



## Demelza Danquist: Perinatal Projections in Utero and Beyond



Certified hypnobirthing and childbirth Educator, Demelza Danquist is passionate about changing minds about birth. In this engaging session you will learn how traumas experienced through the birth canal create silent hidden roadblocks that can show up later in life. You will be given tools to improve your relationship with both yourself and others as you learn to heal your own birth trauma and prevent them in future generations.

### Effects of Trauma During Birth: **Prolonged/significant stress creates trauma and long-term negative effects.**

- Bodies are designed to start labour, stay present, and birth without intervention.
- It is vital to create the environment for the right hormones to flow to assist in this natural process.
- If the body is flooded with different hormones it will block the ability to “let go” and birth.
- This requires having the parasympathetic nervous system activated and not the fight/flight response.

### The Power of Words: **The words we speak to ourselves hold more power than what others say to us.**

- The words you speak to your children become their inner voice.
- It's important to begin this conversation before birth (or even before conception).
- During pregnancy speak to the unborn child. Ask - what do you need? And really listen.
- If you think of time as sequential and not linear, you are able to go back and speak to yourself in the womb. What words would you have loved to have been told? Listen carefully for the response.

### Healthy Environment: **Explore the following to create a healthy environment for your unborn child.**

- Hum (to amplify vibrations), speak positively (no blaming of symptoms), speak about your emotions (teaches them to regulate), dance (rhythmic moving to process emotions), massage, visualization techniques, essential oils, intimacy (self/partner).

### Additional Tools: **Now flip these tools onto yourself and try adding these:**

- Plug your ears and Aum, engage in non-sexual intimacy, imagine being held, allow your emotions to express, follow a healthy, beautiful diet, take care of your body.

### Resources:

**Website:** [Demelza Danquist](#)

**References:** Rudolf Steiner, Kim John Payne, Marie Mongan



## **Demelza Danquist**





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**UZAZU**  
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**Dylan Newcomb:** Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](#) for details!