

# THE SACRED JOURNEY

Relating to the consciousness of the unborn child



SARNDRA FOWLER

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SARNDRA FOWLER  
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# PREFACE

## to The Sacred Journey

Sarndra would like the spirit wisdom of The Sacred Journey to go out into the world to enrich the lives of anyone who chooses to make use of this insight and practice for pregnancy or childbirth.

### JOURNEY INTO LIFE

Looking into your eyes  
knowing your pain  
feeling your joy -  
For I too have travelled this pathway  
along with the many before us.  
There is a knowing in the surrounding light  
to herald your triumph -  
You're nearly there.

Know that we are here to hold the space  
with our love and support.  
Helping to light the way.  
Hold my hand, take comfort, breathe.  
Listen to your inner self -  
Go deep within  
You're nearly there.

by Sarndra Fowler

# Sarndra's BIOGRAPHY

Sarndra Fowler, Intuitive, Mentor and Compassionate Witness to Personal Transformation



Sarndra Fowler is an intuitive and personal transformation guide from Leeston in the South Island of New Zealand. She offers a lifetime of experience in helping clients reach a place of peace, awareness and acceptance.

While Sarndra's method draws on the ThetaHealing™ technique, it is her unique cultural and spiritual lineage that forms the basis of her vision – the potential in universal wisdom to heal and transform the human psyche

by shifting energetic patterns of physical, emotional and spiritual expression.

Sarndra's spiritual and cultural heritage is a blend of Pacific Island and European. Growing up as the adopted child of a loving New Zealand family, her deep sense of purpose for a life as a compassionate guide and intuitive witness was validated on learning of her Tahitian and Cook Island ancestors' deep spiritual awareness.

Having birthed seven children of her own, and witnessed a growing number of grandchildren come into the world, Sarndra offers an experienced and down to earth approach. She feels fortunate to have had a wonderful supportive midwife, Clare Hutchinson, for five of her own births - some in hospital and others at home. Clare was also the midwife for her three daughters, delivering seven grandchildren to the world. This gave Sarndra wonderful insights into the relationship between mother and midwife, and inspiration for developing into her own role supporting women during pregnancy and birth.



**Part One:**

**THE SACRED JOURNEY**

## WHAT INSPIRED THE CONCEPT OF THE SACRED JOURNEY?

The process or formula known as The Sacred Journey has been given to me by Spirit, in other words I have been guided by Spirit – also known to us as God, Divine, Creator, Source, or by many other names. I was guided through my own experiences, working with my own birth deliveries and with those of my grandchildren. The inspirations that helped me create the concept of The Sacred Journey grew from writing little quotes. As I listened more to what was happening during the birthing experience, the more information I was given. I then felt guided and supported in knowing that it was important to anchor this wisdom from Spirit into the physical realm. I was guided by Spirit and was then shown a way parents could work with their own Sacred Journey. What I saw was a symbolic reference to the womb and the sacredness of the journey of the newborn. Not just for the journey of the newborn, but also that of the woman who journeys into motherhood.

While there is plenty of scientific evidence supporting a healthy lifestyle for the pregnant mother to be, there is little awareness of how the beliefs and emotions of the parents at conception and throughout pregnancy can affect the consciousness of their offspring. The Sacred Journey can help parenting right through the child's journey, from infancy into adulthood.

In my experience the beliefs of the adult concerning self-worth, motivation and a general sense of belonging, are formed in childhood years and in the womb. Therefore it is crucial that we attend to this formative experience for the child, and the parent-child interaction.

The Sacred Journey is a unique tool, working for all regardless of differing cultures and backgrounds,

addressing the need for a deeper soulful connection to the consciousness of the life growing within.

I invite you to follow me on this journey to discover how you can nurture and inspire a sense of belonging, unconditional love and security in the consciousness of your yet-to-be-born baby.

## HOW CAN THE SACRED JOURNEY HELP YOU IN CHILDBIRTH?

Earlier this year, Sarndra supported a young woman who was expecting her first child. In the beginning, the young woman felt that a caesarean section, or an epidural to avoid any pain, would be the right option for her birthing plan. However, after working with Sarndra and learning the ways of the Sacred Journey, her attitude to the delivery changed. Together they nurtured the natural course of pregnancy as it evolved, and by the last trimester the young woman's feeling was for a more active labour and delivery without much modern intervention. The outcome for her was a simple, successful natural delivery and, of course, a speedy recovery mentally and physically.

## WHAT CAN THE EXPECTANT FATHER GAIN FROM THIS PROGRAMME?

This is a supportive programme that encourages the father to participate fully during the pregnancy. Gaining knowledge of relaxation techniques including massage, positioning and breathing, and being guided by the Sacred Journey, the father will help create the right ambience for the couple to enjoy whole experience.

Every woman is unique in her own experiences. The secret for the woman's partner is to listen to her needs, and work with the natural rhythms of birthing, rather than allow resistance to place stress on the birthing mother and baby. If challenges arise, the father to be can help the mother go with the flow, keeping in touch with a positive outcome.

Sarndra's role is to assist and support, as well as give advice about what to expect in the labour room. During the third trimester of the Sacred Journey programme, guidance is given to the expectant parents to learn exercises and helpful positions during labour, helping ease baby into the birth canal. The father is encouraged to be active in helping and guiding the mother in the birthing process. Using ideas and tools to keep her focused will enhance the bond between the couple and make their journey together a joyful experience.

## A NOTE ON ADOPTION

Whether you have been a surrogate or an adopted child, or have lost the connection with your biological parent/s, the genetic coding is still within you. You carry the imprint of thoughts, feelings and behavioural patterns of your ancestors from many previous generations. However to add to the complexity of your uniqueness as a newborn baby or child, you have the ability to change your sequence of vibration and release pheromones to connect with your new parent/s.

Many cultures and traditions believe we choose our parents, and the ability of the newborn to do so is far underestimated. An infant has limited physical mobility,

making them dependent on others, but not necessarily unaware of their surroundings.

My adopted parents explained what happened in my adoption process, which was illuminating to me as an adult. My parents told me that during my time in foster care, I couldn't settle with any new foster parents, until I went into their care. I was six months old when I finally found my lifelong parents, so clearly something had changed in my manner and behaviour for them to fall in love with me, now that I had fallen in love with them. I believe this demonstrates the wilful involvement of the child in choosing its parents. At some point, something just seems right for the baby.



**Part Two:**

# **NEW LIFE CONSCIOUSNESS**

Sarndra's spiritual assistance with mothers through pregnancy works through space and time to bring change, regardless of what energies and thought patterns existed at conception or during pregnancy. Therefore, The Sacred Journey is a programme for transformation regardless of which point in your journey you choose to enlist Sarndra's help.

## WHAT IS NEW LIFE CONSCIOUSNESS?

New Life Consciousness refers to the consciousness of the developing life in the womb from the point of conception forward.

Having an understanding of this consciousness will help parents develop a deeper awareness of the process of development of their yet-to-be-born child, and the influence they can have on the baby's sense of wellbeing later in childhood and right into adulthood. Parents-to-be can achieve this wonderful gift for their newborn by the level of care and awareness they can bring forth at conception and during the pregnancy. Added to this, an awareness of how their home and work environment will affect the baby will factor in to the outcome for their child.

Our thoughts and feelings, and the environment we choose to be in, can have an adverse effect on the developing baby. It is not only the words we verbalise but also the energy in which these are projected that impact on the forming consciousness in the mother's womb. The developing child is forming this subtle awareness into a language that later feeds into his or her spiritual, physical, emotional and intellectual equilibrium. The child

develops and internalises this language of energy, and it is through this resonance that he or she interacts with what is around them as they go through life. In other words, this frequency becomes the frequency of each child's perceptual response to all lived experience.

## PLANETARY CHANGES

Due to planetary changes in recent years that can be explained by shifting phenomena in our solar system, children are being born with higher states of consciousness than is normal; in other words, they are able to tune in to subtler energies. They are more receptive to unconscious and past life knowledge. Those on our planet who connect with these higher energies as adults are very aware of the shifts in the heart, mind, and consciousness of each newborn.

These new souls carry a higher vibration of light very different to the current vibration of planet earth. These children may be sensitive to loud noises and a chaotic environment; they will also have highly evolved psychic or telepathic abilities. Their energy centres are more finely tuned, and with the help of the best dietary micronutrients, their brain function will hold highly developed abilities. Their consciousness can move more freely between different realms of awareness. So with this knowledge, parents can better understand the importance of their role in nurturing the child, helping them meet the challenges of this special incarnation.

For those of us in our fertile years, it is a wonderful opportunity and a blessing to have a child with such beauty and wonderful qualities. So what can you do to enhance the journey of this new soul?

How can we influence New Life Consciousness for the benefit of our baby?

There are many ways we can positively benefit the psychological and emotional makeup of each gestating life within. Naturally, conception is the place to begin that journey of awareness for the new consciousness we are creating. However, at any point in the pregnancy, we can begin the work of transforming the energies of conception to better support the baby. We can also learn how our own mindset will influence the new life and practice mindfully to engender a positive peaceful home environment during pregnancy.

Our planet is evolving, as is human kind. One very important part of this evolution is the procreation of humanity. Whether we live in a tribal unit or in the modern culture, where pregnancy and childbirth are supported by scientific technologies from conception to birth, the evolution of humankind depends on us. In this modern world there is so much disintegration and change within the family unit. Where once we lived communally with support from our elders, the ways the family unit functions now is very different.

As a species, humans are slow to respond to evolutionary changes, however we can become aware of how our mind affects our child for a better outcome – this is one way of handling the swift evolutionary changes that are manifesting in the mental and telepathic capacities of our newborns.

Lifestyle changes are moving so fast. For example, having an evening meal around the table is less frequent than in the recent past, and once represented an important focus for the coming together of the family group. The woman's role today can include the responsibility for financially

supporting the family to make ends meet. Parents are using childcare services to interact with their children for a large part of their growth and development. Children seem to have an innate knowledge of and inherent ability with a cellular phone or computer. All these changes have occurred in the space of our lifetime.

If we consider a time where survival of our kind was our paramount concern, we can imagine the birthing process being affected by this need for survival: the fight or flight response would have placed the birth on hold, as happens with other mammals. A pregnant animal can shut down the process of labour if danger is presented; then when the animal feels safe again, she will give birth. Likewise, if our lifestyle is hectic and stressed or the mother-to-be is in an unfamiliar environment, the natural hormones for birth can be slowed right down, as the fight or flight hormonal responses will release into the blood stream and halt or prolong the flow of natural labour. The Sacred Journey training, before birthing, can help counteract these fears, and will later support a balanced response to the actual labour, however that may go.

Being well informed, supported, and able to explore their own beliefs, parents can improve their attitude to labour and birthing. It is also natural for a mother to feel uneasy in a hospital environment, or with a midwife she does not fully trust. Having support at the birthing process, in the form of what the Greeks call a Doula, can go a long way to eliminating these fears at the time of birth. A Doula is a woman who looks after the mother in childbirth, who holds the space while the mother deals with the quest of birthing.

## PLANNING FOR PREGNANCY — WHY IS IT SO IMPORTANT?

It is helpful to know that working together as a couple with focused thought and intention to conceive a child can influence the process of cellular multiplication during the first stage of foetal development. From the moment of conception, if our thoughts are soundly embedded in conscious intention, then we can help our newborn to function more fully in this complex world, and meet the inevitable challenges of growing up with more confidence and a sense of knowing what choices are the right ones to make.

If we are forearmed with this information, we can also consider engaging in this process before a planned pregnancy. We would hold that joyous moment of conception in our heart and mind, and this in itself would bring a sense of unconditional love for the life that has just stepped in to being.

Many of us find out about a successful conception when we are holding the positive pregnancy test in our hand, weeks or more after the sacred moment of conception has taken place. Two weeks after conception the embryo has already developed and attached itself to the uterine wall. The embryo fluid cushions the developing foetus as the formation of the vital organs begins and the DNA of both parents has already provided the imprint in which the miraculous event is occurring. Yet, if we come to this process at any point in pregnancy, we can still make a difference to the outcome no matter what our state of mind was at the point of conception.

The conditions in which conception and pregnancy occur therefore can have consequences later in life. How often do we hear of cases where an adult is counselled for some recurring or devastating emotional problem, to then discover that he or she has never felt unconditional parental love? That feeling of being unwanted or unworthy of receiving love and abundance can be a life-long experience for some; made worse by the fact that they have no language to express these feelings and no sense of its origin. It is common for a child with this formative experience to hold feelings that can be vaguely expressed as not fitting in, or not feeling at home no matter where they are.

It is clear then, that the thoughts, feeling and emotions of the mother have a direct effect on the mental, physical and emotional life of the child.



**Part Three:**

# **GUIDANCE FOR MINDFUL PARENTING**

The purpose of this chapter is to offer guidance in the thoughts and feelings one or both parents can explore at any stage of the pregnancy. As noted above, these can affect the consciousness of the developing child within.

It is useful here to be aware that genes are susceptible to external factors such as the mood of the mother, or others in the environment; these factors can have a detrimental effect on the baby. Therefore, if external environmental factors can switch genes “on and off”, thereby affecting how the cells read genetic information, this will provoke huge changes in the bio-energetic realm.

## FINDING A MIDWIFE

Consider your options when choosing a midwife. Getting the right advice and support is very important throughout your pregnancy, and in the later stages when you go into labour and rely on her expertise. Establish a good relationship early on, and remember that if you feel at any time during your regular visits that you are unclear of anything, talk it over sooner rather than later with your midwife.

Sharing this programme and having a midwife to support your choices helps to build a good relationship with her during the birth. When working with Sarndra, you will explore each trimester separately in a programme that suits each individual.

# THE SACRED JOURNEY WORKBOOK

*“Soul and spirit of both mother  
and child are nourished by  
nurturing oneself.”*

## FIRST TRIMESTER

So let's begin with the first phase, keeping in mind that each trimester will bring different issues to explore. Hormonal changes fluctuate rapidly from the time of conception. The hormone levels increase to provide an environment within the womb for the embryo to attach to the lining and develop the placenta, providing all the required nutrients for baby's growth. High emotions, moodiness and morning sickness with indifference to certain smells or foods, can last a few weeks or longer. Some mothers find it easier to eat little and often during this time. Also, listen to your body when it needs rest.

The following is a template for exploring the feelings and emotions of both parents. This gives us an idea of our strengths and weaknesses, allowing us to explore these areas over the first three months.

## 1. Career changes and budgeting for pregnancy

With the upcoming changes in the household dynamics resulting from pregnancy and the possible career changes for the mother to be, a new financial plan (including earnings projections and a budget) will likely be required to cover new expenses. Consider your options for career changes and how this will affect the family unit.

## 2. Relationship

Whether this is your first or second child, the new dynamics that the baby brings will signal a new beginning for everyone. Whether you are in a fairly new relationship or have been long-term, all of a sudden the reality of bringing another being into your world can bring many changes to the relationship between two people. This can be one of the most exciting times in your relationship. Sharing your dreams, desires, choosing a name, and enjoying the wonderful hopes for parenting together will forge an even closer bond between you.

## 3. Planned pregnancy

For those who have planned their pregnancy, excitement will fill the air. When you choose to share the news with other family or friends explain your intention for carrying the child with a conscious effort to surround yourself with love and support. This will give family the opportunity to assist you in this aim, by being conscious of their thoughts and conversation around you.

It is not uncommon to have other women ready and willing to share their terrifying birth experiences with you. It's alright to say "No, I'd prefer not to hear this, thanks". Be assertive and explain that there are also a lot of wonderful birth experiences you'd rather focus your thoughts on.

## 4. An unplanned pregnancy

If you're in a situation where the pregnancy is an unexpected surprise, then this is an opportunity to explore your thoughts and feelings around the time of conception, and to work through any issues to bring a sense of acceptance and resolution.

What was my first reaction when I found out I was pregnant?

Were others around me sharing the same joy or did they express mixed emotions?

This is one of the most important stages of the emotional journey and it's happening within each of the parents at conception and in the following weeks. The reactions, feelings and emotions have an influence on the consciousness of the child. Working consciously to change or resolve any negative thoughts felt at this time will bring in a higher vibration of light to surround the baby. Sarndra can work with you on this part of the journey to guide you.

## 5. Ask yourself

The following questions will provoke an exploration of where your strengths and weaknesses lie, giving you the opportunity to make positive changes for yourself.

What characteristics do I like about myself?

What are my strengths?

What traits would I like my child to inherit?

What are my weaknesses or areas that I'd like to improve on?

My view of my partner:

What characteristics do I like about my partner?

What are his/her strengths?

What traits would I like my child to inherit from my partner?

Are there any challenges regarding lifestyle choices, for example, smoking or consumption of alcohol?

If there are differing cultural backgrounds or religious beliefs within the relationship, it is important to acknowledge them. Bringing an awareness to your own thoughts, consider where there may be conflicting interests.

Further questions to clarify your personal and family profile:

How would you describe your own family unit throughout your life?

What was your relationship like with your (own) parents?

What other changes have you noticed about yourself? Have you found it hard to focus on anything else other than the growing baby within?

## DAILY RITUALS

In our day to day life we have our own habits of preparation for work or play. For instance do you have a particular routine in the morning to prepare yourself for the day? For example, meditation, yoga or gentle stretch exercise.

Balancing work and caring for other children is often

part of the journey for the mother, in the practical sense. However, it has deeply spiritual implications for the baby. If you can take the time daily to connect with self and bring your awareness to the baby in the womb, then harmony and the necessary hormone levels will flow and improve the life and consciousness of the child within. Practice mindfulness and include breathing, nourishment, spiritual focus, thought and prayer. Be in touch with nature. This is explained in more detail in the following section.

## SECOND TRIMESTER

### CONNECTING WITH SELF

The second phase of this programme is about self-love and communion with the Divine. The mindfulness generated by a mother sharing the physical space with another being of light brings a subtler awareness to the experience, not only for her thoughts, but for how she nurtures herself. If morning sickness has been one result of your fluctuating hormone levels then finding an appetising meal can be hard. At this stage look at what foods you eat to give your body the highest nutritional value for maintaining healthy weight gain and the optimum growth of your baby. Be aware of hidden sugars and sweeteners in healthy options.

Open your mind to the benefits of daily prayer. Having gratitude for life can bring a sense of connection to the Divine or Creator and help you maintain a balanced ego. Bless your food, asking that it nourish your body. Be conscious of the everyday activities that bring a sense of wellbeing.

## USE YOUR SENSES TO CONNECT TO LIFE

*“Everything the mother experiences is transmitted bio-energetically to the baby. Always be aware that through your mind and sense organs, you transmit awareness directly to the mind of the baby growing within.”*

Our skin is the largest organ of the body. It breathes, expels, and is our communicator of touch, sensitivity and sensuality. Most importantly, it mediates the experience of skin to skin contact at birth. Remember it is not only our intuitive sense but all our unique senses of sight, smell, touch, sound and taste that are at their highest potential during pregnancy. The mother can send positive or negative messages to the brain of the growing baby that will affect her/him profoundly on a bio-energetic level. Spend time nurturing all of these senses to bring a feeling of belonging for the child within your womb. Using visualisation, imagine a stroll through a forest filled with

beautiful scenery. The smell of wild flowers, the taste of honeysuckle, the sound of birds, and the feel of the soft moss between your toes. Allow the tingly, creative energy to sweep through every cell of your body. Feast on this awareness to fill your whole being. Listen to nurturing music that will soothe your baby. This will help to keep a balance of happy chemical functioning in the brain.

If you have self-love, then you teach your child to know what it feels like to be loved also. As your body blossoms, creating a safe haven for baby, enjoy the changes as your body expands by massaging and gently caressing your tummy, feeling the little limbs growing within. Massage can play an important part in nurturing yourself, and also provides a time for sharing with your partner, talking with him and sharing this peaceful experience with the unborn child.

Consult your natural health care practitioner for essential oils and herbal infusions that are safe to use during pregnancy.

## THIRD TRIMESTER

### THE BIRTH

Your body naturally and instinctively knows what to do when the time has arrived. In the last few weeks of pregnancy, as you become heavier from the growth of your baby, your focus will be mostly on the coming birth. It is during this time that any fears can be addressed. In anticipating motherhood, your thoughts can become fearful or give rise to other unpleasant emotions. Avoid resisting these thoughts as they will propel you into realisations, self-discovery and finally give you more

confidence. With supportive people around you, these emotions can be transformed into feelings of beauty and wonder at the process unfolding.

Have consideration for how you'd like to set up the room to give birth in, or create your own space at the birth unit to welcome your new baby. Be flexible without any expectation of how the birth will go. Your body and nature will take their own course. Just allow - remain in the present moment, and use positive affirmations to relax and unwind you. Maintaining your own quiet presence, and holding the space is very powerful.

If the labour and delivery have gone well there is no reason why the baby can't be lifted up close for skin contact, moments after. You'll notice that your baby will gaze around for familiar sounds and voices. The last stage of labour is where the life force of the umbilical cord is clamped and the placenta is delivered. The silver etheric umbilical cord is never detached from the Divine. In fact the fontanelle, through which the birth process works efficiently to allow the baby to travel through the pelvis, is very much open and connected to the soul's place of origin for eighteen months or more. Once fully fused, the crown chakra will harmoniously rotate underneath the skull.

There are many theories on the process of the soul entering the baby. In Sarndra's experience, the soul of the baby can be intuitively seen in the auric field of the mother. It can be connected to the Divine origin within the auric field and be associated with the physical body simultaneously.



# CONCLUSION

The journey of childbirth is individual and unique to each woman. Let go of fear and release any expectations of whether you will have a natural birth or require assistance medically. Do not place judgement on yourself as the threshold of pain will differ with many variations presenting. You will discover a depth of knowledge about your inner self, find opportunities to face challenges, bring awareness to your strengths and build on your weaknesses. Avoid comparing yourself to others – it is you the child has chosen for its mother.

Your limitations and horizons will have expanded to bring forth a new appreciation of body, mind and spirit.

I wish you happiness and joy in your journey,

*Love & Light*  
*Sandra*