

Embrace the power of new life entering the world.

# The Heart of Birth

Our experience of being born and welcomed shapes who we are and how we relate with life. If we all play our part in this powerful rite of passage, we can change the world.



...igniting our world

Offered by Sacred Fire Community Lifeways  
[community.sacredfire.org/blog/heartofbirth/](http://community.sacredfire.org/blog/heartofbirth/)

# The Heart of Birth

## Embrace the Power of New Life Entering the World

*Our experience of being born and welcomed shapes who we are and how we relate with life.  
What happens when we engage family, community, and Divine in this powerful rite of passage?  
We create a sustainable future, one baby at a time.*

### **The Heart of Birth is a weekend program for men and women who are looking for**

- Reassurance about the birth process.
- Tools to guide you in the journey of pregnancy, birth and parenting.
- A foundation to support you and your baby throughout life.
- Effective ways to help families, clients, and community in welcoming life

Children are the bloom of our people. For our ancestors, birth was a time of great celebration and deep purpose. It was one of the essential ingredients in sustaining community. Community knew that they had a role in helping to bring forth and sustain life.

In the old ways, people acknowledged the creation of new life, from conception through birth, as dependent on the grace of a deep mystery. Elders and community supported the expecting mother and father and gathered to honor the arrival and unique path of the newborn child.

Unfortunately, many of these sacred relationships between community and birth have been forgotten in our culture today. Whether at home or in the hospital, birth often becomes a medicalized and disconnected experience. This can lead to fear, isolation, aggression and confusion, perpetuating a world out of balance as people lose their way.

The Heart of Birth Program engages the inherent power and mystery that brings forth life. It provides effective tools to help you instinctively be with the process of birth and early parenting. Heart of Birth recognizes that deeply connecting with and welcoming life is essential for individuals and communities to live in balance and harmony with the world. Join Us.

### **Program Details**

Flexible format to meet your groups needs: 10 - 20 people.  
Suited for pregnant couples or those considering pregnancy,  
birth professionals & community leaders.

### **Facilitators**

This program is facilitated by Lisa Lichtig and Kathy Reid who both serve on the Neikame Lifeways Birthing Council of the Sacred Fire Community.

### **TO BRING THIS PROGRAM TO YOUR AREA**

email [lifeways-birthing@sacredfirecommunity.org](mailto:lifeways-birthing@sacredfirecommunity.org) or visit us online at [community.sacredfire.org/blog/heartofbirth/](http://community.sacredfire.org/blog/heartofbirth/)



**Lisa Lichtig, MD**, is a mother of two sons born at home and has attended over 800 births at the hospital and birth centers. She offers perspective and healing as a Mara'akame in the Huichol Tradition, Firekeeper in the Sacred Fire Community, Plant Spirit Medicine healer and holistic family physician. Personally and professionally, Lisa has come to know birth as a sacred rite of passage, midwiving families through this transformative process.



**Kathy German** is an apprentice midwife and doula. She brings over a decade of experience as a mother, pre-natal massage therapist, and Plant Spirit Medicine Healer to her work with birth. In addition, Kathy helps new mamas adjust to life postpartum by offering placenta medicine. Kathy works for the Sacred Fire Community, bringing the vision of Lifeways and Heart to the world.