1 [0:00:10] :

Welcome to the 21 day peace process online and in community. And today I am so happy to talk to Sarah Baumgart. Eva, the wonderful and important subject of free and peaceful births. The Sahara is obstinate free thinker. She is the mother of beautiful children five daughters, four of whom she gave birth alone, all of whom were born at home. For 13 years she has been an alternative practitioner for psychotherapy and accompanies people on a spiritual level, especially expectant mothers, but also people who want to think and feel more freely. Zara it now currently on the way to a life in community to read even more consistently the free man to be thanks for you being here love to be. I am looking forward to you very much.

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Yes, totally beautiful. Many thanks, dear Linda. I am very happy that I can be part of this circle. So I am, I am very touched and joyful. Thank you very much, dear Linda.

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My first question is how did you get on the way from being a free person? And what does that mean anyway? Chute

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Well, this word, that is actually not so long ago president. So far it was still being a new person, because I had the feeling, after many years. What am I doing here at all? At some point on earth it came to my mind that everything is a little bit different than the masses. And at some point I got this word. Yes, I am somehow on the way of being a new person. And it simply contained what I was already living. And at the same time it left room for me to develop further, to the new or the free. And I have simply already noticed that. I became a mother early on. As I said, my daughter was born at home. I studied, but had stopped. So I became an alternative practitioner. I got to know the five biological laws of nature and

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Many other things where I think differently, feel differently, act differently than the masses. And somehow it just fits to mine to my whole way and being. And my striving is actually always for freedom, both for myself and for others.

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So I don't really confirm it at all. Happy the seer different, thinks

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Oman has many new impulses as well, and for me it is always surprising. And yes, how did you finally find the courage to give birth to your daughters at home, without this security in the hospital clock, possibly about complications a doctor is there and so on. So, how did you find the courage to actually do this?

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Yes, I know that often people say you are courageous to say more. But for me it is not really an expression of courage, but an expression of him. Logical thinking actually or logical feeling may be too. And my first daughter was already born at home. And actually this was not necessarily courageous, but quite the opposite. I wanted to avoid what happened to other women in hospitals or what still happens to them. Actually, I didn't think it was courageous, but I protected myself and my baby by staying at home. Because when you understand how the whole thing works, like birth, that is ultimately a process of elimination that would take place naturally and harmoniously if you didn't intervene, if you didn't have any blockages, if you were completely free. If one can or could surrender, then then, then everything would go very easily. So from this point of view I do not see it courageously, but logical. And he, as I said, as a self-protection exactly. And that is how it happened. And yet in the evening of the warm I was actually never aware of it. But does there seem to be something in me, where I trust more, where I calmly trust my body, but also trust life in general. For me, birth is just one stage in the whole process, the process of becoming human. And for me there is no such option that something should or can go wrong. So these simply do not exist.

6 [0:05:41] :

And that's exactly how it actually turned out. Exactly. And with my first daughter he was still a midwife. You asked me how I found the courage to give birth without a midwife. And after my first daughter I thought, why do you have a midwife there? Both would have gone alone. That was just a feeling back then. I don't know from where. And then with my second daughter, who is ten years old. At the very beginning of the pregnancy it was clear that I would have this child alone, without a midwife, and it just came out of me. And there were still very few women who did that. And I didn't know any yet either. And in the meantime I am totally happy that there are more and more women who are discovering each one for themselves, because I have the feeling that they have arrived in an age or in a quality of time, where women are taking their power to eat more and simply have to understand or also have to understand that a birth only works if you listen to yourself, to yourself and to your body and your child, at best not to others. This does not mean that you should or must not have a midwife with you, but for me a good midwife would be one who encourages the woman to listen to her own feelings.

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I easily believe when we come back to the subject of hospital. So why this is no longer a choice for you now, or even then. There he will be relieved of a lot of this responsibility and will also be influenced a lot. So I was your also in the hospital and I also noticed that. The mother there will be influenced a lot, also with the question of a Caesarean section yes or no, and you have addressed the wrongly important point that we really listen to ourselves again, to our own feelings and act accordingly. Yes, yes, yes, and how do you think we can do that? How can we start to listen to our feelings again, as many people say? I feel nothing. I know, I don't know what, what my body is saying now, I have no idea what is good. If the doctor tells me I need a cesarean section, then it will probably be right. So what would be an approach for such women?

7 [0:08:31] :

The exciting question, because I think there are women who care. So it was for me. I was 21 when I got pregnant. It was somehow important to me even then that my personal responsibility stays with me. And there are people for whom it is not so important and I don't know how I would accompany them in this, so personal responsibility, I can only do that at the moment when they come to me in my practice, for example. And there it will go then in principle only then times into the direction to make conscious those, where they are into their sole responsibility or not yet are and pulls then also to accompany into the sole responsibility, by solving for example also patterns. Blockades dissolve fears, resolve. It is often the case, for example, when you go to hospital. Then you do the year because you are afraid. Not because I think, at least not because most women don't want to or cannot take responsibility, but because they are simply very afraid. And then they just slip in there because they think the doctor or the midwife or the doctor or the midwife, they know better than I do. So this is somehow a very big issue, actually personal responsibility in general. And

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I think yes, I can only accompany. Someone who therefore wants

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And making it conscious is important

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And, yes, I've already mentioned that it helped you at that time to simply inform me. You have read books about births. You have informed me really deeply, yes, about the topic, you have caught up your own information and we have finally made our own picture of the topic birth.

9 [0:10:24] :

That is exactly what I meant. Well, I was then. Although no one has ever said that you have to take personal responsibility. Was that my need to know what was happening to me? What happens to my body? What happens during a birth? And I just bought books and started reading. And again and again I meet women who do not read a single book. With most of them it doesn't turn out so well when they go to the hospital and don't know anything. Could it be that the consequence of a downward spiral is slipping? Of course, some of them have the feeling that they can still do well in the clubs, in the sense of. It works naturally, and it flows, and the natural birth may happen. But I think most of them regret it, so I know a lot of women. After a dramatic hospital birth, they want to go to the birth center or have a home birth because they have experienced a lot of humiliation, pain, even disempowerment. At the first birth and only then are they shaken awake, then deal afterwards with the topic birth. And I think it's really nice when I have people here today, or like you, for example, who simply know about it, to inform themselves, to take personal responsibility for it, to be able to prevent that the first child can be born in peace and with their own empowerment as far as possible.

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He learned I also noticed when we talked about it. That took away a lot of insecurity from me, just that we talked about it, that you talked about your experiences. And even if I imagine to inform myself even more with other women, who are already mothers, talk to me. I think that alone can help a lot. And what do you think? Why is it so important to address the topic of birth at all? Do you think it is a formative event for a moment?

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Yes, that is actually

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Yes, there is the one aspect that generally simply adds to Brenner that babies are born free. But there is also the aspect from my point of view, from the view of the therapist, so to speak. And that is here, that birth is the most formative or formative event, perhaps even in the life of salvation. Actually, it's the most stupid thing, if it didn't go well, the whole life is preserved and many people are not even aware of it. Well, I was not even aware of it for a long time. In my mid-20's I did a kinesiology training and at that time I addressed the topic that I am often paralyzed and can't get ahead and that I am often joyful at the beginning and then not anymore. And then all the energy collapses like a cave-in and I can't do anything more. And that is what I made the topic at that time. And it was, as I said, a kinesiological session. And at the end you did stress release, hold with pumps. And then it was really exciting, because I actually experienced my birth again during this stress release. For me it turned out that in the beginning, that I was so happy, that yes, I am coming. I am born, and I was full of anticipation, full of joy, full of curiosity, full of trust. It was really nothing with pain or fear. It was really whoopee. Here we go, feeling just right and all at once. And I knew that my mother, who has, just before I came out, gave me PDA so close. And she definitely has an anesthesia starting at the abdomen. And they didn't tell her that, that I had almost been there.

6 [0:14:51] :

Man, my mother got the anesthesia. The anesthesia has passed over to me. That means I was paralyzed. I was shocked. I did not know what was happening. I was disoriented. I couldn't breathe because I felt like baby wasn't breathing yet. But I was, it was kind of. I was scared to death, and I didn't feel my mother anymore either. So the connection was gone, the feeling was gone. I was scared. I was panicked. And all of a sudden and with this feeling because then I was born. So with this feeling I basically came into this world, and my mother then had the thought at that time that it was a girl. Now I have to first experience the same thing as I am called. Of course, she did not experience it in the same way and she experienced it beautifully. So, one can imagine what that means for a small being. And even if it is nothing bad now, as so many people would think, an epidural is something many people would get, I have the feeling that this one injection has influenced my life so much. That does not fit into any cow skin, they say. So it's a saying if you only see what would have become of me or could have been more now if I hadn't had this, this pattern pressed on it at the time. My potential would certainly have been many times higher, and it was only one injection, and that was what I had in mind at the time. Wow, it's incredible, and it's done too often, and it's done so thoughtlessly. And you just don't realize that babies are already sentient beings and that this is a birth and formative event. And with me it was rather like that, as I said, and it sometimes even continues until today. You know me a little bit here, too. Does this power come. I want to implement something and then do it. And then comes this stop, and it's not as bad as before. But it is, it is still there a bit, and I have clients again and again. When I simply repeat a pattern to Merkel, again and again in her life, then when I am intuitively led to birth or also intuitively sent there in a session, it can be, for example, when someone was taken too early, that he always has the feeling that I am not yet ready and that life is always shaping situations where you should do something, but always had the feeling that I can't yet, I'm not yet ready, I'm not yet mature enough. For example. Or yes, if one thinks the whole thing further. What messages do you give to Caesarean children?

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Is your opinion or your feeling with

6 [0:17:56] :

Cesarean section cesarean children. So I mean when I feel pure, that I am safe in my mother's womb. And somebody either comes along totally unplanned. So it was a planned caesarean section and just cut me out in the belly on the desk, then I miss the experience that I as a being, as a baby, can determine when I am born or whether I want to be born or whether now is my time. So actually wars, I more or less already said you are not important, I do not trust you. Also my mother does not trust herself, because she cannot give birth to me or does not want to give birth to me. So it could be. Of course it does not have to be. Well then, I don't want to say that it always has to be as bad as it was with me or that a cesarean section in general is totally bad. I just look at the whole thing collectively. And if you look at the whole collective, then it's just a huge mass of limitation and limitation and of people, of people like food and with cesarean section. Exactly natural. If it is an emergency C-section, then it is of course drama. Is it fear in the game? Is it violence? It is tugging, pulling, panic, fear of losing the mother. The mother is afraid, so the connection. It's just too much stress, even in the room. So I think everyone can ask themselves how I was born or feel into it and see what kind of images come up? And then you always find a connection to your own life, which basic patterns are repeated there or the patterns repeat themselves, for example when you go into new situations. A new situation was also when life entered. And every time you start something new it can become clearer. How do I start something new and that's why the saying is so right, at least for me. PiS on Earth Begins simply does not exist. It becomes clear that she is born every soonest bass-free stress-free, peaceful, harmonious, connected, with a mother who is present, who is in her power. It is such a different state in life than different. And I believe that since every person who is born this way is simply less tax Barbie was more intimately vulnerable. Other self-esteem is better there has more confidence in itself, the mother in life, so I think that is just incredibly important.

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A thank you. And do you think that many births could go differently if the mothers or parents together with the future daddy prepare themselves more or differently?

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Yes, I think so in any case. Well, I have experienced it myself. I informed myself a lot with my first daughter, read a lot, and it was a beautiful birth. I found the depressive phase a bit unpleasant. First of all the second birth agrarian the press phase relatively long. I did not find that so great. And then came when I was pregnant again. With my third daughter, the impulse came again very clearly, so now I'm going to do everything again so that it will somehow be even more relaxed. And I did a lot of sessions during this pregnancy, with my Savior, with therapists, with myself. I just fart of fear that has appeared. Either knocked, worked on what you do or what I do, yes, also on topics in courage in the abdomen worked, on women's issues, on femininity, also on things. How can I give myself up? Can I give up control? Can I let go? I can, I cannot let go. And there were also stories like that, which was not a speciality or maybe still isn't quite so. But it's getting better and better, because a birth of the body actually does it there itself. That is, if I can let go and trust it, it is only through me that this happens. And I do not have to do anything. But here in our western world we are not used to the fact that we don't have to do anything, we just have to let it happen. And exactly when I invested a lot in this third pregnancy, I had a lot of thoughts about how I wanted it to happen. Why does it want it this way? And with me then always came I want it joyfully and easily. So the birth of the joyful and easy. It was always so that it came to me. And at some point I just wanted to say joyful and easy. It was important to me that I could receive babies with my senses, when and where I am and that I could take the baby to myself. One word before, my partner, my daughter, took our daughter and handed her up a bit. So not only him, but still it was not only me, and that was simply totally important to me, that I was really so present when the child itself became more to never. And that was really so. That the birth has only lasted a few hours. The opening phase was like actually like period pains, only a little bit more, so not at all, not at all painful and very joyful. And then I was in the birthing pool, and there was a kind of violent one, where I already thought

12 [0:24:24] :

Entertains, not again. And then it occurred to me Moment, Sarah, who never have, joyful and like a joyful. And in that moment my partner pressed on my back, very intuitively, that took away almost all the pain. Then came a behe, and then the head was there. And and then it came, and then the effort came again, and then it came out, and I took it to myself. I was present, just as I wanted to be, so, and I would say that this was already a result of all these many in work, with me, with my subjects. And of course it was also Lavrov Ejection, because I learned my thoughts how I want them to be, joyfully and easily. Writing letters actually at the moment, as Eis wanted to have.

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Yes, and with the next birth it was easy again with the fourth one. But as I said, I have invested a lot, and this much investment could also be done with the first child by clarifying things. Your fears - what images do you have in your head about birth? How was your own birth, how was your relationship with your mother? So some people do it, but many simply do not do it for their own development and freedom. And then of course for the freedom of the unborn child.

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Yes, really a lot of time. To take oneself during the pregnancy already and simply purely feel, where it then again a topics blockades and may still change something, solve and yes, simply also time for itself take. Just foam and I'm good, now and it really also strive to make this time really go for it that you get it. And as really something. Sacred is such a pregnancy, the more so to be seen. And you also once said that you want a woman to be treated like a goddess.

13 [0:26:49] :

Disciple, do you like to share feelings according to your images or thoughts?

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Yes, I mean, a woman is a goddess, and a woman who is living, giving or growing up is a goddess in her purest form. So I mean we create or we have created child beings. Okay, so, the soul comes in. But so for me it's pure goddess being. And I think a woman should get a lot of support during pregnancy, a lot of space, a lot of support from older women, a lot of support from older women, a lot of time, not necessarily a lot of work. So island wills should not necessarily have to. And also during the birth, possibly also with other women or even without other women. Or? I have heard once. In the community babies were born, all the women stood at windows and sang. We were not totally touching. Yes, where simply this room is held, the year-old woman stirs. And

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And I also find that being a goddess is of course easier to realize when you are at home in a room where you can make yourself beautiful. So when I am with myself, in a room. I can light a candle. I can turn on my fragrance lamp. I build up my birthing pool. Then I can throw goddesses his life or express. And when I'm inside me and I let it close and take the child to me, then I can let this goddess be his life. Then it is simply in dignity. And this dignity, I find it far too often in hospitals, because there is nothing I would like. Well, actually I mean, it's not really objectionable in a hospital. But actually it should be in the hospital, that a woman comes, that you say first of all this bow. I would actually bow down from the woman giving birth. I would actually bow down to the woman who is giving birth, I would hold her to the room, to the room, make everything she wants and needs urgent. See that it feels good. It is safe, feels safe, that the environment is beautiful and harmonious, all eight sank. Be quiet, consider this as a sacred act. Because this is simple. And then you could do that in a hospital. But somehow we are very far away from that at the moment. That's sad so far. Exactly. And this goddess took that should of course at best continue, that the woman also has a lot of time. Venti gave birth to the first time that this puerperium is viewed holistically. At least two weeks in bed remains complete to recover, to feel, to find oneself new, to make the connection to the baby that the baby has all the time in the world. The woman is catered for, for a few weeks, at least or maybe for a year. Because the first year is also an exceptional year for us and as important as I would like to free the partners, I would like to free the boss, more so to speak, so that the family can grow together, so that at least the one you can support. Of course it's nice to be able to live the whole thing in a community, if other women can do the same

14 [0:30:52] :

These are the women who crawled with and nurse.

15 [0:30:57] :

Yes, I think, then this goddess would simply find more expression again. And that's how it is actually meant, at least.

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Yes, it is now quite originally here, in this sisterhood, where everyone is there for this woman and yes, accompanies and supports her. This is really a beautiful picture. Possibly also wish that we there again absolutely and Thorsten

16 [0:31:33] :

One when I see you souls there, then I can feel that so good.

17 [0:31:38] :

Yes, I do after there.

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So otherwise otherwise I can actually feel that. But I mean, you only have to look at yourself. I mean these goddesses in Beats By most women more, for some it's not so much out. But so simple

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Yes, what I wanted to come to now after it was the theme Hater Jazz he did well at that time. How can we include the fathers, who he also plays a very important role in pregnancy already during the generation, yes, but also during the birth perhaps? Never. It has happened to you as yes as a woman giving birth or as a pregnant and pregnant woman with your partner. What yes, what has done her good? Or where would you wish for more support? Or yes, how can you get involved,

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So for me it was always right. I didn't have the feeling that the daddy of my four little girls should have been more present. On the contrary, he was totally there. Actually, I think I only need the pure presence. What it absolutely needs, I think, is trust in the woman. Because that's what I want with a man who doesn't trust me or who is afraid. So honestly, I don't know what I would have done. If I had realized I would have a man who is afraid. So probably I'll get angry, sure, but maybe it won't suit me at all. If that more so. But sometimes I hear women who say yes, I would like to go to the birthplace. But I don't dare, because you can't have a mild one, not by going, but not by going. To be honest, I don't know if I wouldn't also recommend after a woman, when she is just afraid to be sent out. Because that is, I find the all most important. Only people in the room, who trust and who are supported are with their feelings and with their thoughts. And that's where you can't use real people, the people from the shipping industry. And and if you can't get the man to deal with his own fears - I don't know - then maybe it still means for me that I hold it to Mrs. G. He at my own authorization. And I am the Indians even without my husband. If I am, then I just have to do it without him. But as I said, it doesn't have to be like that,

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Must be present, do not be afraid Trust in me and the woman, if the child into the natural birth process into life and can be carried along also intuitively and birth process, rescue course and Uta I also always find important. So with a good institution, maybe with a midwife. Also that he should have lists so that he knows what is happening. So? For example, I also think it's important that the man goes to the hospital, that the man was aware of the dangers that can occur in a hospital. For me, danger is when you intervene or when you make stupid comments or when you come with threats. If I then then this or so everything must somehow also say before a procedure of elimination, even a birth. You can make Erdogan very unromantic with for example Kaka. Compare and

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Yes,

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Hacker making is in principle the easiest. Either when you are alone or familiar people are still insecure, when you feel safe, when you feel secure, when you have time, when you relax and the same goes for a birth. That is, if somewhere a doctor would come and say, care in five minutes if by then or half an hour if she is not her own child. Then we do a cesarean section. If someone would say that to that, for example, in half an hour, had to be a sausage, or you can also say it a bit romantic to compare it to six would have to keep half an hour orgasm on, otherwise you have something working.

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And and if the men just know how the whole thing works, then they can also support their wife more and just stand around her and protect her and for example also make stupid comments or support the woman in her decisions, which she might have made before, for example when she says she doesn't want an epidural to get to the barrier or something like that, so mentally support her mentally. Well, I think that one should also be enlightened,

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So also to all expectant fathers, that we also really inform you,

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Yes, I also let this pregnancy in for this birth. And yes, I am also the very important thing is that we trust the feelings of the women, to keep the space possible, because since time immemorial very important separates. And that's where we need you.

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It's nice that normal says that. So I remember my Ayahuasca Ryssel at the beginning of the year, and I might have experienced it together with my partner. And it was so palpable that this feminine, this primordial feminine, which did not flow through, got the space through it, so space and protection, not protection in the sense of the now weak or small sea, but simply like the male holds the space, and the female can unfold there. That was, that is why the archetypal was so palpable in this journey. It was totally beautiful. So in this respect, exactly what the masculine needs to hold the woman. And at best, it's the same at birth.

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Yeah sure. It is very important to me that we say this again. Also on the subject of birth, where we now talk a lot about women, but that men are also essential and of course are also involved with the Creator.

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With it is always. It is, that depends on it. What a woman wants. You know, when I find, not. The man must absolutely be there. So I also know what knows. I already know a woman from reading, she also gave birth to some children alone. She was always completely alone and therefore simply relied on her intuition and her own feelings. Whatever comes up, so it was the same with me. It is also always exciting, the birth, as it happens, in the end, whatever about the child or about the way of the child. And yes, with some of them, for example, all the children were watching my birth in hand. And with one daughter there was just a partner. Me and her and half an hour the big sister took a nap. They came right after the birth, when it was right, and that's not something that's really important to me to say again, because I had talked about it before, at the end with an epidural or caesarean section or whatever. I see why on several levels. So I know I don't think it's good, I have a rating. But at the end of the day it always somehow fits into the life of the person. So I don't think it was a coincidence that my mom got an epidural when I was born. One thing, however, it also fits me and my life path. With me it probably could not have been different, otherwise it would have been different. Well, I just want to say that it is. Nothing wrong as it is, let's say it always has a reason somewhere - you can always learn something. And it brings you on your conscience life path. And it doesn't mean oh God, I was born by cesarean section. Now I am somehow a poor sausage or something not at all, but you can always use different techniques to change something about yourself, your patterns, a rope, imprints, what. Exactly. So it's not about a dogma, it's about how it has to be. But I simply believe. The time has come for birth to take place more peacefully and harmoniously again. Exactly. But at the end of the day everything is right somewhere.

5 [0:41:01] :

Yes, thank you for speaking up, because many women really do condemn themselves. In retrospect, if they have had a caesarean section or the like, because afterwards they deal with what that means. And I think it's very important that there is no condemnation, even of a woman herself. Yes, it had its reason. And yes, and she can make use of the potential of what was there and as you said. There was also a lot of co-determination to be found,

6 [0:41:42] :

Exactly itself loud. In every situation we experience, there is simply a potential to recognize and heal, to grow. So really in every situation that touches us emotionally. There is just so much potential in it, that's why. I really don't want to condemn a woman who now has to undergo a Caesarean section hard and that is a decision or had to decide for you. Or whatever it is, it's not about that at all anymore. Is it somehow only about showing the picture of how things could perhaps go on as a whole or how they will perhaps go on.

1 [0:42:23] :

Yes, we are just in an exciting time, must change a lot and fortunately also in giant movement is towards the naturalness again also in this contrast to the unnaturalness. But many people feel, no, we don't want to go there. And we want to go to naturalness, to peace, to freedom. And therefore very important. These pictures that you give, already as yes, a model, so to speak. And we have already talked about the fact that perhaps someone will release your births with yes and allow you to show them. And many parents can also see how this could happen at home with the Uelzen family. One of my last questions is about your births, the train is quite painless. They were much freer. They were much more peaceful. But you know that you still have a lot of potential for a really orgasmic birth. Yes, then I would also like to hear from you again what exactly you think and understand by that

6 [0:43:45] :

Yeah, just like you said. So my births were very beautiful, self-determined, exactly, not long either. And I just know there is more possible. So there are women. They report that their birth was orgasmic. So very big, the long orgasm. And that's actually what it must be meant for me. Of the divine I am quite sure. So with

3 [0:44:17] :

I do not believe what the Bible says, I do not believe that it is written that a child must always be born in pain. This is just a belief, it's just not true, and I believe it was introduced as if to weaken or limit people, to keep them small and also to weaken women. Not believe it not. So of course that has a lot to do with suppressed sexuality. And I am convinced that it is the most natural thing in the world when you are really completely free. I am convinced that it is the most natural thing in the world to be completely free of blockages, to have a head out of blockades, to be able to give birth easily, to be able to close it easily and to be orgasmic. It is somehow so logical for me, because I should experience our basic state so clearly in my Ayahuasca ceremony, for example. The basic state is pure ecstasy, and it is permanent. And I think that is the female. And I have the year at my 5th birth, that's when I went into labor. I found it incredibly beautiful, even that was really always the one that goes in. It really flowed. It was, it was incredibly beautiful, not as sexual as you have six, but a mixture of meditative and flowing. But then, unfortunately, she was lying the other way round with her head. So comics stargazers, who are told that it was a bit more painful than the two before. And I still thought about it like an orgasm laughs no, unfortunately not exactly. Well, I myself do not have them yet. So only partly, but not the whole time experienced as an orgasm, as an orgasmic Arab. I am sure that it is also possible to experience it the whole time as in ecstasy in the flow, in an inner immersion with situation.

1 [0:46:21] :

I am also sure, but also because there are also women. They have experienced their longest ecstasy during birth. Yes, let's all get back there together, I would say. So, it is really a very big invitation to all women and also men, to reconnect so well with us, with our one with our body, with our feeling and its feelings and redeem what is allowed to go now, which if possible already limits the new beings who come here on earth, such an orca. And all people who are now looking here, who would like to go more of you or who would like to work with you, I would like to contact. And in which way could you probably support parents-to-be with that?

3 [0:47:24] :

So my homepage of WWW Punkt Praxis unnoticed, points, e and yes, I work therapeutically. I always say it with quotation marks, because I have the feeling that I just find people like everybody else. And I support other people, and some do individual sessions. Some do support for three months or six weeks. It's very different, and my approach is as you've noticed before. I prefer to release the blockages and the issues and then I am simply free. But there is for example Hypno-Birthing, they also work a lot with hypnosis and autosuggestion. And how the birth should be. For me it is sometimes him. Why? I drive over the bad murky somehow. And that is just not mine at all. I am double scorpion on the zodiac sign. I go into the deep. Uldall the track out, and then it should help. Freer go on. So I said to myself, just look at the dark sides and we'll solve them together. In the meantime I got to know a lot of very effective methods, a lot of knowledge accumulated in many years, that people simply can

1 [0:48:52] :

Thanks a lot, we will link everything next to an interview. So feel free to contact the Sahara,

21 [0:48:59] :

Yahoo

22 [0:49:00] :

Do you have a last message to all mothers, fathers, people the last message wants to get something out

3 [0:49:11] :

Pets off, would like to be off, have the feeling that a lot has already come out of me. Well, I thought the conversation was really nice. You have me. Alex was still asked what I do for world peace and I thought about it a little while ago. I really think it's the personal responsibility, that's where it all starts for me. So I have to start with myself. And what I have said I can sometimes not begin so much with the word peace with me as he. I am striving for freedom and peace you have to be careful not to confuse peace with freedom. With me I have to somehow remove everything negative, bad or so, so that somehow the main thing remains peace, but he says I am someone who somehow gets all the shadows and bad or very bad. There are no bad feelings or sides, but I go in or out of it deeply. And then it goes on. So I think that's very important. It's not so nice to look at his feelings, to clean up his shit, to somehow unpack his backpack, which he noticed, and to clean it up and to clear it up. And I believe that if you are clarified and strengthened in yourself and you know when you are yourself, when you love yourself because you respect yourself, then you can also do it with other people. So from there the beginning for peace is for world peace is but the feeling is always oneself

1 [0:50:47] :

feathers. Thanks a lot. All right. Thank you very much, we have been able to reach a lot of people with it. And to the many, many thanks to all of you who now see it that way, who take the time to happily participate and walk the path of world peace with us. Thanks to you

2 [0:51:14] :

Many thanks to all close. Linda and your team for bringing this to the world.

6 [0:51:33] :

Hello, it's Sarah and I have just recorded the interview with Linda about the World Peace Zammit. And I would like to invite you to be part of this wonderful congress, of the congress experience, of the congress trip. Or

25 [0:52:08] :

You called it something else. Now I say searched for the place and somehow not found it.

26 [0:52:27] :

And now you should start over again. Number one

27 [0:52:39] :

Everything does not have to be so long or good, then we try it again or have reminded him

6 [0:52:50] :

Hello and welcome. I'm Sarah, and I've just cut out the interview with Linda, who is collecting for World Peace, and I would be very happy if you would join Team Peace Process and become part of the whole movement.

28 [0:53:11] :

Olinda I can't do this. Somehow only one offer of my own. I already know what to avoid. I have no idea, but I was at Veit Linda

29 [0:53:32] :

Already so. If we should take videos like this, I made this thousand may. That was always stress.

16 [0:53:38] :

To talk so directly to somebody, that's somehow much easier for me than it is somehow strange to talk that thing into it.

16 [0:53:48] :

Well, I, I would probably do it in such a way that they keep in mind and try it again. Somehow in peace. Or so,

30 [0:53:59] :

Yes, of course. So I do not know whether. Obs obs, what will be achieved? Can I try it? Yes, but I think I have to be aware of that.