

(introductory music)

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MARYN: Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Good afternoon. This is Maryn, your usual hostess of these podcasts. And I am sitting in northern Arizona right now in the summer. Quite hot most of the time and a glorious thunderstorm and rain storm just came down which is quite serendipitous and beautiful. So I'm feeling even more inspired today to just share my heart with you. I don't have such a great outline here. I think I'm going to wing this one as I do a lot of these podcasts. Just speaking from hear. Speaking from experience as a mom and somebody that's seen a lot of births and worked with a lot of women. So bear with me today as I just kind of talk and, if you're interested in that, then you'll keep listening.

So I do have a loose subject, however. Usually, there is something—something—getting at me in a positive way. Maybe it's something that's happened in my own life or just here in the community or—name one. Name something. Name some example of birth related activity that can get you fired up, right? And that's me in my life. There's something every day that gets me fired up in a good way and gets me out of bed in the morning and ready to go. And so today I want to talk about what do women want with their birth experiences. And if I'm talking directly to you, perhaps—and you're pregnant. And you're figuring out what's what wherever you live and what your options are. What do you want?

Now I've noticed this in my work as a birth consultant and birth attendant in the almost ten years that I've been doing this kind of work. It's not something I put words to though until recently. And by that, I mean I've met with a lot of women, had a lot of conversations, had a lot of consultations, been asked a lot of questions myself. And just recently, I realized how little women actually know what they want. It's more about what they don't want for their birth. And I will give credit where credit is due here for bringing this exact wording to my attention. It was the wonderful and amazing Lisa Barrett, who is a midwife or maybe retired—we should say—in Australia. I attended a class of her, a series of class of hers, in January right before I had my last baby. And this was a topic of conversation in one of the classes. And, of course, that means we could really go into detail about this. And today I'm just going to kind of give you an overview as far as what I think.

But that was the topic is helping women figure out what they want because I'm certainly not the only one that hears it. You see it on Facebook. You read it in birth stories. You talk to women in your community. You talk to your sisters and your friends and your

cousins. And so often, there is a frustration with the birth experience. How many women have you met that everything was just ideal, wonderful, perfect? Just the way they wanted it? There are those women. I think I've had a couple of those births. But that's also because I've taken responsibility for my experience, which is what we'll get into. But I do think, in my experience at least, that more women are definitely focused on what they don't want. And that doesn't necessarily have to take on a really negative feeling. Sometimes somebody can be really positive and have really great plans and ideas. But, again, it's phrased more as what we don't want. And I think one reason for that is our standard is pretty low. Culturally. And in the U.S. Here in this country, our standard for birth is really low, right? There's that mentality that all that matters is a healthy baby, and we know that's not true. That, of course, a healthy baby matters, but we know that it's not true that's the only thing that matters. And we know that we aren't being selfish for wanting more and desiring more and anticipating more for our birth experiences.

But, again, the bar is really low. So women aren't talking about their ecstatic, wonderful, undisturbed birth experiences on the corner and in the grocery store. They're talking about their average birth experiences, and average, in this country—again right now—means probably a hospital birth. Maybe a home birth, if you're in the right town or city. But the standard is pretty low even midwives attending births aren't really holistic in most cases. Women don't know what undisturbed birth is about. That's a whole other podcast that I did a couple weeks ago. So the bar is really low. And it's a lot easier to talk about what we don't want especially when we've heard other women's stories. It's easier to listen to that and say, "Oh, I'm not going to do that. I don't want that. I don't want this to happen. I don't want to be here. I don't want that person with me."

So in some cases, it definitely does take on a negative tone. But, again, I'm not sure that it's intentional. It's just kind of how we're used to talking about birth. We're not used to talking about birth in a super positive way. And that's the point of these podcasts, of course, is to, hopefully, spread that love and enthusiasm for the body's natural, amazing, physiological ability and for you to share that in these podcasts as well with other women. So we can try to turn the tide. We can start talking about birth as some kind of liability. Something negative. Something to be feared, right?

So think about it though. If we started talking about what we wanted—not what we don't want—how many situations would be avoided if women knew what they really, really, really wanted? So I have all kinds of ideas, and I'm sure you do too. And I could go on and on. But just a couple examples. Let's say the hospitals shut down. That's a possibility. That's a real possibility at some point in the future. Or that they remain open only for true emergencies as far as birth goes. I'm sure they would still be there for sick people. But maybe hospitals would stop doing births if women really knew what they wanted. Maybe there would be less birth trauma. Not every trauma can be avoided.

But maybe there would be less. Maybe women would learn to speak up for themselves, if they were confident in what they wanted and secure. Maybe we would stop blaming other people for what happens during our birth or the outcome.

It would be a lot harder to hire the wrong person, and that's in quotes. The wrong person. It would be a lot easier to get it right the first time, if we were really clear on what we wanted. Now I'll give a personal example of this, so you don't think I'm perfect by any stretch or immune to these sort of things. I'm not. And I'll take you back in time to my very first home birth, which was almost ten years ago. And my first birth, if you don't already know, was a hospital birth. And it was a vaginal birth, but lots of interventions as most hospital births are. And so the first home birth kind of came as a surprise because, lo and behold, I hadn't learned enough during my first birth. That's supposed to be a joke. And I was going to go back to the hospital for the second baby. I was going to hire midwives, hospital midwives, so I had made that change. But I was going to go back to the hospital to birth this baby.

And I sat with my doula, who I was hiring to come with me, just about two weeks before I was due. And I had my birth plan. And that's another podcast topic I should do too. Birth plans. So if you're birthing in the hospital, you've heard about birth plans, and they're all over the Internet. And I guess it can be about what you want. But in my experience and when I did this birth plan ten years ago, it was definitely about what I didn't want. It was three pages. Probably single spaced about what I didn't want. And I sat there with my doula, who was very kind and caring. And I will remember for all time. And I cried because she looked at my birth plan, and I don't even remember exactly what her words were but something along the lines of, "Have you considered a home birth?"

Because, number one, this birth plan was three pages, which you don't walk into a hospital with a three-page birth plan and expect that anyone would take you seriously. And number two, if I really had that many things that I didn't want, then why was I going there, right? So I'm the poster child really. Ten years ago at least. I'm not now, but I was the poster child for not asking for what I wanted. For knowing what I didn't want. And for potentially almost going back to a place that I didn't want what they had for sale. And that's another huge issue and sort of mistake, if there is such a thing, that we pregnant women make. We go somewhere or ask for things that aren't sold in the places where we're going or from who we're hiring. It's a common thing to think you can change what is.

So anyway, that was me ten years ago. So I'm very, very well versed in being that woman that, in fact, had three pages on what she didn't want. So to make a long story short, I did figure out what I wanted. And I wouldn't have put these words to it then because I think then I would have just said, "Oh, I decided to have a home birth." And I

did. I had a wonderful home birth. And that was what got me involved in midwifery. I was apprenticing only four months after my son's birth. So that was my turning point. But I do think a very large part of this turning point was that I acknowledged that I needed to know what I wanted even if I couldn't verbalize it, per se. I happen to find a really amazing midwife, who was illegal in the state of Illinois because all midwives are, if they're not CNMs. And she was an underground, illegal, so they say, midwife. And that's what I wanted. And funny enough, of course, that's how I've progressed in my own life to be the one outside of the system, shall we say. So it's kind of come full circle, but that's because that's who I am and that's, deep down, what I wanted. And I found it. And I saw it in her. And although, like I said, I didn't necessarily verbalize what that meant to me at the time, I saw what I wanted in her and in my birth. And so we hired her, and the rest is history.

So some examples here. I guess this is my own experience now is somebody that's been attending births and does lots of consultations. Lots of women know what to say, let's put it that way. And people listening to these podcasts may understand what I mean because you're already in that line of thinking. You know a lot probably about birth. So you know, for example, how disturbing to birth vaginal exams can be when they're routine and when they're required by law and for no other reason. So I'll talk to women here that seem to sort of understand that and know where I stand on undisturbed birth, for example. And they'll say things like, "Oh yeah. I just want an undisturbed birth. I want an unassisted birth," whatever their wording is. I don't want vaginal exams. I don't want this. I don't want that. But then in the same conversation, there's the disclaimer that seems to relinquish them of any responsibility and, in fact, negates everything they've said although you heard me say that it was mainly focused on what they didn't want. So lots of what I don't want and then the disclaimer.

But I do want someone there to make sure the baby is okay. I want someone there just in case. I want someone there in case something happens. Huh. That's a really interesting way to describe what you want and what you don't want because, to me, that sounds like a complete contradiction. And just to be clear I'm not saying there's a right thing to want. I know what I want. You may know what you want. I'm not saying what I want is what you should want. I'm just saying that if women say they don't want certain things such as mandatory vaginal exams or who knows what it is. That's cool. But then don't say that you want someone there to save you. You want someone there to accept your responsibility. That's—those two things don't go together. They're like oil and water.

So if you want someone there because you want them to be able to solve something, then they need to do what they need to do as well to maintain this perceived safety influence that you think they have or that they think they have. Many people think that having someone there makes birth safer. And I beg to differ with that. And that is

probably another podcast too. But my point today isn't again in telling you what is appropriate for you to want. I'm just trying to say that I don't think you can have it both ways or, in fact, I know you can't have it both ways. If you want control over your birth—and, of course, control is relative, right? Because birth is a natural process, and we don't control birth any more than we control this thunderstorm happening outside my window right now.

If you want to have this feeling of being in charge of your birth then you must accept the responsibility of it. And if you care more about handing it over because you don't ultimately want to be responsibility. You want someone to blame. Or you want someone else to not even just blame but give credit to, if this birth goes really well. Then you must play by their rules. And that, my friends, is another tangent that I could go off on. That, my friends, is why there is so much regulation around birth. And that is why rules and regulations here in the state of Arizona rule the licensed midwives. And I always say it is not that they are not kind, wonderful, educated, compassionate women, who have chosen to serve other women.

But the rules and regulations have made it and the government has appointed them to be responsible for your experience. And if you're fearful about birth or you don't understand or you've had something traumatic happen possibly at another birth, then you may freely give that away and be okay with it. At least until you come to perhaps a different point or something else happens and you realize that you gave up your responsibility. But you can't have it both ways. I don't think you can. And I haven't seen that that's possible. You can either be in the system and allow someone else to call the shots and, again, that's not always negative in a sense. It might mean that the birth goes really well and great. But somehow part of the credit is due to them. And I see many women doing that all the time even on Facebook. It's, "Oh, look at my beautiful baby. Thank goodness for my wonderful midwives."

And I have to say that irks me a good deal as a woman and not as a midwife because as a midwife, right? That should build us all up. We should feel really great and like we're so important to the birth process. But that's not the feeling that gives me because as a woman I want those women to know that that was their doing. That was them having that baby, that support is great. And we can certainly be thankful and grateful for other women and other people in our lives that come to love us and support us during a birth. That is not what I mean. It is women giving credit to the midwife for their wonderful birth and saying such things as they couldn't have done it without the midwife's help or who knows what. It bothers me because we have so much power. And we give it regularly in birth. We give it away. And then we blame people for when things aren't just the way we want them when we never knew what we wanted in the first place.

And we give other people credit for things when birth goes well, almost all of the time, especially when mom and baby are just healthy and normal and have a pretty good foundation emotionally and all of that. It's really not that miraculous. I mean it is. Birth is a total miracle. But for a birth to go well without help isn't a miracle. That's just physiology. So you can't be autonomous in your birth if you are giving away your power. And because here at Indie Birth, our passion has totally become take back your autonomy. And that's been these podcasts, these 40 plus podcasts. And if you listen to them, you'll hear me say these same things. So if you're confused about what I'm saying today or whatever, please go back and listen and know that I am not advocating women birthing alone in a closet by themselves without any support. I am not advocating women having no quote on quote prenatal care. I'm not necessarily advocating for medical care during pregnancy. But I'm certainly not advocating for a lack of care and concern for the pregnant woman. I'm not at all.

But autonomy in pregnancy and birth is completely different than giving it away. And how do we give it away even in pregnancy? 99.9% of women in this country give it away during pregnancy. They go to somebody else for somebody else to write down numbers that they don't know anything about. For somebody else to call them with results that may or may not even be correct. For someone else to tell them how to solve every little thing that comes up. I mean the list is endless, and it's an epidemic. It's not that, I think, everybody is lazy or doesn't want to know more, but we're just caught in the system where we're used to asking to the outside. And even the nicest, kindest, home birth midwives are happy to be the authority. And I really think we need to take back our authority in our pregnancies and birth. And, again, I'll say it again, so nobody can accuse me of not saying it. This doesn't mean we don't ask for help. This doesn't mean we don't consult even with a doctor if we have concerns about our health or our baby's health. It doesn't mean that at all.

In fact, that's the greatest example, I think, of autonomy is a woman that is so in tune with what's going on she has learned and asked people and taken classes and been really present, and something does come up. And she knows enough and have enough confidence to ask somebody perhaps in the medical world and get feedback. That is autonomy because it's not something that anyone else told her to do for no good reason. She has very good reasons for doing what she does. But autonomy is not possible if you're giving away your power. And giving away your power is something completely different. And that's when it gets really confusing because then it's not about hospital or home or midwife versus doctor or unassisted versus whatever. It's not about location. It's not about who you have there. It's about who you ask first. Yourself or someone else.

So this doesn't make sense to me. Women not knowing what they want on one level doesn't make sense. But I guess what makes less sense is this dichotomy between I

don't want this. I want this. I don't want this. I don't want this. I want this. But what if something happened? Then it all goes out the window. The power is gone from that woman. She's given it away. People think—yeah. That they hire someone to make sure everything goes okay then they aren't responsible. I remember thinking this although, again, not consciously. I remember thinking this with my hospital birth. I mean I remember feeling it. I remember feeling like the doctor would save me. That I was assured of a healthy live baby because I was birthing in the hospital. I think it's pretty incredible, in a sense, that I can still bring myself back there. And so I do feel compassionate. I understand why women feel this way because we've been indoctrinated. I grew up that way. That doctors save people. And why would birth be any different?

But that's not true. That's not true. And that's what I'm urging women to do is just slowly, slowly—it's not a rushed thing. It's not overnight all of a sudden you understand what it means to take your responsibility back. It's not that way. It is a process. And that's why we get pregnancy, I believe. We get that 10 months to practice doing this because you are responsible even if you hire a doctor. You are. And that doesn't mean blame necessarily. If, God forbid, something happens. If your baby doesn't make it, that doesn't mean you're to blame. That just simply means it's your life. That's your story. You're responsible even if there is somebody else involved. And, of course, that's a really messy situation, and I'm not going to go there right now because it's another conversation. When people hire people and they have this perceived sense of that person being the authority and the safety mechanism, then, of course, there is blame, and there are lawsuits. And there's all this stuff that goes on because that was the arrangement.

And I think really it would be a lot simpler if we didn't have those arrangements anymore. If we didn't set someone up to be our authority and our responsible party. So that's part of my spiel today. But when women and people do that—and by that, I mean give the responsibility away. It's not usually a conscious decision. It's because they believe that's what's best for them and their baby. They believe that's how birth works. They believe that's how things should be. They believe that's how the world works. They believe there is no other way. And that's what I argue with. I can't argue with where things are at necessarily. But I can go for the new paradigm, which is birth as we know it and birth as we want it isn't what we are looking at today. What we're looking at, at least in this country, is just what we've been left with from many generations of this model. Of the hospital model, of the doctor model, of women—and women just a couple decades ago were wanting pain medication or wanting to be put to sleep basically while their babies were born.

So it's not a blame game. But women play a part just like everybody else in what they've collectively desired over the generations. So my encouragement, to you, is that

this can shift. That our generation right now—the women birthing right now—can start to shift this. And that if not we have our daughters and our children to start to shift this in the generations to come. That we can create birth as it is meant to be and, actually, that's not a creation. Birth is already perfect the way it is. That we can change our perceptions. Because there really are no guarantees in birth. There's no guarantee in life. There's no guarantee about any of it. Every moment we have is a blessing. And as much as everybody would love to see every birth go perfect, for every mama and baby to healthy and whole, it doesn't work that way. And it never will. It never will. But that doesn't change where the responsibility lies and whether or not we give it away because there are no guarantees. So to me, that's actually a positive way of looking at it. It may not have sounded like that. But when we accept responsibility, then we're more aware of the specialness, of the sacredness, of our experience. And we're not willing to give that away. We're not willing to just throw that out to somebody else, to throw that to the wind, out of fear because that's just too special. Too sacred.

So don't settle. If I could tell new mamas or new pregnant mamas one thing that maybe they'd listen to, it would be to not settle. To not make compromises on their pregnancy or birth for anybody else. To go slow and own their experience even if it's just bit by bit. Even if it's just listening to these podcasts and getting some ideas or writing in a journal. Because it may not be this birth, it may be a couple births down the line where things come together, and you're ready to own your experience. You may not be ready right now. But I came up with kind of a good quote, I would say. I was proud of this quote only because it really illustrated exactly what I was going for when I was thinking about this podcast. So here's my quote. To own your experience, you can't want to give it away. And I liked the word want in there, because I could have also to own your experience, you can't give it away, which is true.

But I like the want because there is women that don't appear to be giving their power to anybody, but deep down they want to. And that comes out in other ways. And that's a whole other podcast. So deep down, you have to, I think, come to a place where you don't even want to give it away. That you realize how sacred and special and beautiful and powerful you are, and you don't want to take that baby. You don't want to apologize for that. Don't ignore your inner voice. Or to frame it in a more positive way, listen to your intuition. Intuition isn't everything. But it goes a long way. And I recorded a podcast a couple weeks ago with my good friend, Ashley, and you can listen to that. It's Ashley's Journey from Cesarean to Free birth. Pretty amazing leap there.

And she said, I think at the beginning of our talk, that she ignored her inner voice. She ignored it from the day one of hiring a certain midwife. She ignored it during her labor that led her to the hospital for a cesarean. And without entirely speaking for her, you can listen to the podcast, I know she would say that she did give her power away. And that that led to blaming and all kinds of things that were unpleasant as well as her

cesarean, which she had to recover from. But in the months following and when she was to become pregnant again, taking back that power, realizing that there was no blame. That she made her choices. That that was her responsibility. That everything happens for a reason. I mean you could look at it a million different ways then she was ready to take the reins and navigate her very own experience through her birth with her son, Escher, who was born just a couple months after Ever. So that's a very inspiring story if you want to hear more from a woman that did ignore her inner voice and then went on to make those changes.

So just a little bit about back to what you want before I wrap this up since that was where I started. What you want is up to you. And I've said that already. There is no right thing to want. Again, I know what I want. And I know what I want, in a sense, for the greater good, which is, of course, peaceful, loving births. And I think there are more ways to come to peaceful, loving births than we're acknowledging. For sure, we talk a lot about physiological birth, undisturbed birth, lots about unassisted and free birth on these podcasts. But I don't believe that's the only way. There are women birthing everywhere in this world right now that have taken back their power, and it doesn't matter where it's happening or how it's happening.

Truly, a cesarean birth can happen in an empowered way. And, again, that's another subject. But my point is it doesn't look the same for everybody, so what I want doesn't mean that's what everybody should want. You decide what you want. And no one can tell you if it's wrong or right. So if you've got people in your life—I hate to say—that want to tell you that your choices—not even your choices, your desires, your heartfelt desires for your pregnancy and your birth are crazy or wrong or stupid or who knows what, then truly you don't need that influence in your life. Women and babies do incredible things. And because birth is a miracle, I don't think we can ever put a box around a woman. And I am one of the few people, I think, that will say that. That every woman will make the right choice for herself. Women that have had five cesareans and go on to have vaginal births. They do. And they should, if that's what they believe is best for them.

I will not be somebody that says that is not safe. That is not my call to make. Whether or not I'm present for something that I may believe to not be safe for me or my baby, that's my decision whether to support a woman physically in something she desires. But it is not my place to tell anybody that what they want for themselves and their babies is not safe or it's stupid or it's reckless or who knows what. Because I do not know the answer to that. So know your options. You are entitled to whatever you want. And you don't have to listen to anybody tell you that it's wrong or not possible. I think that's more commonplace right now than wrong or stupid. It's like, "Oh, you can't do that." And referencing to another podcast, last week's was Jessica Tiderman from Special Scars, so listen to that if you haven't. But how many women with an unusual

scar from a cesarean are told right off the bat, "Oh, forget it. Nope. No vaginal birth for you."

Anything is possible really. Anything is possible, but we have to know what we want. And we have to believe that what we want is valid and we have to find out what our options are to make it happen because no one cares more about you and your baby than you. And I say that often. No one cares more about your baby and your body and your birth than you do. Every woman will make the right choice for herself. No woman would knowingly endanger herself or her baby. So everything is a big deal when you think of things this way. Every choice matters. And you have to know your options. And people think, again, options are location or who—who's there. Is it a midwife? Is it a doctor? Is it at the hospital? Is it at the birth center? Those aren't the only options, people. And that's, I think, where we're going wrong with educating women as far as what's possible.

Learn about how birth works. Take our class. Take our five-week class. Learn about undisturbed birth. And once you have that knowledge under your belt, you will have confidence, and it will be so easy to pick where and who and what. You don't get to pick when most likely. But you can make choices about all the other important things. Really. If I had a penny for every woman that has hired a midwife and planned a homebirth and knew nothing about how birth actually works and then had regrets later because, oh, the midwife broke her water. Or, oh, the midwife transported to the hospital for meconium. Or, oh, this or, oh, that. I would be quite wealthy. Because women don't really know their options. You don't. I'm saying that from a place of love, and many of you listening can attest to that because you know people that think they know what their choices are. But they are really choosing from the box of accepted choices, and I'm asking you to look outside the box of accepted choices. Because outside that box lays so many options and a possibility of birth happening the way it was meant to happen.

Don't think it doesn't matter. Recognize the role that these things play or can play in your birth. So you hire a midwife that does home births. Do you know the rules and regulations that govern her practice? And, again, if I had a dollar for every woman here that hires a midwife and has no idea what the stipulations are that will affect her and her baby and her birth and her family, I would be very wealthy. No idea. Home birth plus midwife does not mean undisturbed birth. So what do you want? Because if you don't want an undisturbed birth or don't care, then go ahead. But if you take time to figure out what you actually want, then the A plus B equals C will make sense to you or rather it won't make sense. And you'll realize A plus B does not equal C.

So let's wrap this up. How do you figure out what you really want? I think it's a process. It's not one that happens overnight, like I said. My best suggestion—only because it's a

free resource and I'm happy to provide it—are these free podcasts. Just listen to them and see what you think. Maybe you think I'm crazy, so you know what you don't want. Now figure out what you do want when you hear me talk about things. What do you want for your birth? Ask your baby. What does your baby want? you can ask your baby in dreams. You can ask your baby in meditation. You can ask your baby just as a question out loud and see what comes.

I was spending time with my 11-year-old daughter last night, and we were doing this kind of work because it's important to me that I am an example to her of how to work with our intuition. I wish someone had taught me that at an early age. And so she and I sit together one night a week, and we do these really simple exercises together. And I don't know that she necessarily knows what we're practicing, but that's what we're practicing is how to listen to yourself. How to figure out what you do want. And so last night, we made a list of what our heart wants. And I didn't need to explain that to her. She's 11. And she's still pretty innocent and childlike in a good way. And she made—very easily made a list of what her heart wanted. And I told her just write whatever comes to your mind. Don't worry about if it makes sense or if it's crazy or not. So if she wanted to write, "I want to be able to fly,"—and, in fact, she did write, "I want to be able to swim like a mermaid," then that's not ridiculous. That's what her heart wants.

And later when she's older even, it could go—we could go back and look at these lists she's made and figure out what that means. What does, "I want to swim like a mermaid actually mean"? Maybe it means she wants freedom or wants to remain childlike. So I think listening to our heart, as clichéd as that may sound, is a really great place to start especially if you think you don't have any intuition or something like that. It's just what does your heart want. Write it out on paper. Don't stop and think. Don't start stopping, and don't censor yourself. It's nothing you have to share with anybody else. Just what does your heart want? Leave fear behind as much as you can. I think that's a requirement. So when you're making this list, just go for it. Who cares if it sounds crazy? But any time you feel that fear creeping into your body, you don't add that to the list because the heart doesn't know fear. The heart only knows love.

So no rash decisions with any of this. Hopefully, you have lots of time in your pregnancy. Or even if you don't, nothing should be a rush job in pregnancy. So talk to a lot of women that want to switch care providers at the last minute as late as 39 weeks of pregnancy. And I still offer them that advice. Do not rush. This is not a decision you have to make this hour or in the next couple hours. You may have to make it tomorrow. But you don't need to rush. You still have time to listen to your heart. So that, my friends, ends this podcast. Go out into the world and spread the good information about birth and pregnancy and how beautiful and wonderful it is. And ask the next pregnant woman you meet that might ask for your advice or want you to listen or help or support, ask her what she wants. And then just listen.

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(closing music)