



# Unhindered Childbirth: wisdom for the passage of unassisted birth

*Sarah M Haydock*

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## **Unhindered Childbirth: wisdom for the passage of unassisted birth** Sarah M Haydock

Giving birth without hindrance is beautiful, passionate, and life-changing - an intense and empowering rite of passage into motherhood. The wisdom we need for this journey through birth is ancestral - it lives in our cells, our hearts, our souls. It is time that we take back this power, for ourselves and for our children. Our bodies know birth! "Unhindered Childbirth" is a passionate guidebook to our intuitive knowledge; a template for discovering our innate birthing strength; a channel to inspire a vibrant pregnancy, an ecstatic childbirth, and a beautiful transition into motherhood. Inside this book, you'll find wisdom & guidance for pregnancy & unhindered childbirth, in-depth herbal remedies for acute issues of pregnancy, childbirth, and postpartum, postpartum wisdom from cultures around the world, two stories of ecstatic, unhindered, unassisted births, and inspiration for experiencing pregnancy and childbirth as peaceful, beautiful, and sacred rites of passage into motherhood. Sarah Morgan Haydock is not a midwife, a nurse or a doctor. She is, however, an expert in the ways of her own body, a mother of two freeborn children, an herbalist and earth-lover, and a specialist in inspiration, insight, and passion. Unhindered Childbirth is a work of love to inspire mothers everywhere. This book, although particularly written for women who choose "unassisted birth," relates to all mothers who desire to experience an ecstatic and passionate childbearing cycle.

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