*BIRTH OF THE WILD HEART*

The Birth of the Wild Heart was created to support the fundamental development blueprint established during the first nine months of life. We reference this fundamental blueprint unconsciously throughout our lives; it influences all our decisions, actions, and how we experience the creative manifestation process. In subtle yet powerful ways, every aspect of our life is affected by our time in our mother’s womb.

The ideal developmental blueprint would involve our parents being deeply in love, consciously choosing to have a child, creating the proper ‘nest’ for the pregnancy, and keeping the nine-month cycle calm, grounded, healthy, and loving. Rarely does this happen. Even if we try our best, life tends to intervene with unexpected challenges. Accepting this reality doesn’t mean we’ve failed and created dire consequences for the baby. Though we have the best of intentions, we must always surrender to the great mystery of Life.

There is a correlation between the difficulties or challenges experienced at specific points during the pregnancy and our experience of the evolving creative processes throughout our life. For instance, if our mother was ambivalent about even being pregnant or she experiences a severe shock early in her pregnancy we may find it difficult to settle into the early stages of any project, get our ideas off the ground, and we may tend to give up on ourselves even before the project gets started. Meanwhile, some people have good ideas and lots of energy to start a project or relationship but later lose focus and momentum when challenges arise. This could relate to stressful circumstances their mothers experienced mid-way through pregnancy. If our birth process was particularly problematic, this trauma can reappear later in life as difficulty with completing projects or launching our creative work into the world.

This perspective is not meant to blame or shame mothers or to excuse ourselves for a failure to thrive. The Birth of the Wild Heart is designed to gently offer a new pattern based on Nature’s templates, for this fundamental developmental blueprint. It is most effective when our conscious intention is to be in alignment with the natural cycles of Life and to harmoniously participate in Life’s creative process. We don’t have to understand or analyze everything about our time in the womb; we can look at our habitual tendencies and observe our weak-spots or points of resistance — from conception, through gestation, to birth-completion, to be aware of the relative strength and resiliency of our developmental blueprint.

Working through the kit, in the prescribed sequence, giving particular time and attention at the areas of greatest need, will assist us in re-patterning our whole approach to Life, allowing us more freedom and choice in every aspect of living.

What is a Wild Heart?

We all have an essential wildness that obeys life but this energy rarely fits within our man-made structures and institutions. Call it our daimon or soul, our wild heart is the unique, creative energy with each of us that challenges convention while insisting upon its need and right to be true to itself. If we try to cage it, our wild heart either shrivels or sneaks out when we least expect it, often wrecking havoc in our lives. If we ignore our wild hearts needs and desires for too long, a cry for freedom will echo through our dreams, fan our addictions, and eventually sabotage our carefully constructed lives.

At a deep, primal level, our wild hearts reveal that we are creatures of nature and thereby loyal to the laws of the universe. Through this essential wildness we bring new ideas and forms into the world that are inherently harmonious with all Creation. Within traditional social norms, divine wildness is an unpredictable energy, yet this Dionysian energy has the power to transform everything in and around us by flooding us with love, joy, and Life’s creative vitality. With a will of its own, the wild heart abhors mimicry and pretense; it is strongly allied to our instincts and serves us and the evolving energies of Creation in remarkable ways. However, when we try to cling to the status quo, either through fear of change or uncertainty about how others will perceive us, we deny our essential Being. When we fearlessly embrace and surrender ourselves to Life, our wild hearts offer us the energy needed to birth radical greatness.

The kit is designed to support the gestation of our wild hearts’ vital creative energy, to activate dormant soul-seeds and help us birth our dreams. By enlivening our hearts, minds and bodies, we bring ourselves more fully into participation with the transformative power of Life, through every creative process we undertake.

While we may be focused on personal growth, tending our wild hearts has implications in the larger world. When we clasp our talents close to our chest, fearful to expose our inner gold to harsh criticism, we may be denying not only our own creative fulfillment, but also the world the very elements needed for a profound change. An analogy from Nature may be helpful here: some evergreen seeds will only gestate after the intense heat of a forest-fire. Perhaps the intense ‘heat’ of these challenging times is forcing our essential soul-seeds into active growth!

When might you use this Kit?

The Birth of the Wild Heart is helpful when you feel your life is too boxed-in, routine, or tame. Using the essences to honour and nurture your wild heart lets it develop in its natural way as you explore this expansive, untamed part of your being. Useful in addressing addictive behaviors or substance abuse, the kit helps you to honor and integrate your true cravings for primal wild energy, rather than suppressing the deeper cravings through sheer willpower or collapsing into compulsive behaviors.

Effective during pregnancy, the Birth of the Wild Heart supports both mother and child with Nature’s energies through the cycles of conception, gestation and birth. The kit can also be used to address residual pain from miscarriages and abortions. As we make few opportunities to publicly honour these events in our culture, these losses can create sense of isolation and leave long-lasting emotional scars. The kit assists women to release grief, shame, and guilt from these events, thereby making space for renewed joy and creativity.

Creative and Therapeutic Applications of the Essences

The Birth of the Wild Heart assists with re-patterning the in-utero phases of development in four primary ways. Each application should be done in the sequence outlined in the definitions. Test for how many days to use each essence. The kit may need to be repeated in its entirety several times before the new pattern is completely established. The focus or intention for each cycle of using the kit should be reviewed and adjusted each time to be fully effective.

1. Starting-over application

When we are starting over after a period of intense change — divorce, bankruptcy or retirement, starting a new career, losing a loved one or immigrating to a new country, working with the kit will help us steer clear of repeating habitual patterns. The steps in the series support us in making the changes and adjustments from a pattern that is congruent with our soul-design, so that we do not repeat the compromised blueprint from our pre-birth cycle. Nature’s energies support our conscious desire to bring forth a dynamic and balanced manifestation. As our unconscious in-utero pattern is gradually released, a new blueprint that is more congruent with our soul-purpose becomes gently established.

2. Soul-retrieval and Rebirthing applications

The kit is effective for adults doing re-patterning and soul-retrieval work in a therapeutic environment around this initial stage of life. Effective as a practitioner’s tool in conjunction with holotrophic breathwork, regression therapy, re-birthing or other modalities seeking to healing issues related to this primary stage of life-development, the kit can be used during and between sessions. In this application, it would be helpful for both the practitioner and the client to have their own set of essences. Working this way, clients assume greater responsibility for their healing process and the energetic work is able to deepen and hold over time.

3. Pregnancy and Childbirth

Pregnant mothers use the kit to support their intention to create a loving, conscious surround for their baby’s development. Some mothers continue using the kit long after the birth process, to deepen further their nurturing energies. In situations of ambivalence about conception, the kit can be used to consciously welcome the child and to release any lingering remnants of guilt and shame around having conceived without a completely loving agreement.

4. Healing Birth Traumas

Women have effectively used the kit to heal emotional scars from miscarriages or abortions. All too often, women carry these traumas silently because our society has few rituals to acknowledge the loss of a premature baby or to provide comfort for the mother’s grief. Unexpressed grief can live for many years, buried deep in the body. Repressing grief tends to block our energy, making it difficult to birth new creative forms. The kit is designed to assist women to gently touch and release these stuck energies by gently re-opening and completing the arrested process. In this way, we make room for new life, hope, and creative energy to return. The kit can gently assist with the private resolution of these factors, though a skilled therapist and/or a supportive circle of women can be very helpful at different points during the healing process.