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SHARON KING

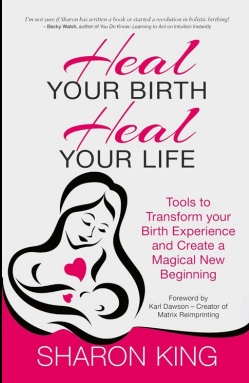
- Author:** *Heal Your Birth, Heal Your Life* and co-author of *Return To The Mother World*.
- Teacher:** EFT, Quantum Field Tapping (QFT), *Heal Your Birth, Light Matrix, Magic, Miracles and Manifestation, The Freedom Series, Colour Mirrors, Soma Breath.*
- Specialist:** In-Utero, Birth & Childhood Trauma, Ancestral Patterns, Past Lives, Life Purpose and Awakening.
- Life:** Currently living on the tropical island of Koh Phangan, Thailand, hosting retreats and workshops for conscious conception, pregnancy, and birth.

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www.MagicalNewBeginnings.com

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HEAL YOUR BIRTH, HEAL YOUR LIFE

- Mix of birth psychology, case studies, healing techniques, science and sprinkled with magical client stories.
- For anyone wanting to explore their own birth, birth professionals, therapists, mothers-to-be and mothers
- The Heal Your Birth process is working with your traumatised younger-selves using Quantum Field Tapping (QFT), EFT (Emotional Freedom Technique) and colour.
- The magic comes when you work with the mother on the birth of her baby and her child changes, physically, mentally and/or emotionally.
- if you work on your own birth then your relationship with your mother can change too.



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PLEASE TAKE CARE OF YOUR EMOTIONAL HEALTH DURING THIS PRESENTATION

- Please take care of your own emotional health during this presentation
- Today, I will be touching on in-utero and birth trauma, and inviting you to do some gentle self enquiry, which some people may find emotions or Aha moments coming up.
- If you are a mother and have given birth, I invite you to remember that **you were doing the best you could with the knowledge and understanding you had at the time**, so please be kind to yourself. This also applies to your own mother and the birthing professionals.
- We will end this presentation with a short meditation, where you will be able to connect with your baby-self in utero and help your baby-self begin their healing journey. I would love to hear about your experiences with the meditation so feel free to email me.

SAFETY FIRST

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HEALING BIRTH IMPRINTS:
TRANSFORMING BIRTH TRAUMA

Understanding Birth Imprints: *Heal Your Birth* technique focuses on uncovering and transforming the subconscious imprints created during conception, pregnancy, and birth that may still influence beliefs, behaviours, and emotions.



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HEALING BIRTH IMPRINTS:
TRANSFORMING BIRTH TRAUMA

Connecting with the Baby-Self: The HYB process involves gently connecting with the 'baby-self'—the energetic imprint of who you were at the time of being in the womb and birth—enables you to communicate with your younger-self, bring awareness, understanding, resourcing them and healing those subconscious early experiences.



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HEALING BIRTH IMPRINTS:
TRANSFORMING BIRTH TRAUMA

Using QFT for Trauma Release: Quantum Field Tapping is used to help the baby safely release stored emotions like fear, abandonment, rejection, or separation, creating a sense of resolution and emotional freedom. Changing our limiting beliefs to more positive ones.



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HEALING BIRTH IMPRINTS:
TRANSFORMING BIRTH TRAUMA

Rewriting the Birth Experience: Through guided visualisation and tapping, on the YS clients are supported to create a new, empowering narrative around their birth, helping to dissolve old trauma and replace it with feelings of love, safety, and connection.



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HEALING BIRTH IMPRINTS: TRANSFORMING BIRTH TRAUMA

Empowering Lasting Change: Healing birth trauma with QFT not only brings emotional relief but also creates space for positive changes in relationships, self-worth, trust, and life purpose—breaking generational patterns and promoting deeper self-connection.



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Pre-Conception



G12 – I AM - GOLD

*Ancient Wisdom
Empowerment
Alchemy*



Imagine your soul consciousness residing in another dimension, preparing to connect with the physical body at the moment of conception.

Your Guides are by your side, supporting you as you explore the 3D chessboard of your future life.

You have chosen your MISSION. Your reason for coming here.

The unhealed past life traumas you wish to bring into this lifetime for healing.

You have selected your parents for the experiences your soul needs to grow in this lifetime and to work through any remaining karmic lessons / unresolved trauma.

You have also chosen your parents with care, recognising the unhealed ancestral patterns you feel called to help transform.

'I AMness', that greater part of you who is fearless, ancient and wise. Now is the time to claim yourself as part of the Divine: "The Divine is within me. I AM that.

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Pre-Conception



G12 – I AM - GOLD

*Ancient Wisdom
Empowerment
Alchemy*

Imagine a Golden Portal that awaits you, guiding you to connect with your Egg Self and the beginning of your next human life journey.

For some, this experience feels exciting, though it can also carry the uncertainty of the unknown.

For others, it may feel like a challenge, as though there is no choice in coming here—bringing feelings of vulnerability or perceiving oneself as a victim upon entry into this life.


This first transition from pre-conception to conception marks our first passage from the spiritual to the physical realm.



'I AMness', that greater part of you who is fearless, ancient and wise. Now is the time to claim yourself as part of the Divine: "The Divine is within me. I AM that.

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At the point of conception there is a flash of white light




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Conception

C9 - BASE CHAKRA - THE LIGHTBODY

*Purity
Spirit
Clarity
Infinity*



As your soul connects with the Egg, there is a spark of white light—an awakening moment of creation.

You are that light, and it continues to shine within your heart throughout your human life.

As your consciousness merges with the Egg, you begin to attune to your mother's thoughts, feelings, and emotions. In the womb, there is no separation between mother and baby—only a shared experience of being.

How we are received into the womb profoundly influences our sense of safety and belonging on Earth.


This bottle is a gift to show you that you are the light and always have been. When you truly get this message in your cells, survival issues become a thing of the past. Step into the light and feel the joy.

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Conception

C9 - BASE CHAKRA - THE LIGHTBODY

*Purity
Spirit
Clarity
Infinity*



Were you a planned and welcomed baby, or did your arrival come as a surprise—perhaps even met with initial uncertainty or rejection?

Such experiences can lead the baby-self to feel unsafe, as though their life is in danger. When working with the baby-self, it's important to recognise that this is not personal. Your mother may not have known you as a personality yet—her thoughts were focused on how she would cope.

How might these early experiences be influencing your life today?


What beliefs do you hold about your time of conception?

Transforming your conception experience can help you feel safer, more connected, and grounded in this world.


This bottle is a gift to show you that you are the light and always have been. When you truly get this message in your cells, survival issues become a thing of the past. Step into the light and feel the joy.

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In-Utero



C1 - BASE CHAKRA - RED



*Safety / Danger
Physical
Love
Anger / Passion*

Did you know that the heart is the first internal organ to develop in the womb? It begins forming just three weeks after conception.

Within our heart lies a spark of white light—our sacred connection to Source, our soul, and our higher self.

Our physical, mental, and emotional development in the womb is deeply influenced by our mother's experiences, beliefs, emotions, and overall physical condition. Her inner world becomes the foundation for our earliest experiences.

E.g., if the mother experiences some form of grief whilst pregnant, then the baby may have asthma, eczema and digestive issues.

In the red we are looking at our physical and energetic heart, life giving blood, our survival issues, what is real, what we are passionate about, what we love and who loves us, the red helps to heal separation or indicates there is separation that needs to be healed.

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In-Utero



C1 - BASE CHAKRA - RED



*Safety / Danger
Physical
Love
Anger / Passion*

When a mother feels loved, safe, and supported during pregnancy, the baby absorbs this sense of security. This foundation can make new beginnings in life feel easier and more supported.

However, if the mother carries unresolved childhood trauma or experiences an unsafe environment, the baby may develop a heightened sense of survival, inheriting unhealed patterns of trauma.

In the red we are looking at our physical and energetic heart, life giving blood, our survival issues, what is real, what we are passionate about, what we love and who loves us, the red helps to heal separation or indicates there is separation that needs to be healed.

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In-Utero



Self-Enquiry: What was your experience in the womb?

Did your mother experience the loss of a baby before you and have time to grieve? Could you be carrying some of that unresolved grief?

Did your mother face significant or multiple traumas during pregnancy? Are you still carrying echoes of that trauma within you?

Did your mother consider termination? Do you find yourself experiencing anxiety, fear of rejection, or a sense that your life is under threat?

Were you born the opposite sex to what was expected? Do you carry feelings of not being enough, or a belief that something about you is wrong?

Did your mother connect with you during pregnancy—singing to you, acknowledging your presence, and welcoming you into her life and heart?

C1 - BASE CHAKRA - RED



Safety / Danger
Physical
Love
Anger / Passion

In the red we are looking at our physical and energetic heart, life giving blood, our survival issues, what is real, what we are passionate about, what we love and who loves us, the red helps to heal separation or indicates there is separation that needs to be healed.

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Our Birth



Birth is our second major transition in life, marking the shift from the womb to the physical world.

Birth is a 'red event'—a time when life becomes intensely physical, and we often experience our first sense of separation as the cord is cut and we may be taken from our mother soon after birth.

C1 - BASE CHAKRA - RED



Safety / Danger
Physical
Love
Anger / Passion

In the red we are looking at our physical and energetic heart, life giving blood, our survival issues, what is real, what we are passionate about, what we love and who loves us, the red helps to heal separation or indicates there is separation that needs to be healed.

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Our Birth



The way we are born can shape our beliefs, behaviours, and perspectives on life.

For instance: Babies born with the cord around the neck often feel held back and trapped.

Babies born via C-section may find it easy to start projects but struggle to complete them, often needing external support to finish.

Babies whose births were induced may struggle to initiate projects on their own and can feel frustrated or resistant when pressured to 'hurry up.'

Many of us carry the imprint of birth trauma throughout our lives until we consciously heal it.

C1 - BASE CHAKRA - RED



Safety / Danger
Physical
Love
Anger / Passion

In the red we are looking at our physical and energetic heart, life giving blood, our survival issues, what is real, what we are passionate about, what we love and who loves us, the red helps to heal separation or indicates there is separation that needs to be healed.

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My Birth



My own birth was a traumatic experience.

My mother was given pethidine to slow the labour, but it caused her to fall asleep. I felt as though I had to make the journey into life all alone.

After birth, I was taken away and placed in the nursery while my mother recovered from the effects of the drugs. Many hours later, I was returned to her.

When I later connected with my baby-self, she felt abandoned—alone in those early moments, creating a deep sense of resentment that my mother wasn't there for me.

Through healing, I helped her understand that her mother did love her deeply but was simply very sensitive to the medication.

Once my baby-self felt my mother's love, she shared that we had chosen this experience. It was a journey that gifted me the passion to help others heal from their own birth and separation trauma.

C1 - BASE CHAKRA - RED




Safety / Danger
Physical
Love
Anger / Passion

In the red we are looking at our physical and energetic heart, life giving blood, our survival issues, what is real, what we are passionate about, what we love and who loves us, the red helps to heal separation or indicates there is separation that needs to be healed.


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BONDING



06. VENUS

*Love
Femininity
Mothering
Connection*



Bonding with the mother is a vital stage in a baby's development, creating the foundation for emotional and physical well-being.

For the mother, this is when she naturally falls in love with her baby, deepening connection and trust.

Bonding awakens the mother's intuitive instincts, helping her understand and respond to her baby's needs.


For the baby, bonding creates feelings of safety, love, and deep connection with their mother.

Venus relates to love, harmony and joy in relationships. This colour relates to all things feminine, including mothering.

Like Red, Pink heals separation from those we love, separation from our feminine energy, separation from the Mother.


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BONDING



06. VENUS

*Love
Femininity
Mothering
Connection*



Significant emotional and physical development occurs during this time, shaping future relationships and sense of belonging.

If bonding does not happen immediately after birth, it is still possible but may take longer to establish.

Separation from the mother at birth is a common issue I observe, often impacting trust, commitment, and connection in later relationships.


The colour *pink* is a powerful tool in healing, restoring love and connection when early bonding has been disrupted.

Venus relates to love, harmony and joy in relationships. This colour relates to all things feminine, including mothering.

Like Red, Pink heals separation from those we love, separation from our feminine energy, separation from the Mother.


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Our Heart



C4 - HEART CHAKRA

*Heart
Nature
Trust
Growth*



It is useful when you need to express your feelings and get in touch with your heart.

Green symbolises new beginnings—like fresh leaves in spring—representing the start of a new life for the baby.

It is also a time of birth into motherhood, as the mother steps into her new role.

During bonding, the mother’s heart plays a vital role in connecting deeply with her baby.

Both mother and baby are flooded with oxytocin, the love hormone, creating a mystical, life-changing experience that strengthens their bond.

When a baby is placed on the mother’s chest, they connect directly with her heart field—an exchange of pure love and energy.

The mother’s heart helps stabilise the baby after their journey into the world, and the baby’s presence supports the mother’s healing after birth.

Nature, in its wisdom, is truly magical.

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Fatherhood



C5 - THROAT CHAKRA

*Truth
Trust
Communication
Masculine
Authority*



This bottle relates to communication and trust. It supports you in speaking up and being heard.

Blue symbolises the masculine—the energy of the father.

Fathers play an essential role in a child's life, far beyond conception. Their presence and emotional connection shape the child's sense of security and belonging.

Research shows that if a father experiences distress—such as a mild electric shock—the baby can register his emotional discomfort, highlighting the depth of their connection.

When fathers are present at birth, they experience a hormonal shift that strengthens their bond and loyalty to their family.

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Fatherhood



However, witnessing birth can be traumatic for fathers, as they observe their partner's pain and vulnerability, which can deeply affect them emotionally.

Blue also symbolises being heard. For babies, crying is their first form of communication. If these cries go unanswered, they may develop long-term issues around safety and the belief that "my voice is not heard."

For mothers, blue can represent the fear of speaking out, especially when faced with authority. This is a common challenge I encounter in supporting women to heal from birth trauma.

C5 - THROAT CHAKRA

Truth
Trust
Communication
Masculine
Authority



This bottle relates to communication and trust. It supports you in speaking up and being heard.

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G4 - ANCIENT MOTHER

This bottle connects you with the Ancient Mother, mother of all. It helps release any issues you are holding about your physical mother or Gaia, your earth mother. It is about accessing your own mothering ability and is especially supportive for those experiencing post-partum depression. This bottle connects you with your inner child and assists in healing old childhood wounds. It helps resolve issues about being on earth and feeling unsupported or alienated and reminds you of the deep and unconditional love that Gaia holds for you. Now you can feel safe and loved on the planet. In the system this is bottle number 55, a master number, and the colours reflect the teachings of Christ, the master who brought love (pink) to the earth (copper).

Pink & Copper

Earth
Love
Grounding
Motherhood
Childhood



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FINAL REFLECTIONS: THE JOURNEY OF BIRTH, BONDING, AND HEALING

Our birth journey shapes our beliefs, behaviours, and sense of belonging. Understanding and healing birth and bonding experiences can bring profound transformation.

Colour as a Healing Tool:

- **Gold** represents the the wisdom we choose to bring with us from spirit
- **White** is the creative force and connection to our higher-self / soul
- **Red** symbolises our arrival into the physical world and our first experiences of separation. Separation from source and from our mother's womb
- **Pink** embodies love, connection, and healing, especially for bonding and separation trauma.

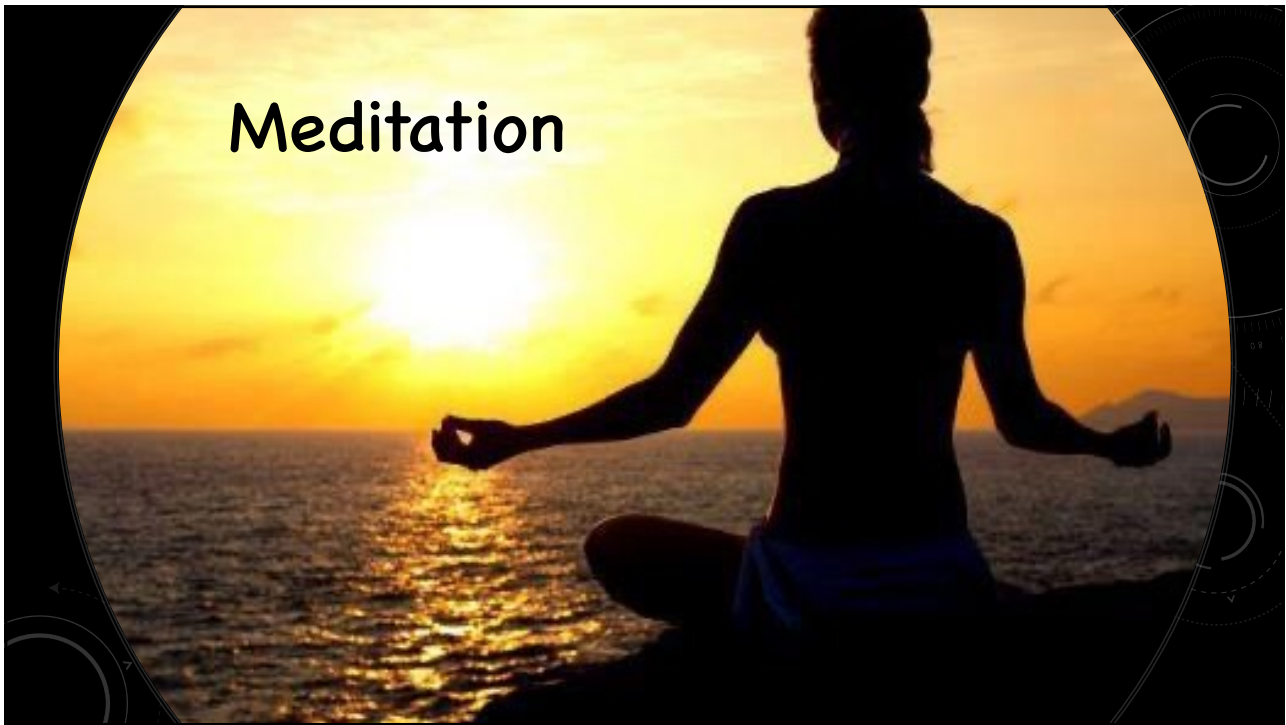
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FINAL REFLECTIONS: THE JOURNEY OF BIRTH, BONDING, AND HEALING

- **Green** represents new beginnings, growth, and trust in life.
- **Blue** connects to father energy, communication, and the power of being heard.
- **The Power of Awareness:** By exploring our own birth stories and understanding the experiences of our parents, we can release old patterns and deepen our sense of safety, love, and connection.
- **Healing is Possible:** Transforming birth and bonding trauma helps us feel more grounded, connected, and empowered in life.
- **Your Journey Matters:** Every step you take in understanding and healing your birth story not only transforms your life but also supports future generations.

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Book a Personal 1 to 1 Healing Session – A private space to deeply explore and release birth traumas, helping you feel safe, connected, and empowered.

Join One of My Transformational Workshops – Designed to guide you through conscious healing, these workshops include:

- ✦✦ *Heal Your Birth, Heal Your Life*: A deep dive into transforming birth trauma.
- ✦✦ *The Light Matrix Technique*: Releasing ancestral patterns and stepping into your soul's purpose.
- ✦✦ *Conscious Conception & Birth Retreats*: Supporting parents-to-be in creating conscious and loving beginnings.
- ✦✦ *Magic, Miracles, and Manifestation* – Unlock your manifesting power by clearing subconscious blocks and aligning with your soul's desires.
- ✦✦ *The Freedom Series* – Explore and release emotional patterns, reconnect with your values, and embrace personal freedom.

✦✦ Sign Up to my Newsletter and receive a **FREE** meditation ✦✦

✦✦ Email me to receive a **FREE** Quantum Field Tapping Introduction webinar replay ✦✦

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