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Appreciation of Yashodhara “Awakening Women Teacher”

When I read this book in English for the first time, it touched me deeply. The simple exercises, which are beneficial for the female body, help us reconnect with ourselves and become more aware of our feelings.

Shimananda speaks of “pain-free birth,” A reality that came alive to me for the first time, even though I am a holistic nurse, childbirth educator, and Awakening Women teacher. The idea that a woman can experience an orgasmic birth—how wonderful!—is so different from what we have been taught.

Through my relationship with Shimananda, I learned so much about the natural way of birthing and parenting. After reading parts of this book, I told him how meaningful it would be to translate it and make it available to women in both German- and English-speaking countries. It's vital that we, as women, are given more tools and paths to support ourselves and one another—and to promote natural birth and conscious living.

I remember an impressive story from one of Tsültrim Allione's books. Near the end of her pregnancy, she was told her baby was in a poor position and that intervention was needed. Trusting her instincts, she got down on all fours and began rolling and shaking her body. These regenerative movements caused the baby to turn, allowing for a natural birth.

Another fascinating story comes from a baroness living on Lake Starnberg. After undergoing amniocentesis, she lost amniotic fluid and did everything she could to protect the fetus by lying down. During this long period of rest, she began talking to her unborn baby, and her uterus gradually healed. Despite skepticism and lack of support from most doctors, she persevered. With the help of a naturopathic doctor, she gave birth naturally and brought a healthy child into the world.

We all know how common cesarean sections and medical interventions have become—and how rare natural births are today. I want to encourage all women to listen to their intuition and trust their inner

knowing. Let us revive the ancient wisdom of women, support one another, and inspire each other in this sacred journey.

I remember promising a friend that I would assist her during childbirth and postpartum. Her baby arrived naturally—three weeks past the due date. Today, such patience is rare; people say the baby *must* be delivered. What once was a natural and trusted process, supported confidently by doctors and midwives, is now hardly tolerated.

At „Awakening Women Institute“ (AWI), we practice embodied female spirituality. We have long known that not only the patriarchal world—but also all major religions—have been established and dominated by men. The body and Mother Earth are treated as objects; science is exalted while natural healing and women’s knowledge are devalued.

At AWI, we learn to be present in our bodies, to feel fully, and to honor our sensitivity. We practice listening to our inner wisdom and living freely and lovingly with ourselves and the world.

This book is not just for pregnant women—it’s for all women who want to deepen their health and listen to their bodies. It offers many insights and exercises for us at every stage of life. The simplicity of Seitai and Mutsuko’s instructions inspired me to support Shimananda in translating this book into German and making it available in English as well.

Yashodhara van Vilsteren

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