

(introductory music)

DISCLAIMER: *Taking Back Birth* is a production of the Indie Birth Association and indiebirth.com. No material on this podcast should be considered medical advice. Birth is not a medical event.

MARYN: In this podcast, I have the absolute honor, privilege, and pleasure of talking to my friend, Amber RainMa, who has been a friend for many years although we've come in and out of connection. Amber has been in the birth world for a long time and presently lives in Germany. You'll hear us talking about spiritual midwifery in the way that it makes sense to Amber, and this is exactly the way in which we were introduced many years ago. Amber contacted me on social media, I believe. And I was just held in complete love and support by her. Someone I didn't even know at the time who was able to witness situations that I was going through both in my own pregnancy and in the midwifery world at large and lend her ancient wisdom. Amber is one of the most gifted channels I have ever met. And her message is so profound. I really just encourage you to listen to her words, to our conversation, and to feel what you feel. You may also contact Amber as indicated at the end of the podcast. I'll try to link as well here in the notes. And just be amazed that there are people like this in the world adding their inspiring and encouraging message to the world of birth. Enjoy.

Hi, everyone. Maryn here from the *Taking Back Birth* podcast with Amber RainMa, a dear sister that I've known for many years. And we're just going to jump right in and talk about spiritual midwifery today. So welcome, Amber. Where do you want to start?

AMBER: Thank you. Spiritual midwifery. What is it?

MARYN: What is it?

AMBER: It's everything that is outside of the technical stuff that you learn. It's more the energetics. It's the process that starts even before the baby comes into the womb. And I do—I'm saying baby, but this is happening really for all people. This is how, if we really look at birth and the cycles that are in our lives, that's what's happening. There's all these other things that influence. It's not just like it's just turning and turning. There's so many other places that are—and things that are part of the mystery. And so spiritual midwifery from me is kind of having some owl eyes into those other layers and other things. Sometimes metaphysical things that are happening or past life times or different things that are kind of hidden under the surface that are not meant to be hidden if we take a look and they communicate with us about what's going on in our bodies and life.

MARYN: So beautiful. So we're not going to rehash tons of the past. But just to give our listeners a little idea of how you got to this place, maybe we could just backtrack a

little bit since you've been involved in birth for a long time in different ways. And this is just what's being presented for you right now.

AMBER: Mm-hmm. Yeah. It's where I'm choosing to focus my time and energy, and it's what lights me up. But my roots as a spiritual midwife really were—I mean I was a child. I was seeing energies and hearing spirits and things that were, at the time even from family, that's not normal. And yet, they were true. Things that were coming in. My mother would say to me, "You can't possibly know that." So these elements, it's also part of my lineage. It's part of my being, and it's then taken journeys in different ways. I started as a massage therapist at 19 and quickly found prenatal massage. And there were all these pregnant women coming. And in that, the years of having all these different people and bodies stuff just—I'm like I'm not saying that. How could I know? So I mean I had enough of platform that things started happening. I started listening in different ways, feeling things as far as the clairsentient and seeing.

I only see when I need to because that can get distracting. So I usually will hear or feel it. And sometimes images will come. But then having a body of work. Craniosacral. I think, even with midwifery those are things too that the nervous system and the limbic system is so important. So those things kind of developed throughout my practices as far as being called to it, and then bringing those things into my work with women as a doula. And my work as a—I would call myself a traditional midwife. My own birth and body is—it's what I am. But I am not—I am not a licensed midwife. I never have been, never had a desire to be. And then, again, some of my apprenticing and travels that took me to different places. I do know—this is a funny piece because I remember I met a guy before I had ever gone to Ghana. I remember I met a guy at some jazz festival in Milwaukee. And he was from Ghana. And he touched my hand. Or shook my hand. And he's like, "You're a healer. You're a something." And I'm like, "No. I'm not. I'm a massage therapist." And I like—I mean—so I mean certainly gone through the phases of that's not my path. I was very much in deep tissues, and here's what's going on with the body.

And then there was too many things that were happening unexplain—like not that I couldn't explain. But that were constantly confirmed. And because I had a practice and I had the ability to work with so many people, it's when I became pregnant with my son that then—even too I was having dreams of him before and the energy. But he was always 44. He as one of my spirit guides. I remember him from when I was little. So the fact that even those—the blur of worlds was happening. And since most of the people that I was working with as a prenatal massage therapist and doula, they were all going to the hospital. My journey and even my own path and as far as embracing some of the things outside of what my clientele was used to, I decided to let it go. I was like, "All right. It's time." And so I did. I sold my house. I closed my practice, and that began the journey of my being, my pregnancy, spent entirely in Africa and then

Indonesia and having my own free birth in—which I—it's just birth. And it was me. You know what I mean? So it's like I don't even know if that was a free birth or planned, but it was—the spiritual aspect of it too is because there's so many stories that I have in—that it doesn't turn off. It's not—and so I didn't want anyone because I could literally—I had support.

I had different ones who were like, "Do you want me to come?" And I was like, "No. No. I'll let you know if I need you." But energetically, I felt so responsible and connected to the spirit midwives, the ones that were coming to me. It's normal. So there's a whole realm that, to me, there's information. It's like, "How do I know?" It's like I—but I know, and I'm listening. And I felt comfortable to do that with my body and my birth and listening in that way. But also even ones coming in. Any traumas, any things that they have, it comes up, and it's in the room. And then as a result too, I then, in many places and seeing births and things, and I'm like, "Oh my god. Okay. This person needs to get out. This is,"—there's so many things that made me realize okay. Bring it back to what is important because every—even every culture is different as far as their ways of being, their connections with family. You can see sometimes ones just muscling through it even though if they had the voice or if their culture—in that sense too, if they felt—but to speak, I don't want this person here. Or this is my sanctuary in this way. So I realize that I tend to be fight—I was fighting different things and trying to protect space for ones that also weren't speaking in that way.

So now spiritual midwifery piece, the ones who are saying already. They're claiming their space in their bodies and then looking for just—maybe some little things that happen to be in a blind spot for them. But it's not this vast here. And it's all outside. It's very empowering. And it's—I'm happy to support ones in that journey too, in that phase. And it's my voice for the star seeds because I do think there—this life is beautiful and that there is a lot of hope. And because I work with the star seeds in that way and I feel them coming through and they're usually—it's just little tune up with the parents of going, "Oh, here check this out. Check this out."

MARYN: Yeah. I love that.

AMBER: They won't have to undo a lot of the stuff. That, again, is like—it feels where I can focus without trying to come back all of these different dynamics. And, again, my experience being of so many different cultures and so many different places. And even in the States, there's a lot of cultural conditioning.

MARYN: Oh sure.

AMBER: But, again, if you take that away and parents are owning their births and coming from that place and then staying with that. That's where I think even the spiritual midwifery it doesn't end. Once even the baby is born. It's like it's just part of

your connection to yourself and your life and your partnering even with your children in that way. You're more available to having those conversations, so then you're not even seeing here's this baby. You get to interact with them in different ways without default too that they know everything. They still have to come in and learn different things too. So it's an alive relationship.

MARYN: Yeah. And I mean it's—yeah. The ultimate responsibility is how I see it, and it's crazy that this isn't part of midwifery as we know it at least in the western world. I think it is, of course, which is why you're here. And I think a lot of people listening can totally identify with even bits and pieces. Who are these souls before they come? Whether they're for us personally or as we're walking with women and families. How open are we to that? How open are we to receiving those messages? So I want to hear more about just the role that you play in that regard like helping people hear what they need to hear or whatever kind of the process might be. I know there's probably lots of variation there. But I think most people would be so fascinated to hear about your communication with these souls. I am.

AMBER: Well, it does. It comes in so many different forms. If I'm working with one—say one mother, it usually—and that's also the position—their—that child usually starts coming to me before. So that's where I've even learned in different places like okay. Whose kids are these? That's where the energetic of that of—and then—

MARYN: (cross talk) Yes. That is—

AMBER: And then usually the parent will—the mother will contact me somehow, or I will meet them or somehow. And then that's where it links. That's where—to me, that's the exciting part that that's the magic. That's how—so it's not even just this—it's—yeah. They just start. They start coming in. Usually, it's in dream space. And there's ones that I work with even without knowing, even without the parents knowing. That's part of it that will always be part of my own personal connection and practice. And because they're coming through with that link, they're the ones giving permission, which sounds really interesting, right? Because it's like here's the parent. And here's the mother. It's like it's my—but they're the ones saying, "Okay. I need you. And this is what,"—and so if—by the time the person finally comes to me and if we're aligned in that way, it's usually (audio cuts out) in me that happens.

Being that I'm now too in Europe and time zones, I have been using a lot more recordings. And I'll just sit with the energies. I'll sit with the energies. And the—even from—even as we're speaking, it's like there's things that just kind of pop. And they come in, and it's—again, it's like oh, that. And then you see what is literally meant. I mean sometimes there will be things that come in, and I'll get something in my ear. And then I'll kind of feel it in my body, and I'll get pictures. And it's so individual. But it's fun.

And that's where, too, I don't know anything. I don't have—which is why I love it. I loved even the fact of traveling and being in all these different places and all these different languages. I don't know, and I like not knowing. I don't want—even sometimes when people like—they go on and on. And they're telling the story. My old roots as a healing artist and massage therapist. I mean I could do a lot of that. Let's listen to the story. Me, now, as a—the spiritual midwifery aspect, I don't want it.

There's maybe—there's parts of that. There's the doula and here. I'm listening. And you kind of need to sound things out and unpack it. But when I'm in that space, it's very quick because it doesn't take. It's like we don't take hours and hours and hours. It's like okay. What is it? And it just drops in. And then I literally will go, "Okay." To speak freely. And then here it is. And I, again, I like recording it because then I can send it. They can listen to it. And see. And then sometimes even unpack it throughout their pregnancy or in that. It's like that's part of even the way if I'm working with a spiritual midwifery client throughout the pregnancy, but sometimes it's just one time. It's just one seed. And then that unravels for themselves, and then it also opens even for the star seeds. The babies are going, "Okay. She's got it. She's listening now." Do you—it's like it opens something up. It's a direct line because I don't—that's part of even I think as we grow in different spaces.

I think even in my own practices I didn't want—I don't want to keep seeing you every week. (inaudible) like, "No. You don't really—you don't need to see me every—you don't. You can go now." Meaning that in its—and so the spiritual part is like no. You shouldn't then need me. That's part of it. And then—and so I mean I'm not saying that I'm happy to be of service and to assist. But in that, I really do get lit up for people taking ownership and saying, "Oh." And they're getting it now. That's where even too sometimes it's the initial buzzing or the initial kind of going, "Oh, hey. You're not listening to me." And then they start listening. And then it opens up conversations even in the family. Even as far as—different things. And then there can be this outside person, which is me just blame the crazy—the one over there who is getting these things. I don't come up with—do you know what I mean? And then it opens up stuff. And then it's like there's a whole new dialogue.

And a lot of times the men, the beautiful, divine masculines are receiving a ton of dreams and things that are coming in. So I've had ones literally say, "He's totally on it. She's not connected at all." And their dialogue starts opening. And he's like, "Well, I just thought they were random dreams. I didn't know." And so in that then they—do you know what I mean? The child is just literally making sure that their team on—their ground crew is—they're all talking. They're all communicating.

MARYN: Yeah. I know. I was going to share that I'm pretty sure that's how we connected the first time was when I was pregnant with Ever, who is my five year old.

And yeah. I just remember you communicating some things about her. And I'm really left more with feelings. I don't remember exact words. But yeah. Really feeling like so much more aware of who she was and what she was saying, and I know we had several back and forths about that. And man. She's five now.

AMBER: And I remember her as Coyote Girl. I still—because I don't remember either. That's where too—someone asked me the other day. I'm like, "I don't hold it."

MARYN: Right.

AMBER: And yet, I do remember her spirit. And I do remember her energy. And I remember even at the time of some of those transmissions, I remember even the coyote—I remember those things. And that's where, to me, that's part of what's happening even on our planet. That we can't be operating from such separation. There has to be wholeness. There has to be—and with (cross talk). So here's—this is why I would say even with spiritual midwifery really a lot of the ones coming in, this is natural. It's natural for everyone.

MARYN: Sure.

AMBER: It's not a special thing. It's not—it's literally—it is—we've made the emphasis on the five sense. But all of the other ways of listening, of smelling, of—it's very ancient. And it's encoded in your DNA. It's part of—and so in that, that's—this is also the beauty where those things get activated. And then I think too that can be—especially if parents are looking at it from the side of outside of all just here's the stuff. And that they can create what they're doing regardless of where you live because I've seen it everywhere. I've seen it every place and every culture. There are ones who do. And they step outside of what is just there. And they find also beautiful ways to meld and bring all in. But I think the spirit aspect, which is why I think even as far as traditional midwifery that was what called me more because a lot of the things were not in the mind. It's dropping from the head into the heart and into the womb, and that's for everyone. That's for men, women that you know—(inaudible), right? It's like here. And then it's balancing. And there's a flow evenly through all of those, and it's informed.

But it isn't overly. And yet, I do, for even ones that are satiated by those things, there's plenty of sources for them to do that too. So it's just one piece. It's not—but I think sometimes when there's some of those pieces that pop, and it can be this little thing. And it literally can connect so much even to the body and go, "Oh, it's,"—yeah. I like—it's like I'm connecting the dots in different ways, which, again, is still really difficult to explain. I still don't think I answered what is spiritual midwifery. It's so—

MARYN: Yeah. Well, I mean yeah. I don't think it seems answerable in a set number of words. It's this experience. And you have this deep wisdom and connection and

ability really. Not that I don't think more of us have this ability. I do. But in this world, it's just not seen as something valuable. Or like you said, when you were little, it's—what is that kid doing? What is she saying? What is she seeing? And funny enough, yeah. My daughter, Ever, has all kinds of strange things that she sees and says. Yeah. But anyway, aside from it being really special and potent, it's supernatural. Like it's very natural and supernatural maybe. It's part of our experience. I think of being a human in this body, and pregnancy, of course, is going to magnify. I mean that's been my experience. And with working with other women, like how can we not address or support everything outside of her physical body? It's absolute lunacy to me that that's become midwifery is this focus on body and mind. And maybe some emotions. But not much in the spiritual aspect.

AMBER: Mm-hmm. And it's happening—it is happening all the time. That's where even just before talking about the direct connection between the star seed and the womb and the immediate environment. But it's happening in all of our relationships. It's happening. It's what you can walk into a room, and you can feel things that have happened. But you don't know why you feel them. I think that's also what's happening. Even the children that are coming in too, they have different sensitivities. Even some of the things that they're trying to say like, "Well, I have attention,"—it's just—they're being molded in systems that is not aligned for the excellence and where they are, of how they're highly functioning. And so I think we're not supposed to be shutting it down. And that's where the beauty of it. I mean even my upbringing and all of it. I honor it. It was my path. That was my sacred contract.

But I do think for the ones coming in that way, it's not as necessary. And it does. It's happening all the time. That's where I would say—I mean there's some beautiful stories which will come out as part of my story telling as well. But just little pieces of things like a—I can—well, for example, there's one in Indonesia. And I wouldn't have to be there. That's where, again, you'll be on a call, and she'd say, "There's something going on here, and I can't figure this out." So this is where even too—even for me—even with midwives or ones who are assisting in that way, if you've checked everything, if you've gone and here's all of that—that's where sometimes the phone and, again, because I was up and I was breastfeeding and I just was choosing not to be at the clinic because I also realize sometimes, for me, I would want to be kicking a lot of people out because my attunement going into some of those environments and seeing what was going on—and I could see so many other things. I was like, "I think I'm better at home. Why don't you just call me if something,"—because even in that, we've had conversations like, "Amber, we can't kick the husbands out. Or we can't—this is,"—you see the dynamic of the father crying and saying, "She can't do it. There's no way she can do it." I'm like, "This isn't helping." And then her—it's like it's this chain reaction.

So then we learned like okay. "You know what? We really need,"—so getting creative—yeah? "We really need this." From sending him on a trip to get something not real, yeah? Just to get him out. And then within minutes, the baby is—you're like, "Ahh." It's that. It's that energy. It's those things that you can't quite call it, but if you're looking—and even children in the room can feel it. You walk in, and you're like, "Oh." But that was—there was one particular story of someone who had been sexually abused at a certain stage. And in Bali, there is—it's very normal that the whole family, extended family—they're all right there. They're all right outside the room. It's—or in the room. And I remember getting a phone call and saying, "There is something. I just—she's not—there's something else going on here." And so that's also the way that I love to work with other midwives is that they're the ones that they know that that's part of their work. They're on location. They're on the scene. And I literally just get to dip in.

And I remember saying, "Okay. Who?" In the back of the room, there's a guy in a green shirt in this—and I described him. I'm like, "Get him out." And she's like, "What?" And she goes, "Okay." Just—I don't care how you do it because, again, that's why I'm not here. I'm home. Get him out. He's out. And then later—so after—and then immediate—the baby is fine. And then we get to talk. This is, again, the beauty of midwives. And we get to talk story. Anything you want to know, you kind of way, "Well, what was this?" And that is an uncle, who had been molesting her from probably 6 to 13. She's 22, and she's married and having her baby. But him in the room is not safety. I can open and allow—do you know? And so those things. And I have so many of those stories of different ways of—that those are the little pieces that no one is really—and at the same time—so then sometimes the complications or failure to progress or there's other things—like other elephants in the room or people that shouldn't.

MARYN: Sure. Yeah. And that's so helpful. I had this—all of a sudden crazy flashback of remembering that I called you from a birth like probably 6 or 7 years ago. I had totally forgotten that. And it was so helpful.

AMBER: I don't remember it either.

MARYN: Yeah. I don't remember—again, don't remember what was said. Something about dancing maybe. But I don't—I don't recall, but that's funny. I haven't thought of that until you said it.

AMBER: Yeah.

MARYN: But that—yeah. I remember that being a really cool thing and so grateful to you. And midwives, in general, I think even when we're feeling somewhat connected—and I mean I feel at least somewhat aware of those types of things like it's so great to have that support because your brain is also trying to work in this other way of analyzing

and quantifying and that kind of thing. And sometimes you're just frankly tired. You're just exhausted at a birth, and it's really hard to deal with the energies even though you're feeling them all.

AMBER: It's true. And to access those places because you have to—it's like even at that, you have to be attuned in a certain way. So in that, being on the physical and aware of what's happening and watching the vitals and all—everything, it's just so important that you can't necessarily go. That's why I do like the ease and the collaborations in that way because it is—it's just like having more eyes. And, again, there's owls, yeah? There's all these other dimensions. And one—the one in birth, in particular too, I think this was Indonesia. And it was a sister midwife, an Indonesian midwife, that was giving birth at that time. And I remember getting the phone call and saying—and there was—she was hemorrhaging. She was literally losing consciousness, and I was like—she was like, "What's going on? I can't." and literally, we had—I checked the Akashic Records. Immediately, I'm like, "She's flashing back." Because to me, the power—everything. All that ever was, all that ever will be, it's right now. And so in that beyond the veil or in that window, you're accessing everything.

And so this woman literally was having memories of where she did hemorrhage and she did die. She did—no. No. No. She didn't die. She lost her baby. I mean it was—again, I'm not retelling the story exactly. But there—it was that. But she was starting to go in this now as it was happening as in she was recalling that experience. And I remember—so, again, saying to the midwife—I said, "Say this name. That this is not,"—and I named a name that, again, how could I possibly know? And she's like, "This is not blah, blah, blah." The name. "This is not happening." And it snapped her right out. Like this is not. And she didn't lose her baby. She didn't—do you know what I mean? But it was like she was also then commanding for her womb and her presence to come fully back and to close. But, again, she had that access and memory. And so in that veil and it was—that was kind of also one of the last resorts of her calling and saying, "What?" And so even the name that came—I don't even recognize it or even what—where—

MARYN: Right. Right.

AMBER: Not even a—but it kind of helped because they had tried. It's like, "Oh, we tried the placenta under,"—they would try it all the things. And then at that, it's like, "Now what?" There's something else. There's something else going on.

MARYN: Well, I mean that just feels so right. That story totally gave me the chills too. But I mean because I've experienced, of course, similar situations where things happen or there are emergencies or whatever. And I remember a student asking awhile back about a birth she had been at that was—sounded pretty complicated and saying

something like, "All the physical factors." And to me, it's never that. It's never that or just that. And it's such a limited view even though I mean my own frustration sometimes with what you're saying. Well, what is it then? So how—it's like how can we—I mean from my perspective sort of help midwives have more of a shift in their thinking and their feeling because it's so important. And, again, to me it's never just been about the physical. That's actually super boring in a way. I don't see it, but yet—yeah. I mean my own frustrations with lack of maybe being able to know or being able to have the information which, of course, is where someone like you comes in. But just kind of—

AMBER: Well, and then even as we were speaking even just two—as women and as sisters of that's also part of even in our own being and feeling restored and being in it. And also being outside of pressures. I mean because there is—there's so many dynamics that come in. That's where, again, even for—I really—I honor and deeply bow to every midwife in whatever capacity they are serving and just even as mothers—it's like having all of these different radars. Like having all of these different things and then having to focus in that way. It's not easy because you also have so many other—it's like those are the elephants in the room of the—and the responsibility and different things in that way. It's like there's so many other factors that then that doesn't naturally come which is why even for myself—absolutely I have always been and will be my own midwife and in that way. But in that, I'm not interested in taking full responsibility for someone else's—there's—and that's where, again, I think the direction that's kind of going is that there's more and more saying—I mean even as far as doing your research. That's—you have to—and consulting anybody that you are—that's why I think even for me I put spiritual midwifery and then consulting. It's like you consult me, but you can consult someone and say—and then say, "Okay. No. I'm going to choose something else."

MARYN: Exactly.

AMBER: I just feel at the end of the day fully own it. And I think those things that gets colored a little bit when we're at births and different things, and there's so many different aspects. And then the energetic feel. This is where I noticed on myself. It's not my place to—at many births because there's so many things that I'm not only attuning to the mom, but I'm seeing other things in the room even—I mean I would—even from my own birth. I had a beautiful support. There was so much weaving in that. But even the woman who was—she was—I was at her (inaudible) and staying there. She had her own traumas. Extreme traumas. And abuse at the hands of an Indonesian midwife of having—and having her children. And so every time she would come into my field, I could see what happened at her birth, and I don't want it. Me and here now. This is part of my thing with spiritual midwifery is that when they come in it should be completely clear. Like me being in the room. I'm talking about—do you know what I mean?

So people are like, "Oh," and heart rates and something. All of that—is it clear? Is the space where they are literally one with spirit, with where they're coming from, and then the purity of gaia and the earth and the energy and the love in the room. Fear cannot be there. And I do understand that I know people survived it here. What it is and then everyone has their stories. But I just—my hopefully, rose-colored glasses is that imagine if everyone got to come in in this way. And so even—I know when I was telling that little piece of the birth story, even—I remember this woman coming and opening the door and saying, "Are you sure you don't need anything?" And as soon as she opened the door and I felt—as soon as—I felt, and I literally felt myself pull him. Like this energy. Like can't come out now. So I don't know. That's just a tangent. That there's so much. So when we're talking about being in physical presence and being in births, it's like there's so many things going on. And you can see it. And if you can't see it, you can feel it.

MARYN: Yeah. Totally.

AMBER: And that, if you're focusing, it's like it takes a lot almost even how to prepare and armor yourself to tune in and stay home—but still, if that's your receiving all of these imprints and impressions and maybe communications also good to in the sense of births even in that being able to communicate clearly and having different ones. I don't know. I just know that that's usually not my place. I'm better on the phone or from a distance. That (inaudible).

MARYN: No. I love that. I mean it's being really clear about your boundaries and your responsibility, and I think that also does kind of answer wherever I was going with that which is we can't be all the things necessarily. That's not a way to access our own power in a deep way.

AMBER: Mm-hmm. Especially if there's repercussions or if there's other things that if you do kind of exit and you're going more on the spirit realm and then you're missing some things where you need to be earth, it's—[cross talk] in different places when there isn't so much of that. That's where, again, I think even the ancient ways—this was—these things were being assessed more so than some of the—and it was happening. And there weren't words for it. It was just what is. And—

MARYN: Sure. Yeah. That makes a lot of sense. I mean I agree with the wordlessness. And as we have kind of hit on, I think even before we started recording, just people's responsibility in their own experience and really how that flavors so much of what we are feeling. And I feel like that's exactly what I needed to hear today. And kind of at these moments in my own life because I feel like I do feel a lot of it. But yeah. It's more that, "Well, what to do? What to do now?" Or like you said, kind of going back and forth between, "But these things are having—happening physically." And possibly

being involved with people that maybe aren't willing or able or open to feeling all the things. And so you're stuck feeling it on their behalf, but they're in this other place. And that's—yeah. That is where I'm—

AMBER: And that is emotionally exhausting. That literally is not—and so that's where I think even all of us are being called to reassess how we're serving and how we can best serve and what would bring the most joy. Because I do know that there are ones—that's where again even me saying, "Okay. I know that I'm not literally meant to be on call and be at the births in that way," I know that there's ones who are called to be there. And that's their path. So I think sometimes it's part of this different levels. It's like bringing together all of what you know, all the capacity, but then bringing it back to what lights me up, what is—what would I do just in general. And that it's not depleting. And so I think even for a lot of our sisters and midwives that it's like—it's how full are you in the sense of even your own restoring of balance and energies and so. It takes on many different forms. And I think even, like you were saying, some people and parents are not going to do that work, and that's why, again, I'm very clear that those are not the ones that I'm working with.

And because—it's almost like ones who are digesting baby food and then even on a spiritual level of even sometimes even some of the stuff that comes through spiritual midwifery stuff, it's not easy. Sometimes it's—questions about what's happening in the relationship or things that you haven't addressed for years. And we know this. That it happens even any of it. The body and birth is not going—it's going to come. So that's why, too, I love the insight that comes from these amazing star seeds. And they're like, "Okay. She's got to take a look at that." So in it, so here's a stranger then coming in saying, "Hey, dah, dah, dah, dah." And it's like, "Oh. I have to go there."

MARYN: Yeah. That's so right.

AMBER: You know what I mean? I was trying to keep that under—so all of it. It comes popping up. But you would rather—this is where I love it. You'd rather have the space and time of 10 moons. That's an abundance of time if you're really participating and looking and saying, "Okay. All these things."

MARYN: Right.

AMBER: Even if it was difficult. But now this is the gift because you clear it for yourself. You clear it for your own bloodline, your lineage, and then as well it's not something that the star seeds—because they're like, "I'm not doing that. I've got stuff to do."

MARYN: Right.

AMBER: I would like to come in and just do—so some of that—and it's—some of it is lineage. That's where, again, sometimes it goes back. It's not just specific to what's going on. It's like, "Ah, this is what's coming up again," or patterns that they maybe haven't seen. And, again, I used to do that with adults and different ones even if you're not pregnant. But that's where I feel like, for myself, the role working with the ones in star seeds because—I don't know. It's like there's the certain ones. It's ones that are being called in that way. And so that makes it more attuned even as far as our practices too. It's like not all. And that's fair enough. That's not even judgment.

MARYN: Right.

AMBER: It's resonance. Let's see who's aligned and then in that I bet we're less depleted because we're working with the ones where literally the energy comes in, goes out, can be received, and then even leaving the space and time for it to be digested. I mean that may be a piece or morsel of food that maybe takes that person awhile. A few weeks, whatever, to just sit with. And there's nothing else. Not like, "What's next? What's the next week? Okay. Now what?" Just let that unravel. Let that unfold. And then the bigger pieces—I mean it's huge because it is. They're serving their families. It's sometimes cycles that have gone on and on for generations get to stop. So I like it. I think it's—it makes me think positively about our world and where it's going.

MARYN: Yeah. I mean it's brilliant. And your participation in that way is so needed and welcome, and you're hired.

AMBER: I'm hired. And then easily fired because that's where—my first thing is I will say—I am always like, "Okay. And then you'll,"—when you go, "Okay. I got it. I don't need you anymore," I'm like, "Yes." Do you know what I mean? That to me is a part. Then there's more. There's other ones. that's where I'm like because other star seeds. This is what I realized when I was working sometimes. So much one on one with adults who are going through these processes and different things. I'm like I can't spend this much time with you. Maybe you need to take it and something. And maybe it's not even this life time. That's where I had to learn this is—I'm going to fire myself. I'm going to fire myself and say, "This is not my work." And so that's been part of it. I can hear it in my being and my body the passion for it. But it's like, "No." And with no judgment. It's also just saying, "Who and what is for me?" Cannot miss me. It will come, and here it is. And that's how that works. And then when it's no longer aligned—because even that on a spiritual level, you can feel it. When it's complete, it's complete.

MARYN: Sure.

AMBER: And then if (inaudible) goes kind of like, "Well, but no." And then we keep climbing, it's like, "No." Okay.

MARYN: Done. Contract up.

AMBER: Yeah.

MARYN: Yeah. I love it. And I love that ours circle back around together today to chat. And I can't wait to—

AMBER: And I'm so happy to see you. I'm so—and I'm so honored to know that you're in this world doing what you're doing even the transitions, even in those levels of service. It's what we're being called. So we're just saying, "Okay. Let's tweak it." And so what? I mean what things are meant. And that's—if everyone is doing that, there is a place for everyone. That's why there isn't—that isn't not a competition. It's literally—I've even felt this as far as family dynamics and different things. I literally say to blessing (inaudible)—I'm like, "That's not my skill. You got to ask so-and-so. This is not my—and I don't have an interest in learning how to,"—it was probably with homework usually. I'm like you've got to ask.

MARYN: Yeah. Yeah. Well—

AMBER: My mind was not going to do—and yet, somebody in the tribe or extended soul family—and they loved it. And that was their moment and their time. And so I wasn't stressing myself. Usually, you get pretty frustrated when we're—we're usually doing stuff that we're not supposed to be doing.

MARYN: Right. Right. Yeah. No. So many—

AMBER: Or the time limit is up. Because it can start out, and then here's the flow. But then all of a sudden—so.

MARYN: Sure. Yeah. Gosh. So many—

AMBER: That was a long way of me trying to say thank you for you though because even all the podcasts—everything that you offer all of it is literally—for me even ones with—that I'm working with I'm like, "Okay. But now here this. It's part of." I put up in a blog. There's so many things. But it's like, "Go. It's all there." And then to—for them to intuitively—because they could also over—like over consume and (cross talk). And so in that, it's like no. That's even part of the practice. But that can be the play. I still think that's spiritual midwifery as well. It's not then, "Okay. I'm going to take full responsibility," and then I'm going to try and learn everything. No. This midwife has shared all of her juice from all of what she's learned, and here is the pieces. Here's the conversations. Here's the things. And then that person gets to pick and choose as they feel.

MARYN: And that's the creation. That's the creation that we all have access to. In the small picture, in the big picture, we're all just putting together the pieces or following the path or whatever the analogy is. But—

AMBER: And the sacred convergence because this is what's happening. The flower of life for all of us. It's coming. And we're all these little pieces and coming together. And this is what's happening. And this is why it's also a joy in our collaborations too. It really is. It's such flow. And it's—that's where, again, it's taking those small aspects of play and resonance. And then it just keeps going. And then it goes ping, ping, ping.

MARYN: Yeah. Totally. We could do this all day. So I can't wait to dream up more. We're going to dream up more and possibly some—I don't know. We'll see what's to come from you with support on our end. But I have so enjoyed our talk. And how can our listeners get in touch with you if they'd like?

AMBER: Website is good. asouljournerstruth.me so A—yeah. If there's a link.

MARYN: I'll link it. I'll link it at the bottom of the podcast so that people can get that correct and be in touch with you.

AMBER: Beautiful. Thank you.

MARYN: Thank you so much. So much love to you.

AMBER: It's so great to see you again. And until next time or as we say in Bali, "(foreign language)." Until we meet again.

MARYN: Until we meet again. Thanks for listening everybody. Hope you enjoyed this talk with RainMa today. Check out indiebirth.org for next content and join us on Patreon. It's patreon.com/indiebirth. And if you are a member there, you will have access to special podcasts that no one else has access to. So for \$3.00 a month, come and support the work we're doing, and we'll see you there. Have a great day.

(closing music)