



THE MOMENT OF YOUR BIRTH

Episode Transcript

Hey, it's Rebecca. Welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today, on returning, The Moment Of Your Birth. A poem from my book, Letters To A Starseed. You'll find it on page three if you'd like to read along. I hope you enjoy.

The Moment Of Your Birth.

Before you were born, your soul consulted with the cosmos to arrange the details of your return.

The location and conditions were carefully orchestrated and seeded as you crossed the.

threshold of the in-between - the watery world of the.

Mother.

There you waited in the fertile void as all of the stars in the planets, in the knowable.

and unknowable cosmos moved into place.

When the alignment was just right, a portal opened and you were.

crowned upon your entrance to the world.

A soul embodied.

Spirit planted.

Eternal woven into matter.

Heaven and earth combined.

Your cells, your flesh, your bones, your eyes all made up of ancient, exploding stars.

The universe magnificently ordered as the cosmos.

Your basic existence is enough to blow anyone's mind.

How did you get here?

And why did you choose to come?

Somehow the cosmic curtains parted for the great dance of your life to begin.

This is that life and you are that dancer.

It took a lot for you to be here now.

To be planted here now.

And what a time you chose to come.

So, that poem was one that I wrote, pretty much, I think it was about six weeks after I gave birth to my son. He was my first child. It was at the beginning of COVID. And yeah, it was, I think I'm a very sensitive person. And motherhood and being in postpartum really does, like, explode you wide open and also, it was in a time when the whole world felt like it was being birthed and dying and being blasted wide open as well.

And yeah, and that's when that poem, The Moment Of Your Birth came flooding in. There were particular lines in this poem that were really lines that came through to me while I was breastfeeding my son. And also when I first had him and I started, like, just little by little, taking some time for myself and kind of working out who I was with this being that felt like me outside of my body and my baby. And I would go on these walks each day. Not always each day, probably every three days, really. I tried to do it each day after about three months in. And I imagined myself, like, walking in nature. With each step I was taking, it was, like, I was walking myself back home and, like, walking into who I was becoming. And as I did these lines, these words would come to me almost like they were medicine for myself to try and put words around what I'd experienced through giving birth and having my son within me and then outside of me.

And yeah, my birth with my son, and the pregnancy was so, so different to my daughter. And straight after having my son, while I had my son, I really saw the gates of life, like I saw the souls entering and leaving this earth. And it was like everything was kind of held by a breath. And I saw how fleeting and precious and how precious this life is and how huge it is for any soul to decide to come here to be embodied like all of the things that need to come into place in order for that moment to happen. And how yeah, how huge it is for a soul to embody and how each of us were born. We all came from the watery world of the mother. And regardless of our relationship with our mother, it was a huge initiation just for the soul to enter into matter, into body, and to connect into an ancestral line, to connect into the cells of the body, the cells of the mother, cells of the grandmother, etc.,etc..

And yeah, and so with this poem, I'm really grasping the words to describe the ineffable experience that is birth and life and death. And yeah, it really does explore the initiation of birth, not just for the mother, but for the child as well. And of course that means for all of us, because we were all born. And it's also exploring just, like, how huge it is to be alive, but also how huge it is to be alive at this time.

After I gave birth to my son, I was just, I'm curious about how different it was. I only have had my daughter and my son. Maybe you've had several babies or none, but what I noticed was how different the material that I was drawn towards was in the postpartum period. So with my son, it was all about the great mysteries and death and dying and, like, the Tibetan Book of The, I always forget what it's called, The Dead and Dying. Anyway, you'll know which one it is if you've read it. But it was these books of the great mysteries of life and death and how the two are so connected. And ever since I was a girl, I was captivated by this great journey we're on and perplexed by why we're not all captivated by birth and death and these huge experiences that we all have that are so extreme and yet the most natural, normal thing in the world. We were all born. We will all die. Like, these are the two certainties of life.

And so, yeah, this poem, The Moment Of Your Birth, is attempting to put words around the enormous mystery of being a soul, having a human experience from the first breath until the last. So that is The Moment Of Your Birth. And yeah, it's one of the favorite things that I've ever written. My favorite things that I've ever written. And I feel like, yeah, like I was connecting in with some codes of wisdom that that unique period opened up for me. Whether it was the uniqueness of my son, the uniqueness of me experiencing birth for the first time or second time after, after me being born, of course. But also at a time when the whole world was so wide open too. So yeah, this poem somehow captures that. So, I'm curious about how it lands in you and is always holding you in my prayers.