



## Getting Started

*Dearest Parent To Be!*

*Welcome to Your Spiritual Birth Program on Teachable.com, thank you for signing up, I'm delighted you joined. To get started, simply read through these guidelines and tips as you begin your sacred conception & pregnancy journey.*

*Additionally, please message me and introduce yourself either in our teachable classroom or at [aserour72@gmail.com](mailto:aserour72@gmail.com).*

*I look forward to guiding you and your baby on magical soul exploration and journey.*

*Blessings,*

*Alison*

- \* The Program is divided into sections according to your personal journey, check out all the meditations and chose the one that feels right to you accordingly. You have unlimited access to download and listen to these meditations as many times as your heart and soul desire.
- \* Included in the program is my e-book My Spiritual Birth - if you haven't read it yet it's a good place to start, it will bring you inspiration and you will also to get to know me and my background and magical pain free birth story!
- \* In my ebook their are also several links to the inspirational music that I wrote when I was pregnant with my daughter Miriam additionally these meditative songs can also be found here: <https://on.soundcloud.com/cZbKinVfeeujQs8y7>
- \* Each meditation includes a worksheet with journal questions. You should open the worksheet pdf up BEFORE you start the meditation because it includes before and after journal prompts.

*\* If you are interested to join me monthly I host an online Sacred Womb Ceremony gathering for each month includes a live meditation.  
Email [aserour72@gmail.com](mailto:aserour72@gmail.com) to get the link to sign up!*