

# How the consciousness of a child during the birth process has an impact

by Joy S. Pedersen

While understanding there are numerous variables going into a birth, the one that surprised me was the consciousness awareness of the child at the time. I never realized the child was actually aware of it's surroundings as well as knew the thoughts of those in the room until I discovered I had those memories myself.

Years ago I participated in rebirthing, a method taught by Sondra Ray and something I experienced with her and some of her practitioners at the time. The form most commonly used was underwater breathing that triggered memories of birth to free their hold on the person.

In my case, I discovered some significant beliefs that were acquired at the time of my birth. I realized that the nurse was anxious to have my birth over so she could go on a date and the doctor had been thinking a baseball game. One of my decisions at the time was to not hold people up. I didn't want to take people away from what they wanted to do. I, however, didn't clear the cause of that concern at the time. More recently I realized that decision continued to plague me because whenever I played golf I was concerned about holding people up. That was probably the worse frame of mind to have as a golfer who should be focusing on positioning herself for her best shot. Rushing was the last thing that should occur.

As I have the ability to review my own past lives as well as see those of others, I started to focus on birth experiences in my spiritual healing practice. What I discovered over the years in my own practice was that there are significant thoughts and beliefs that occur at the time of birth. I now make it a normal part of my practice to incorporate the birth trauma in my regular work with clients.

By focusing on the birth, I clear the location of the birth and all connections with those present. I also clear the karma relating to the birth. When I



feel that way. I have seen where people have habits that came into play because of either the way they felt or because they adopted the feelings of their mother at that time.

When we clear these memories, we are set free from them. We can then evolve and experience life as it was meant to be lived.

Even though I had benefit from rebirthing years ago, my rediscovery of the benefits of addressing the birth changed the way I serve my clients. The silent birth of negative effects on our lives often cause unnecessary suffering. This suffering that occurs because of this unacknowledged aspect of all our lives, has been alleviated by addressing the silent part of our birth -

our unconscious thoughts and the thoughts of others that help shape the way we experience life.

I use an ancient Hawaiian process, ho'oponopono, which means to correct or set aright, to spiritually heal the birth to bring all back into balance. When those memories are cleared, healed and released, the person is set free from the unrecognized negative effects of the very significant beginning of their present life on earth.

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