## Future Families

SKILLS FOR RECEIVING OUR FUTURE HUMANITY



# BRTHRIGHTS

Changing Paradigms At Birth

BY SOPHIA MICHALOPOULOU

NEW



## Hello!

I would like to express my sincere gratitude to you, for taking the time to feel into this work which is the result of my personal experience while immersed in warm water remembering my own birth story.

My name is Sophia Michalopoulou and I am an integrative aquatic therapist, a newborn and baby swimming educator as well as a pregnancy and birth doula.

By bringing together these different fields of expertise, I began to see birth from a baby's perspective and to appreciate the capacity of water to help us change patterns of behaviour before we've even been born.

I wish you a magnificent journey of your own while remembering more of who you are and perhaps preparing yourself to become a future parent for the next generation. I look forward to hearing your feedback and your own personal experiences while changing paradigms.

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#### CONTENTS

INTRODUCTION

AN INVITATION

THE PROCESS

WHAT IS A BIRTHRIGHT?

WHAT IS A PARADIGM?

WHAT IS A SHIFT?

HOW TO DO IT

## AN INVITATION

With every question that arises in you, ask yourself something similar to this:

"What would a baby's perspective be?"

"How would this impact my baby?"

"How could I change to make things different for my b



#### About the Process

Birth impacts all of us. We've all been born. So... if you are reading this it might be because you are already a parent or a future one. But you might also simply be a human being wanting to reconnect with your authenticity and sense of innocence, your innermost being as vulnerable as it may feel. Remembering

OUR BIRTHRIGHTS has been created to encourage us to remember our highest values and sense of self-worth in a time of change. Human beings are much more than just our physical body, we have the capacity to change and the power to create new paradigms for our future babies and children.

#### How to work with this

This WORKBOOK has been created in a format that allows you to engage with new layers of awareness creatively for yourself rather than remaining in the wave of simply more information. There are no have to's here simply suggestions, ideas and recommendations. I invite you to FEEL INTO

everything that is said for yourself. Notice what feels true for you, what touches you deeper and learn to listen and trust your own answers. All wisdom past and future is already contained within us but the question that remains to be answered is how deep we listen and what do we choose?

### Birth related questions

Which gender is more prevalant	in your family?
Females	Males
Equal	
In which order were you born?	
First child	Second child
Third child	Fourth child
Fifth child	Other
Can you identify any patterns in on perceptions of gender?	your ancestral lineages based
Are there any situations or beha on your order of birth?	viours you notice that are based

Based on your current understanding of a BIRTHRIGHT what traditions or beliefs have you inherited from your family?
What are some of the cultural patterns or perceptions of worth that have molded your identity?
How have the options of giving birth and parenthood changed since you were born?



Birthrights may include rights of citizenship based on the place where the person was born or the citizenship of their parents, and inheritance rights to property owned by parents or others.

The concept of a birthright is ancient and is often defined in part with concepts of both patriarchy and birth order.

# We are redefining our BIRTHRIGHTS by remembering we are a soul occupying a human body.

We are redefining our BIRTHRIGHTS as our sovereign right to exist as a soul contained in a physical human body rather than entitlements of ownership or a hierarchy based on money or religion.

By becoming aware of and remembering these birthrights for ourselves, we can hold space in alignment with these VALUES for our babies and children while creating new paradigms based on authenticity and individual valour.

#### THEN

Girls had to take on the name of their father or ancestors.

Land ownership was passed down to the oldest son

It was believed that babies couldn't sense and feel till they could walk and talk.

#### N O W

Anyone can take on a name they want, to empower their sense of self.

We are all carers and custodians of this precious Farth.

Science is proving that babies can sense and feel long before they are born.



By REMEMBERING OUR BIRTHRIGHTS the next generation of babies and children, will be better able to stand for their freedom, speak their own truth knowing their birthrights, feel safer to be themselves and with a stronger sense of belonging to each other and to this Earth.

Who	at values	are you Cl	HOOSIN	G to pass o	n to your o	childrens





What values are you CHOOSING to pass on to your children?

Notice the deliberate use of the word CHOOSE.

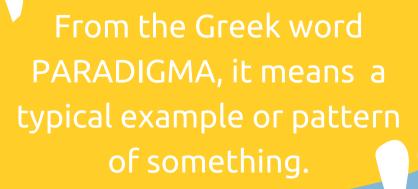
CHOICE is my BIRTHRIGHT.

I chose to BE BORN for example. (Just feel into that for more than 3 minutes...no one left to blame)

CHOICE reinstates a sense of EMPOWERMENT but also instills a sense of RESPONSIBILITY as human beings.









Family habits, social customs, human behaviours, community perceptions and convictions get passed down from generation to generation.

GIA PARADIGMA.... for example...

Our relationship to nature, our identification to gender, our beliefs about money, sex and beauty, our approach to education, our levels of awareness .....



Birth patterns are patterns of behaviour that are imprinted during our pregnancy and birth that are passed down from generation to generation.



# Dr. Bruce Lipton, PhD from his opening presentation on Nature, Nurture and the Power of Love in 2021 at APPAH's International Congress shared that...

'The current behaviour that humans have on this planet is a destructive force and the only way we can move forward is to change the character of our civilization. This is why there's chaos, the chaos which is the breaking up of the current structure that is taking us to extinction with the necessary understanding that when it's broken we can build a more sustainable future.

That's why we're here right now, it's a most important time on this planet for civilization. We are here to create a better civilization. The most important contributor to that is you. Civilization is our behaviours. Behaviours are programmed during the pre and perinatal parts of our lives.

This is essentially the program we've been operating from, every day. If we're going to start to change the world, it has to be through birthing a population (a generation) which is empowered as living in harmony and peace with nature itself.'









['per-a-,dīm 'shift]

A major change in the worldview, concepts, and practices of how something works or is accomplished.

A fundamental change in approach or underlying assumptions.

GIA PARADIGMA...for example... the worldview used to be that the world is flat. For a long time, science evolved around this fact is true. Another is the belief that the Earth is the center of the universe, and now the sun is the center of the universe. That was a paradigm shift.

#### Dr. Bruce Lipton from his presentation on Nature, Nurture and the Power of Love in 2021 at APPAH's International Congress ALSO SAID...

'The most important understanding about this is that it involves human behavior and when we start to understand that..... we start to understand that the most important role for our evolution is parenting because it is from parenting that the future of our world is going to come forth. Because, it's the young people that are going to bring us this evolution.

We are facing something so important at this time we're actually trying to birth a new civilization and, in any birthing, we really have to understand the mechanisms of programming and how we can get there.'





Are you ready to do the work it takes to change human behaviour one family at a time for all of our sake?

# What patterns are you already aware of?

"We pass the baton from generation to generation until someone decides to use the presence of their consciousness to become aware of themselves and integrate the intergenerational trauma. Pass only the baton you want to pass to your children! " - Teal Swan

Your gender patterns
Your family patterns
Your ancestral patterns
Your cultural patterns
Your racial patterns
Your species patterns



Unravelling patterns takes time, it is sometimes challenging and even painful but knowing that changes you make today can impact the next seven generations make the work worth while.

Thank you for being brave!





## Action Steps

1

2

3

#### **NOTICE**

Noticing the patterns takes practice. We often don't want to see even the most obvious behaviours and the impact theye have.

#### **PROCESS**

After becoming aware of the pattern it is important to process and iintegrate the impact it has had on you.

#### **CHANGE**

Make small adjustments daily until you notice a difference now matter how big or small. Focus on the new.

For Example: Inotice I keep running out of time.

I calculate the impact this has on my life.

I do one less thing on my to do list tomorrow.

#### RESOURCES

Resources are tools, skills, people or even places you have at your disposal to help you make the changes you wish to make. Here are a few I have used myself to help me change the patterns that I've wanted to change.



Taking the time to journal is worth the effort. Putting your process on paper makes it real and sends a message to the universe that you are taking steps in the direction of change.



Of course you could pay for a therapist or a life doula like me. The point here is being witnessed in your process, verbalising what is going on inside you and reaching out for connection. You are not alone!

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Dedication is an emotional resource that helps you keep going for those things that are important to you. Focusing on the changes that you see is important for momentum.





I'm excited and honoured to continue journeying with you, please reach out if you would like to learn more.

I accompany the process of birthing oneself through life's deepest moments very much in the same way as I would accompany the beginning or the end of life with a person.

Together we are birthing a new reality and very often this process follows the same milestones as a birth itself.



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If you've enjoyed this WORKBOOK you might also enjoy these online classes.

## Future Families

SKILLS FOR RECEIVING OUR FUTURE HUMANITY

- Core Values
- Learning from the Inside Out
- My Birthrights
- Multidimensional Humans
- Creating Safe Containers
- From a Baby's Perspective

