

# YOUR *Anointed* BIRTH

Birthing with the Wisdom of The Creator and Kindred Mothers



## A BIRTH VISION WORKBOOK

“May the spirit of Yahweh be upon, in on over, above, by, for, through, throughout, around and beside you in your birthing years.

-Lauren Hall

Anointed birth is not about the ideal picture perfect birth that fulfilled all of our plans. No an anointed birth is one that is filled with the presence of Yahweh, one that is guided by wisdom and intuition and births an eternal being along with lessons and transformation. It is a birth that trusts that our God is not surprised by circumstances, is not shaken from his throne but is sovereign in the birthing room.

### **AN ANOINTED BIRTH IS ONE THAT IS FILLED WITH THE PRESENCE OF YAHWEH.**

As a mother of eight, with six I've had the honor of birthing and keeping this side of glory, I think on two of my births that look very different, yet I recognize were equally anointed births. One was an unassisted birth with a perfectly healthy mom and baby; the other a smooth precipitous, birth culminating to my baby boy crashing when his placenta detached and needing a helicopter ride to the nicu. The outcomes looked different but the presence of my God was thick and filled the room with peace beyond understanding.

As a midwife I have seen many anointed births varying from worship filled “butter births” where I sat on my hands as she received her own child without my assistance or skill and I've seen a mom cry out to her Creator from a primal place begging for her and child's life as blood poured down her leg. I have even seen a mom birth her one and only child, just to be asked to hand her right back to Jesus. I have seen anointed births where God worked life saving unexplainable miracles before my eyes and I have seen anointed births where we (parents and midwife) heeded his wisdom on choosing interventions and practices that we typically \*wouldn't ever\* advise, like coached purple pushing and vacuum assist or csection for a breech baby.

My point is the anointed birth is not found in a good outcome or a well laid plan. It is not even necessarily an intervention free physiological birth by design. While a wise strategy to align with that beautiful design, it is not the goal.

An anointed birth is submitted to the Will of God, it is knowing that no matter what, when you lay aside yourself, submit to the journey and seek the Will of the One who works all things together for our good, we can't “miss it.” He won't let us, because He is God and He will see His will come to pass. He is deliverer. He is peace. He is wisdom. He is healer. He is love. An anointed birth is infused with invitation to co-create and be transformed. To sacrifice for something bigger than self. To walk a path of redemption. To gracefully and gratefully open ourselves to the lessons that grow humans and awaken our spirit.

*Isaiah 61:1(a) says*

***The mighty Spirit of Lord Yahweh is wrapped around me because Yahweh has anointed me.***

I believe an anointing is a secondary consequence of a wrapping. That Wrapping is defined as : upon, in, on, over, above, by, for, through, throughout, around, beside.

May the spirit of Yahweh be upon, in on over, above, by, for, through, throughout, around and beside you in your birthing years.

To Anoint is to smear, consecrate, paint. The Christ follower often thinks of an anointing as a covering of oil, but in birth the mode of anointing is not oil but by blood and water, the same fluids that poured from The Christ's body has he anointed us to be born again through his life sacrifice.

**An anointed birth is shielded by the blood of the lamb. An anointed birth occurs when a mother sets her heart in the same fashion Mary, the mother of Jesus, did when the Angel told her she would conceive a child, did “Behold, I am the handmaiden of the Lord. May it happen to me according to your (Rhema) word.”**

We want you to have an anointed birth, so with this course we invite you to overcome the labors of joy, sorrow and just plain hard work that are intertwined throughout the childbearing years by the covering of the blood of your Creator and the story of your sisters gone before you.

# MY BIRTH VISION WORKSHEET

What does "natural birth" mean to you?  
Why is it important to you?

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When you think of your birth, how do you want it to feel? Circle three words/phrases (or add your own) that best describe how you want your labor and birth to feel. This is to help get you thinking about what you really want and why.

intuitive	gentle	wild
calm	medical	"I am in charge"
supported	ecstatic	simple
managed	triumphant	peaceful
safe	controlled	joyful

When I envision being in labor, the environment is....  
(ambiance, who is present, what is happening, how does it feel)

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Describe the moment of birth. What is happening? What isn't happening? What is most important to you about how this moment looks and feels?

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*Fear is a liar*

WHAT THINGS HAVE YOU BEEN HOLDING FEAR AROUND? WRITE AFFIRMATIONS BELOW THAT ARE OPPOSITE THOSE FEARS

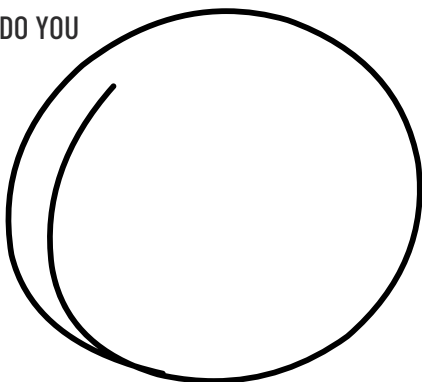
*Vision to Reality*

HOW CAN YOU TAKE WHAT YOU'VE ENVISIONED HERE AND TURN IT INTO A REALITY? WHAT PRACTICAL STEPS NEED TO HAPPEN?

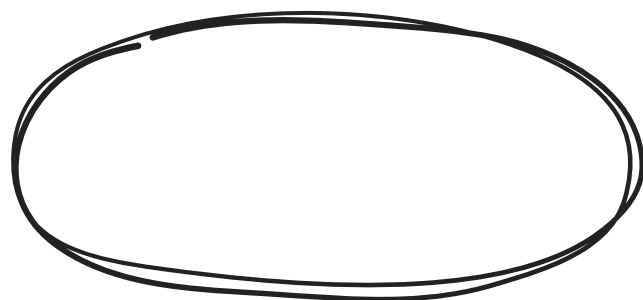
# BIRTH DREAM BOARD

Now boil down your desire and vision for this birth here. write your ANSWERS, doodle, even decorate this or even use it as a jump off point to create an entire mood board SEPARATE from this page..

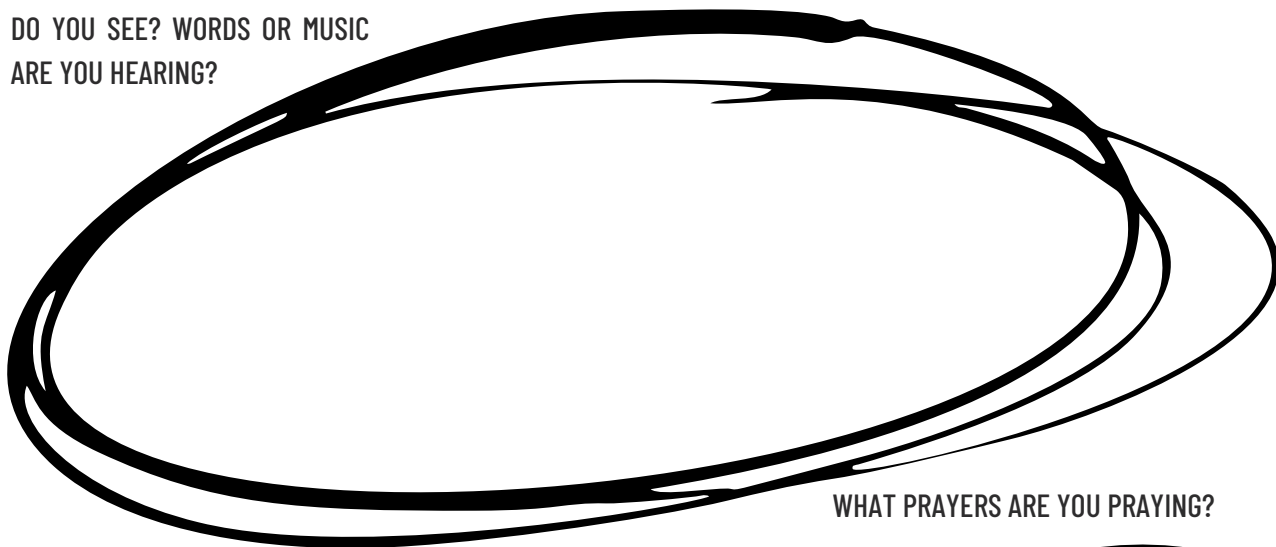
WHAT FEELINGS DO YOU  
WANT TO FEEL?



WHEN YOU CLOSE YOUR EYES,  
WHO DO YOU SEE PRESENT?  
(THIS IS A GUILT FREE QUESTION)

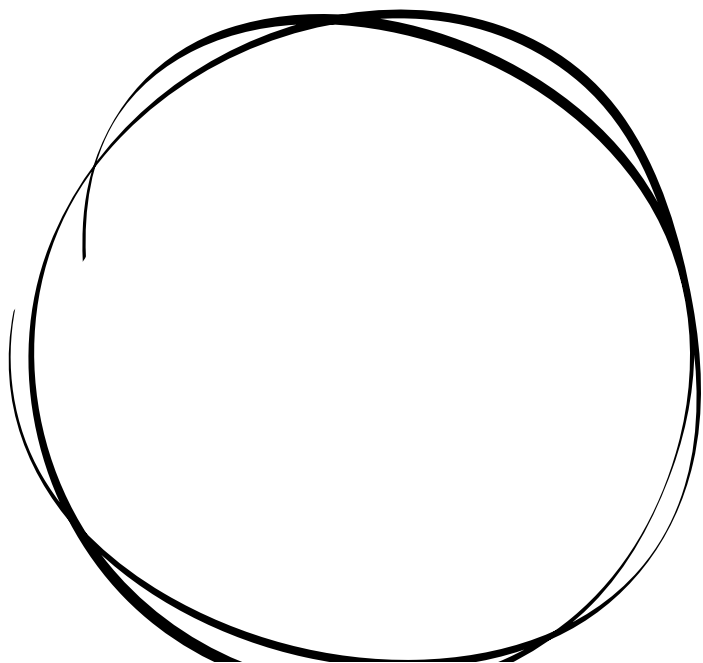
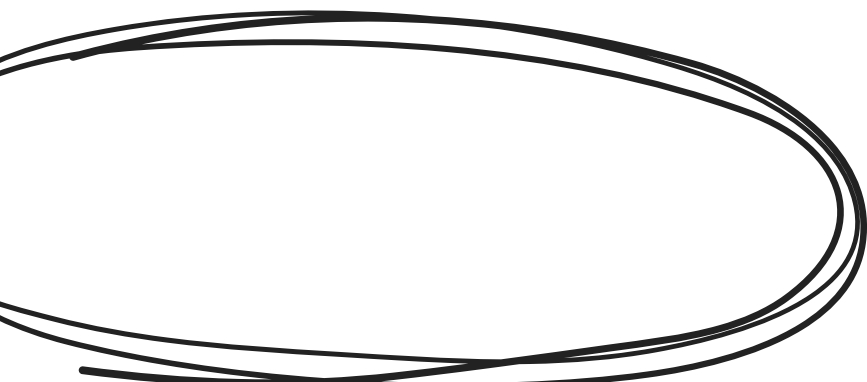


WHAT TONE IS SET IN BIRTH  
ATMOSPHERE? WHAT COLORS  
DO YOU SEE? WORDS OR MUSIC  
ARE YOU HEARING?



WHAT PRAYERS ARE YOU PRAYING?

ARE THERE SPECIFIC COMFORT, DECOR, OR  
PRACTICAL ITEMS YOU SEE AROUND YOU?



Cultivating your Birth Vision

What PREPARATORY actions, items obtained, & conversations need to be had to ACHIEVE what you've envisioned? Use this page to record these things. You may even include topics you want to learn more about.

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