

# Birth Spiral

Feel it spin throughout your body.  
Beginning in your core,  
unfolding, unfolding, spiraling upward into a peak  
and release.

Every part of you opening  
making space, making room  
for this new little one.

Calling the child forth into your waiting arms  
your waiting family, your waiting heart.

Enlivened, alive  
fully engaged and embodied  
in the current of labor.

It builds  
it pulses  
it rolls  
it crests.

These waves of power.

They are you.  
You are doing it.  
You ARE it.

This is energy, this power, this unfolding might of creation.

It's you.  
Your body,  
your power,  
your birth,  
your baby.

# Birth Chakra Blessing

## **Root (red):**

Where baby came into being and now will be welcomed. Source of creation. Gateway for baby and life.

## **Sacrum (orange):**

Where baby has sheltered within a cradle of bone. Pelvic bowl that rocks the child. Make way.

## **Solar Plexus (yellow):**

Where you take deep breaths, carried on the waves, following your rhythm.

## **Heart (green):**

Where your love bursts forth and you discover what it is like to be endless.

## **Throat (blue):**

Where you roar your birth song. Welcome your baby with your voice, your cry of greeting. Your cry of triumph. Your cry of fulfillment.

## **Brow (indigo):**

Where you let your mind go, where you release, and give, and surrender to the creative, nameless, raw pulsing energy of birth.

## **Crown (violet):**

Where you draw in the wisdom of the ancestors. The power of the Divine Feminine. The ocean of mother love that has gone before you and that surrounds you even now as you work.

Let this chakra blessing remind you to bring your whole self to your labor. To walk the spiral path, to dive in, to embrace, to unfold, and to become:

**Mother.**

*Draw it in, draw it up, draw it down. And know, without a doubt, that you can **do it**. You can walk this path. You can rise to the occasion. You can respond with strength to whatever is asked of you. All the surprises, all the mystery, all the twists and turns and unexpected places. You carry the wisdom within you to let it flow.*