

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “Birthdays”. Okay, truth be known, I’m having one this week. Is anyone surprised I would be an Aquarian? So, birthdays... I’ve always been a huge fan of celebrating birthdays. Surely, most of us are. How joyful to be able to celebrate the birth of a person! I mean, not to speak the obvious, but with the exception of the Masters who come into our world, we wouldn’t be on Earth if we hadn’t been born and to me that makes it one of the most important places in a lifetime to mark one’s love for that person having the birthday. Think of it...I know, I know...it is so obvious I’m going to say it again. A person choosing to be born into this world would not exist on this plane of existence were it not for their birth. What does this all deliver unto our psyche?

First, let’s consider our parents. Our spirit chose those two people to come through because it is through our relationship with these two people that we believe we will best learn the important lessons we came to learn. Our spirit also defines our chemistry, so our physical bodies are designed, once again, by our very needs. Our presentation of our physical presence will in large part determine our level of acceptance from the others around us. If our chemistry or DNA does not conform to the masses we will be treated differently. And this is where it proves valuable to be aware of the vibrations we allow into our energy fields. The higher our vibrations are when we come into this world, the clearer our directions will be in addressing the Universe in our needs and desires of this life that will enable us to best move forth from our conception through our birth on the largest advance of energy we can generate.

Okay, of course, the birth itself. Having practiced as a midwife for several years, I find it interesting and thought provoking how many people only take into consideration the mother and her health, emotions and her karma, etc. as having impact on the actual birthing process. Most never consider the baby’s own health, emotions and karma will play every bit as much into the outcome of the birth. It is an absolute. Not only does it require the “opening” of the pelvis to be able to birth, it requires an “opening” of the heart as well. For it is because a woman opened her heart and her spirit to accept another’s spirit coming through her that any of us are here. Remember this come Mother’s Day. Remember also, we imprint with feelings. How were we treated on our first birthday? Were we lovingly birthed into hands that touched us with gentle caresses or not? Were we left to lie next to our mother’s heart, warm and in love or not? And what energies did we carry into the births as unborn children who had been listening to the world around us for months? What did we hear? Beautiful song or angry words? We may be newly born at our births, however, we are not new to the world and even at the age of “not yet” we have been in spirit and aware, always.

So we are birthed. And we go forth ‘til one day we have a moment of reflection; a reflection of who we are and what we have become from that which we were. This is where many of us will fret at the thought of getting *older*. How will we get it all done? How can we live “The Life” we were meant to be? We consider our age and worry about our loss of youth. We find ourselves in disagreement with the outcome of, well, you know... We live as though life were linear. Life is not linear. Life comes full circle; complete with the seasons of our changes. And if we do not let go of this life, who would be birthed? Life itself is the perfect representation of the adage, “Different degrees of all things.”

What manifests as a *birth* is one’s ability to move out into the world as an independent being, separate and apart from the woman who birthed you and most importantly, the ability to breathe. And breath is what it is all about. So remember your breath every day and remember to breathe consciously, with awareness of how your breath reflects the feelings you are having. Now, we can move on with our inspirations of the heart because we will have noted at long last that we have been experiencing our lives based on our long past conception, gestation and birth awareness

levels. Now we can move forth because we are clear of the impressions left on us by others' ideals and thoughts because we now understand it is Our Breath that determines our life force, not what some experience made us feel. And in that moment we realize...in the moment is self-realization...the knowledge that we are...and that there is no need to be more. Our births are only the physical manifestation of our soul's desires. Our births are presents, not only to ourselves, but also to those around us because it is here that we find our selves reflected in those around us and when we recognize our selves in those around us we know Love, which is how we usually find our selves here in the first place... Go figure. Our births are the birthed expressions of our Self; something to celebrate for sure. Happy Birthday to everybody!

Question of the week: What is your favorite book?

Answer: There are many, many favorites. I admit to reading *Atlas Shrugged* by Ayn Rand several times. But I could have said *Black Beauty*, *The Curious Kitten*, *Autobiography of a Yogi* or *Stranger in a Strange Land* or...

Book of the Week: *The Necessity of Empty Places*; Gruchow, Paul; St. Martin's Press; 1988

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Medical Intuitive, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at www.livingresponsibly.com or 406-892-1116.