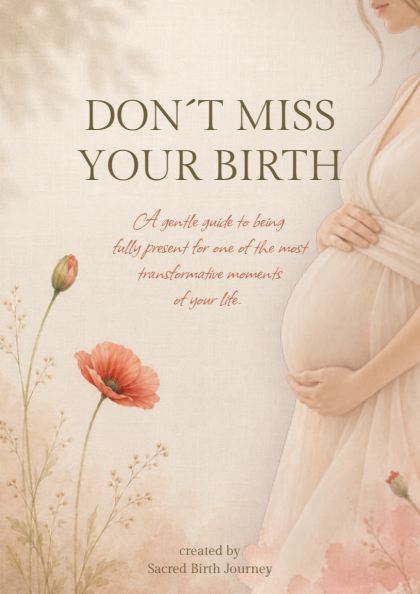


DON'T MISS YOUR BIRTH

*A gentle guide to being
fully present for one of the most
transformative moments
of your life.*

created by
Sacred Birth Journey



This guide is for every woman
who wants to be there when
she becomes a mother.

Not just physically.

But with her whole heart, her
whole body, and her whole
self.

Because I don't want more
women to miss their births.



My Story

A few years ago, I thought birth was something you simply had to get through. Like so many women, I believed pain, fear and losing control were just part of the experience. Then, something shifted.

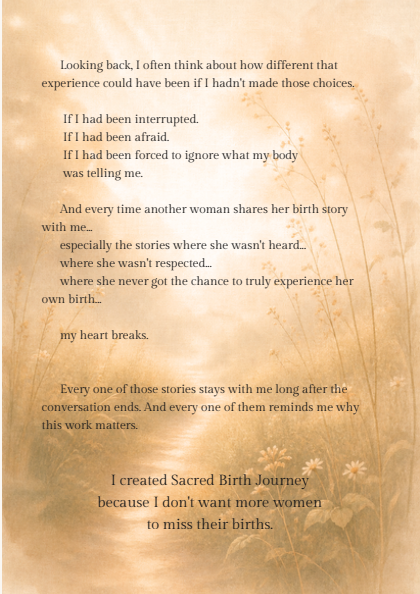
It wasn't a single book.
Or a single conversation.
It was a quiet feeling that kept growing inside me.
A feeling that maybe birth wasn't meant to be survived.
Maybe it was meant to be lived.

The more I learned about physiology, hormones, the importance of feeling safe, and the wisdom of the body... the more everything started to make sense.

And when I gave birth to my son, I experienced something I will never forget.

Not because it was perfect.
But because I was there.
I felt it.
I moved with it.
I surrendered to it.

That experience changed me.
Completely.



Looking back, I often think about how different that experience could have been if I hadn't made those choices.

If I had been interrupted.

If I had been afraid.

If I had been forced to ignore what my body was telling me.

And every time another woman shares her birth story with me...

especially the stories where she wasn't heard...

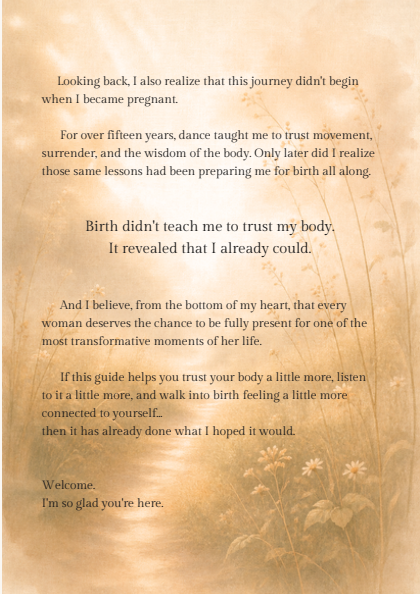
where she wasn't respected...

where she never got the chance to truly experience her own birth...

my heart breaks.

Every one of those stories stays with me long after the conversation ends. And every one of them reminds me why this work matters.

I created Sacred Birth Journey
because I don't want more women
to miss their births.



Looking back, I also realize that this journey didn't begin when I became pregnant.

For over fifteen years, dance taught me to trust movement, surrender, and the wisdom of the body. Only later did I realize those same lessons had been preparing me for birth all along.

Birth didn't teach me to trust my body.
It revealed that I already could.

And I believe, from the bottom of my heart, that every woman deserves the chance to be fully present for one of the most transformative moments of her life.

If this guide helps you trust your body a little more, listen to it a little more, and walk into birth feeling a little more connected to yourself...
then it has already done what I hoped it would.

Welcome.
I'm so glad you're here.

A soft, golden-hued illustration of a misty forest path. The path leads from the bottom center towards a bright light in the distance, disappearing into the fog. The foreground is filled with tall, thin grasses and several white daisies with yellow centers. The background shows the silhouettes of trees and foliage, all bathed in a warm, ethereal light.

Some journeys begin with information.

*This one begins with
remembering.*

What if birth isn't just about having a baby...

...but about becoming a mother?

Before we talk about hormones, or labor, or birth positions...
I'd like to invite you to pause for a moment.

When you imagine your birth...
what do you hope to remember?
The day your baby was born?
Or the way you felt while it happened?

Birth is one of the few moments in life
that changes you forever.

Not only because a baby enters the world...
but because you do, too.

You deserve more than simply
getting through it.
You deserve to be there for it.
To feel it. To live it.
To remember it.

Because birth is not just an event.
It's an experience.
And experiences shape us.

Why do so many women miss their births?

If birth is designed to be lived...
why do so many women leave
feeling disconnected from it?

The answer isn't that women's bodies are failing.

More often...
it's that birth unfolds best under conditions our modern
culture rarely protects.

Your body already knows how to give birth.
But like every other mammal...
it also knows when it doesn't feel safe.

Birth isn't just physical.
It's deeply hormonal.

And hormones respond to how you feel.
Not just what your body is doing.

*Your birth belongs to you.
And it deserves reverence.*

When a woman gives birth...
everyone seems to have a role.

Doctors. Midwives. Nurses. Partners. Family.
Everyone knows what they should do.

But somewhere along the way...
many women were taught to forget something

Birth belongs to them.

Not because they control every outcome.
But because it is their experience.
Their body. Their transformation. Their baby.
No one else is becoming a mother that day.
She is.

And she deserves to remain at the center of that experience.
Not as a passive patient.
But as the main character
of her own birth.

Because birth is more than a medical event.
It is one of the most profound transitions in a woman's life.
And profound moments deserve reverence.

When something is treated with reverence...
we don't rush it.

We don't interrupt it without reason.
We don't take it away from the person living it.

We protect it. We make space for it.
We move gently around it.

Birth deserves that same reverence.
Not because every birth unfolds in the same way...
but because every woman deserves to be fully present as she
becomes a mother.

Every woman deserves to feel like
the queen of her own birth.

Not because birth is about being served.
But because she deserves to be surrounded by people whose
role is to protect her space...
respect her instincts...
honor her voice...

and help her remain at the center of one of the most
important days of her life.

Reframing birth begins with reframing our words.

Long before labor begins...
birth is already taking shape in our minds.

Through the stories we hear.
The images we see.
The beliefs we inherit.
And the words we use.

Language is never neutral.
Every word carries an image. An emotion.
An expectation.

If we constantly hear birth described as
something dangerous, painful, unpredictable...
our bodies learn to prepare for danger
before labor has even begun.

But what if some of those words no longer serve us?
What if changing the language isn't about
pretending birth is easy...
but about describing it more truthfully?

Sometimes, a different word can open
the door to a different experience.



Reframing birth

X ✧ ✧
Fear → Curiosity

Control → Surrender

Contractions → Waves

Failure to progress → Your body may
need more safety

Push → Follow your
body's urge

The pain of labor → The intensity
of opening



Your body was never the problem

...it was always listening.

For generations,
women have been told that their bodies
don't know how to give birth.

That they fail.
That they are too slow.
Too small.
Too weak.

But what if your body isn't failing?

What if it is simply responding
to the environment around it...
exactly as nature designed it to?

Your body is always listening.

Listening for safety.
Listening for privacy.
Listening for trust.

Because birth isn't just a physical process.
It's a hormonal conversation.

*What tells the body it's safe to
give birth?*

Not bright lights.

Not constant interruptions.

Not being watched.

Not feeling rushed.

Birth unfolds most easily
when the body receives
a very different message:

"You are safe."



Oxytocin

Oxytocin is often called
the hormone of love.

But it's also the hormone of birth.

It helps the uterus work in harmony.
It encourages labor to unfold.

And it is released most easily
when a woman feels...

safe
private
supported
unobserved

It cannot be forced
But it can be protected

Why movement matters

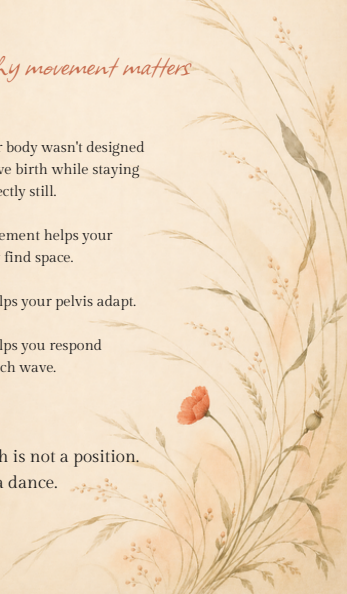
Your body wasn't designed
to give birth while staying
perfectly still.

Movement helps your
baby find space.

It helps your pelvis adapt.

It helps you respond
to each wave.

Birth is not a position.
It's a dance.





Why privacy matters

Every mammal instinctively
looks for a place where it feels
safe before giving birth.
Humans are no different.

Privacy isn't a luxury.
It's part of our biology.

When a woman feels
observed...
judged...
or interrupted...

her body may respond
exactly as it was designed to:
by becoming more alert.

And alertness is the
opposite of surrender.

Silence

The womb is not
a noisy place.

Birth doesn't need
silence because
silence is magical.

It needs silence
because the nervous
system can finally
soften.





*Your body just needs
permission*

Your body
doesn't need
to be taught
how to give birth.

It doesn't need
to be controlled.
Or rushed.
Or constantly
corrected.

More often than not...
it simply needs
permission.

Permission to feel safe.

Permission to move.

Permission to make
whatever sounds it needs.

Permission to rest.

Permission to follow
its own rhythm.

Permission to let go.

Because birth isn't something
your body has to learn.

It's something it needs
to be allowed to do.



*Preparing isn't just about what
you know.*

It's about how you want to feel.

Preparing for birth often becomes a search for
information.

Which hospital should I choose?

What should I pack?

What if something goes wrong?

Those questions matter.

But before all of them... there are other questions
that matter just as much.

Questions that no one else can answer for you.



How do I want to feel while I give birth?

What helps me feel safe?

Who helps me feel more like myself?

What kind of words do I hope to hear?



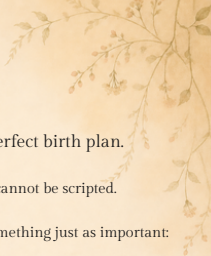
How do I want the people around me
to treat me?

When my body asks me to move...
will I feel free to listen?

If my instincts tell me something...
will I feel safe enough to trust them?

What do I want to protect the most about my birth?
Not only for my baby... but for myself



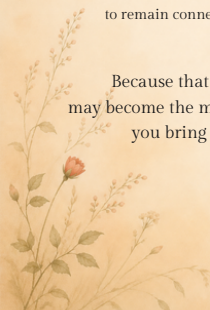


There is no perfect birth plan.

Because birth cannot be scripted.

But you can prepare something just as important:

The conditions that allow you
to remain connected to yourself.



Because that connection...
may become the most valuable thing
you bring into birth.



*The most important birth plan
isn't written for the hospital.*



It's written in your heart.

One last thing.

I don't know what your birth will look like.

None of us do.

Birth can surprise us.

Life can surprise us.

But I hope one thing never changes.

I hope you remember...

that your body deserves trust.

Your instincts deserve respect.

Your voice deserves to be heard.

And no matter where
your birth takes place...

I hope you never forget
that it is yours.

Please, don't miss it.

With love,

Fernanda

Sacred Birth Journey

