



Sahaja Doula Manifesto

As a birth & postpartum doula, and sacred ceremonialist...

I lovingly accompany and nurture women and families as a companion, a sister, a friend, during this transformative journey and sacred rites of passage.

I honor you, your birth partner and family in its wholeness and carry a deep understanding and respect for the intimate interconnectedness of body, mind, heart, and spirit.

I offer my presence and the wisdom I carry as a sanctuary of peace, friendship and support. I am deeply honored to be a part of this intimate journey.

I am fully invested in you and your family's journey. I am invested in my own self care practices and maintain a healthy lifestyle and strong life force energy, so I can fully invest and show up for you in full presence.

I honor your unique vision of pregnancy, birth and postpartum. I am here to hold a sacred container of presence, respect and support as you reawaken to the innate, instinctual, intuitive wisdom and strength that you carry within.

I do not answer to a government, a license, or membership. I am a vessel of the Most High, of the Goddess of Creation, in service to mothers and families in a natural, sacred and devotional way.

I am here to witness, elevate, celebrate and support you in the sovereignty of your journey. I am walking alongside you in deep honor and reverence. Thank you for welcoming me.

To the partners, I could never replace you and your role. You are your partner's most intimate advocate. I am here to witness you and encourage you to be yourself in the birth space. You are instinctual, and know exactly what you need to do. I support you in this rites of passage as you claim your role as father. I hold space for you to integrate your unique experience of the birth, as well as offer support during the postpartum as your family finds its new rhythm.

I enter your birth space with grace, gratitude, humility and a servant's heart. I am in deep reverence to you as Mother, you who is birthing humanity.

I fully understand that birth does not need to be disturbed. You have everything you need within you to physiologically birth your baby. I honor you and your deeper knowing. I know you are powerful, wise, instinctual and connected to your body.

Throughout the birth, as well as during our pre and postpartum sessions, I allow space for intuition and a deeper inner knowing to guide our sessions. My approach focuses less on book information, and more on extracting the gems of your own inner knowing and wisdom. While I do encourage women and couples to learn, read, join childbirth classes about the physical aspects of pregnancy/birth/postpartum, I also make space to explore the mental, emotional and spiritual aspects of the journey.

I understand and deeply respect the altered state of consciousness that is birth and the childbearing continuum. I recognize that birth does not take place in “regular reality” or in the thinking mind. I respect this and am comfortable holding space for women to journey deeply to receive her child. I will also hold space for you in the postpartum to integrate the depth of your experience.

In our postpartum visits, I will listen to you and meet your individual needs. I am here to hold space and tend to you as you retreat, rest, heal, snuggle your baby, honor your journey and tap into your instinctual mama nature.

I bring my 8+ years of experience as a chef to the postpartum phase to prepare specific meals that are nourishing and healing. It is my honor to nourish and nurture you during this holy time.

I am committed to sharing holistic, natural, herbal plant allies to support you in your healing journey through herbal teas, sitz baths and vaginal steaming. I am continuously learning about and incorporating homeopathic remedies to support you during pregnancy, birth and postpartum, if needed and interested.

I am not meant to be everyone’s doula, and I don’t feel like I need to be. Together we must feel a connection that goes beyond words. You need to fully trust the people who will accompany and witness you in this powerful rites of passage. Connect to your womb, she will always guide you.

*In service to Creation,
Lacey*

