



WANT TO BE A GOOD MOTHER?

- Worried about the birth?
- Overwhelmed with emotion?
- Feel your body's been hijacked?
- Keep getting conflicting advice?
- Sick of hearing horror stories?
- Can't get over a previous traumatic birth?
- Worried you won't be a good enough mum?
- Don't want to repeat your parent's mistakes?

WELL, here is all the information you need to decide if 'The Whole Mother' Programme is the best option for you.

I set this programme up to give women just like you, the chance to come and clear old baggage in a space that is safe so that you have to chance to be the best mum you can be. We all have the instinct and intuition to be great mothers, sometimes we just need a little help and support allowing that part of us to grow and develop.

The pack includes:

- What is the Whole Mother Programme?
- How does it work?
- How will I benefit from the Programme?
- FAQs
- Stories and testimonials from other mums
- Terms and Conditions
- Pricing

Once you have read through the information, the next step is to call me to set a time and date for your Intro Chat. This will last about an hour and the cost is £75 (which is refundable against your treatment fees when you decide to go ahead).

During this time, I will be able to answer any questions you have about how it all works and how our sessions together can best benefit you. This will also give us the opportunity to meet and have a good natter over a coffee and make sure we are comfortable with each other.

After this chat, we will decide if you will benefit most from either 3, 5 or 7 sessions.

I'm really looking forward to hearing from you.

Much love,

A handwritten signature in blue ink that reads 'Patti' with a stylized underline.

PATTI GOOD
Founder and MD of BabyJourney Ltd
Accredited Journey Therapist
HypnoBirthing Practitioner

HOW WILL I BENEFIT FROM THE PROGRAMME?

- **Help you to trust yourself and become a great mum!**
- **Feel calm, confident and in control**
- **Help you recognise and change patterns and behaviours that are not supporting you**
- **A safe haven for you to resolve and release and not merely identify your issue/s**
- **Help you to embrace the deep powerful emotions of motherhood**
- **Ensure that you don't pass on your 'emotional baggage' to your child**
- **Significantly increase the chances of an easier birth**
- **Help reduce the risk of postnatal depression**
- **Offer you much needed emotional help and support for an easier postnatal adjustment**
- **Non-judgmental supportive environment which gives you the freedom to open up about how you are really feeling**

ALSO...

- Your programme of sessions will be completely tailored around your specific needs
- First session will last around 3 hours and follow up sessions will last around 2 hours.
- You will have access to full support throughout including telephone, e-mail etc

"I think clearing 'emotional baggage' is essential for every woman wanting children"



WHAT ARE THE WHOLE MOTHER PROGRAMMES?

The Whole Mother Programmes have been set up to create a gentle, safe haven for you to clear any blocks that you may have to becoming the best mum possible.

Sometimes life gets in the way and things happen that we don't always know how to deal with. Often chatting with girlfriends helps loads but sometimes this is still not enough to let some or all of that old baggage go.

Maybe it's old crappy relationship stuff, or a miscarriage, maybe an abortion that has long since been forgotten about but still leaves a hole in your heart. No matter how big or small, I think us girls know intuitively that this is the stuff that we can end up passing on to our kids. The stuff that stops us being the most phenomenal mum we know we can be. Ever promised yourself you would never do something the way your mother did, only to do it exactly the same without even thinking?! Aarrgh!

I've created this space, this hand-held process just for you. Someone who I know only wants the best for her children, someone who wants to be a great mother and partner and a strong woman in her own right. Someone who wants to be whole, and then share from that wholeness to create the perfect womb for new life.

SO HOW DO I LET THAT OLD STUFF GO?

"I have experienced many different forms of alternative therapies over the last 17 years, I have never come across anything that is as consistently effective as The Journey at getting to the root cause of an issue and clearing it out of the body. After my first Journey process I was so blown away by the results that I resigned from my bank job and immediately started training as a Journey Therapist."

The Journey techniques that were originally developed by Brandon Bays to help people heal their general health, emotional and behavioural issues, have now been tailored to focus specifically on fertility, pregnancy and birth related issues.

I believe the traditional medical model offers well established support for the mental and physical preparation for pregnancy and birth. However, very little opportunity is available to uncover and clear emotional issues that may affect motherhood. We now understand and appreciate more fully than ever that these unresolved emotional issues can directly affect physical wellbeing impacting our ability to conceive, the pregnancy, the birth and postnatal adjustment.

These emotional issues, fears and concerns can also be passed along to your baby, so it is so important that they are released and healed before your new addition arrives.

The Whole Mother Programme provides the support and tools for this emotional clearing.

HOW CAN THE WHOLE MOTHER PROGRAMME HELP ME?

The Programme can help with any of the following:

- Fertility
- Bonding
- Miscarriage
- Fear of childbirth
- Traumatic birth
- Termination
- Losing a baby and stillbirth
- Adjusting to your new circumstances
- Clearing out emotional or mental issues around parenthood
- Postnatal Depression

These are some of the most common issues, however, every woman will have her own unique issues and concerns. If you have something else that you are struggling with, please feel free to give me a call and talk it through.



HOW DOES IT WORK?

When a very strong emotion (be it negative or positive) shows up in our lives our natural tendency is to reject it. We decide 'I don't want to feel sad, depressed, angry' so we do all manner of things to literally push it away, to stuff it back down. We pick up the phone, we have a bath, we turn on the tellie, we eat it away, we smoke it away, we drink it away. We'll do ANYTHING, just as long as we don't actually have to feel it.

No one has ever taught us how to deal with the really overwhelming emotions so out of fear we just blatantly reject them.

But what if we chose not to react in this way? What if in the face of a really strong emotion, we just sat still and ALLOWED the emotion to move through us? What if we allowed the emotion the place to just be fully felt.

Brandon Bays took this idea one step further and discovered in both herself and others that once a strong emotion has worked its way through the body it is as if we are able to fall into an even deeper, stronger emotion. For example, once anger has been fully expressed, you may drop into rage, from there you may drop into sadness and then abandonment and finally into complete hopelessness. At this point it is as if there is nothing left to feel. It is like you have come to the bottom of all the raw emotion and 'nothing' is left. But we all have the ability to take it one step further. Once we go beyond this we are all able to open into a place of incredible peace and freedom. Athletes often describe this as 'The Zone', scientists refer to it as 'Quantum Soup' or a 'place of no mind' and some refer to it as 'The Infinite Intelligence' or an experience of 'God'.

Whatever name we give it, it is still the same place, the place where the body is able to tap into it's own infinite healing power.

The other main concept of The Journey, is that the cells in the body regenerate constantly. Eye cells regenerate every two days, liver cells every 6 weeks. But why if someone has liver cancer today, do they still have it 6 months down the line when in fact the organ is brand new a few times over? Deepak Chopra believes that what in fact is happening is that the 'cell memory' is being carried into each new generation of cells. It is as if the new cells are being born out of the memory of the previous cell generation.

With this in mind, Brandon asked the question, 'What if it is possible to access the memories stored in cells and completely clear them out? Would this not open up the possibility of healing the body on a cellular level?'. Brandon states in her book, 'I had the belief, after years of work in the mind-body healing field, that everything happens for a reason and a purpose. Once you learn what the disease or physical block has to teach you and you finally let go of the emotional issues stored in the cells, then, and only then, can real healing begin on all levels – emotional, spiritual and physical. Only then does the body go about the process of healing itself naturally.'

She discovered that once a person opens up to really allowing themselves to feel a 'raw' emotion the unconscious mind is able to uncover specific memories linked with that emotion. Then, using specific techniques described in the book, she was able to facilitate the complete release of the emotions by dealing with the memories that caused the body to store them in the first place.

THE RESULTS WERE PHENOMENAL!

Today anyone can see an Accredited Therapist for Journey sessions. They are able to drop through their own emotional layers in order to uncover what their bodies and cells have been storing and completely resolve and release it. Through The Journey everyone is able to become an active participant in their own healing process.

MY STORY AND VISION

After spending 10 years in corporate jobs and hating every minute of it, I left to pursue a career as a Journey Therapist. I was so amazed with the results I had seen in my own life, that it just made sense for me to be able to share that with other people.

I set up my private practice in 2003 and worked with all manner of issues from cancer to depression, relationship issues to those who were just feeling unfulfilled. Without really realising it, my business gently started to move towards the baby arena and when I added HypnoBirthing in 2004 it just made sense to help mums with the emotional issues they were facing.

I am still constantly amazed at how little emotional support is available for this life stage. So much so, that women don't even feel they have the right to admit or even ask for the help they need.

It is my dream that BabyJourney will be that specialist emotional support, that place of being honest with ourselves and admitting how we really feel. A place to clear and let go and create space for new generations.



FREQUENTLY ASKED QUESTIONS

IS THERE ANY SCIENTIFIC BASIS FOR THE JOURNEY?

Dr Candace Pert, author of the bestselling book 'Molecules of Emotion' is a well-known cellular biologist who works in Washington DC. On a number of occasions she has spoken to the US Congress about her findings on the effect that repressed emotions have on our cells. What she has unequivocally discovered is that whenever we have an intense, powerful emotion that we repress or shut down, specific chemical changes take place in our bodies. These can affect certain cell receptors, blocking those cells from communicating with the other cells in our bodies. If disease is likely to happen, it is more likely to happen where these cell receptors have become blocked. Similarly, the suppressed emotion of the mother can be stored in the baby's own cells. When we feel and express our emotions healthily, fully and wholesomely, our cell receptors remain open.

DO SESSION LENGTHS VARY?

Yes, your session times may be slightly shorter or longer than specified. Session length is no indication on the effectiveness of your Journey process. Some of the best results I've seen have been in clients who may have only taken 45 minutes to complete a process.

HOW DO I KNOW IF I HAVE AN ISSUE?

There are some surefire ways of knowing that you have an issue. Firstly, if you have a physical condition, this is normally the bodies way of trying to get your attention. Secondly, if you can't stop analyzing or thinking about a problem this usually means there is something that could be cleared. Thirdly, if you are feeling really emotional about something and it just doesn't go away no matter how much you try and make it, this is a good place to start looking to get some help. Likewise, certain addictive behaviours or repetitive patterns of behaviour may indicate something that needs to be cleared. If you are in any doubt, give me a call and we can talk further.

HOW WILL I KNOW IF I'VE CLEARED MY ISSUE?

This largely depends on the nature of the issue. And saying that, women with issues around fertility, have fallen pregnant, others have prevented postnatal depression before the baby even arrives and others have just felt great and happy during the pregnancy. I also use a detailed questionnaire in your first and last session so that we have a good benchmark of your progress. And...you will know!

HOW CAN THE PROGRAMME HELP ME WITH FERTILITY?

There is strong empirical evidence to suggest that clearing emotional issues can result in pregnancy. From my personal view, I know women who've cleared their emotional issues and fallen pregnant and others who have come to accept and find peace in their body's wisdom of not having a child.

WHY HAVEN'T I HEARD OF THE JOURNEY?

The Journey has been used as an amazing tool for healing and transformation for about the last 15 years typically in healing and spiritual circles. Those who know and understand how powerful it is believe that you find The Journey when you are ready.

WHAT HAPPENS DURING A PROCESS?

Going through a Journey is similar to being taken through a closed-eye guided visualisation. What you experience is similar to the period of deep relaxation just before sleep. You are aware, and fully in control, but also pleasantly relaxed. I've found that anyone interested, and committed, can benefit from the Programme.

HOW WILL I FEEL AFTERWARDS?

Initially you may feel really emotional or experience physical aches and pains. This is completely normal! Very often the body experiences what is called a 'healing crisis' and this just means that things may get a little worse before they get a lot better. Generally within a few weeks of your first process you will feel much lighter and happier and more in control.

I've worked with women over 5 or more sessions who have totally turned their lives around in the 6 - 12 months following their sessions.

HOW WILL I KNOW IF I NEED 3, 5 or 7 SESSIONS?

Together we will discuss your current situation and I will make a recommendation at your Intro Chat.



FREQUENTLY ASKED QUESTIONS

HOW WILL I KNOW IF I NEED 3, 5 or 7 SESSIONS?

I normally recommend 5 sessions as a starting point for all fertility related issues as they are so connected to major areas around relationships, self esteem, femininity, sexuality and core issues around identity. And together we will discuss your current situation and I will make a recommendation at your Intro Chat.

HOW LONG WILL IT TAKE TO DO MY 3 OR 5 SESSIONS?

You will need to take 3 sessions within 12 weeks, 5 sessions within 16 weeks and 7 sessions within 20 weeks.

WHAT DO I DO AFTER I'VE FINISHED MY SESSIONS?

Once you have finished your 3, 5 or 7 sessions with me you will be eligible to take additional sessions as and when you require them for a cost of £195.

I normally recommend follow up sessions every 2 - 3 months just to stay in a really good, clear space.

HOW DO THE PROGRAMME SESSIONS DIFFER FROM TRADITIONAL PSYCHOTHERAPY SESSIONS?

Do you want to talk about your issue or do you want to deal with it? Traditional psychotherapy offers 'talking' therapy where you spend sessions talking through your problems. This can be very beneficial but can take a long time. The Journey offers you a way to connect with the 'healing' aspect of the body and get direct access to the root cause of the problem. Results tend to happen much faster and permanent change becomes easily obtainable.

CAN THE PROGRAMME HELP WITH A PHYSICAL CONDITION?

Yes, our physical bodies are affected by our emotions every day of our lives. They say that 47% of all cancer can be attributed to unresolved anger. Wow!

I think that we all know this at some level, it's just that no one has ever taught us how to deal with strong emotion. Clearing emotional issues has a direct impact on the physical and can completely clear certain physical issues.

IF I COMMIT TO THE PROGRAMME, DOES IT MEAN I NEED TO STOP MY OTHER MEDICAL TREATMENT?

No, definitely not. BabyJourney Therapists are not qualified to either diagnose or give medical advice or treatment and The Programme is not a substitute for normal medical care. We advise all clients to discuss these techniques with their medical practitioner and to continue any present medical treatment.

I have found that this Programme works really well in conjunction with pretty much any other treatment you are currently having.

DOES IT WORK WITH OTHER FORMS OF ALTERNATIVE THERAPY?

Yes! I currently work with some fantastic therapists who use Acupuncture, Chinese Herbalism, Body Stress Release and many more. The Programme works wonderfully hand in hand with these and other alternative therapies. (Please ask your therapist for a list of recommended practitioners).



TESTIMONIALS

REACTIONS FROM MUMS



"I recommend The Journey to anyone who wants to improve the quality of their lives physically and emotionally, especially women who are pregnant or thinking of motherhood. The Journey will ease your anxieties and enable you to relax and enjoy your life with your baby. With the help of The Journey, I was able to clear my fears of postnatal depression before the baby arrived. I then went on to enjoy a pain free birth with the help of HypnoBirthing."

Marie Queenan and baby Kayla



"Having had success with Reiki and The Journey during my first pregnancy I decided to use these again. Whilst again the baby was breech and stuck in my bicornuate uterus, I was still remarkably calm throughout the birth. Due to HypnoBirthing breathing and a last minute Journey, I was told by the mid-wife that I was having contractions that I couldn't even feel. In fact the baby actually turned in the last hour (a supposed medical impossibility!) and I was calm enough to watch the c-section being performed. I'm sure it was only because I was so relaxed that any of this happened."

Debbie Preston and baby Ryan



"By following the HypnoBirthing programme my partner was able to support me in a very deep way. Preparing for the birth became a daily part of our life which we felt passionate and excited about. Daily relaxations and massages brought us together in a very special way. We went on to have the most amazing home birth, clearing my issues around motherhood and birth was the best gift I could have given myself and my baby."

Cath and Niall Anderson with baby Luan

"I cleared more in one Journey session than I did in 6 months of regular therapy"

Katie, London

"My first journey had a huge impact on me. I finally let go of my guilt, in the true knowledge that nothing I could have done could have saved my pregnancy because it simply wasn't the baby's time to be born. I can't recommend Patti highly enough. A truly lovely remarkable lady. And I hope when I am pregnant she will help me through the whole process"

Mia Sanchez, London

PROFESSIONAL REACTIONS

"BabyJourney is the answer to a prayer. So often I work with mums who have miscarried, lost their baby or had a horrific birth. Now I know where to send them to get the emotional help and support they so desperately need."

Geraldine Miskin, Breastfeeding Specialist and Founder of The Newborn Network

"I recommend HypnoBirthing to ALL my clients. As a midwife I think it gives couples the best possible chance for the birth they want."

Verona Hall, Independent Midwife

"I have witnessed a normal birth and I've been at HypnoBirths, there is no comparison. I would choose a HypnoBirth every time!"

Naava Carman, Founder of Fertility Support Company



TERMS & CONDITIONS

INITIAL CONSULTATION

1. One hour's initial consultation
2. The aim of this initial consultation will be to explain to you how The Whole Mother Programme works, and to discuss with you what your expectations are and how you will best benefit
3. The cost of the initial consultation is £75
4. If you decide to book either 3, 5 or 7 sessions, your initial consultation fee will be deducted from the price of your chosen booking
5. All fees are payable in advance by cash or cheque

SESSION CANCELLATION

1. The £75 fee for the initial consultation is non refundable
2. If for whatever reason you cannot attend a session, you must contact me at least 48 hours prior to the scheduled appointment. Your session can then be rescheduled at no charge
3. If you cancel an appointment with less than 48 hours notice, you will be expected to pay the full session fee
4. If you do not contact me and fail to attend an appointment, you will be expected to pay full session fee

ONGOING CONSULTATIONS

1. If following the first consultation, we decide that you could benefit from the Programme, we will agree how many sessions you require, either 3, 5 or 7
2. Payment, less your initial £75 consultation fee, will be payable in full, prior to the commencement of your first session

CONFIDENTIALITY

All sessions and discussions between us will be treated in the strictest confidence

LOCATION

Sessions can be taken at 1-7 Harley Street, W1G 9QD on Thursdays or Saturdays

SESSION TIMES

Sessions are at 10am, 2pm or 6pm

ADDITIONAL INFORMATION

I suggest that you take your first session on a Saturday so that you can give yourself time to relax afterwards without the pressure of needing to return to work



PRICING

THE WHOLE MOTHER PROGRAMMES

EMOTIONAL LAUNDRY **£695**
3 sessions

Includes 1 x 3 hour session and 2 x 2.5 hour sessions
Session to be taken within 12 weeks

EMOTIONAL TRANSFORMATION **£995**
5 sessions

Includes 1 x 3 hour session and 4 x 2.5 hour sessions
Session to be taken within 16 weeks

EMOTIONAL LIFE CHANGE **£1295**
7 sessions

Includes 1 x 3 hour session and 6 x 2.5 hour sessions
Session to be taken within 20 weeks

HYPNOBIRTHING

INDIVIDUAL CLASS **£250**
If you are unable to attend one of the group sessions and require an individual class **+ travel**
+ travel time

PRIVATE CLASS **£995**
Includes text book, relaxation CD and all course notes **+ travel**
Done in the comfort of your own home at your convenience **+ travel time**

MUMMY ME TIME

Per hour session **£75**
A session designed around your individual needs which could include

- Birth Plan Preparation
- Your Birth Options
- Relaxation
- Reiki
- etc

