

Rituals of Becoming

Private Birth Guardian ceremonies and experiences

For everything a woman carries into birth, and everything she is becoming along the way. Each experience offers space for reflection, meaningful ritual and connection—without asking you to arrive certain, fearless or changed.

THE INNER JOURNEY

The Inheritance

An exploration of the family stories, beliefs and wisdom that have shaped you. Through guided reflection and symbolic ritual, we honour what has nourished you, name what no longer fits, and consider what you wish to pass forward to your child.

The Unburdening

An invitation to put down the expectations, fears and roles that feel too heavy to carry into birth. Through conversation, writing and symbolic release, we make room for your own voice, without asking you to forgive, forget or feel differently than you do.

The Calling In

An intention-setting ceremony centred on how you wish to feel rather than controlling how birth unfolds. We explore your hopes, the support you want around you and the qualities you wish to cultivate, creating words or keepsakes to return to.

The Art of Allowing

A guided exploration of preparation, uncertainty and trust. With a labyrinth-inspired ritual, we distinguish what is yours to choose from what cannot be predicted, holding both the strength of your preferences and permission to respond to the unexpected.

The Clearing

A quiet symbolic ceremony of renewal using warm water, stillness, breath and intentional words. For times when you long to quiet the noise, mark a new chapter and return to yourself. Spiritual or secular, always shaped around what feels right for you.

LOVE, LINEAGE & BELONGING

The Motherline

An intimate opportunity to explore the women who came before you and the relationship you have—or wish you had—with your own mother. Through stories, letters and chosen rituals, we make space for gratitude, complexity, absence and the wisdom you choose to carry forward.

The Woman Before the Mother

Before you welcome a baby, a moment to honour the whole person you already are. Through memories, meaningful objects and a letter to your future self, we celebrate your identity beyond motherhood and the parts of yourself you want to bring into this new season.

The Promise Between Us

An intimate experience for partners preparing to become parents. Through guided conversation, shared reflection and personal promises, we explore what support means to each of you and create simple commitments for birth, recovery and family life.

The Village Before the Baby

A gathering that turns good intentions into practical care. With the people you choose, we name the support you want after birth and invite loved ones to make specific, realistic promises, so the mother's care is not forgotten when the baby arrives.

Every gathering can be personal and quiet, or include a partner, family members or chosen people—always by invitation.

THE THRESHOLDS OF BIRTH & BEYOND

The Second Door

For women preparing for another birth, especially after an experience that was complex, unexpected or difficult. We honour what came before, what it taught you and what you need now, without expecting one birth to repair another.

Being Witnessed

A postpartum space where your birth story can be spoken, listened to and honoured in your own words. There is no pressure to call it beautiful, difficult or transformative. Together, we make room for what happened and what remains with you.

Room for Both

A tender ceremony for pregnancy after loss, making room for the baby you remember and the life you are welcoming. We may include a candle, a name, a letter or a keepsake, with no expectation that grief should resolve or joy should look a certain way.

The Blessing of the Hands

A quiet ritual of receiving. Through a gentle hand-honouring or hand-washing ceremony, with touch only if welcomed, we recognise all that your hands have carried and offer a moment when you are the one being cared for.

A GUIDED JOURNEY

Becoming Mother

Three private experiences woven into one thoughtful progression: Where I Come From, What I Choose, and How I Cross the Threshold. An invitation to explore your story, release expectations and meet the unknown with support and self-trust. Each session closes with a reflection or keepsake to carry forward.

Each ritual is shaped around your story, comfort and consent. These are reflective and ceremonial experiences, not substitutes for medical or mental health care.