

CONNECTING
WITH YOUR
SPIRIT BABY
AFTER LOSS

A guide to support your
healing journey

India Elyn

WELCOME

To this short guide on connecting
with your spirit baby after loss.

My name is India Elyn - I tend to the thresholds of birth and loss. I guide women through the underworld journey of pregnancy loss - weaving the threads of somatic work, intuitive ritual guidance and herbal medicine.

Most of the women who come to me looking for guidance have had an abortion. Through this experience of working closely with many stories and journeys, I have seen how **reconnecting with the spirit of the babe who was lost, is often the most needed piece of healing.**

Which is why I have created this short guide for you, based on my perspective, lived experience and working with many women and spirit baby's.

May it bring you peace and connection,

With love,
India

India Elyn

WHO IS THIS GUIDE FOR?

If you have lost or ended a pregnancy this is for you.

Whether the loss was:

- Abortion
- Late stage termination
- Miscarriage
- Still birth

This guide is here for you, your grief and that quiet (or loud) sense of longing you feel to tend a connection with the spirit of the being you lost.

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WHAT WILL YOU LEARN

In this guide - you shall learn :

Who are Spirit Babies

Where they come from and their journey to earth

How to Connect with Them

*A simple way to weave a connection between you
and them*

Simple Rituals to Create Connection

*Three sacred pathways to cultivating a new path
of communication*

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WHO ARE SPIRIT BABIES?

Spirit babies are the **souls of babies who** have been present in your womb at one time and **have gone back to source** - the place where we come from and return to when we die.

They are beings of vast intelligence and come from **the mystery**.

They were fully conscious in their decision to be conceived by you - understanding that coming onto earth means that humans have the capacity for free will and sovereignty over their bodies. This means that they do not hold anger or pain - only understanding that what has passed is part of their greater journey.

They are teachers. A pregnancy loss is an initiation into the underworld, a place that offers opportunity for profound soul growth and change in your life.

I often hear women ask ' **But will they come back at another time?** ' My answer is if that is in theirs and your highest good then, yes. **Their path onto earth is a mystery** - maybe they will journey with you for many life times before they come back onto earth.

Sometimes these spirit babies want to experience the vibration of earth for a very short time, sometimes they feel like the conditions in your life are not right for them to be born, sometimes they are not ready to be born onto earth.

These beings are fully aware of what is going on and have and will always have so much love for you who held held them in your womb.

HOW TO CONNECT WITH THEM

The simplest way to connect with them is to spend quiet time thinking about them. Do you feel like they are near you ? It is highly likely they are very close to you, they were part of you, so they are not going to be far away from you.

Would you like to connect with them more consciously?

Here is one simple way

Buy a candle that you dedicate to your connection with your Spirit Baby(s). Take a moment during your day to light the candle and say either outloud or in your head that you would like to connect with them - if you named them, then speak that name.

Call them to you (even though they are close - this can help you begin to feel their presence)

Feel how calling them to you feels in your body - is there warmth ? Tears ? Be gentle with yourself if this is the first time you are connecting with them.

You may wish to write in a journal what is coming up for you .

In those moments of quiet connection with this Spirit Baby and you, there is a window of opportunity to speak to them.

What have you said to them that you long for them to hear?
What would help you in your grief to say to them?

Know that if there is a beloved partner or trusted friend who can hold you in this time, call on them. **This is a tender practice that can evoke deep feelings, go very gently through and after this moment.**

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RITUALS

Three Simple Rituals

Here are three simple rituals - they are only guidelines, and fully open to you creating them how you wish.

Write your Spirit Baby a letter - If there is more than one spirit baby connection then you can write separate letters. Write this letter with everything that you wish to say to them - *your grief, pain, regret, your dreams, your longings, your hopes*. Let your pen flow. Once you are complete, this letter can be offered to a fire . Whether that is a saucepan in your backyard , or the fire in your hearth. Fire has the power to transform and carry these word to Spirit, the home of your Spirit baby. Give thanks to the Fire for sending these words off .

Nature sit spot - Find a place in nature that feels supportive, safe and holding, where you can connect with your Spirit Baby. This is a place for you to dedicate as time to feel and nurture the connection with the spirit baby. Bring an offering for this place - some fresh flowers, a little stone, something that shows your appreciation for this place. Return as often as you need.

A living plant altar - If you have a garden or an outdoor space or a sunny windowsill, this simple ritual is to grow a plant from seed or buy one that brings your heart joy looking at it , and represents the beauty of the spirit of your baby. Through tending and watering and growing this plant, you are in turn nourishing the tender connection with your spirit baby.

FINAL WORDS

May this short guide be a resource that you can return to whenever you need.

Those beloved bright souls are not as far away as you may think, they are just on the other side of the veil and will be delighted that you are reaching out to them.

I hope that these rituals inspired you - and you find a way to weave them in within your life and create new ones unique to you.

I hope that your path of healing is blessed with support and peace.

If you need further support on your journey to healing after loss, do reach out.

Blessings to you, your brave heart and your womb,

Love,
India

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