

## Elena Tonetti-Vladimirova:

"A Force Such as the World Has Never Known: Women Creating Change", the book commissioned by the UN in 2014, features Elena Tonetti-Vladimirova as one of 30 of the most influential women worldwide. She's been speaking at countless conferences and her award winning documentary "Birth As We Know It" (2006, available on BirthIntoBeing.com), translated into 15 languages, was seen by millions of people in over 60 countries. Although the 4hr long DVD covers only a fraction of the topics offered by Birth Into Being (the actual Method consists of 20 processes and 18 exercises and goes far beyond birth), the film shows the significance of our understanding of our origins, and also makes a huge impact on correcting the damaged reputation of childbirth.



Participants of Birth Into Being workshops come to resolve emotional and behavioral patterns which express themselves as limiting beliefs, blockages, self-sabotage, low self-esteem and inability to love. The Method is still highly effective as birth preparation, utilizing the same techniques and principles, since the same tools that are needed to prepare a woman for an easy birth, can create profound positive changes in all areas of life.

*"The key to our ability to live well is to create new reference points in our nervous system, which enables us to relax, feel safe, and actually feel our feelings in real time. Sometimes it looks impossible because of how much suffering our history carries. But we can do it! Our sensitivity is our true value. Like in childbirth, pain doesn't have to hurt. It can help us navigate our attention to where it's most needed, for maximum efficiency and best outcome. It is only as difficult as we think, and can be as easy as we can imagine."*

Elena Tonetti-Vladimirova

Elena began developing this Method in 1982, while still living in her native Russia. She beca-

me aware of specific negative patterns in human behavior and was inspired to find out if they can be different. Her research brought her to the very beginning of life, when those patterns are formed. Working with so many people, she noticed that many of these patterns ran in the family and were affecting all areas of life: health, creativity, career, friendship, love life, etc. She also noticed how addressing those issues made a huge difference in the quality of life of her clients, as they became more aware, grounded, compassionate, confident and engaged.

Her approach also became an invaluable experience for future parents and birth attendants as the same techniques can be used as highly effective prevention of birth complications. During the mid-80s, Elena was one of the organizers of the Conscious Birth movement in Russia. She worked with future parents to prepare them for home birth and, in summer, for birthing in the warm waters of the Black Sea, far away from medical personnel or facilities. The absence of complications at the birth camps was a high testimony to the efficiency of the program.

After Elena moved to the USA, she continued perfecting her approach, which was named 'Birth Into Being' in 2003. She led workshops in 22 countries and trained other facilitators to offer it in most major languages worldwide. While being a complete holistic method in its own right, it's complimentary to most other healing modalities, enriching and expediting the possible outcome.

**Ready to find out  
what is possible for you?**

**Learn more on:**

**[www.BirthIntoBeing.com](http://www.BirthIntoBeing.com)**

## Birth Into Being Workshop(s) & Training August 12th-27th, 2019

**Workshop Levels 1-4  
Apprentice Training  
Facilitator Training**

**Facilitated by: Elena Tonetti-Vladimirova  
in English**

**Dates: August 12th-27th, 2019**

**Workshop Levels 1-4:  
August 12th-19th, 2019**

**L5 / Apprentice Training:  
August 20th-21st, 2019**

**Facilitator Training:  
August 22nd-27th, 2019**

**Location: Kisslegg, Germany**

For more details about registration, prices, and information about the Birth Into Being Method, please visit:

our event website:

[www.birthintobeing.international](http://www.birthintobeing.international)

our main website:

[www.birthintobeing.com](http://www.birthintobeing.com)

### Level 1

Focus is on our earliest formative period, gestation and birth. We influence the origins of our emotional patterns by creating new, positive, reference points in the nervous system, thus creating access to a greater variety of positive experiences in life by freeing ourselves from unconscious imprints. We activate the power of our 'inner elder', the source of practical guidance in our daily life.

### Level 2

Focus is on neutralizing the negative experiences from childhood, which resulted in counterproductive coping strategies (addictions, victim mentality, self-sabotage, procrastination, control issues, etc). We balance the three parts of the brain responsible for thinking, feeling and physiology. By raising our awareness about the dynamic between them, we transform our outdated attitude and bad habits.

### Levels 3 & 4

Focus is on adolescence and early adulthood. We alter the impact negative experiences had on our identity, sense of purpose, relationships and ability to succeed in life. We gain access to our own untapped reserves of creativity and abilities; we anchor a fuller sense of who we are and what is important to us.

### Level 5 / Apprentice Training (AT)

This is the culmination point, completing the process of re-imprinting. It builds upon the cumulative volume of the previous levels and opens the new historical and cosmic dimension in our sense of Self. Successfully completing Level 5 is required for becoming a Birth Into Being Apprentice, which enables one to lead Level 1 and 2 workshops, and 1on1 sessions, as well as assist at other Birth Into Being events to gain more experience.

### Facilitator Training (FT)

The Facilitator Training focuses on the remaining curriculum of 20 processes and 18 exercises and also teaches the actual facilitation skills. It is required for becoming a Birth Into Being Facilitator and eventually a Birth Into Being Advanced Facilitator. Please visit [http://www.birthintobeing.com/become\\_a\\_facilitator](http://www.birthintobeing.com/become_a_facilitator) for information about additional certification requirements.



# Birth Into Being Workshop(s) & Training

**Elena Tonetti-Vladimirova  
August 2019 • Germany**

**[www.BirthIntoBeing.international](http://www.BirthIntoBeing.international)**

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## What is Birth Into Being?

Birth Into Being is a unique method of self-development that enables us to alter the unwanted and limiting side-effects of stressful or even tragic events we've all experienced during the course of our lives. Since these events have been 'stored' in our nervous system on a cellular level, they affect how we think, feel and act today. They also influence our health and how our body responds to our environment, especially under pressure.

Birth Into Being is a system of principles and techniques that helps us deepen our understanding of our reality. It opens us up to new dimensions and new possibilities, which we were not able to see before.

The full program consists of 20 processes and 18 exercises designed to transform negative experiences from our childhood, youth and adulthood. These techniques are able to alter what is called the limbic imprint: our earliest impressions which were formed during gestation in our mother's womb, during birth and childhood. The Birth Into Being Method enables us to resolve both conscious and unconscious inner conflicts, granting access to untapped resources and abilities.



## What is Birth Into Being based on?

Long-term scientific studies have shown that stressful or traumatic events leave long lasting imprints in our nervous system. These imprints constantly influence the way we feel, think and act, affecting the quality of our relationships, creativity, vitality, focus and general sense of wellbeing.

This means that our lens of perception rarely allows us to see reality as it is, but instead, our response to life is based on our past experiences, which still have an impact on us even if we have no cognitive memory of many events in our past.

*"Over 15 years I tried all sorts of methods which were valuable, but usually at a certain point I would hit a wall. Birth Into Being is the one method I have found that touches the places inside me in a way that has had a profound effect on how I understand myself and how I live my life as a result. I never would have guessed that the issues I was having in my relationships actually started around the time I was born and had more to do with my parent's issues. That was a hugely empowering realization. I'm so relieved to establish a strong connection with my own inner voice. It's been six months since the training and the world still feels very different."*

Zoey Stark, Killeen, USA

Research has proven that during nine months of gestation, babies are directly affected by the chemistry of the amniotic fluids in the mother's womb, which has a lifelong impact. All of our experiences during the entire time our bodies are forming, from conception throughout childhood, are registered by the new nervous system as the way of life, or 'basic settings', and are usually considered permanent. Essentially, whatever is happening with the mother is affecting the baby.

Our experiences in the mother's womb directly depend on her own experiences: her feelings, thoughts, diet, her daily activities and, mainly, her relationship with the father of the baby. All experiences have a direct chemical equivalent that the baby receives in the womb. This is especially true for the baby's experience of being born. If the delivery is accompanied by circumstances such as medical intervention (i.e. drug administration, induction and premature cutting of the cord), high levels of stress hormones in the mother's body, separation right after birth, lack of breastfeeding, etc., the baby's nervous system will automatically act like a sponge 'memorizing' the anxiety and pain from those experiences on a cellular level.

The latest research shows that one of the main factors in the baby's well-being is the relationship between the mother and the father during the formative period. Feelings that the future parents trigger in each other are recognized by the baby on a chemical level and create the baseline of perception that the world is a safe or unsafe place.

Influencing factors such as the parents' general attitude towards life and each other, their self-image and their interaction with the world, all set the baby's nervous system for a very specific perception of life, specifying a baseline for his or her future emotional and behavioral patterns.

Most of the important events in our life are rooted in our first sensory experiences. If we were bullied at school, failed in the workplace or in our love life, felt abandoned or lonely, helpless, unstable, or misunderstood the answers for these issues can be found in our formative period. When we feel ineffective, counterproductive, or out of balance, it means, most likely, that some pre-cognitive imprints are triggered from the time when our cortex was not yet fully developed. Therefore, it's often impossible to 'think ourselves out' of the conflict zone.



## What is the “limbic imprint“?

Our perception of the world during our early phase of development influences how we perceive and interact with the world today. This basic function of our nervous system to archive our interpretations of reality, is called 'limbic imprinting'. Experiences we have later in life are determined by the limbic imprint and further reinforce our views of reality that were encoded into our 'archive'.

A limbic imprint is formed in the limbic part of the brain which governs our emotions and is not controlled by our cortex which governs the intellect. The limbic imprint is our emotional compass and map, dictating our expectations and reactions, our likes and dislikes, our tendencies, preferences, addictions, our resistance and anxiety. This explains why it can be difficult to stop certain behavioral patterns with mental effort, as they are anchored in a different part of the brain that is not controlled by the cognitive functions of our mind.

The limbic imprint influences when we feel secure and when we feel insecure, regardless of the objective level of risk. It influences our learning ability, our creativity, our ability to express ourselves, as well as our ability to be intimately involved. It determines our capacity for friendship and happiness, as well as our basic resistance to life, including apathy, overwhelm or frustration.

*"I never understood why I had such a hard time making changes in my life and getting over my habit to procrastinate, or completely avoid doing stuff that I knew would be good for me. Birth Into Being not only helped me understand why, but also helped me reach a degree of freedom and sense of choice I never had before."*

Jenny Wolfort, New York, USA

The limbic imprint influences our interpersonal dynamics and emotional availability with our friends and family. It affects our level of awareness of our own feelings and our ability to balance healthy boundaries with effective compassion for others. It defines if we're self-confident or inhibited, open or withdrawn, focused or distracted, creative or blocked in our creative expression.

The limbic Imprint influences our financial and personal success and it affects the level of resistance we have in our everyday life. Some of the aspects of the imprint also influence our physiology. Women are likely to give birth the way they were born due to their limbic imprint. Our tendency to develop psychosomatic conditions and handle life's challenges are also tied into our early imprints.

## What is the outcome?

The techniques of the Birth Into Being Method neutralize the effects of negative imprints by enabling us to anchor and integrate new and empowering emotional, mental and physical reference points. One of the main factors of success of the method is the fact that all three parts of the brain (cortex, limbic and reptilian) are activated simultaneously in each of the processes, thus creating a new, higher level of inner harmony and cooperation.



*"I'm new to this kind of work and I don't normally open up easily, especially in a group setting. I was amazed at how easy it was for me to let go, and feel supported by such wonderful people, without feeling uncomfortable. I was able to heal some of my most private issues with I was not able to resolve during 11 years of therapy. I felt completely safe and accepted."*

Jeffrey Brent, San Diego, USA

The processes and exercises of the method enable us to draw unconscious memories to the surface that go back to the time before, during and after our birth, and alter the effect these memories have on us. They empower us to let go of invisible restraints, insecurities, as well as our coping and defense strategies, helping let go of the protective armor we developed while being frightened or stressed. These techniques work even if we don't know anything about our birth or whether we actually remember the events which created our level of anxiety in the first place, or even if we assume something must have happened to us that holds us back in life today.

*"I didn't actually have an idea what 'anchoring a new reference point in the nervous system' meant. Now I know. It means having such an intense feeling of getting what I need that I will never forget it for the rest of my life."*

Mina Bedi, New Delhi, India

The Birth Into Being method allows us to alter the emotional and behavioral patterns which cannot be controlled with our intellect alone. The method does not dictate what and how to think, feel, or behave; instead, it offers an opportunity for us to create our own, new, empowering and life-affirming alternative to our original limbic imprint, which neutralizes the diminishing effects of our early conditioning. In an incredibly short time, it grants us access to a much broader perspective, it offers a greater understanding of our role and place in life, it increases our quality of connection with others, and it amplifies our ability to relax and trust life.

**Ready to find out  
what is possible for you?**

**More information  
about the workshop on:**

**www.birthintobeing.international**

We are neither nature nor nurture.  
We're both, and more.  
We are also our own response  
to all the significant experiences we ever had  
from the very first moment of our existence.

When we dare to alter  
the effect of the imprints that shaped us,  
everything becomes possible.