



## How long have you been doing what you do, and how did you become a Prenatal Health Coach and Divine Feminine - Bliss Birth Expert?



To answer this question, it's probably best that I share with you a defining moment, and a resulting "compelling story", that brought me to where I am today – coaching people like you on exactly what to do to live a sensual, spiritual pregnancy, unleash their divine inner feminine power and enjoy a blissful birth.

That defining moment in my life happened in 2007 while pregnant with my first child. I was feeling exhausted, lost and scared. I was stressed at my corporate job, working like a "mad" woman, choreographing for major dance shows, eating fast foods and constantly on the go while living with my ex-boyfriend who was driving me "nuts." I meditated a few times which alleviated stress significantly.

My birth was long, draining and painful: I was in a New York City hospital strapped to an IV machine for hydration. Eight hours in and I was constipated, moody, tired, hungry, and it was too late to take an epidural because I was fully dilated. After 10 long hours of physical, emotional and mental stress, I finally settled for peace, surrendered to the pain and gave birth to my baby boy vaginally, but tore 3 inches in my vagina that needed to be stitched up ("ouch!") and I developed hemorrhoids. I meditated again and eased the pain through mindfulness.

The situation taught me that I have power and control over my situation and that it was possible to have a pain-free birth, even though I didn't have a blissful birth. THAT happened with my 2nd birth after I really started to explore this and put it to the test. I made a commitment to immerse myself in absolutely everything that had to do with divine femininity, and pleasurable births: I got into orgasmic birthing, orgasmic meditations, aphrodisiac foods, Hypno-birthing, and I felt so fabulously sexy, relaxed, and had a vaginal birth that lasted only 4 hours at a birthing center, with NO issues or pain. It was almost effortless. My energy was so high that I was dancing and ready to be discharged two hours after I gave birth. Talk about a turn-around!

I didn't suffer because I prepared my mind and body beforehand. I felt the pressure, but translated it as something other than pain. I opened myself to surrender to the process. I help create this bliss state for my clients-by preparing them and their mindset so that they not only feel healthy, sexy, and confident during their pregnancy, they trust the process and enjoy a blissful birth. They embody the divine feminine and nurture themselves, so that they feel joyful and empowered in any situation.

This is how I cleaned up my past and started teaching pregnant women how to do the same. I have since made a commitment to dedicate the rest of my professional life to helping other women move from mental and emotional stress due to fears around their pregnancy (fear of pain, miscarriage, preterm labor, deformities, lack of a 'mother instinct', unexpected changes in your marriage and life after delivery...) to connect with their baby and their life- affirming sensual energy to enjoy a truly blissful birthing experience.



Since then, I've worked with many private clients, spoken in front of countless groups: I lived my dream of traveling to Hawaii, Belize, Costa Rica and Jamaica and earning an income while I travel with my online business; and I have created Your Magical - Divine Feminine – Bliss Birth System, a series of 10 important inner and outer divine feminine cultivating steps every mother or new mother needs to apply to feel healthy, sexy, confident and enjoy their blissful birth.

### Who are your clients?

I work with people just like you who are spiritual first time mothers or experienced mothers who really love movement, know about nutrition and understand how energy works. However, they need support, guidance, and the right tools to move their mental and emotional fears around pregnancy, connect to their sensual energy and enjoy a truly blissful birthing experience.

- Yogi's
- Tantric practitioners
- Hawaiian Dancers
- Belly dancers
- Sambistas
- Chakra healing dancers
- Caribbean dancers
- African Dancers
- Meditation lovers
- Creative Women
- Spiritual mom-preneurs
- Holistic health practitioners

### What makes you different from other Birth Coaches?

Although we will occasionally touch upon relaxation techniques and other “birth-coach-y” things, you have me as a prenatal health coach and divine feminine and bliss birth expert and consultant. I work on the inner and outer principles for success and look at your pregnancy and wellbeing from a mental, physical, emotional, and spiritual perspective. You'll always get a straight to the point, quick, loving and honest response from me. I'm concerned with how to attain your blissful birth journey NOW – to help you RELEASE your blockages and STOP leaking your energy and power where it doesn't belong and get you focused on practicing self-empowerment activities sooner. You can be sure I will always tell you the truth. The truth about what's standing in the way of your flourishing and how to get rid of it FAST so you can begin enjoying your pregnancy and birth. And I throw in a healthy dose of silliness and inspiration, which always helps!



## What type of personality do you work best with and what is expected of me?

The Divine Feminine & Bliss Birth Program workshops, products and programs are created for people who are absolutely excited and dead serious about blocking out what the mainstream people are telling you, releasing their fears, worries, and ending what I call “the spinning anxiety syndrome” – it means not beating yourself up anymore saying: “I can’t bear the pain, I’m ugly and fat, or What if something goes wrong!” They were created for you to put methods in place within a few weeks, which will eventually lead you to not only feel healthy, and sexy during your pregnancy, you also trust the process, enjoy a blissful birth, and feel confident of your new life after delivery. That’s what I call FREEDOM!

Being a Prenatal Health Coach myself, I’m known to work best with other positive spiritual women who are committed to being healthy no matter what, who are super-ready to get going and just want to know exactly what steps to take to attain a blissful pregnancy and birth. My clients often tell me – “just tell me what to do and I’ll do it!” You will be expected to be committed and take consistent action.

## For what type of professionals are your programs *NOT* going to work?

Please know I’m very selective in who I work with and I cherry-pick my clients, choosing to (gently) turn away people who aren’t suited for my programs and won’t get the results for which they would have signed up for. (It wouldn’t be fair to them.) The Divine Feminine & Bliss Birth programs are NOT for those who have no money coming in. It’s been my experience that people in financial crises do not trust the recommendations I give them and do not do the work. If you fall within this category, it’s absolutely OK. We’ve all been in times of financial crisis at one point or another. Do yourself (2) favors:

1. Get some financial support with family or friends at the very least, and then call me. This will take the edge off and provide a little more peace of mind. Mostly, it will de-clutter your mind enough to focus on your Divine Feminine & Bliss Birth program assignments and the BIG picture.
2. Join [my Facebook Group and watch my free videos here.](#)

When you’re ready, call me and we’ll get you started. (I’m in no rush and will be here when you need me.) Other types of personalities I won’t work with (without exception) are the chronic skeptic, as well as individuals who constantly make excuses for not attending the sessions, getting the activities done or challenging every aspect of the program. If you are one of these people, I gently and respectfully ask that you not call and I hope you understand why. Is that fair?



## What exactly is Your Magical - Divine Feminine – Bliss Birth™ System and what does it include?

Your Magical - Divine Feminine – Bliss Birth System is a 10-step proven system that is designed specifically to ensure you feel healthy, sexy and confident, and have a blissful birth. It begins with acknowledging that you are a divine being with the power to create your own reality within any circumstance, as well as the outer pieces to powerfully get your body prepared for your birth. Here's what the method gets you to do:

### 1. Creating Your Birth Plan

We examine where you are holistically and get crystal clear about your intentions, what you want to experience during your birth. Before you can manifest what you want, you have to KNOW what you want. You'll learn the difference between setting goals and intentions, the biggest mistakes women make and how to avoid them so you can open the way for complete success.

### 2. Decadent Meals

Together we'll create a nutrition plan that brings you to a state of joy and stimulate your sexual energy, mmm! You will be eating delicious foods that produce an abundance amount of Tryptophan, an essential amino acid used by the brain to produce serotonin. Immediately you will feel an increase of energy, happiness, and relief of constipation, which is common during pregnancy.

### 3. Release Your Inner Resistance

Mostly you might already know what you need to be doing but yet are still struggling in feeling stuck and spinning in circles. You will be guided through a powerful visual imagery for breaking through your inner resistance, self-doubt, fear, anxiety, and all of that “stuff” that keep you stagnant.

### 4. Mastering Birth Positions

I will take you step by step through several proven, alleviating stretches that work like a charm. This is IMPERATIVE to implement into your daily regimen for relieving back and hip pain during pregnancy, improving your range of motion, and creating a smoother and more comfortable pregnancy and birth.

### 5. Fertilize the Imagination

We will engage with movement and imagination to intuitively listen and nourish the feelings of joy, bliss, love, and harmony. We'll focus on the “FEELING” you want to have during your birth, which will then heighten your vibrancy and facilitate the process of having your blissful birth.



## 6. Boobs are Magic

After you have become comfortable transforming your emotions and circulating energies in a sensual way you will implement the “Four Bells of Love” self-breast massage exercises for enlivening, healing and energizing your breasts. Your love life will be greatly enhanced!

## 7. Trust the Process

Through this practice, you will develop a trusting respect for your own intuitive thought process, allowing it to guide you. You will take this newly-developed self-awareness, the bond you created between you and baby, and the education you have gained about blissful birthing practices to trust fully the process of birth and your bond you’ve made with your unborn!

## 8. Breathing Your Baby Down

Here, we implement breathing techniques that will help your body gradually slip into a state of relaxation, make your breath, both in and out, as long as possible, and assist the Natural Expulsive Reflex (NER) of your body to move your baby gently down to crowning and birth. These types of breathing skills give your baby the advantage of a kinder and safer birth.

## 9. Celebrate You!

What you focus on expands and everything you are learning and experiencing is of your creation. Through vision and movement, you will learn how to embrace your curves, your body, and get your sexual juices flowing! You will feel super empowered as you consistently feel and see things shifting in your life more and more! Celebrate what shows up so you can pave the way for more BLISS!

## 10. Sensual Aromatherapy

Learn four ancient secret essential oils for setting the mood for intimacy. We will incorporate 4 powerful aphrodisiac plant oil blends that will decrease stress, regulate hormones, improve self-esteem, and create a romantic atmosphere. We will have fun with this and play around with other ideas for using oils to enhance your sensuality.

## Does this really work?

Yes! The result of our work is an approach to shifting your mindset and power, and educating you so that with time and consistency you’ll feel amazing, and increase your confidence in your ability to create your blissful birth. (See Testimonials) <https://www.sacredmovements.org/>



## What results can I expect?

- Let go and release trauma in the body
- Anxiety and worries dissipates
- Create new standards for yourself
- Fill your gas tank & learn how to self-nurture
- Be empowered and excited for your birth and new life
- Fall back in love with yourself
- Vibrate as a loving being, and become truly unconditionally loving with all your relationships (even the most intense ones that normally trigger you)
- Develop more compassion for yourself and others
- Be clear, concise and honest in your communication
- Embrace your luscious curves and feel like a sexy mama
- Create a healthy and happy baby
- Learn how to say NO and honor your yes and no's
- Find your happiness
- Create deep intimacy and meaningful relationship with your baby
- Have a strong connection with your intuition
- Trust your process
- Gain more control of your feminine power
- Relieve body soreness and pain
- Get crystal clear on your birthing plan
- Increase more natural energy
- Attract more money
- Be present and enjoy each moment of your life
- Relieve constipation naturally
- More mental clarity and peace of mind
- Feel relaxed and calm
- Have an abundance supply of breast milk
- Feel confident

## Can I contact some of your former clients to see what it's like to work with you?

Yes, I encourage you to! Please go to the Client Testimonials page <https://www.sacredmovements.org/> and read all of them. See which ones you feel drawn to. Then feel free to email or call them and ask what they got from working with me and my programs



### How quickly can I expect results?

That depends on how quickly you can make those inner shifts. Some clients are ready to go and proclaim their power in a very short time frame, sometimes even in a day while others have a bit more work to do first. It also depends on how far along you are in your spiritual journey, if you are already practicing mind and body energy work.

### How can I guarantee myself that I will be more empowered and have a blissful birth?

Do all of your activities. Be totally committed to your flourishing. Understand that this is a process, a proven one, that works if you take action and implement all of the steps. All of my clients who have diligently applied every step of the BLISS BIRTH program have taken their power back in much less time than they would have on their own and have created the birth of their dreams.

### Fatima, based on everything I've read and heard about you, I know you're the one I want to learn from. What are my options for getting started with you?

Congratulations on making a decision to show up for you and your baby! I am happy to work with you to achieve your blissful pregnancy and birth. There is 1 way to work with me. I prefer to work one on one with my clients to really help them get results faster. To get started with the Divine Feminine and Bliss Birth program, here is the program I've created for you:

<https://www.sacredmovements.org/bookings-checkout/divine-feminine-blissbirth-program>

### OK, I'm ready to do this for myself, but I have a couple of additional questions. Can I call you?

Good, sounds like you're ready to be pulled into your blissful future! Yes, if you have a couple of questions, just email me at [Fatima@sacredmovements.org](mailto:Fatima@sacredmovements.org) or call us directly at 214-702-6432 and I'll be happy to walk you through the different options to see which one will be the very best for you. I can't wait to see you flourish and am honored to be the one to help you. Let's get going!

Love Fatima