

RESTORING THE ID



A process of integration after a time of attainment and expansion using sound, aromatherapy, neuroscience and deep ancient ritual.

COMPONENTS of the SOUL in ANCIENT EGYPT

The five Egyptian components are: **Ren, Ka, Ib, Ba** and **Sheut**.

The simplest concept is **Ren**, which is literally your name: it lives for as long as you are remembered, or can be read about on inscriptions, or included in prayers for the ancestors and their achievements.

Ka is also easy enough to translate into modern idiom, for it is that vital essence that makes the difference between the living and the dead, between life and dead meat, between a warm body and cold clay.

Ib is literally the heart, formed from a single drop of clotted blood extracted from your mother's heart at the hour of your conception or birth. By heart, the Egyptians meant not just the organ for pumping blood around your body, but the seat of your soul, the good directing force in your life, searching after truth, peace and harmony.

Ba is that which makes each of us unique and different, that which makes us strive and achieve, the motivator but also the hungry elemental force that needs food and sex. In some form, your ba is destined to survive after death, often depicted or imagined as a human-headed bird, which with good fortune will go forth by day to enjoy the light, but might also end up existing only in the dark, like the bat or the ruin-haunting owl.

Sheut is your shadow, and by extension the other you, as well as being used to describe a statue, a model or a painting of a human.

From: 'Rogerson's Book of Numbers' by Barnaby Rogerson



Egyptian model

- Ren • Ka
- Ib • Ba • Sheut



This model resonates with our model of the 5 bodies –
Physical, mental, emotional , energetic, spiritual.

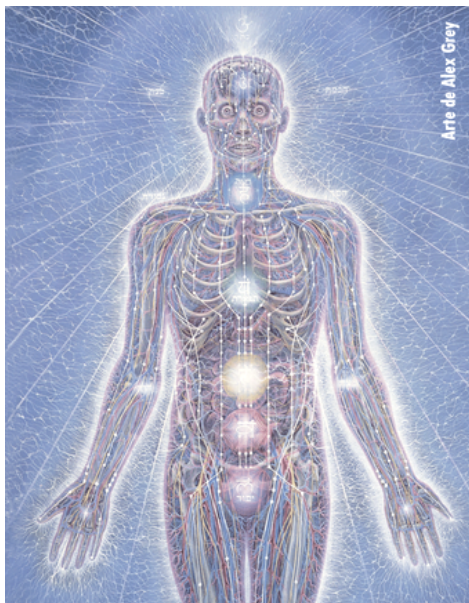
We now know that during our fetal development the heart develops first and then cells from the heart migrate to the cranium to form the brain. This establishes a vital communication, with the brain receiving information from the heart.

If this flow is interrupted or damaged the process is corrupted and we suffer the consequence. This can happen in times of extreme stress/trauma.

Restoring the Id seeks to support the restoration of this crucial connection.

WHAT IS THE ID?

According to the Freudian interpretation of the human psychology the Id is the part of the psyche, residing in the unconsciousness. It is the source of instinctive impulses that seek satisfaction in accordance with the pleasure principle and are modified by the ego and the super ego before they are given overt expression.

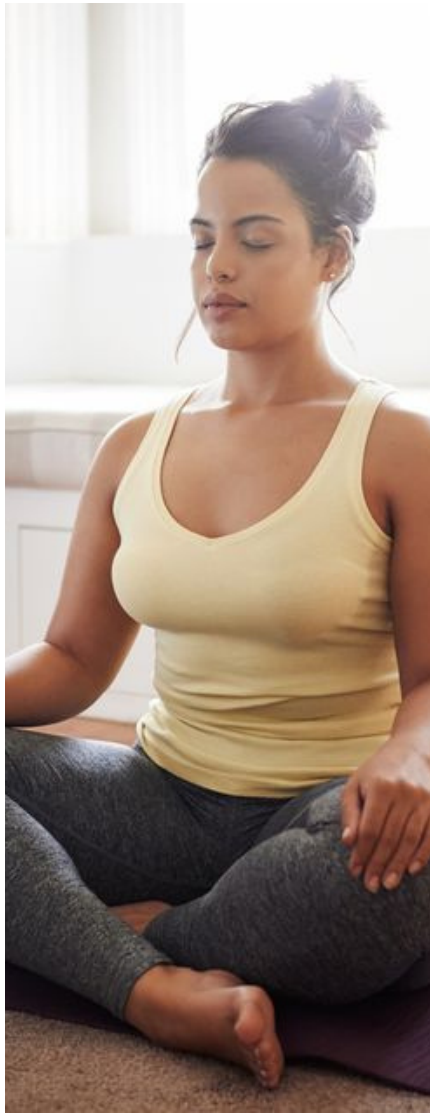


Five Bodies model

- Physical • Mental
- Emotional • Energetic
- Spiritual

The ego is the 'I' or self of any person. A person has thinking, feeling, and willing and distinguishing itself from the selves of others and from the object of its thoughts. It is the part of the psychic apparatus that experiences and reacts to the outside world and thus mediates between the primitive drives of the id and the demands of the social and physical environment.

The super ego is the part of the personality representing the conscience, formed in early life by internalization of the standards of parents and other models of behavior.



In Our Temple Work We Use The Model Of The FIVE BODIES

Physical Mental Emotional Energetic Spiritual

Each has equal importance and it is when they are recognized and we nourish and support them that we experience good health and happiness. We live with/in harmony. A disturbance in one of the bodies compromises the others.

For women conception, gestation, birth and lactation engage each of these bodies in powerful ways. As another person begins its life inside us we join the continuum of the ages that has brought the human race to where it has evolved to today. This evolution is ongoing and the more conscious we can be of that and become conscious co-creators, which as humans we have the opportunity to, the more we fulfill our purpose and enjoy the deep satisfaction that it brings.

“This evolutionary process of ascension requires an ongoing engagement with ourselves that reveals to us those behaviors that no longer align with our true selves. Many of these ideas and habits have been inherited or adopted from our environment. Freeing ourselves from them allows a reformation that better serves us.



Restoration

After the expansion and disruption of pregnancy and birth, which initiates us into motherhood, this ritual/practice *Restoring the Id* honours and acknowledges the enormous distance that the woman has undertaken and brings her home to herself. She experiences her edges again and integrates her 5 bodies so that she has all her capacities available once more.

We have found that years after having given birth a woman will still carry unexpressed events from her pregnancies and births.

The body is a self healing organism. It's when we don't or intentionally go against this process of self healing that discord descends, and takes us to places of pain and conflict. This impacts the 5 bodies and symptoms become apparent in some, rather than others depending on the issue and the person's disposition.

Restoring the Id enables her to respond with discernment to the evolutionary intelligence that arises in her as she cares for her baby and she can grow into this newness with confidence and satisfaction knowing more clearly who she is now and her new relationship with others and the world.

THE RITUAL



Restoring the Id can be undertaken by anybody and is valuable after a time of attainment and expansion. When major events/trauma from earlier in life have resulted in a disturbance within the 5 bodies and the person has been left scattered and performing below their potential, this ritual of sounding and wrapping and neuro-enhancing aromas for the body in sacred space can bring solace.

This understanding is known to many traditional cultures and they often have similar rituals and practices that care for and support their new mothers. At ICSM we draw inspiration from the ancient Egyptian healing temples and their profound understanding of the life force and its manifestation in human beings. Hence we have embraced the model of the 5 bodies practiced particularly in the ancient Temple of RA. Today we make these understandings available in a contemporary context and call it

Restoring the Id

We have found that years after having given birth a woman will still carry unexpressed events from her pregnancies and births. It's as if the body memory holds the event in the tissues and bones, and the emotions from the event are waiting to be fully expressed. The energetic body carries a file of the program that was activated at conception stored in it that wants the opportunity to complete its download.

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Aromatherapy is a relationship in which the chemical intelligence of a plant's constituent molecules interact with the multidimensional human body at a cellular, biochemical, emotional, and spiritual level.

Aromatherapy

Restoring the Id uses frankincense fragrance. In ancient times, frankincense was valued even more than gold by the Egyptians. They used it not only for medicinal purposes but for mind retention and memory enhancement.

Frankincense is a resin extracted from the bark of Egyptian Boswellia trees the oil of which has proven cognitive enhancement and neuro-protective properties. It is an effective aid to boost memory, focus, and cognitive ability by increasing blood flow and oxygen levels to the brain. This in turn helps clarity of thought, mental sharpness, and recall.





Sound

Sound is vibration. Vibration touches every part of our physical body. Sound is heard not only by our ears but by all the cells in our body. Of all forms of energy, sound is perhaps one of the more powerful manifestations.

Sound energy is intricately connected with human consciousness and our innate spiritual side. By its very nature sound is at the core of life itself. It influences the mind and the emotions and is known to alter the life force of a person with its ability to heal.

The ancients understood that a simple sound could reorganize the body's structure. Our ancestors composed harmonious chants and hymns to manipulate the intensity of sound vibrations and their healing capacities.

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration. Our entire biological system– the brain and the earth itself– work on the same frequencies – Nikola Tesla

The Egyptians were well versed in the amazing qualities that sound held and used them in healing and also construction which was designed to amplify the qualities of sound. The pyramids were designed so that frequencies were amplified within the walls to create huge fields of harmonic resonance that restore balance within a human body.

During *Restoring the Id* we use the healing frequencies from Nikola Tesla- 369 music with 432HZ . These sounds bring our bodies into harmonious reverberation with planet earth.

MIND EMPOWERING BENEFITS

- ◆ Improved cognitive function and mental performance and memory
- ◆ Reduces brain fog and promotes mental clarity
- ◆ Boots focus and concentration
- ◆ Helps boost energy, mood, or creativity
- ◆ Reduces anxiety and stress



ABOUT US

Rachana Shivam–Evans

Rachana Shivam– Evans is founding principal of the “International College of Spiritual Midwifery” and former director of the “Centre for Human Transformation,” a professional training and residential spiritual community. Her teaching career spans over 40 years. She has facilitated “Women’s Mysteries” a five– day retreat program attended by thousands of women over 27 years, connecting women to the source of their feminine power and wisdom.

Rachana’s pioneering work in Cellular and Organic Release particularly in relation to the Incarnation and Birth Processes brings great relief to many situations previously judged intractable. Her passion and understanding of the imprinting process and its long term implications for well being continues to inspire the development of processes that enable people to heal and more fully realize their potential.

Restoring the Id is such a process.

Rachana’s book “Lotus Birth” is a world first publication on this profound spiritual birthing practice. It is now in its second edition and translated into Italian, Polish, Czech and presently Portuguese. She is executive director of the acclaimed DVD “Lotus Birth –The Water Birth of the Malcolm Twins” and co-author of ‘The Tantric Path’

Further resources available at **www.lotusbirth.net** and **www.lotusbirth.com.au**

Sunderai

Sunderai is the Founder and former Director of Dial a Doula and a Director of the International College of Spiritual Midwifery. She has 45 years experience in women’s and children’s health.

Her qualifications include Childbirth Education, Pre–school Mothercraft, Breathwork, Bodywork, Massage, Reiki, Doula Training and Hypnobirthing. She has been training and mentoring Doulas for 25 years, providing a comprehensive birth and post natal training program.

Sunderai supports Doulas to stand strong and confident, supporting them to find their way. They in turn provide support to mothers, their partners and family throughout pregnancy, birth and the postpartum time. **www.dialadoula.com.au**

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Ancient Womens Knowledge
in a
Modern Context

*Rachana &
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lotusbirth.net
www.lotusbirth.com.au
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MY MANDALAS

