

COPING WITH LABOR

Mindful Birth NY

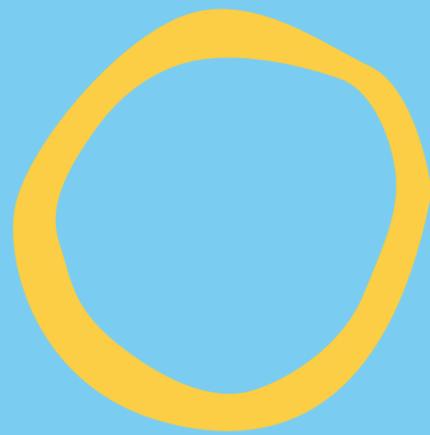
FOCUS THE MIND

There's nothing like labor to focus the mind. And there's nothing like focusing the mind to help you cope. As you move into the active flow of labor, there's a natural quieting of the rational, think-y, analytical part of the mind. Allow this settling to happen.

Keep it simple. With each wave of work, absorb the mind in the breath: in through the nose and out through the mouth. Count your exhales. Eventually you may find yourself Ohmmmmmming.... Count your ohms.

With each wave of rest, do nothing extra, just rest the mind in the body at rest.

In this way, concentration supports relaxation.



CALM THE BODY

Relaxing and calming the body creates space for the baby to move down and out. The body must work harder if you contract around the contractions.

The body knows how to birth. Your work is to BE with what the body knows.

Meet each wave as softly as you can.
Calm abiding.

If you forget everything else, release your jaw. Fully. Your face slack.

R.A.I.N. for Birth
Recognize what is happening in the body and
Relax around it, whatever it may be.
Allow... Accept...
Investigate with curiosity,
Noting, "Just now, it's like this..."

OPEN THE HEART

You are not separate from the natural world. This is your participation, however mediated by technology, in life continuing itself.

You belong. Your child belongs.

Unconditional wishes of well-being for all.

"May all families everywhere be safe and healthy
May our children know joy and live in peace."



LABOR AND PARENT WITH PRESENCE

You can do this. Women do labor all the time. Come back again and again. This wave, and only this wave. Not the next one. Not the one after that. This wave. This moment. This breath.

As softly as you can...

