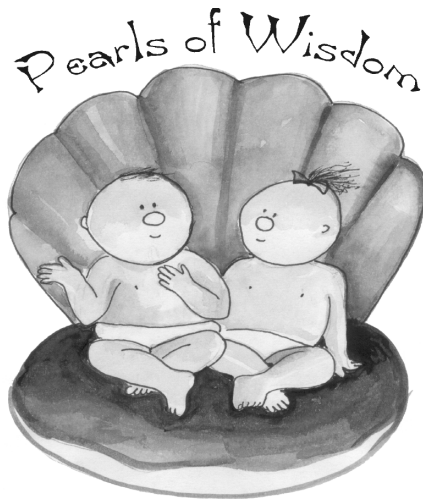


Being Born

*How your birth affects your learning
performance lifestyle and relationships*



Robyn Fernance



Robyn Fernance is an accredited Rebirther Breathwork Trainer with the Australian Breathwork Association (ABA) and has been very successfully doing rebirthing breathwork professionally since 1987. She is the co-founder of **Inner Connection** which was established as an educational and healing centre for wellbeing and aliveness. In her alternate health care practice, she is also a very well respected and successful Neuro-Linguistic Kinesiology Instructor, Touch For Health Instructor, Quantum Dynamics Facilitator, Self Awareness Seminar Leader and Metaphysical Counsellor.

With her Bachelor of Arts Degree and a Diploma in Education, along with some 35 years of teaching experience, Robyn successfully works as a tutor and facilitator, both with children and adults' learning styles, developing increased self esteem and motivational skills for improving learning and performance. Robyn is a person who lives, breathes and believes in a healthy balance of creativity and intellect. She is a person whose energetic intention is to be a positive healing force on the planet, living at the highest vibration possible and having a metaphysical relationship with everyone she meets.

All rights reserved; parts of this publication may be reproduced or transmitted by any means,
electronic, mechanical, photocopying or otherwise,
with the prior permission of the publisher.

First self-published in 2003 and
updated edition 2006 published by
Inner Connection
112 Fassifern Road,
Blackalls Park, Australia

Copyright © Text Robyn Fernance 2002, 2006
Copyright © Illustrations Elly Gregory-Wilson 2002
Copyright © Cover Design Raymond Leung Designs 2003
Edited by Julie Ferguson, Newcastle
New Age Babies section edited by Ann Harrison, Sydney

ISBN 0-646-42194-8

Printed and bound in 2006 in Australia by
Kwik Kopy Printing Centre of North Ryde in Sydney

Dedication

This book is dedicated to my parents, Grace and Jim Fernance, for saying “*Yes!*” to giving me life; to my sisters Doreen, Nerida and Joanne for my early life’s learning experiences; to my Rebirther, Julie Way, for being ready when I was; and to Margaret, for encouraging me to believe in myself and for being the **wind beneath my wings when I needed to fly.**

A Thank You

Having been a Rebirthing Breathworker and School Teacher for many years, it is my intention by writing this book to acknowledge all those people who have trusted themselves to change their lives and learning patterns by re-experiencing their birth memories during rebirthing breathwork sessions, thus become the examples in the following chapters of what can occur during the birthing process and how it affected them as learners at home, in the classroom, in relationship with others and with themselves, and their own life's lessons.

This book is a thank you to all those people who had the emotional courage in their rebirthing breathwork sessions to relive their birth memory. Their willingness to heal any unresolved traumatic memories provides the content of this book. Throughout the pages they can now become an inspiration to others of the same birth script to be able to learn more easily through their lessons in life.

We have all had a birth, and we all have the potential of remembering it. You were there and at some unconscious level, the conditions of the experience are encoded as memory in your cells. If your life needs a change for the better, it may be because an unresolved trauma occurred during your birth and needs to be healed.

The following chapters could help you in your daily life to learn and do things differently so you are not held to ransom by your past thinking and conditions, especially around your birth memory. First be willing to see the truth, and then be courageous enough to do something about it. There will always be a safe, loving, supportive, place to grow and change wherever there is a Rebirthing Breathworker. Contact your nearest Rebirthing Breathwork Centre for more information about rebirthing and the ability to resolve any negative conditions around your birth. Happy learning and know that love and support is given to you by all those who have gone before you. Today I thank them for you. Get clear about your own birth and you can thank them yourself.

In Light & Love,

Robyn Fernance

Forward

It is an honour to write this Forward on such important subjects as birth and learning, as it is my belief that people's ability to learn dramatically affects their ability to change; and change is the one constant in our world today. The first and biggest change was experienced at our births. Robyn Fernance shows us how.

Even though I was a teacher for 20 years, it was not until my early 40's, 1986, that I came across the knowledge of different learning modalities, and then studied accelerated learning with The Accelerated Learning Institute and the work of Stephanie Burns. I believe Robyn Fernance now has gone a step further in her research to help explain why people learn and change in different ways.

As a breath-therapist and Rebirther, I too have sessioned thousands of clients. Hundreds of whom have gone back to their birth memories and reclaimed their strength and power, and let go their pain and limitations. Through this book we can take this knowledge a step further to advance our own learning, and better still, be able to help our children, students and grandchildren.

For the mothers to be, this book is an essential read as they prepare for their offspring's birth. Imagine the start a child has if it is allowed to birth in its own time and place and the child's mother was tuned into the baby's needs on a deep level. Experienced mothers and teachers alike will gain in understanding of their children and students and how to be with them in their growth and development. My own children, now adults, appreciate knowing their birth scripts (they were both caesarian) as I was diabetic at the time, and after many rebirthing sessions they have now more choices of behaviours and ways to learn and grow.

I hope that you enjoy this new approach, as I have, and experience life to be easier and more fulfilling.

Denise Burgess
International Rebirther

Contents

I.	Introduction	1
II.	Birth & Learning	3
III.	Types Of Birth Scripts	
1	Big Baby Births	5
2	Born In The Sac Births	13
3	Breech Births	21
4	Caesarian - Emergency Births	29
5	Caesarian - Planned Births	37
6	'Conditions Of The Mother' Births	47
7	Cord Around The Neck Births	55
8	Drugged Births	63
9	Easy Births	71
10	Fast Births	79
11	Forceps Delivered Babies	87
12	Held Back Births	95
13	Induced Births	103
14	Late Births	109
15	Near To Death Births	117
16	Normal Births	127
17	Premature Births	133
18	Turned At Birth	141
19	Twins (Multiple Births)	149
20	Unwanted Births	159
21	Wrong Sex Births	167
IV.	Positive Thoughts For Change	175
V.	Testimonials For Types Of Birth Scripts	199
VI.	New Age Babies	207
VII.	Positive Thoughts For Continued Happiness	216
VIII.	Testimonials For New Age Babies	219
IX.	Appendix	
	Rebirthing Breathwork	229
	Birth History	231
	Useful Addresses	232