

# BREATHE TO A BETTER BIRTH

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## Breathing Through Your Birth

By Karen Mander - Founder

“The breath” has long been revered by yogis and mystics as the link between man and spirit. The ancient path of kriya yoga, popularised by Yogananda, talks of the breath of life having the potential to link man to the holy spirit itself.

Kriya yoga attributes 49 different qualities to the breath – most of them designed to animate and power the physical functions of the body, but the finer elements of the breath designed to provide a bridge to the heavenly realms – source of all love.

I founded Breathe to a Better Birth to help couples reunite with the true mystical and sacred importance of birth – the incarnation of life - and to teach how using the breath properly can both facilitate a calm birthing at the physical level but also provide a bridge to the heavenly realms! Once we recognise the divine significance of birth we can, once again, return birth to its sacred heart.

Birth for me is a miracle in process and miracles are not designed to fail us. We need to learn how to restore

the trust to birth and surrender our bodies to this mystical, magical flow of life.

Hypnobirthing and mindfulness has given much to birth of later years – helping couples to control the anxieties and the worries and to calm the consciousness of pain that currently dominates the birthing world. But it is not just about mind – it is also about restoring a deeper level of trust which comes from an awareness of the divine meaning of life.

Breathe to a Better Birth shows you the way into this mystery. If we continue to seek God/love outside of ourselves then we deny the unique role that birth has to bring God/love into life. A birthing mother has been given an immense gift – the opportunity to surrender her own body and to birth new life within her own being. A father has been given the sacred roll as the bringer of new life into the world at the point of conception – but he needs his partner to also receive this gift and the allow it come into fruition.

My own experience of conception and birth was quite unique in this respect and I firmly believe that, without my connection to the “supernatural” through the breath and without my partner’s willingness to open himself to the source, I would not have had the magical experience of birth at this time

My son was born to me at home, at the age of 44. He was born complete in his membrane in just 6 hours. There was no midwife present.

My desire is to restore the trust in birth for all couples regardless of their faith or belief. Infact, all we need to believe in is the power of love to change lives

Details of Breathe to a Better Birth classes and products and teacher training are available on the website

[www.breathetoabetterbirth.com](http://www.breathetoabetterbirth.com)



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