out the "I choose to believe..."
4. Use your emotions, music, dancing...whatever you can do to get fully behind the feelings!

Make sure you say each affirmation at least 300 times a day, this will support you in reprogramming your mind. A few easy ways to incorporate this into your day:

- You can record your voice saying the affirmation multiple times a day so that you can listen to it
- You can look at yourself in the mirror and repeat the affirmation multiple times
- You can write the affirmations out
- You can create some written picture affirmations to place all around your home

The most important thing is that you FEEL THE FEELINGS!!



# Emotional Freedom Technique...

Another great way to release fear and anxiety is EFT! If you've never tried it, you will be blown away. It's known as tapping, and I used to use the routine quite frequently to help release fear and then reprogram my mind with powerful affirmations!

There are a variety of tapping points that I will list below:

- Karate chop - use a setup phrase
- Eyebrow
- Side of the Eye
- Under the Eye
- Under the nose
- Chin
- Collarbone
- Under the arm
- Crown.

The setup phrase is: Even though I am feeling ..... I deeply and completely love and accept myself x 3 whilst tapping on the karate chop.

The remaining points you can simply just spill the beans on what you are feeling for a few rounds, then for the next few rounds you would use empowering statements to help reprogram your mind. It's super powerful!

There was an occasion where I left a consultant appointment really annoyed, and when I got home I did the EFT and boom the negative emotion of doom had lifted and I felt better! So definitely give it a go, especially if there is anything that you need to release!

# Let Go & Surrender...

This will undoubtedly be the hardest step of all, and the reason is because we love to control things!

If you are unable to fall into trust and surrender then there is still something still within you that you are struggling to let go of.

I remember going into my VBA2C knowing that I had done everything that I needed to do to get to this point, I fully trusted, there were no what if's, there was no fear, there was no anxiety, instead there was calm and peace.

This is the part that can let so many women down, and the reason for this is that there is still a part of you that is trying to control the outcome, and if there is control, then there is still fear!

Falling into the present moment by regulating my nervous system, really helped settle this, and here are some of the techniques I used:

- Meditation
- Breathwork
- Chanting
- Movement
- EFT

This really does work, but you really need to commit to doing something daily.

I recall sitting at my kitchen table every night and doing at least 60 minutes of preparation, either priming my mind, learning about birth, or calming my nervous system.

I always recommend my clients commit to at least 30 - 60 minutes a day doing some form of birth prep every day!

# VBAC Stories

“Carmen I can’t thank you enough for being my Doula. You were absolutely incredible and I feel so lucky to have had you with me. I felt so prepared going into birth having done so much deep work, visualisations and exercises and I knew that I could do it. Your expertise and suggestions were absolutely amazing, and things you suggested I’d never thought of. You were so helpful, reassuring and caring during labour, whilst also protecting me from all the nonsense and interventions that the hospital were trying. You are definitely the reason that I got my VBAC and if I ever have another baby I wouldn’t hesitate to hire you again.” Tamara

“I found Carmen via Instagram and instantly knew that I needed her as part of my team in some shape or form. It began with the Unleash your VBAC Course, which lead to the Unshakable Course. Very quickly I realised that Carmen had to be at my birth. Without question, the depth of her coaching, the depth of my work with that coaching is what gave me the power to birth my baby at home and not only that...FREE BIRTH my baby with the knowing that Carmen totally had me and my family wrapped in her unbelievable knowledge, energy and love. If you’re serious about achieving birth on your terms and you are prepared to go to any length to get it then Carmen is the Doula for you!” Leanne

“I took your course on VBAC before I gave birth and it was wonderful. I learnt so much and got the VBAC I wanted. They tried all the usual scare tactics but I was having none of it. I knew the stats from your course and understood my baby was at more risk from their interventions then the ‘problems’ they said he had. A doctor even got in my face and told me she was going to do an episiotomy and suction. I screamed at her to get away from me and my baby 😂 He was born absolutely perfect and I gave birth to the placenta naturally. Thanks for the advice and reminding me that we have a choice in our births ❤️” Camilla

# VBAC Stories

“I had an empowering VBAC home birth and I had gestational diabetes too. There was so much to navigate during my pregnancy and lots of advocating for my preferences. Declining induction and accepting that I was out of criteria for a home birth time after time and hearing that I was high risk. Despite all of it- I did it! A 5hr labour, midwives arriving as I birthed her head! 3 mins later and I birthed her body too. No injection for my placenta, delayed cord clamping my (90mins) the golden hour and more, No tear- all of it. Just amazing. Thank you for all that you do. Your posts kept me going and reassured me go for it. Thank you xxx” Kelly

“I don't even know how to begin this message but I feel the overwhelming urge to share with you both. I got my HBAC. I had him Saturday and I feel the dust is just settling and I'm able to start processing what I actually achieved... 22 months after my traumatic emergency C section... I birthed my 9lb10oz baby boy on my hands and knees on my bedroom floor! And he is perfect. And I'm a bit sore but actually... happier than I ever knew was possible!!! Your Unleash Your VBAC Power course has been so important to me and my partner throughout this pregnancy... giving me faith in my body's ability to birth physiologically and Carmen the mindset work was enormous for me. I'll never forget when you started the topic in our session, I felt my defences go up. That super protective fierce "mother bear" instinct fire up like ... is this necessary??? Of course it was. It wasn't easy delving back through trauma but I really, really needed to as labour really did just shine a light on any doubts and fears that I was holding onto. Kemi I also love your Physiological Birth Club and I was really trying to channel that whole community around me and their faith in my ability to push a baby out my vagina in my lead up to birth. Feel like I'm dreaming!! But yeah just wanted to share and celebrate with you both 🥰🥰 as I said... I'm a little sore, but deliriously happy and amazed at women and their power xxx” Georgina



# Next Steps

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ONE

## Unleash Your VBAC Power

Unlock your VBAC Power and embrace your journey!

TWO

## 1:1 Birth Neurogetics Coaching

Heal from past trauma through forgiveness work.  
Embrace your inner strength and resilience.

THREE

## VBAC Doula/Mentor Support

Here to support you every step of your VBAC journey  
from 1 VBAC Mama to another!



# Ready to book?

GLAD YOU ASKED



I am so excited to work with you!  
Next steps would be to reach out to  
us over on IG

@thequantumbirthdoula or by  
email on:

[hello@thequantumbirthdoula.com](mailto:hello@thequantumbirthdoula.com)

We can then get you scheduled in  
for a clarity call to see which path  
would be better suited for you.

Can't wait to speak with you soon!



# Thank You

STAY CONNECTED



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THE QUANTUM BIRTH DOULA