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Birth Your Essence Workbook

The principles of birth are ones that live within us as women all the time.

They are present within us, present within our bones, our blood, our soul light.

We know about birth, really we do.

Intro

Setting the Scene (1 - 3)

1. Nourish your soul

What does it take to nourish your soul, your being, your body, your bliss?

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A word from the Unicorns

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Birth of YOUR ESSENCE

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The Birth Your Essence compilation of questions for your unique awakening.

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Finale :

- Kali and the Dark Mother
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- The grandmother mothering the mother
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Extras

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Audio Contents:

1. Welcome (5.32)
2. Opening Sacred Space (3.24)
3. Closing Sacred Space (3.01)
4. Basic Relaxation (10.23)
5. Hridaya (17.01)
6. Inner Magical Child (7.24)
7. Your Birth Journey (28.12)
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10. The Inner Fire (9.03)
11. Reclaiming the Bones (17.52)
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How to use the Audio

The Audio has been designed to inspire your work with the Birth Your Essence Workbook. Each Track has been allocated a special place within the Workbook itself.

Some of these (the most vital ones) have been mentioned already in the main table of Contents.

You can use the Audio Tracks as specified to accompany your pathway with the Workbook, or you can use them as you see fit - not all of them may be necessary for you.

It is an altogether almost 3 hour length Audio recording, so you can take your time with these. They are simple, yet powerful tools to access deeper levels of inner wisdom. Do not underestimate this type of work and make sure that you feel that you wish to undertake a journey into the inner realms. This is spiritual journey work and can be quite deep in its effects. The best way to use those is in the allocated order, following the instructions within the Welcome and always opening and closing Sacred Space as described within the Welcome Track. Be gentle with yourself.

Should any questions arise, please feel free to contact Jaguar via the Webpage.

The Audio recordings, as the entire Workbook itself cannot and do not replace any type of medical or psychological professional care. This is an educational/inspirational resource only.

Allow yourself to relax and take the answers that come. No need to doubt. They will change with time anyway, most of them. Simply listen and hear.

Mapping the inner terrain of your QUEENDOM

Imagine this inner world of yours like a fantasy world map. There are mountains, there are dragons, there are obstacles and challenges, there are beautiful, succulent parts and there are dry desert roads. There is one or various missions to accomplish. There may be a cave that you can meditate in, a waterfall that you can swim in, a meadow for you to breathe in the smell of summer air.

You have an inner universe, an inner territory, an inner world, which you are the **Queen** of. It is your **Queendom**. It can be pretty good to get to know this inner **Queendom** and learn to navigate within it.

The limiting beliefs are thought structures and patterns that can take different shapes and forms at the level of mind, body and soul. In your inner world they may show themselves through difficult and challenging areas of your inner map or inner garden. Weeds, swamps, barriers, broken bridges, mountains, even characters that appear to you in the inner planes. Since you are the Queen of your world, you can make changes within, which will also influence aspects of your life in the world around you. As you have written down the limiting structures and thoughts patterns that you are aware of, you can now have a look inside and see what these present themselves as at the inner level. Images, colours, thoughts and feelings may arise. Memories may arise. Everything is perfect just as it is shown to you for now. Observe and make notes. If changes spontaneously wish to occur as you watch, allow them to happen. See how this feels. remember that **you are the Queen of your Queendom**.

You can take a white piece of paper if you would like to give this journey some kind of form. Mark the limits, the obstacles, the danger zones. Allow your imagination free space to show you what lies hidden in your subconsciousness and the hidden elements of your psyche. You can give these thought patterns colours and shapes. From experience I can tell you that these "negative thought patterns" are **literally** buzzing pieces of fragmented structures vibrating and moving around our atmosphere. There is such a thing as mass consciousness and thoughts and feelings do attract more of the same kinds of thoughts

and feelings. Magnetism exists. One energy form attracts more of the same kind of energy form. This is how fear grows.

This is how anything grows.

Energy flows where attention goes, as the ancient Kahuna of Hawaii have always said so eloquently.

As these thought forms buzz around close to us we can be open to engaging with them or not. We can own them and feel that we are these thoughts and feelings or that they are our thoughts and feelings. In any case our thoughts are not who we are, even when they are our own thoughts. Often they are not any of this, we mistakenly own thoughts as our own that are not our thoughts at all. They are resonating with a part of ourselves and therefore buzzing around close to us. They can have a rather aggressive and invasive energy. They demand and want entry into our Queendom. However, it is up to each and every one of us which energy and thought forms we allow into our Queendom. You do not have to own everything that buzzes around you. Really. You can choose what you allow into your Queendom. It is a training to do this.

We do not need to put even higher expectations or pressure ourselves. Lets stay lovingly present. No one is to blame. You have the possibility here to become an even more powerful co-creator of your life, together with the great Mystery that flows through us all. You are not to blame for "bad" things that happen in your life. Yet we can learn to engage with life in a more conscious way, more loving towards ourselves and slowly filter out the thoughts and mental chatter that is mean, destructive and diminishing of our extraordinary Nature. This is an examination of the territory of our inner lands, where self worth and self love can be shaped, cultivated, tended to. The many patterns that are working against us can be weeded out here.

The buzzing limiting thought forms are really like patterns that exist in the universe which have been created through lots and lots of people thinking and feeling similar states of being. States of being can be cultivated, developed, practiced. They often start with thoughts. Thought forms can penetrate our minds and influence our patterns of being. We can choose to disengage from certain thought forms. As some thought forms have become conditioned within us, they can be a hard habit to break. But - it is "just" a habit. Perhaps like smoking. breaking the habit starts with an awareness of it. Many thought forms and behaviour habits originate from our past - they are not necessarily what our future path and growth are about. They may have their root cause in words that have

been repeated in our presence when we were very small, or a belief that grew over time and through particular experiences. Then we believe it is true, and there is less room for change, for something else to happen. These things are complex, and we are simplifying (just a bit) here.

So, as you begin navigating the terrain, observe.

Where are those destructive thought forms, where are they rooted, where are their seeds?

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Become acutely aware of the inner imagery that shows itself to you. Trust your being in this process as you let go of any form of control or rationalisation and allow the non linear part of your brain to come into its strength. Enjoy. Remember that you are the **Queen of your Queendom**. If you recognise voices and ideas in there that are clearly not yours **you hereby have the license to throw them out**. Sometimes we need authorisation for these things - here you have it! And now you can give yourself that authority - full authority over your inner world. It is yours to claim. Truly.

Your Spirit is so magnificent and awesome - you are the most powerful force to be reckoned with. Your love.

Never underestimate the power and presence of your love and the shining light of your soul.

Aligning with the Great Mother & following the Inner Heart

As you come into closer and closer alignment with your soul and with the pulse of the earth, you are aligning with the Mother, the divine spark that birthed us all onto this earth. She is coming back into our collective awareness. She pulsates in our hearts, our heartbeat is beating together with hers, if we allow it to.

Following the heart is something that is probably familiar to us all. But what is this, following the heart?

It is a dive deep down into the ocean of your inner being.
It is a silent listening position with a totally open space.
It is a wide eyed innocent gaze into the infinite possibilities which lie waiting for you.
It is opening to the mystery of your life.
It is sparkly unicorn magic.

What is it for you?

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Walking with Pain

Listening to the heart is something that was brought to my awareness very early in life. I grew up with the mantras from my Dad: "Listen to your heart", "Follow your heart", "Do what you feel in your heart". And I did. This is where I went in every decision, in every question, in every moment in my life since I was a young child.

What did that mean?

I navigated my way from the inside to the outside. I looked first within and then checked the possibilities available for the next steps towards that, outside. I dreamed and visioned and allowed my mind to break wide open. Often. I allowed myself to be sensitive and vulnerable. I allowed myself to feel. A lot. I dreamt the impossible and dreamed it into possibility, in that space between the known and the unknown, where new seeds are planted.

This journey is full of challenges and obstacles. Sometimes it can feel difficult to hear and distinguish the voice of the heart. Because the heart is not our emotions, it is not the loud incessant chattering of the mind. It is not the bewildered chaos of our karmic entanglements. It is clear, pure, loving and wise beyond measure.

And the voice of the heart is neutral, detached, speaking from a higher place of consciousness, speaking from an infinite place of existence. It can be a bumpy ride listening to the heart. It may not always be easy this process.

In my life I sometimes found it hard to truly hear my heart, or sometimes I could hear it and perhaps found it difficult to truly understand what it was trying to communicate with me. Sometimes life would take me down long winding roads that felt painful and were somehow not in alignment with my heart, or the deep connection with the Mother and the Divine. At times karmic entanglements and old stories would wrap me up again and draw me into old patterns that no longer served me and were no longer meant to be part of this life. I remembered old wounds and pain that still needed my loving attention and healing. This was often not easy, or comfortable. Sometimes my heart would take me into these places - to find healing for something that was waiting there to be whole, sometimes the journey was painful - walking with pain.

What I can say is that the journey to the centre of the heart and into closer and closer alignment with the original vibration of our being is so totally worth it all. It does bring us closer to who we really are. Step by step.

When we are born we shine out that amazing light of our souls. That vulnerable baby we once were, she still resides within you, within all of us. As a baby we are one big soul bubble, our bodies so small, our souls so huge. That is the incredible power of new borns and an incredible power that we all hold within.

This vulnerability of new borns can actually trigger violence in human beings - it is the helplessness that our brain can perceive. Hormones like oxytocin and prolactin, the mothering hormones (which are also produced in father's when they have sufficient skin-to-skin contact and early bonding with the child) inhibit this aggressive response. This is obviously a very important thing. It means that the baby is protected.

Violence towards babies and young children is a real problem, in all areas of the world. In fact violence towards the "weak" is a generally known issue that needs to be looked at. This attitude also exists within us. We can be horrifyingly nasty to the most precious, sweetest, most beautiful and tender parts of ourselves. Our souls are powerful, and our souls can also be as vulnerable as a new born when we first open up our awareness to some of her faces. The force of our true light develops and grows just as we have developed and grown into adults.

The journey to the jewel of your heart - Hridaya

(Accompanied by Audio Track 05)

Heart pearl journey

Allow your awareness to settle down into your body. This journey is about connecting to the truth in your heart - to go beyond conditioning and old patterns, old ways of doing things and habits - that you may have been carrying around for a very long time. This journey is about following your breath and the passage into the depths of your body to touch into something that can inform you from a deeper place, a more magical place, a place that is intrinsically connected to your life now, and who you are becoming.

Allow your awareness to flow down into the very depth of your being. Imagine yourself sinking into the ocean of your body, immerse yourself in the darkness of that inner world. Let the breath carry you. Let the tides, the waves, the inner motion of your body carry you deeper. Allow your breath to caress you, to stroke you from the inside. Yes, allow yourself to be loved by your breath.

This is the way into the gateway of the wisdom held within your body. This is the gateway to the truth and clarity held within your heart. The centre of your heart, the spiritual heart, lies beyond and further in than the heart chakra, the energy centre of the heart at the energetic level. Hridaya is at the very core of your being, a direct link to the divine within the matrix of your being.

Here, in the darkness of your body the journey begins.

Dive deep. Let the waves wash you down, with your awareness open yourself for the ocean of your awareness. As if you were diving into very deep waters, immerse your awareness into the depths of your heart. Go as deep as you can - and then go deeper. Keep going. Touch the very centre of your heart - and keep going. See where this leads you. Emotions may come up. Feelings may come up. Images, thoughts, ideas may emerge. Stay with the penetrating of awareness into the middle of the heart. It is here - at the level of this depth and diving into the heart, that you can find the heart pearl. It is like a glowing golden or white ball of light at the centre of your very being. You can touch this pearl and you can meditate with it - it is part of you and holds so much wisdom.

Carving your personal masterpiece - the artistry of your soul

What is a discipline that you find difficult, but every time you do it you feel better?

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What are the things that have kept calling out to you over months, years or decades and you keep sweeping them aside, because they do not fit in to your view of how things work?

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Which projects lie incomplete that you still feel have life in them - like plants which haven't been watered for some time, but once you give them water they flourish - they have been waiting for you?

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Which one thing have you been avoiding that you know would be the next step but just feels like too much hard work, too much change or too much uncertainty?

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Bringing these kinds of things forward does require discipline. A different kind of discipline to the mental "I must" which we are taught at schools or through regular education. It's a discipline of love - to honour yourself and your SOUL enough to do what it needs so that it can come forth. Self esteem & self honouring often takes practice. It is

an attitude of self respect that calls us. It is totally connected to our sense of self esteem!
It is TIME to love yourself!

This may mean making sure that you are in good physical and mental health so you have the energy and stamina to follow through what you set out to do. This may mean investing money into support systems and mentorship or healing work. This may mean spending time in nature to replenish your inner resources or making sure that you have enough time alone.

Perhaps you need to change your working hours or shift your working arrangements entirely.

Just as parents make enormous changes in their lives with and through their children, so we too are formed, changed and moulded by the loving disciplines which we discover that our next steps require. A gentleness can be invaluable here - to gently allow the new patterns to emerge, and keep strengthening them.

It's good to start with one thing at a time, and stay steady with the progress.

Which small steady steps do you feel inspired to take this month?

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Which small steady steps do you feel inspired to take for the next few months?

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Which small steady steps are calling you for a longer journey?

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