

## Transforming your past – reconnecting with your core With Jaqui Crooks EFT Master

# Re-birthing

Have you ever considered how traumatic going through the birth process must be?

There are all the feelings of the mother to be picked up, all the fear for herself, for the baby. Other people's fears too. Pain and struggle. What a start to life. Is it surprising that we hold a belief that life is a struggle. For most of us that's exactly what the beginning of life was. And when we're born, we actually come out of the womb, what then? Bright lights, loud noises, being smacked to make us breathe, strange people holding us, passing us around. It must be terrifying and yet we expect the baby to survive it as it has always been that way. Most of us do, physically, but it may be that there are a lot of emotional issues left to deal with or make sense of.

To clear this is very powerful and, it gives us a level playing field to start our lives from.

Ask your client to imagine that they are in the womb, ready to be born. Discuss what might have been going on for the baby and also for the Mum and the Dad and maybe even siblings. If there was a known trauma around the birth tap to clear that first.

When you have some ideas about the feelings that might have been there, discuss what feelings they would like to have had and that they would like their Mum and Dad to have had. How would like they the birth to have been? What sort of welcome would they like to have had?

Then tap on those things. Eg.

**“Even though I was ready to be born and I was frightened, even though I was maybe picking up on my Mum's fear, even though she was scared I wouldn't survive and maybe she wouldn't either, I choose us both to know that we survive and the birth is easier than we ever thought was possible.”**

**“Even though it was a struggle to be born and I was scared about what I was going into, even though I may have changed my mind and it was too late, even though I may have thought that I'd made a mistake, I deeply and completely love and accept myself and my Mum and everyone else involved.”**

Continue to tap on anything that comes up for the client, until it feels clear for them.

**Then, when the client has a clear idea of the birth that they would like and the welcome into the world that they want, ask them to close their eyes and imagine being that baby, ready to be born. They can let their Mum know that they will both be safe, they can make the birth as easy and flowing as they like, they can create as much love, cuddling, joy and excitement for themselves as they would like. They can have fireworks and an orchestra if they would like. And they can have a sense of joy and delight, anticipation and curiosity about being born into a new life. They can even be there to welcome themselves into the world, as their adult self. This can be particularly important if the client is still unwilling or unable to see their mother playing a loving role.**

After this, give the client a space and a drink to allow the changes to integrate.

The subconscious doesn't know the difference between reality and imagination, so this will re-programme it and therefore life and beliefs are likely to be different. It can have a huge impact on the client, but the results are seen later, as the client looks back and sees the changes.

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