

Podcast: Taking Back Birth Episode 2: Pregnancy Begins With Looking to the Inside

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Synopsis: *In this episode of Taking Back Birth, I take a close look at how to approach early pregnancy. Here are just a few of the things I discuss...*

- *How to set the stage for what your pregnancy is going to be like*
 - *Why early pregnancy is such a sacred time and some suggestions for how to care for yourself*
 - *What do you need to 'do' during early pregnancy to take care of yourself? Find out!*
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INTRODUCTORY MUSIC...

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MARYN: *Good* afternoon! This is Maryn from Indie Birth and today I'm going to continue our series on taking birth back; focusing on the prenatal time, and how to make this time self-sufficient, if possible; undisturbed, if possible.

I want to share with you my journey today, as a mother: a woman who has been pregnant, including right now, for seven times previously. I have six children at home and I had one miscarriage. So this is my eighth pregnancy and I'd like to share with you my process for today; for where I am right now, which is early pregnancy. So as a mother, most importantly, and then also as a woman that attends other women in birth and walks with them during the prenatal and postpartum times. *And* as someone who has done things the status-quo way. My first was a hospital birth with an OB, and my last was an unassisted pregnancy and birth. So, I've walked the walk in-between, with all kinds of options and choices.

And where I sit today is where I speak to you from. Again, as a mother, one who believes in her own power: her own body, the power of her baby and her body to *do* this! To do the whole thing from start to finish. And as I attend other women, the desire to reflect that back to them. It's not something you can give anybody, but you can guide them and educate them. And many women will see - reflected in you, back to them - their immense power. And they too will become dedicated to having self-sufficient pregnancies; to possibly having you involved as a guide, as support. But to truly dedicating themselves to what we call an *undisturbed* experience. I don't know of a better word, currently, to describe what I'm talking about. But, a pregnancy that begins with looking to the inside: that's what we're talking about today.

So, I'm early in the first trimester. When someone misses their period and they're pregnant, that's about 4 weeks of pregnancy. So I'm about 8 weeks; so coming up on my *second* month of having missed a period, among other various signs and symptoms. And I think it's interesting, that back in the older days, not even that long ago, you know, when women weren't, didn't have really fine-tuned pregnancy tests available to them, especially *before* they missed their periods, that women would generally wait. They would just wait. They would miss the first period. And then they would wait that next month, probably before doing much of anything, or confirming much more of anything or telling anybody. They would wait to miss that second period. And only after then, after missing *that* one, would anybody more seriously suspect pregnancy. So, not to

say we shouldn't enjoy our rapid pregnancy tests. I know some people appreciate them. But my point is that women, well, they may not have been more patient, really, but life was a little bit different. It wasn't as immediately gratifying, perhaps, to be pregnant.

So I want to focus today on this early pregnancy time being **sacred**. It *is* sacred. It's before the world (other than this podcast, of course). For me, you know, not even my family, not even some friends are in on the secret. And that's nothing to do with them. It's to do with *me* and *my* desire to keep it close: literally and figuratively close. I've spent so many months of my life being pregnant and I love, I *love* it. But, when we complete a pregnancy and we go into birth, that's the memory of pregnancy that I find myself left with, and it's a great one. A big healthy baby that moves all around, getting uncomfortable, waiting for labor. This early time is *so* special, and it is *so* short. And we're so quick to forget, once there's proof for the *outside* world, which of course there isn't any right now, for the outside world, *at all*.

So, this time, this early stage, is a new and magical time for me, every time. It never gets old. And every time I have the absolute honor of passing this way again, I really *do* try to say to myself, at every point along the way, "You may never be 4 weeks pregnant again." You know? I may never be 8 weeks pregnant again. And, it's just this magical, mysterious time, where *I* know, with a very *deep* knowing, regardless of anybody or any test telling me otherwise. *I* know what's going on. But still, I *don't* know what's going on. Because I feel these changes in my body, and the process that this soul is going through to develop *is* really, you know, not something that I know. Or I can *really* understand in my brain, even my scientific brain. I can read about, you know, the development of the embryo and how cells divide, but *the mystery!* I just never get past of the mystery of what is going on physically, right at this second! It's just fascinating! It's *unbelievable*, actually. And I feel like I spend a good deal of the pregnancy, in the beginning, in a dreamlike state; much like I do towards the end, although in a different way. Towards the end there's this dreamlike state about entering the world of labor and being in-between labor and birth. But now, there's just this dreamlike state of, you know, this *magic* going on inside of me, and being connected, but yet, not fully understanding on *any* level.

So, of course, you know, there's this *dreamlike* aspect of the first trimester. And there's sort of the shocking physical realities, at least for some of us. So, when you've had this many babies before, you definitely *feel* it. I think the nausea, for me, each time has gotten a little bit worse. And it's not terrible by any stretch, but I notice these subtle things: the sort of food I feel like eating, or, you know, breast tenderness, nipple tenderness. And overall, mood and emotion *really* changes for me. So, if I'm expecting a period, I generally expect to feel emotional; to have some anger episodes. I usually feel myself kind-of spiraling down into what will begin bleeding. And when I'm pregnant, obviously, not only, you know, do you not bleed, but there's just this *emotional* charge that's different. I sort of *stay elevated*: in my mood, and in my patience with the kids. So, you know, on many levels, there's subtle, subtle clues; especially when you've been through it a bunch of times before. And at this point, the pregnancy is truly *mine*.

Again, I think there's lots of similarities between early pregnancy and the mystery and the way we keep it close, and the end of pregnancy. It's sort of this same veil between the realities, if you speak that language. It's not quite real. It's not quite in this world. It's not quite in another. And like the end, where I always *relish* that the baby is with me, and *only* me, for some of the last days before the baby comes earthside, right now it's sort of similar feeling: that this being is mine, in the sense of, you know, being contained in my body unbeknownst to anybody else. It's

not shared. It's not obvious. I'm not susceptible to anyone else's thoughts or feelings about this, you know, good *or* bad. It's just sort-of not an issue. It's only mine.

So it is *so* important to me to relish this time. I am grateful for having had so many pregnancies. and for being taught *so* much through my own babies and through walking with other women, that I'm able to, I think, each time, appreciate it even more. I want to relish the time in the beginning and each time I want to set the stage for what this pregnancy is, for me. And this time, as it has been other times, it's always about trust and love and connection from the inside. And I do believe that, if we were able to duplicate this, you know, in every women that we met that was pregnant - everyone that we came in contact with - if there was a way to communicate that to them: that they get to set the stage for what this pregnancy is going to be like. Are they going to look to the inside or are they going to look to the outside?

It is *so* important to me that I do not look to the outside *at all*. And, again, I've said this in other, other podcasts. I do not take pregnancy tests. I haven't for the last three pregnancies. And I'm not always cycling by the time I get pregnant again. So, sometimes, its not a matter of, you know, just missing a peroid. I haven't had any in years. So it's looking for other signs. But not doing that is just a simple thing for me. Again, it's not a judgement on those that decide to pee on a stick and see it visually. Everybody's different. Some people need or want that confirmation. But for me, it's just really important that from the get-go, that I feel that connection. And for me, it *may* be that I *do* have clinical training, you know? I *have* spent time as a midwife and a licensed midwife. And I'm very *aware* of testing and what things mean and lab results. And I need to distance myself as far as possible from that during my own personal experience. So I don't want to look to the outside for confirmation or prediction. I have learned that for me, it does not matter. It does not matter. It's not going to change the outcome.

You know, the miscarriage that I had was *going* to be a miscarriage and there was absolutely nothing that anybody could do about it. It wasn't something that could be saved or changed. And, you know, having lab results or ultrasound only added to the *stress* of the situation. Because I think there *is* a degree, you know, a place in us, that thinks when we use those things, they'll be *useful*. But sometimes, they're just *not*. Sometimes they're just not. So for me, it *is* what it *is*. It will be what it is to be. It's the ultimate lesson in letting go. Again, like the end of pregnancy and labor: Letting go. I am not in control. My body knows what it's doing. Even in my miscarriage, which was hard, and it is for many women, on many levels, I realize, in hindsight, how powerful a lesson it was to realize my body knew exactly what it was doing. It wasn't what I *wanted*, at *all*. But my body was smart and it, it did what needed to be done.

So, I think this time I, I'm feeling pretty settled in letting go. I don't feel like it's as *much* a struggle, this time, for whatever reason, as maybe it was even last time. I think distancing myself from the midwifery, clinical world is helping, for one. Choosing to only walk with women that want these kinds of experiences is helping because I'm not *watching* it all day long. I'm not watching women not trust. I've chosen to step outside of that role. So there's nothing for me to do right now, except be in it. For me to enjoy every moment and know that I don't control any of it.

So, if I don't take a pregnancy test, I'm even more attuned to the physical signs, and these emotional signs. I've taken to asking my dreams, which is *very* powerful. And it could be something that you try yourself, or you suggest as well, if you're working with a pregnant mom, or, you know, your sister is pregnant. The part of turning inward, for me, at least, is accessing

information through my dreams; asking questions. Or just asking to meet the soul that has chosen to enter. And for me that happens sometimes *before* I'm even pregnant. So these things all have increased meaning as I begin this journey. I don't believe in coincidences or accidents or anything like that. The conscious choice to look within, to look within myself for answers. And to go about it that way means that I take *everything* that I'm feeling and seeing and hearing on *every* level pretty seriously.

So, early pregnancy, we're talking early first trimester here. If there is a theme for this time in pregnancy, I believe it is patience and nurturing. Patience, because as we talked about, there's nothing to see yet. There's nothing to do. It's all an inside job, literally. The cells know what to do; when to do it; how to divide; when, where, what order to follow; when the heart should start beating; when the organs go from outside to inside, at what rate. *Absolutely a miracle!* Other than birth, for me, the most miraculous part of pregnancy. There's such a respect and awe for this time. So this is the patience and the miraculousness of where you're at in early pregnancy. Do not let *anything* interfere or belittle the *amazingness* of your body. And again, this is a message to bring out to the *world* if you're not the one that's pregnant. Do not let *anything* interfere with this. Your body is *so* amazing.

And this understanding, this *feeling*, because it's a *feeling*, it's not just something that occurs in your brain. That, yes, "Oh, look at this textbook! See how the cells move and divide, and oh, isn't this amazing." Of course, it is. But this is something we *feel* and I think that when you're pregnant, it's that much easier to connect. *Feel it!* Just feel this *glow* within your *own* cells, your own womb, your own body, that signifies the miracle going on. And this trust can become the foundation of your whole pregnancy. There's nothing to *do* to have an undisturbed pregnancy other than that, really, at the simplest level.

And then that pregnancy experience builds into a birth experience that is built on the same foundation. It doesn't come out of nowhere. You don't walk into birth and labor not trusting and expecting to trust. It doesn't work that way. It may take nine months, but it is a journey and it starts right here.

This is what brought me to unassisted birth, was, having the opportunity to treat my pregnancy as this sacred, *personal*, intimate thing. Not inviting *anybody* in, other than a partner, and maybe a friend. Not inviting *anybody* in whose agenda it was to take care of their *own* needs. And this was built; this *built* my foundation for an unassisted birth. And I know many women feel the same way, especially those that choose to birth unhindered. That, because their bodies are so perfect - and in early pregnancy, especially, we feel this. We feel, you know, again, just what's going on with how this baby comes to be; how does the baby form? We don't think about that, right? We don't direct our bodies. I don't wake up in the morning and say, "Okay, little embryo! Today this is what you're going to do and I'm gonna sit still until you do it. I don't wanna mess you up." *No!* I tune in. I trust. I take care of myself, and I go about my process as this process also occurs, you know? Simultaneously but separate. I don't control it. It doesn't need instructions from me. It doesn't need direction. I don't need to know anything in my head about it at all. It's totally out of my control.

So, for those of you that are on the fence about unassisted birth, or are just looking to learn more about how somebody gets to that point, because again it's a journey. I don't think anybody just wakes up one day, and, you know, on the day they go into labor and says, "Forget all my plans. I'm just going to do it here, by myself." It's usually a journey, that starts right now. So if I

believe my body has everything it needs right now, to do this *amazing* thing, then I believe it has what it needs for birth. And it doesn't need any more instruction or direction from me. In fact, it needs me to get out of the way, just like I am now. So, I do believe the same is true for birth. And again, it's why I'm doing these talks. It's why I'm sharing my pregnancy with you. I hope it inspires somebody or empowers somebody to realize that this is also true for them. And that with a little bit of practice, even, the trust can be there. Sometimes it takes some practice. And again, support from others. This isn't having a pregnancy in a vacuum. This is support from those that you love and trust. And building up your confidence.

So, what's wrong with the typical *management* of early pregnancy? And we all know that it's managed, out in the world, in this country. My first pregnancy: I discovered I was pregnant at about 6 weeks and the first thing I did was make a doctor appointment. Now this was eleven *years* ago. I've certainly learned a lot since then, and humbly admitting that *that* is where I began. Why did I do that? And when I got into that first appointment, knowing absolutely nothing but being *really* excited, why was the *only* thing they were able to do, of course, was to do an ultrasound? To *prove* that there was a baby in there? <<pause>> *Yeah*. <<pause>> Yeah, that's really, *really* a hard thing, when that is standard. You know, it certainly wasn't just me. And how that affected my experience? I could go on for another hour. It affected my whole pregnancy. It affected my confidence in myself. It affected my birth. It affected my *mothering*, my very early mothering. So, something as benign as a doctor's visit and a confirmation from outside. And of course, ultrasound, which we *know* is not safe, and which we *know* is not warranted. It certainly wasn't in *my* case! There was nothing abnormal going on. It was simply so that the people on the outside could have the confirmation *they* needed. It's pretty selfish, actually. So, that's what it's all about: getting an early ultrasound for dating so that everybody feels good about that. And, and when birth time comes you're not *allowed* to go too much past your date because they've dated you so early.

There's not just ultrasound that happens at these early visits, but lots of women will get bloodwork immediately, looking at hormone levels; progesterone for one. And I just don't believe in it. I just don't believe in it. I've seen women who have a history of multiple miscarriages. And when they get pregnant again, you know, they're put through this high-risk workup, which, of course, is more risk than doing nothing at all. I remember one woman in particular who had had a bunch of miscarriages. And when she got pregnant again, they ran her progesterone levels and they were *low*. And nobody could tell her, you know, was the pregnancy make it or not? Nobody could really say. And *it did*, of course. She went, you know, to 40 weeks and had a healthy baby. But it added to her stress, for sure. And it wouldn't have changed anything. There was nothing anybody could have done. There was nothing anybody *did*. It was just a number on a piece of paper, for her, that caused a lot of stress.

So, lab workups, early ultrasounds, *pelvic exams*. That's a super-violating one and a super-dangerous one, if you ask me. You know, early pregnant, 7 or 8 weeks, "Yup, let's, let's see your baby on ultrasound, and now let's do your round of STD testing. So, you know, lay flat on your back, get your feet in the stirrups, gonna do a pap smear." I just don't agree. And again, not only is this *violating*, I believe, not only are women looking to the *outside*, but they're putting themselves in the position of *You Know More Than Me*. My body is not mine. *You* tell me what's going on.

And there is serious *risk* to these things. So, ultrasound for sure. We need to have a separate podcast on the risks and dangers of ultrasound. People are so unaware. And, you know, risks

and dangers of pelvic exams, especially in early pregnancy! Why on earth you would want *anyone* near your cervix, when the miracle of life is happening, you know, centimeters away, I do not understand. It should not be offered. But of course it *is*, because everybody on the outside, that you've invited in, needs the confirmation. So, again, you know, that's the system. That's the world as we know it. We don't need to subscribe to that. We can teach women that there are *other* options. But again, if we're teaching them at a base level, if we are offering to them that they are in control; This is their pregnancy. If there is nothing strange going on, then you proceed as if everything is normal and perfect, because it most likely is. And I believe that if you *start* a pregnancy with *that* foundation, that that's how the pregnancy will follow, and the labor and the birth and the mothering. Not that everything will be easy as pie, necessarily, but pretty much, because you're not looking for a problem.

When women start pregnancies from the very first day they know they're pregnant with this sort-of this *defensive* approach of, "Someone else look in and tell me what's *wrong*", instead of, "*I'm* looking in, and *I* see what's *right*," this colors their whole pregnancy, most of the time. These are the women that just *lose* all confidence that perhaps they had. Or maybe they never had any to begin with. So, early pregnancy testing leads to all kinds of interventions and possible problems. And because the focus *isn't* on their inner voice, you know, there's often not adequate nutrition going on; adequate connection with the baby. And then other things develop and spiral out of control. So, hopefully you can see, if you haven't known already, that it is *not* a minor thing to treat early pregnancy as the sacred space that it is. Both in our hearts and our minds. And as the pregnant women themselves, or the guides that are helping them.

So, the last little piece here, is, what does this *look* like for me? Does it look like anything? I mean, I've talked so much about feeling this space, and honoring this part of pregnancy. But what do I actually *do*? *Do* I do anything? And if you're not pregnant and walking with women, what do *you* do and what is your role at this time? So I'm just going to speak from my perspective as a mother; as a pregnant woman:

~~I am very concerned, not "very concerned"~~, I am very *focused* on *physical* right now. I've noticed that with every pregnancy - whoops, microphone fell out - with every pregnancy in the early days, I am quite focused on the physical because that's literally where I am. "Trapped" is the wrong word, but I'm very *aware* of my physical body. I feel it changing literally by the minute and along with feeling nauseus and *extremely* tired, and again, sort of having cravings for this or that, I'm just very aware of my *physical* in a way that I'm not always, especially not pregnant. So for me, it's all about getting rest and nurturing myself.

There's the nurturing. I didn't talk much about the *nurturing* earlier. But early pregnancy is a time for intense nurture. Again, just as we do towards the end of pregnancy, and then in the post-partum time. There's so many opportunities in the child-bearing year for nurturing, and as a culture, you know, we don't have a lot of respect for that, which is a whole 'nother subject. But, so for me, nurturing myself, even though it's hard with six kids. Finding a few minutes to lay down every day, not necessarily sleep. *Gentle* exercise if I can. I try not to push myself. Even though my brain wants to, most days my body doesn't want to do too much, except walk; take a walk. So I'm honoring these things. I am trying to sit in them as best I can and not wish them past, and not necessarily wish to change them. So, you know, you look up early pregnancy complaints in a book, and there's all kinds of solutions, you know, to feeling tired or to dealing with mild nausea. And this time around I say, "There's nothing for me to do about them, and perhaps I should respect them and listen to what they're trying to say." And, it's *okay* to be tired.

It's okay. And sometimes I get *more* nauseous when I'm *tired*. So, you know, it's understanding these little cycles for yourself. How to make yourself feel reasonably better, but yet, for me this understanding of "I don't *need* to feel better than I do because it's okay. I will eventually come out of this and I'm *not* miserable."

So I'm just trying to eat good whole foods. I'm not concerned about a specific diet at this point. I do appreciate the Brewer Diet, as far as understanding and explaining to other women about blood volume expansion. That begins at about, about now, where I am in pregnancy. But it only *begins* right now. So I have the next, you know, 20-plus weeks to work my way up to, sort of the optimum amount of calories and protein. And I always am able to do that just fine. So I'm not concerned about that. I'm not concerned about *amounts* that I'm getting right now. I'm really just concerned with eating good whole foods and satisfying cravings in the healthiest way I can. So if I'm craving sugar, you know, even doing fruit or making sure that I'm balancing out with protein. You know, being aware but not being crazy. Just honoring my physical body right now and the wishes that my body has.

Supplements, as my body requests. I'm not big on supplements. Each of us needs to decide for ourselves where we stand on that, as far as prenatal vitamins and what we're going to do or take. I don't take a prenatal vitamin currently. I feel like food is my best source and if I'm listening, I can figure out for me, you know, what my body's asking for. Probiotics are feeling good. I've felt myself craving fermented foods. So I've added in a probiotic to just kind-of help my body out with that.

And, let's see, what else? I'm not doing anything clinical on myself, of course. It's only 8 weeks, so, there's not a whole lot to do. But obviously, I'm not feeling the need for any kind of blood tests or anything like that. You know, urine strips, that's an option for those of us doing our own prenatal care. Of course, they've not been proven to really *help* with anything at all, but, you know, I have them available to me as you could for yourself. Anybody can order them, just on Amazon or whatever. And the reason that you would do that or use those would be if you suspected maybe a urinary tract infection or something like that. So I have those things available to me, but I'm not routinely going to do any of it. I will listen and see if there is something along the way I need to do. And the same for, you know, doing blood pressure or any of that. You know, if somebody sort of wants to practice on me, student midwives, then, that's kind-of fun along the way. But as of now, not feeling the need for that. I know my body *really* well and, I, you know, I suppose I'm lucky in that those aren't issues for me in pregnancy. I don't worry about any of them. I never have. I know *how* to take care of myself. But it has taken many pregnancies, and confidence through doing that.

So, it's okay if you're not there. The message here isn't to *ditch* all clinical care, if you feel connected to that, or if you feel like the information would be useful to you or helpful to you to even just *have*, so you could understand. So, I think for some women, choosing self-sufficient care, it's about, you know, *knowing* everything, and at a certain point, choosing to part with the knowing, the *mental* knowing. And then, for other women, it's *not* about mental knowing. It's an intuitive connection from the beginning. So there's no right or wrong answer and I'm only now, really - the last pregnancies, the last pregnancy and this one - arriving at a place of, for me, true intuition. So I, of myself, have had several pregnancies where I looked to the outside, here or there, or to a midwife friend, or even, you know, to myself clinically, by doing these skills on myself. And there's no right or wrong, I don't think. It's just arriving in a place where, you're

comfortable. And of course, you can't arrive where you're not. You only *are* where you *are*. So, that's what I'm doing.

My belly: I can feel something already, at about 8 weeks. And, I've had many babies before, so it's really easy to feel. And, of course, I know pretty well what I'm feeling. So, for me, it's just, (and for anybody that's going to feel their own belly at about eight weeks), just right above the pubic bone; just a very subtle starting to get firm there. So I'd expect, in the next, like, week or two, you know, for that to really be something I can feel when I'm laying down, with my own hands. Not something, necessarily, anybody else would feel, or, of course, you know, from the outside. It's not there yet. It's just a subtle thing, but it's a fun thing to do.

So, I think the trick is to, getting to know your own body through time and experience. And, I've had this stress, like many of us do, of having to do it *right*, whatever that means, for myself or for others. The expectation, you know, when I've had older midwife friends, in particular, the expectation of them wanting to take care of me. And do this prenatal care on me. Which, you know, was done in love and wisdom from their side. And that was very much appreciated. But again, I'm just getting now, in the last two pregnancies, to the point of, "No, thank you. *This* is what I need." And it starts here. It starts on the inside. And if I need support, or if I have a question or a concern, I feel very confident, in then, inviting people in. And saying, "Hey, what do you think?" Or, "Hey, what do I do?" Or, "Hey, would you feel this?" But that's not where I start.

So, what else can we do to support women at this time? If you're not the pregnant one, and you have a friend or a sister or a woman that wants you to guide her. What else do we do at this time to support, if we're not really *doing* a whole lot? Of course, we're doing, perhaps, what she requests. So, you know, there are women that may want their blood pressures taken, you know. That's not a bad idea, depending on history, or whatever. There are women that will want to dive right in and talk about diet and nutrition, and where they're headed, so they can develop a plan. So, our job, as support, during this early pregnancy time, is just simply to listen and be available and encourage all of the things we've talked about today: rest, and relaxation, and a connection to the inside, even though the outside world is not aware that this woman is pregnant. So, just giving her permission to take care of herself, even though it feels like nobody else is taking care of her yet because nobody knows.

So we're communicating too, to women that there are many tools out there to help pregnancy, but that there isn't really anything that's needed when things are normal and healthy. A normal healthy situation is just what it is, and there's nothing to *do* about it. There's nothing that a pregnancy *needs*. You know, pregnancy tea is one example. Now, are they great, nutritive herbs most of the time? Sure! And if a woman feels called to drink that, daily, then that's great. And maybe her body is asking for it. But, you don't need to perpetuate the idea, either, that things are *needed* for a healthy pregnancy. Other than a woman taking the best care of herself as she can. And truthfully, there are many pregnancies that do just fine, you know, when a woman *isn't* able to do that. So, we're not advising that. Or, but, you know, it happens especially in times of stress, that women are just simply doing the best they can. And, you know, it's hard to be on the outside and want to judge if that's good *enough* or if they're eating well *enough*, or if their stress level is low *enough*. But it's not ours to judge. We're only there to support, and to say to her, "You're doing the best that you can and that's what this pregnancy requires." And remind her that this is a sacred time: Enjoy it! Let's not, let's not ask for permission to just *be* and *enjoy* and not *do*.

I think that's one of the hardest things, is, getting away from the family and friends that wants to know what the doctor said; or what happened at the appointment. They want something to report. They're excited about an early pregnancy and the dreams and visions that that gives *everybody*. And it does: this, this person, this soul that will eventually come earthside; it's very exciting! But, let's try to counter the, the sort-of mainstream world with all its talk of *doing*, and let's just focus on *being*. And if we're pregnant, we can take that advice right now. I know *I* can. I can take it from myself. I'm just going to *be*. I'm going to be pregnant and I'm going to enjoy it. And I'm going to love where I'm at, and see how this goes. And if we're supporting women, we can do the same. We can say, "You have everything you need. You have support from the outside if you need it. And just *be*. Just enjoy it, and love it, and relish this time."

So, that is early pregnancy, from my mind and heart. I hope you enjoyed it. Please feel free to send us feedback, if you so desire, and/or topics you might like to hear us blab about. And until then, keep doing the good work, focusing in. Trusting yourself. Trusting your bodies and your babies. And just sending this message out to the world, because that is what is needed. That is what is needed in the world: to change where birth is at. Blessings everybody! Thank you so much for listening and have a great day!

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