

The Remembering

THE UNRAVELING OF YOUR LABYRINTH



BIRTH DOULA
IMMERSION
PREPERATION HANDBOOK
WITH LINDSEY MEEHLEIS, SPIRITUAL MIDWIFE



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Thank you for having the integrity to preserve this material I have put so much heart and soul into.

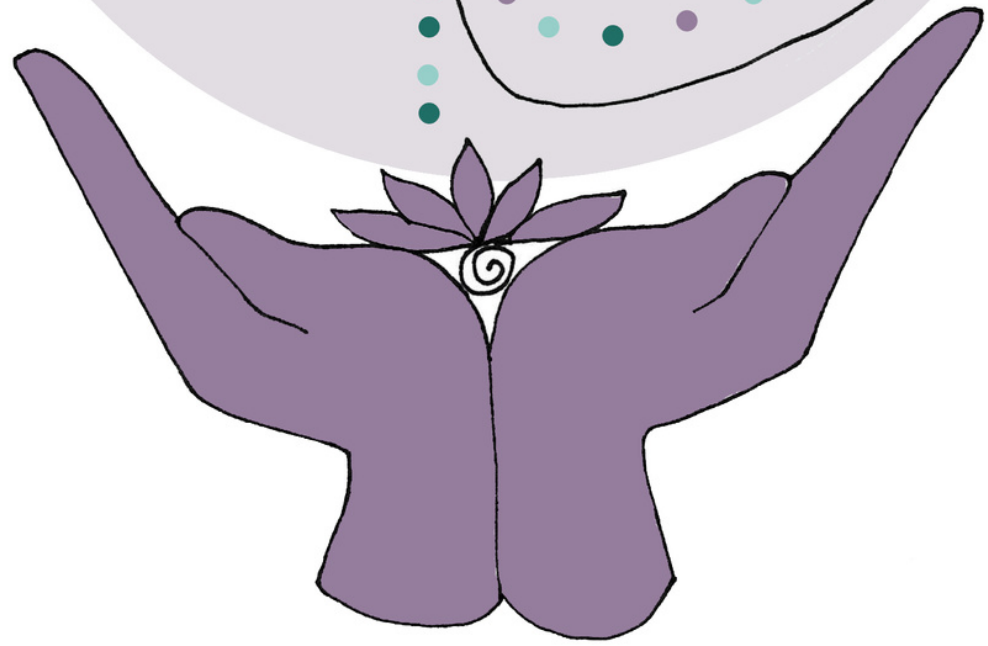
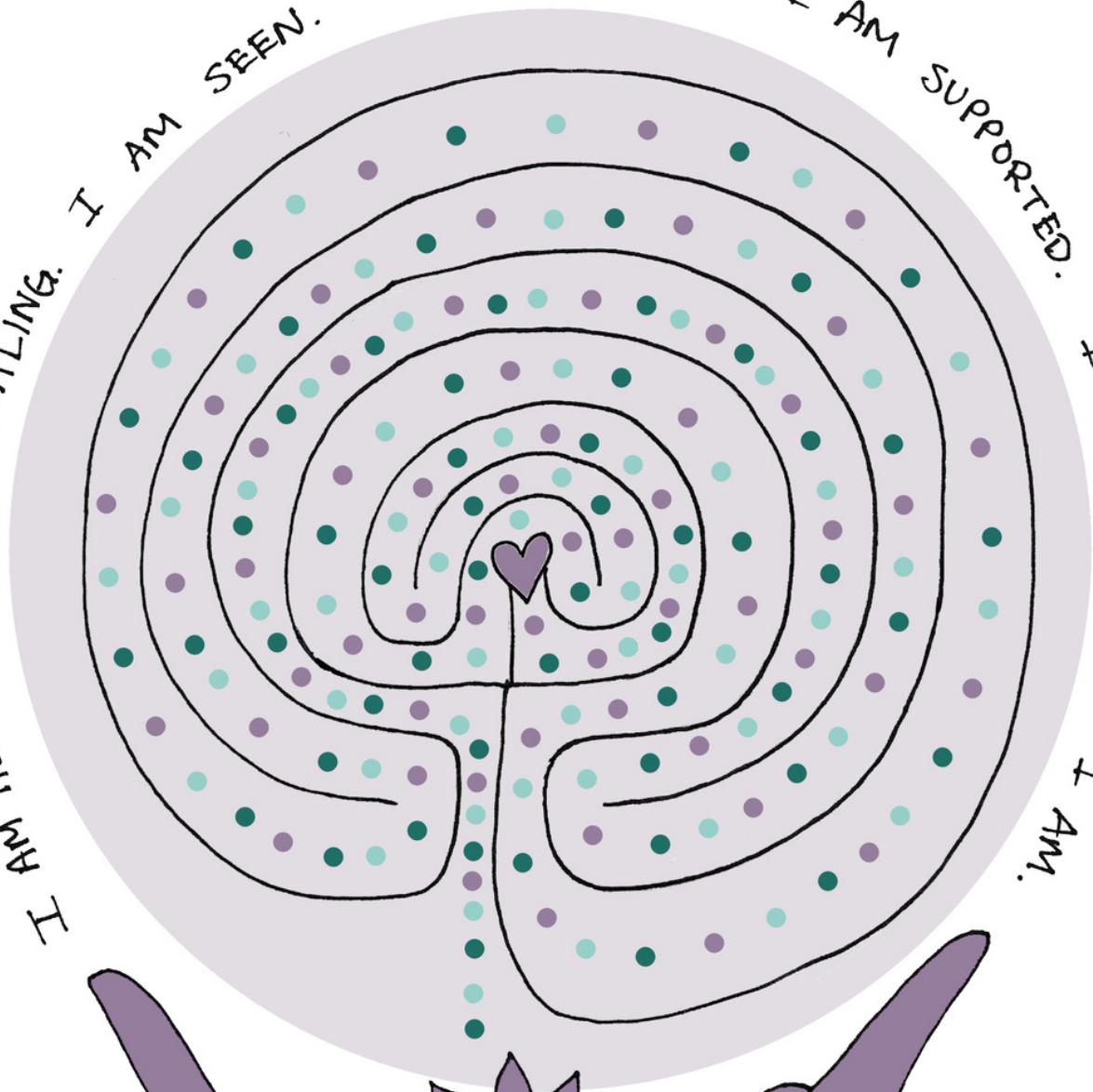
In Deep Gratitude,

Lindsey Meehleis

Lindsey Meehleis

www.there remembering.co

I AM HELD. I AM HEALING. I AM SEEN. I AM SAFE. I AM SUPPORTED. I AM ENOUGH. I AM.



Returning back to YOU and your remembering...



My beloved sister, my dear friend, as we dive into this journey together, we must first start by forgetting so we can remember. In doing so, it's important to discuss us first and any cultural programming we have undergone. I have consistently observed a significant correlation between the preparation undertaken during conception, pregnancy, and birth—what I refer to as the sacred breeding ground. Here, we cultivate fertile soil, remove any weeds, and nourish our seeds. This process involves the identification, a creation of space for even the basic acknowledgment of fears and trauma that we as humans hold.

Considering the alarming statistic that 1 in 3 women experiences some form of sexual abuse in their lifetime, and 26% of children have witnessed a traumatic event by the age of 4, the prevalence of trauma is heightened in our current era, especially with the omnipresence of social media. Even as I scroll past posts on a piece of technology in my warm, safe bed, you can't ignore the loss that none of us is immune to now. Trauma has become a collective experience that touches us all in some form. As a birth worker, I've realized the profound connection between these experiences and the inherent vulnerability we share as we navigate the portal of childbirth with women and their families.

Even subconscious elements, such as the circumstances of one's own birth, can significantly impact the birthing process. Our initial experiences shape the patterns for all subsequent aspects of life, and birth is a pivotal moment in this continuum.

As you embark on your doula immersion, crossing your own portal into the sacred space of supporting women and their families during these times, I urge you to emphasize the importance of delving into these deep-seated cultural programs. By facilitating real conversations and internal dialogues, you consistently contribute to empowering women, assisting them in reclaiming agency over their bodies, asserting true autonomy, and fostering these families truly feeling safe, seen, heard and deeply loved. In the words of Jeanne Parvati Baker, a renowned traditional Midwife, "Peace on Earth begins at Birth."

So, navigate through this preparation handbook with the intention to till your soil, remove your weeds, and replenish your soil with rich nutrients. Connect with the mycelial roots that link you to all the ancestors who came before you and to the sisters embarking on this transformative journey with you. This is your journey to 'Remembering', while returning back to your inherent wisdom and strength.

I am so happy to have you here,

Lindsey



make peace
with all the women
you once were.

lay flowers
at their feet.

offer them incense
and honey
and forgiveness.

honor them
and give them your silence.

listen.

bless them
and let them be.

for they are the bones
of the temple
you sit in now.

for they are
the rivers
of wisdom
leading you toward
the sea.

// i have been a thousand different women

TOP 10 THINGS OUR MODERN DAY BIRTH WORLD COULDN'T LIVE WITHOUT

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

I WANT YOU TO GO THROUGH THIS LIST AND LABEL IT ON A SCALE FROM 1-10
OF WHAT'S THE MOST IMPORTANT TO LEAST IMPORTANT

TOP 10 THINGS OUR BIRTHING CAVE GRANDMA COULDN'T LIVE WITHOUT

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

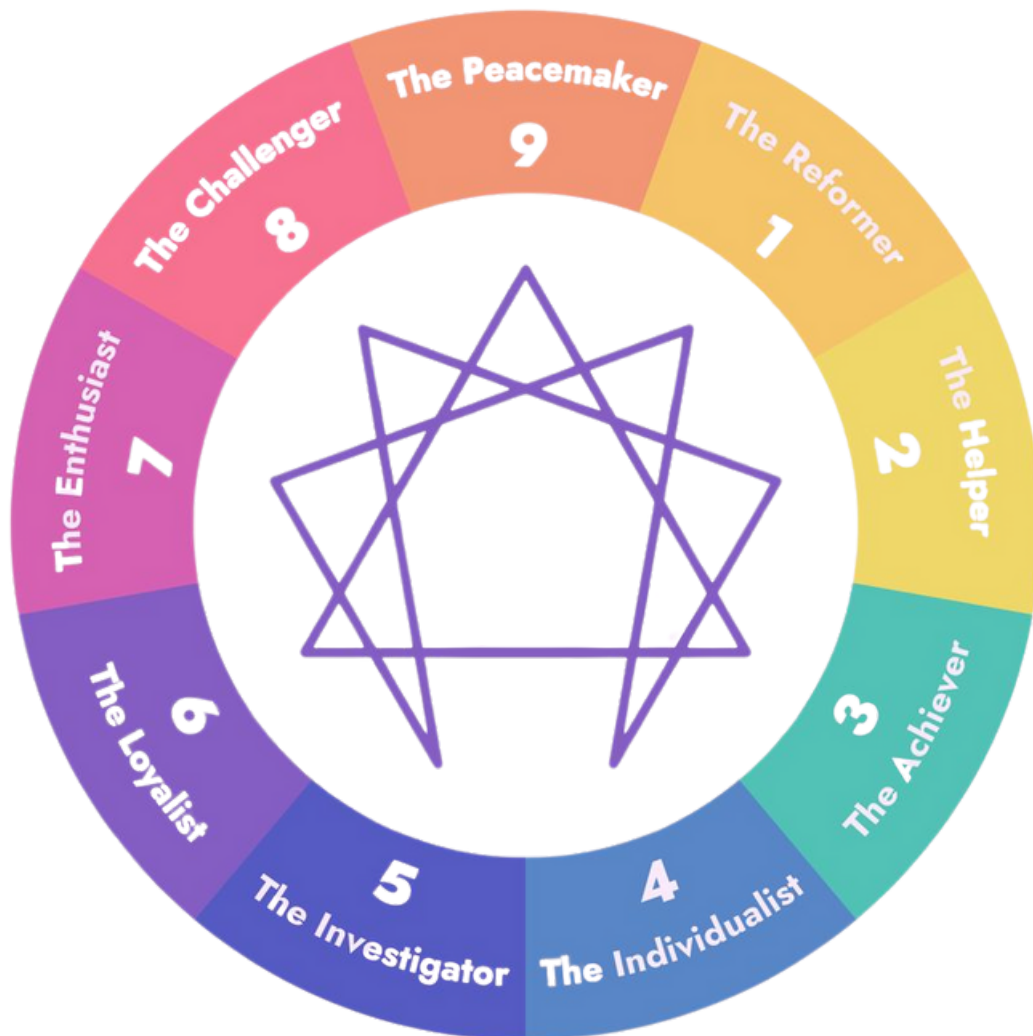
**I WANT YOU TO GO THROUGH THIS LIST AND LABEL IT ON A SCALE FROM 1-10
OF WHAT'S THE MOST IMPORTANT TO LEAST IMPORTANT**

BIRTH WORK IS INNER-PERSONAL WORK

Understanding yourself and others is crucial to effectively supporting women and their families through the birthing process.

Take this test (even if you've done it before). Please write down your results below.

THE ENNEAGRAM



[HTTPS://ENNEAGRAMUNIVERSE.COM/](https://enneagramuniverse.com/)

THE REAL LIFE

★ ME ★

TAKE OUT BEING A MOM, TAKE OUT BEING A WIFE, TAKE OUT THE EXPECTATION THE WORLD HAS ON YOU... ALSO AS YOU ANSWER ASK YOURSELF ARE YOU ANSWERING AS "YOU" OR YOU AS A WOUNDED CHILD?

I AM	A THINKER	A FEELER	KNOWS EVERYTHING IN MY GUT
SOCIALLY I	ASSERT	COMPLY	WITHDRAW
I SEEK	ATTENTION	SECURITY	INDEPENDENCE
UNDER STRESS I	REACT	"ADD SUGAR"	BECOME COMPLIANT
WHEN I ENTER A GATHERING I	LOOK FOR THE DOOR	LOOK FOR SOMEONE	BECOME THE LIFE OF THE PARTY
I STRUGGLE WITH	ANGER	SHAME	FEAR
I AM	AN INTROVERT	AN EXTROVERT	AN AMBIVERT
I AM	250 WATTS	125 WATTS	60 WATTS
I AM	AWAKE	ASLEEP	SLEEP WALKING



MY ENNEAGRAM

ASSESSMENT

MY ENNEAGRAM
TYPE IS :

MY WING IS :

MY INSTINCTUAL
VARIANT IS:

IS INSPIRED BY :

I AM DRIVEN BY:

I LEAD LIFE BY MY:

MY INVITATION
FOR ABUNDANCE



WHAT ARE YOUR THREE NON-NEGOITABLE PILLARS FOR BIRTH WORK?

As my dear friend & Midwife Robin Lim says, the cord of 3 strands is not easily broken just like a 3 legged stool stands strong. She calls this the three-legged approach to motherhood. Her three pillars are honoring Culture, Nature and Science. What are your three non-negotiable pillars for you as you holds space for women?

1.

2.

3.

WHAT ARE YOUR THREE NON-NEGOITABLE PILLARS FOR YOUR LIFE?

1.

2.

3.

BIRTH WORK IS DEEPLY TAPING INTO YOUR INTUITION



IN THE DANCE OF BIRTH,
INTUITION IS THE SILENT PARTNER THAT IS ALWAYS THERE.
WEAVING A TAPESTRY OF TRUST BETWEEN THE BIRTH
WORKER AND GOD.

IT IS THE UNSEEN HAND THAT REACHES INTO THE
HEAVENS, ASKING FOR DIVINE WISDOM, AND FOR THE BABY
TO SHOW US THE WAY.

EMBRACING THIS DANCE TRANSCENDS TEXTBOOKS AND
ANY PROTOCOLS

-LINDSEY MEEHLEIS

JOURNAL PROMPT-

WHAT DOES 'YES' FEEL LIKE IN YOUR BODY?

YES

WHAT DOES 'NO' FEEL LIKE IN YOUR BODY?

NO

WHAT'S YOUR INTUITIVE TYPE?

Rating Scale-

- 0: Disagree - This never happens or doesn't apply to me.
- 1: Slightly Agree - this happens once in a while or occasionally applies to me
- 2: Agree - This happens regularly or often applies to me
- 3: Strongly Agree - This happens all the time or always applies to me

The Intuitive Affinity Quiz	Rating (0-3)	
1. I often know what someone is going to say before they say it.		
2. I am creative.		
3. I receive profound life insights during meditation.		
4. I "go with my gut".		
5. When I make decisions, I listen to my truth over the dictates of society.		
6. I easily notice new trends and often set them		
7. I've had unexplained meta-physical experiences.		
8. Nature is my happy place.		
9. It is difficult for me to live with lies, as I easily sense dishonesty		
10. I feel connected to life and all the world as one.		
11. I love animals		
12. I have a knack for betting on the winning team.		



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Rating Scale-

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The Intuitive Affinity Quiz	Rating (0-3)	
13. I like to do things that no one else has done before.		
14. I accept all that life bring to me.		
15. I have a great sense of direction.		
16. I am passionate		
17. I am a natural healer.		
18. I have "just known" something was going to happen.		
19. I am a risk-taker.		
20. I experience higher awareness during meditation		
21. I am a natural at playing cards and often win.		
22. I want to change the world for the better.		
23. I am physically sensitive to my environment		
24. My first impressions of people are usually spot on.		



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The Intuitive Affinity Quiz	Rating (0-3)	
25. I readily embrace change, growth and new ideas.		
26. I have experienced the bliss of being one with God or the universe.		
27. When I am shopping, I often go back for the first item found.		
28. I often feel inspired.		
29. I have meaningful dreams or epiphanies when I wake up from my sleep		
30. I regularly wake up just before my alarm clock goes off		
31. I am a nonconformist.		
32. I enjoy being alone.		
33. I have felt a calling to do more with my life.		
34. I can make instinctive decisions before getting all of the facts.		
35. I love easily.		
36. My comfort zone is being outside of my comfort zone		



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The Intuitive Affinity Quiz	Rating (0-3)	
37. Great ideas or solutions just "come to me" in the shower.		
38. My Physical health is a priority in my life.		
39. My life is peaceful.		
40. It is easy for me to see future outcomes of other people's life situations		
41. I can sit still.		
42. I am very observant of my surroundings.		
43. I am a terrible liar		
44. People's moods easily rub off on me.		
45. I love working in the garden.		
46. I have known my way around places I have never been.		
47. My life seems to unfold effortlessly before me.		
48. Smells take me back to other times and places in my life.		



WHAT'S YOUR INTUITIVE TYPE?

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The Intuitive Affinity Quiz	Rating (0-3)	
49. I feel like the world sees me for who I really am.		
50. I easily manifest my dreams into reality.		
51. I work with or study the healing arts.		
52. I believe in love at first sight.		
53. I give away old clothes because the "dont feel right" anymore		
54. When I am suspicious, there is usually a good reason, even if I don't know at the time.		
55. I see myself in others, and I see others in myself.		
56. I feel better after physical exercise.		
57. I am fulfilled when I am doing good for others.		
58. I have good business instincts.		
59. My stress manifests quickly as physical ailments		
60. I enjoy activities like yoga, Qigong, Tai Chi, dance or hiking.		



TOTALS

The Healer



The Visionary



The Mystic



The Sage



KIM CHESTNEY
Join the Intuition Revolution

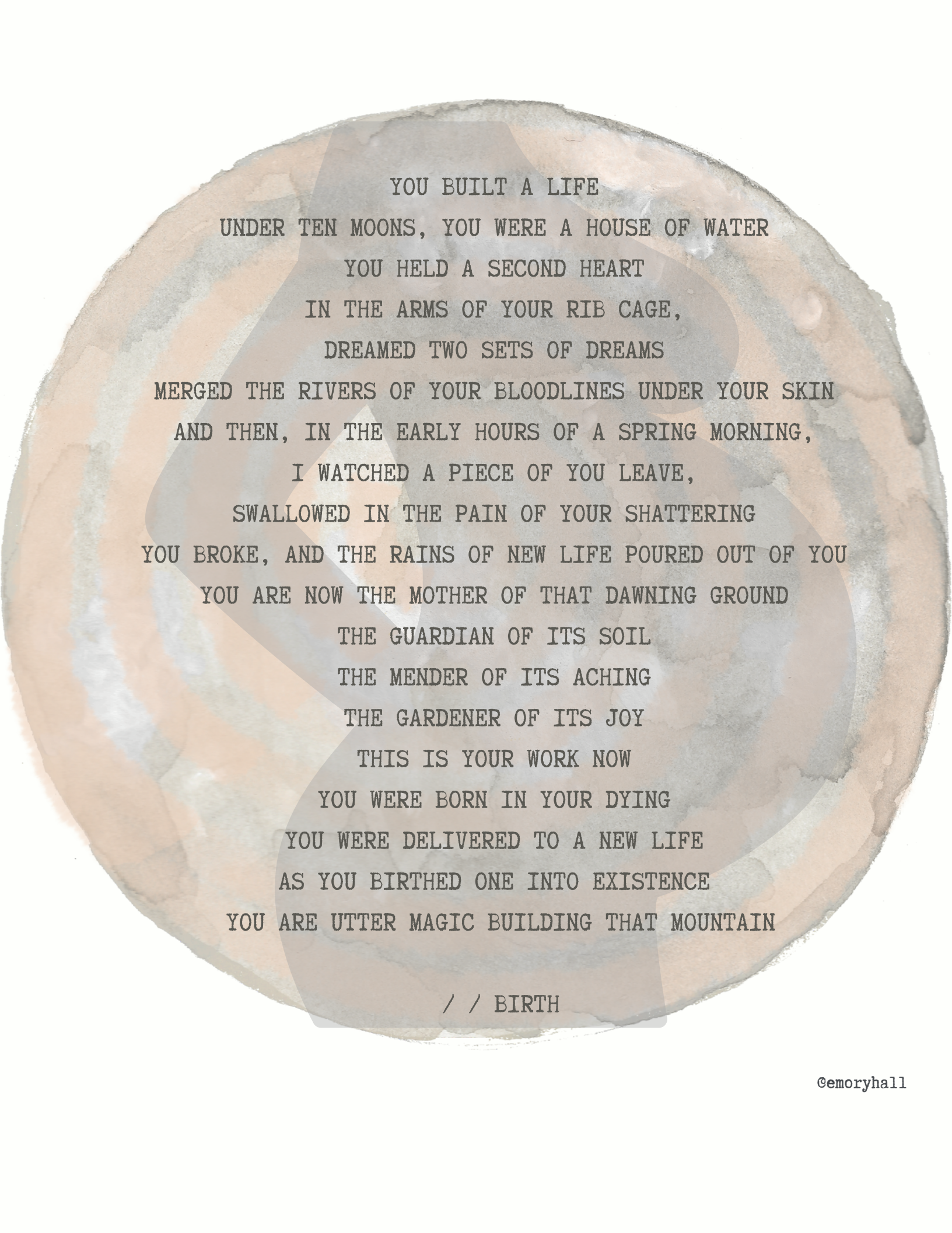


Setting the Tone for Birth



List ways that you can create the right mindspace to enter into sacred holy space on the way to a birth.

A series of horizontal dashed lines provided for writing a list of ways to create the right mindspace for birth.



YOU BUILT A LIFE
UNDER TEN MOONS, YOU WERE A HOUSE OF WATER
YOU HELD A SECOND HEART
IN THE ARMS OF YOUR RIB CAGE,
DREAMED TWO SETS OF DREAMS
MERGED THE RIVERS OF YOUR BLOODLINES UNDER YOUR SKIN
AND THEN, IN THE EARLY HOURS OF A SPRING MORNING,
I WATCHED A PIECE OF YOU LEAVE,
SWALLOWED IN THE PAIN OF YOUR SHATTERING
YOU BROKE, AND THE RAINS OF NEW LIFE POURED OUT OF YOU
YOU ARE NOW THE MOTHER OF THAT DAWNING GROUND
THE GUARDIAN OF ITS SOIL
THE MENDER OF ITS ACHING
THE GARDENER OF ITS JOY
THIS IS YOUR WORK NOW
YOU WERE BORN IN YOUR DYING
YOU WERE DELIVERED TO A NEW LIFE
AS YOU BIRTHED ONE INTO EXISTENCE
YOU ARE UTTER MAGIC BUILDING THAT MOUNTAIN

// BIRTH



The Remembering Doula Immersion