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Fearless Birth

Standing on God's
Promises & Birthing in Strength

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📜 **Disclaimer:** This course is for educational and informational purposes only and is not intended to be medical advice. The content provided is based on personal experiences, research, and faith-based perspectives. By participating in this course, you acknowledge that you are responsible for your own health decisions. 💖 Trust God, trust your body, and make informed choices for a safe and empowered birth experience!

Fearless Birth: Standing on God’s Promises & Birthing in Strength

The World's View On Birth

Hi ladies, I am so excited that you are here as we dive into the world's view on birth.

Now of course I don’t believe that the statements that I am about to make speak for every person in the world.

These are based on my observations on media, the culture in the western world, conversations held with people of many different backgrounds and beliefs and so on. So lets get started.

By observing I’ve noticed that the majority of the westernized world view on birth is that it’s a medical event. Birth is viewed as something to fear and prepare for the worst.

It’s to not trust in the way God has designed your body… in other words prepare for your body to fail you.

Birth in the eyes of the westernized world is “Your hopeless and have no sense of way, so give me your authority and power.”

Birth isn’t honored as the beautiful design made by God himself. Birth is dramatized and has turned into a horror story that young girls grow up to be haunted by.

Birth is seen and portrayed as a disease and sickness that us women need to be saved from. It causes women to yield themselves to a victim mentality and instead of seeing pregnancy and birth as this beautiful gift it has become a curse.

The westernized world has taught women to expect and prepare themselves for miscarriages, infertility, sickness and death.

Birth to the westernized world is dangerous. It needs to be intricately monitored by crazy “advanced” medical devices because this is what “safety”, “responsibility” and “wisdom” looks like.

Birth to the westernized world is “disconnection”. It’s to numb yourself from this beautiful process as you dance your baby into this world. It’s not about enjoying the journey.

Birth to the westernized world is hard cut edges and timeframes that revolves around the person who has authority over it all (and surprisingly it isn’t you, the birthing mother!)

It’s the stranger in a white coat/scrubs. Or it’s the holistic midwife who brings the doctor's office into your home.

This is what I've witnessed birth to be to the world, especially the westernized world.

I want you to take time to ponder and think of all that I just mentioned. Do you agree or see any of these statements to be true today in our culture and westernized world?

And if yes, how does that make you feel? What do you want to do to think differently? And if not, do you feel as if maybe you have been influenced to think the same way as everyone else?

Your birthing Rights

I’m so excited for this and I believe it will encourage, and empower you.

It may even begin to dismantle patterns of thinking that we have learned just over the course of life by things we see and hear.

That is a process we will always walk into and it is needed and necessary! So let us begin.

In the previous lesson I went over my belief on how the western world as a majority sees birth. I want to now share with you what I believe birth truly is. Not just simply by my own opinion but by the word of God.

I believe birth is perfect. Meaning I believe that God's design is perfect because he is perfect. I believe his original design for birth has no flaw and is perfect.

With that I believe that we are able to walk into that perfect design today! Despite what we may have been taught or told many believe that, that is not possibly true.

Someone may even argue "How can you say that when there's sickness, miscarriages, stillbirths, complications, deformities, etc.?"

Now I'm not disagreeing that women aren't experiencing these things, what I am inviting us all into is a new perspective and that is "What if we can believe and be confident that, that isn't God's best for us now."

Could it possibly be true that an amazing, joy filled, pain free, uncomplicated birth is available to me and you? I would say yes!

If you're taking notes I want you to write this down. "I have Birthing Rights!"

I want you to also write this down, 2 keys to your birthing rights…

Key number 1

"I am saved from child bearing.

1 Timothy 2:15 says "Nevertheless she will be saved in childbearing if they continue in faith, love, and holiness, with self-control."

Few verses before this it is speaking about women in the body of Christ. And this is a promise to us!

Now more than ever we are being told that miscarriage, maternal death, infertility, complications in pregnancy and birth is common and that no woman is exempt from experiencing any of these things.

Again I am not denying nor am I delusional that many women have experienced these tragic circumstances, but rather I am proposing something different than what we are told.

If we look to God's word and see the promises that are in it for our health and life now, can’t we then believe that pregnancy and birth are in it too?

In this verse in 1 Timothy when you look at the scripture in Greek the word for saved is sozo.

Sozo means to save, keep safe and sound to rescue from danger or destruction.

It also means to restore health, make well and whole! Come on Jesus! How good is that!

Gods promise to us, his daughters, woman who are filled with his spirit, is that we would be kept safe, sound, rescued from danger & destruction, restore to perfect health, made well and whole in child bearing!

This is good news!!!

When we read this we can also think about what could possibly be dangerous and what destruction can look like.

Infertility is one, pain, sickness, weakness, complications, miscarriage, still birth, and death!

So let’s now read it again but with the new understanding and knowledge of that word saved or sozo.

“Nevertheless she shall be saved (keep safe, rescued from) ….(danger, miscarriage, infertility, pain, weakness, sickness, birth defects, complications, stillbirth, and death)

(and be made well, whole and restored to health) if they continue in faith, love, and holiness with self control!” Amen!

And what is faith? Faith is Jesus! What is love? Jesus! Holiness? Jesus! Self control! Jesus! Continuing in Him! Standing on God's word! This is a promise to us women of God! Abbas daughters!

Man this is so amazing, I am truly excited when I get into God's word and see the beauty of who he is and how good he is!

He is a good father that truly fathers us well! And of course we don’t love him, and lay our lives down just to obtain promises and blessings but how good is he that he gives it to us!

Ok! Now if you’re taking notes I want you to write down Key number 2.

Key number 2

“I have authority”

What I mean by this is that As His daughter, as a woman who is born again and filled with God's spirit we have authority!

We have authority to stand on God's word and speak life! We have authority to decree and declare. And not just decree and declare with a mindset of hoping that it might be true, or out of fear and wanting it to be true… but knowing it’s true!

Knowing that it is yours! We have authority to speak over ourselves and our pregnancy, our children, our births that it shall be this way and no other way!

That we shall be healthy, kept safe and strong! Our babies shall be healthy and kept safe and strong! That there won’t be any complications!

The devil is a liar and despite what I may see or may not see God's word says this and I will choose to believe and stand on what his word says knowing it is truth!

And along with authority I want to say… you have authority to choose what you want for your pregnancy and birth! You can choose to birth how you want to.

I believe that it's so important to be firm in your choices and not be double minded.

I also believe in being fully informed, as well as being challenged in our mindsets around birth is important before making your decision.

And lastly a bonus. If you're taking notes I want you to write down You have birthrights because you have become a new creation (2 Corinthians 5:17) When you're in Christ the old things don't follow you.

When you gave your life to Christ all throughout the letters in the New Testament it clearly states and shows us that our former life and all tied to it has been put to death, washed away. And now we have been joined to Christ!

When we can understand this then we can see that even in pregnancy and birth this holds so much weight for us!

The doctors may have told you, you won't be able to bear children, or that these birth defects and abnormalities are generational in your family.

Maybe even your grandma, aunties, mom, sisters, cousins experienced certain complications and it seems like you’re just bound to also experience that.

I want to challenge that belief, that thought and truly that lie. God's word doesn’t confirm that.

All generational things, curses, whatever you want to call it died when you gave your life to Christ!

Stop believing that you’re bound to have a miscarriage. Stop thinking and saying to yourself “Who am I to believe or think that it could never happen to me?”

I want to challenge you with this. Bold faith and confidence in God and his word will seem arrogant, but it is not.

It's simple childlike faith!

Don’t think to yourself that it’s foolish or wrong to choose to believe and declare that your pregnancy and birth won’t be miserable!

That you will have a healthy pregnancy, birth and child! That you will have a blissful, joyful, pain free birth! Speak life! What's better? To speak life? Or speak death? To think life? Or to think death?

Women, mama's it all starts in our mind. We must shift our mindset.

Romans 12:2 says this “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

We must renew our minds with the word of God! It’s in the renewing of our mind with God's word that we won’t think in lack, fear, doubt, and death.

But boldness will fill our hearts and mind and we will step and walk into power to believe in his word and speak it over us!

I hope you enjoyed this so far and have been challenged in your mind to think differently and are blessed.

Where do I want to Birth?

Locational?

Let's get right to this, the reason I titled this locational, as if asking a question is because deciding on where you want to birth has more to do with the way you think rather than merely just a location.

I’m all about challenging the way we think and different mindsets we have developed and lived in our whole lives.

I want to ask you a question right now. How many places or locations do you think you are able to birth at? And I'm not trying to be super specific as in "birthing on a bed being one, birthing in a tub…" no just a main place (for example a hospital)

If your answer is 2, what are those two places? I'm sure you would say a hospital, maybe a birthing center and maybe even home.

Now if you said a hospital and home I want you to answer this question. If you decide to birth at home does that mean you need to find a midwife?

Now I'm just going to guess your answer was probably "Yes." Maybe you even thought "Of course" or "Duhh… OBGYN's don't do home births…." Or even "Who else would be my medical practitioner"

Now I want to challenge you with this, what if I told you that there isn't only 2 ways you can birth. Now again I'm not meaning birthing in water, on a bed, or any of that.

What I mean is, what if you can actually choose to birth how you want to and maybe for you that means not hiring an OBGYN or a midwife.

What if you desire to birth at home but you choose that you don't want a midwife.

I'm sure you're probably thinking "That's crazy!" or "That's not safe!" "That's unwise!"

And why are you thinking that? Probably because you feel that you're not qualified, you're not as knowledgeable, you don't have the degree.

Maybe it's because you have been taught to not trust in the way God has designed your body to birth.

Whether you have an OBGYN, a midwife or you're by yourself, maybe with your husband, mother… just not a medical practitioner… you are the one who will birth your child.

I'm sure thoughts and questions are coming up like "But what if something bad happens?" "What if I don't know what to do if and when xyz…"

Again, I find it interesting we have even taught to mistrust the way God has designed our bodies to conceive life, carry them for nine months and then birth them and then also nurse them.

We have been taught to mistrust our God given motherly instincts that may just know what to do as well as truly know and discern if something were to possibly be wrong.

Before you truly decided where you want to birth locationally we must truly confront and face those giants in our minds.

Those giants of fear, lies, mistrust, doubt, and worry. None of that is from God.

Don't make a decision based off of fear and carnality.

Make a decision based off of his truth.

I'm not trying to convince you to birth at home or even by yourself. I'm here to just challenge you to think differently and not believe in lies. To not live in fear! To think according to Gods word and truth.

I don't think it's wrong if a woman chooses to birth in a hospital with an OBGYN, or if she chooses to birth at home with a midwife.

In the end the choice is yours.

I want us to expand within our mind in the area of birth and all we have known and heard it to be! I want us to really ask ourselves these questions... "Why do I believe what I have believed about birth?"

It's less about the actual location... you can give birth in a car (many have, in your bedroom, in a hospital waiting room, in a birth pool) Giving birth isn't that hard or restrictive by location.

What you are restricted by is your mindset if you aren't thinking according to the truth of Gods word and promise to you!

Well this is all that I have for you in this lesson today. I hope this has challenged you to ask yourself these questions, search the word of God and desire to be renewed in your mind!

Hospital Birth: What to Expect (5 Things)

We are about to address a controversial topic. Let's talk about what to expect when choosing to give birth in a hospital.

I gave birth in a hospital with my first so I'm not just speaking only off of what someone else has written or has experienced.

Let's jump right into it.

There's so much I could say and share but I want to hit 5 main things that I think would be beneficial for any expecting mama to know before having a hospital birth.

These are things that I think would be great to know when your have decided to brith there and will be as well as if you're still considering.

If your taking notes I want you to write down "5 Things to expect when giving birth in a hospital"

Number 1

Giving birth in a hospital doesn't equate to safety.

Now what I mean by this is that many people have this idea that giving birth in a hospital is the safest place.

Many would say it's the safest place because you would have doctors right there as well as medical equipment. Now that's true in a sense if something truly went wrong and mother or baby are actually in desperate need for outside help.

But what many women don't know is that within hospitals there are protocols. And with that comes interventions.

Think of an intervention as dominoes. Once one falls the rest begin to fall until they have all fallen down.

What many don't know is that a lot of these interventions that one might be told was necessary really wasn't and therefore may have led to complications with mother or baby, a c-section and in the end trauma.

Think about a baby bird. This bird is ready to fly. This bird is in the heart of nature in its pure and raw form. This bird is in its nest that's within the branches and leaves of this tall tree.

And instead of allowing nature to unfold, which would be that bird doing what it would naturally do which is… jumping out its nest, fall a little and then begin to fly.

What if you decided to climb that tree as this was taking place, and help that bird a little. Your intentions may not be cruel or wanting to harm it, but you just feel like this bird might be more safe if it had your help.

So instead of letting nature unfold and it doing its natural biological thing, you rustle your way to its nest and try to grab it.

You grab the bird and you begin to spread out its wings.

Maybe you made it some type of wooden wings with popsicle sticks, I don't know.

Basically imagine you interfering with nature. And so instead of allowing the bird to what it will naturally do, you try to help "aid it" and in doing so you accidentally knock it over, snap it's neck and it dies before it could even fly.

Maybe it fell but was alive and began to fly but because you were messing with it so much it lost a few feathers and was slightly damage. But you know it still began to fly, so you truly were the hero right?

What if the bird was able to all along? What if the bird would have been able to fly without being bothered and damaged in anyway?

That is how it is when birthing in a hospital. Things are done not always with bad intentions but is believed that it's for the good of the mother and baby. But really it is disturbing the biological process of birth.

Which sadly has resulted in unnecessary harm and injury, trauma and even death for both mother and baby.

This is an extremely common thing that many women are experiencing today. But they are told it's normal. All these complications are portrayed as "Common" and "Normal" or that their body "failed" them. When in reality may have never happened if there was no interferences.

Now I want to go into key 2. If you're still taking notes I want you to write down...

Key number 2

Full consent doesn't quite exist.

What do I mean by this? Well I know many amazing women who are encouraging and empowering women to be informed on labor, birth, and post birth. Knowing their options and knowing the pros and cons of all things before making a final decision. Many of these women talk about having understanding and knowledge so that you will actually have full consent if you choose to birth in a hospital. Meaning you won't be uninformed, and just agreeing to whatever is put out towards you, but that if you don't agree with something that is trying to be put upon you, you can simply say no and you'll be respected in your wishes.

Now although that would be awesome to have, it's not and probably won't ever be actually obtainable in a hospital setting/ in the medical world.

In fact when you admit yourself into a hospital and in this case (labor and delivery) you sign forms that give over your right to have "full consent" over yourself and child. If the doctor believes doing x, y and z is the best option despite your refusal… sadly and unfortunately they will still take action.

I'm not trying to be dramatic or emotion driven but that is abuse. Truly. Especially to a mother who is in the most vulnerable state and is bringing her child into this world. Abuse shouldn't be taken place. That sacred space between mother and baby should be protected and honored.

Now I will share my hospital birth experience but I wanted to give an example for this point.

After you give birth you still have to birth your placenta. Your placenta naturally detached itself from your uterine wall as your baby beings to breastfeed for the first time. The stimulation from your baby latching on and beginning to nurse, causes your placenta to begin to detach. Your

placenta will naturally detach and it either may just slip right out of you, or you may have another urge to push.

With all that being said, just as your body will natural do what it needs to do so you can birth your baby, it does the same so you can birth your placenta.

However in the hospital… the protocols done go completely against this natural biological process.

Immediately after birth if they haven't put you on Pitocin already they will pump Pitocin through an IV into your blood stream. They will tell you this is to help your uterus to contract so your placenta comes out and so your don't hemmorage.

However your body was made to naturally do that itself, not by using a very harmful and dangerous drug which can cause uterine rupture, and harm to both mother and baby.

Your body produces the powerful and amazing hormone Oxytocin which can not be recreated by man. It is the "love" hormone!

When you and your baby are skin to skin, and you they begin to nurse this oxytocin is produced which causes your uterus to contract and then brith the placenta.

The beautiful way God has designed our bodies is truly fascinating!

So in the hospital they will give this Pitocin and then they will begin to give "fundal massages"

Let me tell you now, that is not a massage. It's them pressing upon your stomach really hard to "get your placenta out"

Imagine just going through how many hours of labor, birthing your child… all you want to do is sit back or lay back, rest and be skin to skin with your baby in peace and quiet.

No

Yet instead you have multiple people injecting you with drugs, pressing on your stomach. Maybe even taking your baby away from you to do "routine checkups"

Completely disturbing the natural biological process.

Then the doctor will begin to pull on your umbilical cord that is closest to your vagina (which is dangerous and shouldn't be done) and begins to tug out the placenta.

I've heard many's stories from real women who even had the doctors stick their hands up their vaginas to pull out the placenta.

All to get your placenta out because I guess your body doesn't know how to and wasn't designed beautifully to naturally do that.

This happened to me. Although I knew that it wasn't needed, although I wrote in my birth plan and me and my husband verbally spoke out firmly multiple times. It wasn't fully respected. In the end they still injected me with Pitocin, they "massaged my fundus" and then they pulled my placenta out of me.

It was painful, literally my birth wasn't as painful.

It was uncomfortable. And although I had stated what I wanted, in the end I was subjected to their protocols. I mean I did sign over my rights and consent when entering in.

Full consent in a hospital doesn't exist. And I think this is very important to know and be aware of.

Now the next point, point number 3 that I believe you should know when birthing or before deciding to birth in a hospital is this: If you don't take authority someone else will.

Now although in the previous lesson I mentioned that Full Consent doesn't fully exist, if you are still going to choose to birth in a hospital after going through this whole guide. You still don't want to walk in they're powerless.

I hope what I said in the previous lesson wasn't taken as doom and gloom to you, simply I just wanted to paint a realistic picture to you on what and how it could be when birthing in a hospital.

Although maybe not every single thing you desire may be respected in the hospital, it doesn't mean you shouldn't fight to stand on what you want.

Now especially as daughters of God, we are to be imitators of Christ. Standing firm in what we permit and won't permit can be done in love and honor.

We don't have be carnal and be rude to the nurses, doctors or anyone in general. We can be respectful with our words and actions towards them.

Not just with our words but also our thoughts towards them. When we are carnally minded we will live carnally, and to live carnally is living by every impulse and feeling. Taking things too personally will lead to carnal actions.

What I mean by this is if I take personally every protocol or thing a doctor says though it is based off of what they have just been taught then I will only become offended and therefore can not love and be the representation of Christ that I am called to be.

Do not view them as some bad guy. In the end our wrestle isn't against flesh and blood put principalities (Ephesians 6).

Each nurse, doctor, medical provider Jesus bleed and died for! Each one has so much purpose on the inside of them! They have value!

These people work hard and work long hours. They are like any other person, they maybe going through personal things, they maybe tired, hurting. We don't know!

We want to be different than the world. We can do that by the way we speak and our actions lived out. It's not even putting on some show or pretending but it's truly knowing and seeing Gods Heart for them and being as he is in this world.

Ok so here is 3 ways you can respectfully in love state and be firm in your choices.

"Thank you so much for your suggestion, I appreciate you taking the time to explain yourself. I have (or me and my husband) have decided that we don't want to take that risk of doing (x, y, and z). We feel this is the best decision for me and our baby."

"Thank you but I simply want to decline that." (If they ask your reason you can give them, however know that you are not obligated to go into detail about the reasons for your decisions.)"

"Thank you for your concern with our decisions, and although you do not agree we know and have decided this is what is best for us!"

These simple statements are… well simple and a great way to respectfully respond to the nurses or doctors that may speak to you respectfully or may not. However we don't return evil with evil.

I want to also add in that taking "authority" not only does it not mean that we need to be rude but we also don't have to get loud. We don't need to yell, or speak unfruitfully.

I do think we need to be confident when speaking and that looks like having a louder projection then you may have.

My emphasis is that we want to walk in authority and power but also do it in love!

Know that if you decided to go and birth in the hospital, you get to be As he is there! You get to shine the light of Christ in that hospital.

I hope you enjoyed this thus far and are getting a ton of value from this!

Point number 4....

I think is important for you to know before deciding to birth in a hospital (or if you are) then...

If you are taking down notes I want you to write down Number 4: Stand Firm in your decisions despite oppositions.

This is very important. One thing that is not from God is confusion.

Sometimes we can start to feel confused when we make a decision on something but then someone else comes with their own opinion and maybe their own "evidence" of some sort and then we begin to question if we are actually making the right decision.

Especially in the hospital setting you may even feel as if your decision may not be the best since "you're not the doctor" and they "know more than you."

However I want to encourage you that you are able to make your decision as well as standing firm in it confidently even if there is opposition.

I'll share my hospital birth story with my first child, but let me give you an example here for this point.

After my son was born, as they do with all babies born in the hospital… they have their routines to vaccinate this precious newborn.

However In my birth plan the nurses were already informed that we were declining all vaccines as well as the eye ointment and vitamin k shot.

Now they questioned our reasoning for all of them yet the only one they were very much so opposing against our decision on declining was the vitamin k shot.

This opposition didn't just last that moment after birth. It lasted up until leaving postpartum care 2 days after I gave birth.

Our whole time in the hospital multiple different nurses as well as 4 different doctors (which consisted of OBs and pediatricians) came into our room to oppose our decisions.

Some were more kind and respectful, while others were rude and tried to press us with fear, which of course didn't work.

They were convinced that our baby would die, have internal bleeding, and the list went on.

Each time we respectfully responded, but we didn't back down. We didn't allow the opposition to sway our decision. We didn't allow the opposition and all that they had told us, doubt what we knew was right and best for our son.

We stood firm! So it is in Christ with all things! We must stand firm! Not be shaken and swayed by every wind of doctrine, or by every carnal thought and lie. Stand firm in the truth of Gods word!

Now this is the last point of 5 things I believe you should know before giving birth in a hospital or before deciding on birthing in a hospital. So let's get started.

Point number 5

Obtain knowledge and understanding.

Obtaining knowledge and understanding on pregnancy, labor and birth is vital!

We make decisions based on knowledge and understanding that we have. If we have no knowledge and understanding we may not make the best decisions, or even the decision we may truly want if knowing and being fully informed.

If you never learn about what biologically happens within your body when pregnant, going into labor, birthing your baby and so on, then you can't make the best decision for you and your baby. You can still make a decision and the outcome can still be good. But what if you learned for example what I shared in a previous lesson on how your body was designed to naturally birth your placenta without needing to use pharmaceutical drugs, and have another person pull it out of you.

When learning that you might then decide that you don't want to do it like the regular routine procedure that's done because now you have knowledge and understanding that your body was designed to do that.

Therefore you were able to make a better informed decision.

In all things in pregnancy, labor, birth, postpartum, breastfeeding, and in everything we need to obtain knowledge and understanding.

All throughout the book of proverbs in the first 10 chapters makes an emphasis a lot of gaining and obtaining knowledge and understanding and that leading to wisdom.

We are able to make wise decisions when first obtaining knowledge and understanding.

So this is the 5th point of 5 things I believe you should know before birthing in a hospital or before deciding to birth in a hospital. I hope this has encouraged you to ask questions and begin to shift your perspective and renew your mind when it comes to birth!

My hospital birth story

Hi there! I'm so excited for you to be here for this story today! I will be sharing my hospital birth story. I hope to not go too long, but let's jump right into it.

With my first, which is my son we gave birth in a hospital. Initially we wanted to birth at home and we had a midwife but around 26 weeks that midwife had to let us go. So there we ended up giving birth in the hospital.

When I first got admitted to triage my water was already leaking. I was in labor for 2 days already and was really tired.

When I was admitted my blood pressure was reading high and I knew it was because I was uncomfortable and let's be honest scared. I didn't like hospitals and doctors and that was something personally I was facing and renewing my mind in.

With that they had told me if my blood pressure didn't go down after sometime they would have to give me medication. I told them thank you but no thanks.

After an hour or two I was finally admitted into labor and delivery and given a room which was really big.

I had asked for them to check how far I was dilated and I was only 3cm.

They told me if I didn't progress much within an hour or 2 they would then have to give me Pitocin and then they listed a list of other things that could happen with ending it with "and if anything a C- section, but we're wanting to not have to do that."

Immediately I regretted deciding to come to the hospital but yet instead of becoming fearful and acting powerless me and my husband prayed.

He began to pray for me, he prayed for the peace of God to come upon me, to fill our hospital room. He began to speak to my body, speaking to my cervix to began to dilate, for my body to do all that it was designed to do to birth. He prayed that my blood pressure would drop and be normal and that we would have a beautiful birth.

Although I was exhausted and would rather just lay down and sleep. I knew that in a hospital you are put on a timeframe, and the nurse literally told me my time frame.

To get labor progressing movement is so important. So we asked the nurse for a birthing ball. And I began to bounce on it, doing hip sways and figure 8s with it.

30 minutes into being on the birth ball my water broke. 3 huge gushes came out and from that moment my contractions progressed.

This is all without Pitocin or any medication. I denied all and I didn't even have a regular iv within my arm.

The nurse came in after maybe an hour or 2 since the last time seeing her and she checked my blood pressure. It was completely normal! With that as well she checked my dilation and I was now 7cm!

The funny thing is, I knew how far I was before ever being checked. And that's what I've come to understand, it's undeniable that you will know when you are in active labor, when you feel the need to push and when you're about to give birth!

Prior to coming to the hospital within myself I didn't want cervical checks, however I didn't stand firm and allowed them to continue to check me. I think in total I might have had 4 to 5 cervical checks.

Let me tell you they are so painful. More painful than any contractions. I'm very against cervical checks especially after experiencing them.

They make no difference in how fast labor speeds up or even predicting how long until you are about to give birth!

I know when that nurse checked me she was really shocked I was already at a 7.

So anyways me and my husband were so blessed to have the experience we had in the hospital during my labor. Our nurse was truly God sent! She was so respectful of our decisions as well as our privacy.

She hardly ever came into our room and when coming in she was quiet and just truly amazing! I still remember her name to this day! Mary if you ever see this know that you are amazing and me and my husband are thankful that you were our nurse.

My husband was my rock during labor, he constantly spoke the word of God over me, he didn't stop encouraging me, he held me, swayed with me. He was with me in it all!

The time came when my body began to push on its own, it was the most powerful and intense feeling I ever had!

My body began to "bear down" and push on its own, I was not in anyways trying to push! I was on all fours on top of the hospital bed pushing!

A different nurse came in and saw and began to tell me to stop pushing and wait for the doctor. That was truly the silliest thing to say to a women who isn’t even trying to push!

The OBGYN came in and told me "Congratulations! Get on your back now."

My whole pregnancy I told my husband when giving birth I want to birth on all fours. I knew I didn’t want to birth on my back because that can cause unnecessary tearing and goes against gravity and more.

My mom birthed me and my older sister on all fours and so growing up for some reason I wanted to do the same, plus it was just naturally the position I was in my whole labor.

But like with the cervical checks I did not stand firm. I indeed flopped on my back as my husband looked at me confused.

Suddenly the intense pushing and contractions I was feeling were gone. And I began to participate in their coach pushing.

It did not feel natural and was very strange.

I could not feel one contraction! I had zero medications yet I couldn’t feel anything.

If I stayed on all 4's my son would have come out in 5 minutes for sure!

After pushing for 20 minutes my son finally came out! He was immediately put upon my chest and it was the best moment of my life!

Yet it felt hard to soak in this moment. There were bright lights shining in my eyes. Multiple hands reaching over me, touching my baby. I could hear my husband speaking back and forth with the OBGYN.

I just wanted peace and quiet.

Since I birthed on my back I had 2nd degree tearing. So they sutured me.

It was really sore. She immediately began stitching me and I had to really concentrate on breathing while she did that because it was really painful.

Along with that my husband had to stand firm on us deciding to wait to cut the umbilical cord until it stopped pulsating and turned white.

For 20 minutes my husband had to literally hold onto the umbilical cord and make sure the OB kept her scissors away from it. I don't want to have in go into so much detail just because I don't want this to be too long, but it was opposition like I mentioned in the previous lesson.

She was stating her reasons why it should be cut immediately and they actually weren't even true in any way.

After 20 minutes he noticed it was white and Stopped pulsating and then let her cut it.

Immediately after that, like I shared in a previous lesson they gave me Pitocin as well and began to give me " a fundal massage" and then pulled my placenta out of me.

I stated in my birth plan that I wanted delayed routine procedures with my baby and wanted it to be done after I had breastfeed for 2 hours.

Finally after all that, all the doctors and nurses left the room and it was just me, my son on my chest and my husband.

It was only then did I feel like I could actually have this intimate time with him!

Closer to 3 hours later they came in to now weigh him and take measurements.

I had to pee for the first time and then we were taken to my postpartum care room.

Here in Hawaii at Kapiolani Hospital you must have a minimum of 2 days in postpartum care.

This was truly the part of the whole hospital birth experience that I enjoyed the least.

There was no privacy, only constant interference. I didn't like that strangers were telling me that I couldn't sleep with my baby, that I couldn't fall asleep with him on my chest.

Being spoken to and treated a certain way because like I mentioned before denied all vaccines and even circumcision.

Those 2 days felt like a month and I was so excited to leave! I wanted real food, I wanted to be in my own room, in my own bed. I wanted it to be just me and my husband and our newborn son!

There is so much I could say and go into details but I think that would be best to do in person and one on one.

After 2 days of being in postpartum care so a total of 3 days in the hospital we were released to go home and it was freedom!

One thing that I thought was so encouraging despite us not wanting to be there and have to stay that long, is that different nurses told us personally how they have never seen anyone come in there with such confidence and authority.

They said all this in a good way as well. They were touched at my husbands presence and being that husband and father who is there with his wife and being that leader that he is of his own family!

They mentioned how they could feel a peace and love in our room, and so despite it not being how we fully wanted we were blessed that we could be lights in that place!

Me and my husband were blessed to have the experience we had in the hospital. I know there are so much worse things that could happen and so I am grateful and thankful!

However it was after that, that I knew I never wanted to birth in a hospital again and I would find a way to birth at home the next time!

That is my hospital birth story, I hope you guys enjoyed this story.

What to Expect: Homebirth (5 Things)

I have given birth at home to my second child and plan to in the future if we have another child, but my home birth experience wasn't your typical one.

I did not have a homebirth with medical midwives, I had an unassisted or what other people call a free birth.

This is something that I had chosen to do and my husband was all for it and in agreement as well. We were confident in who our God is and also in what knowledge we had on birth.

It took renewing our minds on birth and the medical field and all the things that we are taught that are normal and that we must comply to. And then it lead us to that.

So with that being said, my what to expect maybe able to help any women who chooses to birth at home (whether with a medical midwife or not) but also it's still very different than compared to having an unassisted home birth.

I've come up with 5 things that I think you should expect when choosing to birth at home or are deciding to.

If your taking notes I want you to write down this...

Number 1

You have time.

What I mean by this, is that when giving birth in a hospital you are put on a time frame. Due to protocols, and the medical system itself sadly that's the reality of it.

It's just completely true that in a hospital the natural biological process of birth cannot be fully honored because no matter what, their protocols and procedures are set and honored above the birthing mother and baby.

However when you are at home that's the opposite. Now again I'm speaking more so if you choose an unassisted homebirth.

If you are choosing to birth at home with a midwife, depending on your midwife's values and the type of midwife she is, will determine on how this maybe for you.

If you are planning to have a midwife, communicating and asking questions about timeframe during labor and birth and how she operates and handles situations is very important.

This could truly affect your whole birth experience so making sure to communicate with her and her response to be in alignment with what you want is vital.

For me when being in labor and birthing at home freely, unassisted I had all the time.

I didn't have people timing my contractions or even monitoring it. I myself and my husband decided before hand that we weren't going to play that game.

He especially was the one that told me first that I shouldn't get into that place of timing everything but just let it unfold because he saw how that consumed me when I was In labor with my first.

I agreed, and I wanted to trust that my body was going to do exactly what it was designed to do.

I did not look at the clock at all but 2 times throughout my labor and that was just to see what time it was. Not because I was timing my contractions.

With that I was so much more relaxed, I didn't feel rushed, I was able to actually just focus on each sensation and surge. I highly recommend it.

If you think about it, do you think women B.C days and even in the early A.D days were timing each contraction? I doubt it, so many things that are "normal" when it comes to handling and treating labor and birth in the western medicalized world aren't actually "normal".

So know that you have time! You get to be the one who has full authority over your labor and birth (more so when you do it unassistedly).

If your taking notes I want you to write down: The Second thing I should expect when birthing at home....

Number 2

Things can get messy.

It's birth, birth is beautiful and can be blissful and joyful. It can also get really messy. I mean a precious baby comes right out of your vagina so of course there will be some type of mess.

Expect to not just have blood but also fluids. When and if your water breaks prior to baby being born or as baby is coming out, you'll then have amniotic fluid everywhere, wherever you are birthing on.

You'll have blood, you maybe even have pee. And also possibly maybe even poop? I have not experienced pooping myself when giving birth to either of my two children.

I haven't personally heard a story of someone birthing at home pooping themselves, only heard of that when someone birthed in a hospital. But I'm sure someone might of have.

Expect Vernix, when your baby is born they most likely will be covered in Vernix which is this beautiful thick white substance that covers your baby, and it has antimicrobial properties. It also naturally moisturizes baby's skin, and more!

That will get all over you but trust me you won't care when your precious baby is in your arms! Don't feel the need to wipe it off, you'll actually want to rub it into their skin as this is beneficial for them!

I don't know if you are like me who can hear something like this and imagine it vividly in your mind but I'm sure by now you may see how birth indeed can get messy.

It is just the beautiful part of it all!

At the end of this guide I will have a pdf list along with links of supplies that you may want or need when birthing at home.

But I did want to include here, if you want to minimize fluids and blood getting on your floor or wherever you maybe laboring/birthing on, having a tarp or shower curtain is great to have.

My husband set down a tarp on our ground and on top of that absorbpant pads. So after birth (more like a few hours later when my placenta came out) all he had to do was close up the tarp and throw everything away. No mess on our floor.

We lived in a tiny house so all that fluid would not just be in our sleeping area but our living space. So if you have a bigger space in your home and don't quite care about the mess of it all then maybe you don't need a tarp.

I hope you found this lesson helpful in some way and I'll see you in the next as we go over the 3rd thing you should expect when having a home birth.

Welcome back, this is part 3 of What to expect when having a homebirth. In this lesson I'm going to share the 3rd thing to expect or should know when birthing at home.

So if your taking notes I want you to write down:

Number 3

You Don't need much.

When giving birth at home you don't need as much as you think. If you have or haven't already searching up home birth kit list can seem like you need a lot of things.

I mean I remember looking at one of those online list and was like "Oh my goodness I need to get so many things." But you really don't.

I read and went through many different list that varied in items. I then came to the conclusion that I only need what I know I want and need.

For example, on one of these list it says (Sterile gloves, gauze, umbilical clamps, stethoscope, etc).

However for me I didn't want those things. I didn't want gloves because no one would be sticking their fingers up in me and I trust my husband to have his hands clean for and if need be for anything specifically.

I didn't feel like I needed gauze although we did have, we also did get umbilical clamps incase we needed it. However we didn't need to use it as we had decided to burn her umbilical cord (I'll speak more on that in my home birth story)

I did not want a stethoscope because I wasn't going bring the doctor's office into my home. I was wanting to step out of an over medicalized mindset and so choosing not to do the whole APGAR score, checking blood pressure, etc. was what I chose to do.

Your list of items will be based on what you desire and want. Some may have a longer list and some won't. It all depends on your preferences.

You don't need to have absorbent pads to have on your bed or on the floor to catch any fluids or blood. If you are on a budget and maybe have a ton of towels and don't mind it getting messy and you can just wash it well afterwards then go with that!

If you already have things at home, don't feel the need to buy something brand new. Like I shared previously my husband layed a tarp down our whole floor. On top of that he laid out a ton of absorbent pads.

If you want to use a tarp but have one already that is in decent and good condition but maybe it's dirty and don't want to buy another brand new just clean it!

Scrub it, wash it down, dry it… and maybe do so prior to you going into labor so by that time it's already clean and ready for set up.

Like I said at the end of this guide I'll have a list set up with a few things I had on my list based off of what I wanted. Somethings that I had were coconut waters to have during labor to drink, a heating pad to use after birth, 2 bees wax candles to use to burn her umbilical cord along with a umbilical cord burning box that my husband made.

These items aren't typically what you'll see on most list online but it's what I wanted and needed based on my needs and desires. I also used them all.

In the end you honestly don't need anything to "give birth". It's not by items that you give birth, you give birth because your body was designed by God to do so! And it won't fail you, especially when the physiological process of birth is undisturbed.

I hope you enjoyed this lesson and I'll see you in the next as we go over the 4 things to expect and know when choosing to birth at home.

Welcome to this next lesson, I'm excited for you to be here as I go into the 4th thing you should expect when choosing to birth at home.

If your taking notes I want you to write this down... Number 4: Expect to be more Comfortable.

You are in your home, your own space and therefore I'm sure you'll feel more comfortable.

Anyone would agree that if they were to imagine being in their own home (just in general) compared to being in a hospital, they would feel most comfortable and relaxed in their home.

Your home, apartment, wherever you live is your own space. You live in this space, made it a home to you and therefore you feel relaxed maybe even safe and protected in that space.

This is one of the top reasons why I chose to birth at home and why I loved my decision. My home, my own little space has been cultivated by me and my husband to feel cozy, comfortable and relaxing.

Being in an entirely new setting that isn't my normal, that is not created to be relaxing, could lead me to not being as relaxed. Not as comfortable. Not feeling as safe and secure.

Now don't get me wrong, Jesus is our comfort, he is my peace, he is my safety, he is my all in all. And even in the most uncomfortable circumstances and settings I was able to be comforted and be secure in Him.

However that doesn't mean I can't choose to birth somewhere that I know I would be most comfortable, relaxed and safe in.

I still remember how great it felt especially after birthing my daughter to get up and lay on my own bed, with my own pillow, have my windows open, and just be relaxed in my own home.

It was a night and day difference between being in the hospital with my first verses at home with my second. And I loved it!

So this is the last part of what to Expect when birthing at home.

The 5th thing you should expect when birthing at home...

If you are taking notes I want you to write down:

Number 5

Intimate

This goes hand in hand with the 4th point that I went over in the previously.

Since you are in your own space, things are much more intimate. As well as depending if you choose to free birth or if choosing a midwife how she honors the space of you the mother and baby will determine how intimate things are.

I believe the importance of not separating mother and baby at any moment immediately after birth and the hours and days and weeks to follow.

Your baby has known you for 9 months (or however long you've been pregnant prior to birth). This baby knows your heart beat, knows your voice, this baby knows you.

And as a baby comes into the arms and rest upon the chest of their mother for the first time, immediately a bond is made.

I’ve heard a few say that the 2nd womb is right on a mothers chest. Having your baby skin to skin and upon your chest is so vital for not just connection but temperature regulation, regulation of breathing and more!

To take that mother's baby away from her at any moment is interfering with that intimate space.

My heart truly breaks for mothers who weren’t able to hold their babies immediately after birth due to a c-section, complication, or for any other reason.

As I held both my babies after they were born nothing in you wants to let them go or especially give them away to someone else.

As I shared in my hospital birth story, it felt challenging for me to fully soak in the moment after my son was born due to the chaos of everything.

The room was filled with multiple nurses, bright lights lit up the room, people were reaching over me (of course just doing their job) but man did I want just silence and some privacy.

But of course I won’t get that to the extent I want unless I am in my own space, my own home.

I hope you enjoyed this and have found these 5 things helpful.

Home Birth Story

Both of my birth stories I have only shared with people in person and so I'm excited to now be able to share it this way. Let's just get started!

2 weeks prior to giving birth I had come across this resourse were many different women share their free birth stories were shared and I had listened to quite a few.

It truly encouraged me and I only grew in confidence in my decision to choose to free birth.

Anyways, 2 weeks prior as well I confronted one thing I was challenged with my whole pregnancy. That simply was in regard to envisioning my "dream" birth with God.

I don't know why I felt unworthy to even come before God and envision with him or share with Him any desire I may have for how my birth would be/unfold.

I realized part of it had to do with being afraid of wanting and asking for something and then not receiving it. And another part of that was not seeing myself and walking in my true identity as a daughter of the most high!

I was in my house laying down resting. And I was talking with God. And I began to say "Abba I just would love to have my birth a certain way but I want your will to be done." And I heard him

speak to me so clearly and it was basically this "Why are you hesitant and afraid to ask? Ask and you shall receive!"

That shifted everything for me. So I closed my eyes and asked myself "How do I actually want my birth to be like?"

You see all I knew up until that point was that I just wanted to give birth, unassisted at home with my husband. And that was it.

So as I began to close my eyes, then suddenly this picture came across the screen of my mind. I could see the sky as if looking outside my window and it was dark.

However I knew it was the early morning hours. And as I seen this picture I began to pray out what I saw.

I said "Abba I want to go into labor in the early morning hours, I want to labor peacefully by myself until I feel it's times to wake up my husband and son."

I then saw a picture of my son next to me while I was laboring and knew I wanted him next to me for some time, but also knew at some point I would want him to be watched by a friend of ours so that I could have peace and quiet.

I then began to pray that out loud. I then began to pray the rest of what I saw which was "Abba I see her being born right as the light from the sun is lighting up the sky. Before the sun is fully up and seen by the mountains. I want it to be just me, my husband and her."

After that I opened my eyes and felt just peace.

It was January 18th, a Wednesday and the pass two days prior I felt off. I felt really tired, kind of nauseous on and off and also didn't have much of an appetite.

This was the same thing I experienced before going into labor with my son. So I had suspicion that I was coming to the end of my pregnancy.

I woke up early that morning around 6am. I began to feel sensations and they were coming consistently and with some sort of intensity. So I began to get quiet and tune into it. It was pass 7:30am now and I got on my birth ball.

I leaned up against it on my fours and rocked side to side. I had my AirPods in as I listened to some soaking worship. About 15 minutes went by, I knew that this wasn't it yet but that I was in early labor.

So I got up, got ready and went on with my day. The sensations slowed down and I had some intense sensations here and there but really not frequent at all.

By night time I had no appetite to eat anything thing and was exhausted. I feel asleep early and I'm glad I did.

I woke up and I noticed it was 12am and I began to have contractions. I was able to lay on my side as I breathed through it then feel asleep immediately after.

I kept waking up to contractions but after that first time I did not look at the clock so I don't know how frequent I was waking up.

Everytime I woke up I breathed through each one while also making sure to get up and empty my bladder, then go back to sleep.

Then it shifted. I woke up and by this time laying on my side did not feel comfortable and the sensations were more intense. I had to get on my hands and knees and rock forward and back, side to side.

All while breathing and surrendering to them, in my mind I was saying loudly the scripture I was holding fast to. Isaiah 26:3-4 "He will keep You in perfect peace whose mind is stayed on Him, becuase he trust in Him! Trust in the Lord forever, for in Yah the Lord is everlasting strength!"

Once the sensation finished, I would either pee if I needed to then go back to sleep or just flop on my left side again and fall back asleep.

That went on for some time as well until I woke up because I needed to use the restroom.

I began to walk to the bathroom and I had to stop twice as I breathed through a sensation. Let's just say my body was flushing itself out so that there would be all the room needed for her to make her way into this world.

When I got back I just felt like I couldn't go back to sleep. I felt wide awake and I was so hungry! So I woke up my husband.

He was asking me "Are you sure your in labor?" The only reason he asked this is because he saw how exhausted I was with my son when I stood up for 2 days, thinking it was active labor when really it was early labor.

I told him yes and so he got up. Now this time I began to groan as the sensations came. And I thought, that's interesting. Although they were intense I didn't think I was that far along because during sensations I felt great and was able to talk and be present.

Since I was so hungry my husband passed me a banana to eat and about 2 to 3 minutes after eating I felt so nauseous! I had to throw up so he quickly got me a trash bag and I began to throw up, a lot.

I was so confused. I was like "Why am I throwing up?" Then I remembered that it's normal to feel nauseous or throw up in labor, however that's usually when you are in transition.

While I threw up my husband as well looked at me confused since he knew this about labor. We were both thinking to ourselves "I can't be this far along right?"

Eventually my husband took my son to our friends that lived next door to be watched as I wanted silence now. But that time it was already 6am or so.

Like I said I didn't focus on the timing of stuff since we did not look at the time. The only way we even know what time she was born was by looking back at the videos we took while I was in labor and when she was born.

As I was still yielding to each sensation that came, suddenly I felt the urge to push. And the urge only grew. The next sensation came and now I began to bear down. However I was trying to hold back from pushing so hard although my body was pushing by itself.

Then my water gushed out. Up until this point I had not lost my mucus plug, nor had I have bloody show and my waters did not break or leak.

I grabbed our little lightbulb flash light and looked down and there was my waters along with my mucus plug.

And the sensation only came closer and closer. Each time my body began to push as I took control over my breathing.

After a few sensations went by I was able to really calm my breathing and now I wasn't being vocal with each sensation.

This whole time I'm on my hands and knees while my husband is behind me, waiting to catch our daughter. The whole time he begins to slowly see her.

Another sensation came and he says "I see her head!" And I began to feel her crown.

I began to breathe calmly and slowly while touching her head down below. I close my eyes and take in the movement. I can feel the ring of fire, I feel my daughters head, and I feel so at peace.

She goes back and we wait for the next sensation. Again she begins to crown and I continue to breathe calmly and then her head pops out and I let out a sigh of relief.

Catching my breath and focusing on my breathing her head stays out (along with her cute little hand next to her face) until the next sensation.

The next sensation comes and all I do is breathe out and she shoots right out (like super man) my husband says!

I let out a cry and my husband holds her as he talks to her and welcomes her. I begin to cry with joy, and he passed her between my legs. I hold my precious baby girl as my husband holds me from behind.

It was the greatest feeling! The goodness of God! To birth my daughter by ourselves, in my home just like I wanted to! It was one of the sweetest moments I'll never forget!

7 hours later my placenta was birthed (which is a variation of normal however any medical professional would disagree).

She was healthy and happy and so was I! I held her on my chest and breast feed her as I layed on my own bed in my home. Comfortable, at peace, and full of gradittude!

After I birthed my placenta we burned the umbilical cord with two bees wax candles and sung happy birthday to her!

This is the birth story of my lovely daughter! I hope you all enjoyed it!

Perfect Peace

My Birth Affirmation & Declaration

In the sacred and intense moments of bringing life into the world, there was one thing I clung to God's Word.

His promises became the foundation of my strength, my peace, and my endurance. Every contraction, every breath, every wave of intensity was met with unwavering trust in what He had spoken.

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You." (Isaiah 26:3-4)

I declared this over myself, fixing my mind on Him, knowing that peace was not found in anything but His presence. I was not alone. His peace carried me through.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." (2 Timothy 1:7)

I refused to give in to fear. Fear had no place in this holy moment. I was given power, love, and a sound mind strength beyond my own, love that connected me to the miracle unfolding, and a mind anchored in faith.

"Christ has redeemed us from the curse of the law, having become a curse for us." (Galatians 3:13)

I was not bound by fear or suffering because Jesus bore it all for me. My body was created for this. I was redeemed, empowered, and fully capable of bringing forth the life God entrusted to me.

"Set your mind on things above, not on things on the earth." (Colossians 3:2)

I lifted my eyes above the moment, above the physical. My focus was on the eternal, on the joy set before me, on the life I was welcoming into the world. My thoughts were not rooted in limitation but in divine ability.

Declaration of Strength & Faith

I am covered in perfect peace because my mind is stayed on the Lord.

I do not fear, for I have been given power, love, and a sound mind.

I am redeemed from the curse, and I walk in divine strength.

I set my mind on things above, knowing that God has already gone before me.

I trust Him fully—my body is capable, my spirit is steadfast, and my faith is unshaken.

In Jesus' name, amen!

Zoey Galletes is first and foremost a beloved Son of God. She is also a beloved wife to her husband Makoa Galletes. She's a mother to her precious Son & Daughter. Her heart is to live from Sonship and from that abiding place bring others into the liberating truth that God is Good and loves them!