

(introductory music)

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MARYN: Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Hi, everybody. This is Maryn continuing my podcast series of pregnancy and birth related empowering information, or at least that's the hope. We've been through pregnancy already in this series through postpartum. And today I'm circling back around a really passionate topic for me like all of these are. A really exciting way of dealing with our emotions in pregnancy. And, of course, really the same could be said about dealing with emotions at any point in our lives. Birth into the postpartum period, which, of course, just flows back into our sort of normal life. So on one hand, emotional balance during pregnancy isn't too much different than other times. But it is for so many reasons.

So I want to talk today about how create balance using one way—one piece of the puzzle here. There is so much that we can do. And so many options we really do have. And that's fabulous because we are all so different and so individual. So I'm going to share with you today a topic that's near and dear to my heart and something that I utilize in my life. So emotions, in general, seem to be a pretty touchy feely subject. Not for me. Not amongst people in these parts here in Sedona, Arizona. And probably not for you if you're listening and follow these podcasts. You'll probably agree that pregnancy and birth are so complex. They are just an amazing, overwhelming, complicated time of life. And we are multilayered beings. And so this is the new paradigm of pregnancy and birth. And by that, I mean talking about emotions, talking about emotional health is so important. And it is not just a physical experience to have a baby in your belly or your uterus really and to birth that baby. It is a very complex experience. So it's no wonder that emotions are so important and our attention to their balance is really important.

So the way I came to one really important, for me, cornerstone of emotional health—again, not just during pregnancy but was during someone's pregnancy. A good friend. A very, very good friend had a really rough experience towards the end of one of her pregnancies. And to be brief, it was an emotional breakdown. She had had babies before. And all home births. And somehow leading up to this baby's home birth was emotional chaos. Something she had never experienced before. Just had so many conflicting emotions and wasn't able to balance them in a way that was feeling healthy to her to the point where she was really considering going to the hospital to have her baby because she wasn't—didn't think she was able to get herself under wraps emotionally, if that makes any sense at all.

Because pregnancy, in particular, is just a really volatile time for many women. Yes, it can be wonderful and blissful and empowering and revolutionary and all these things. But for someone, at some points, it can be a really terrible, terrifying experience. So that's the way I got into experiencing and learning about this sort of emotional balance and release. And I'm going to talk more about sort of the method and tools in a minute. But, again, was through this good friend, who really needed everything that her support team could pull out. And I was privileged to be a part of her team just as her friend. And her midwife, in particular, was very well versed on this subject of emotional release using essential oils as a tool. And so, again, I got to see what that was all about through her, and that was really exciting mostly because she was able to balance herself and have this baby at home with a wonderful birth experience. And double bonus, I was able to learn from it that these oils are amazing. That the emotional blends and the emotional release—therapy for lack of a better word—was able to bring her back to her center and bring her back to herself and bring her back to her true desires for a home birth and for this baby to be born lovingly and safely at home.

So I'll talk more about it. It didn't force her to do anything. She certainly wouldn't say that. And that's not what these oils do. But I was convinced after working kind of alongside her and with her supporting her as her friend that these oils are able to influence us and bring us back to center emotionally. And, again, this is something that so many of us are just absolutely searching for during pregnancy especially when things feel or actually do get really out of control. So now I do have this really serious passion for helping other women in this way with this technique and this information. And the information I'm going to share with you I've even been able to use on my kids successfully, and that's been really exciting. So we'll talk more about that. But certain oils corresponding with certain emotions and using these oils to help balance what we're feeling is something that is really awesome to see in kids because they don't even have to know what's going on. It's not a discussion necessarily especially with a kid about feeling this way or that or releasing an emotion. It's not that complicated.

So, again, you can just have in the back of your mind that this information is appropriate for anybody at any point in life. But, of course, our focus here is pregnancy and birth. So just a little bit about essential oils in pregnancy. I'm not going to give you the whole low down here mostly because I have other information out there, and you're welcome to access that. But the way I use essential oils in pregnancy is not as quote on quote as medicine. You see lots of that out on the Internet for sure. There's lots of fear based information about using essential oils in pregnancy. The what ifs and can they induce you or cause contractions. And I'm not going to talk about any of that physical kind of stuff today. My main point of view—and this is something I firmly believe. You don't have to. But this is where I'm coming from with this information. Is that oils are mainly for energetic use, and the emotional blends in particular—meaning that there's more

than one flower or plant or tree. There's a bunch of them together. Work on our energetic—our energetics essentially.

Now if you ask me, physical sensations or physical issues do always come back to an emotional root. That's not to say that physical issues aren't real and there aren't a million other ways of dealing with physical discomforts or issues in pregnancy. But I think they come back to an emotional root. However, like all of this information that I share with you, it's all about finding what's right for you. There is no one way. This is my opinion, my thoughts. I think that you should do what feels right to you in pregnancy. And so when women ask me quite regularly, "Oh, is this oil safe in pregnancy? Or what do you think about this oil," sure. There's lots of scientific information out there. But please be careful with scientific information. That should be in quotes. Because the Internet is not full of scientific information. It's full of lots of anecdotal information, and that could go either way.

So some people say, "Oh, this oil is bad. It causes contractions." And then there are people on the other side that say, "Absolutely nothing essential oil wise can hurt you in pregnancy." And I think we each hold the answers for us. So if you're going to look for scientific information, then you're going to want to look more about how the oils work and what their actual chemical constituents are. And once you really understand those things, you could probably make a pretty good choice for yourself, and that would be less based on fear and anecdotal information. So if essential oils don't resonate with you or anything you read or hear doesn't resonate with you, then you shouldn't do it. There is no one way. And I think if we got out of that mindset of things being completely wonderful or completely harmful, so much would be solved in the world especially with pregnancy. Because no one wants to be responsible for anyone getting hurt, but that's really gone overboard as I'm sure you would agree. Nobody wants responsibility for anything.

So really you can only take that for yourself. So, again, do what feels right to you in pregnancy. I don't follow a rule book for myself. But you may learn something science wise that causes to feel differently and not want to do one thing or anything. So that's totally your call. And that's really not what this is about at all. But that's the disclaimer, I guess, that I have to use wisely and to use intuitively and to do what feels right to you as always. Really. I should—that should be the disclaimer on every podcast if I were to have one. But no really. People get crazy with essential oils and herbs and all that. So I try and stay out of the fray. I have my thoughts and my opinions and happy to share here. But you will find your own which is really exciting.

So this isn't a disclaimer in a negative way, I don't think at all. But I don't believe as you probably know from listening to me already that there are any must haves for pregnancy care. So there is nothing we must do to have a great or positive experience. There is

nothing our bodies need other than healthy food and water. So I'm not one to say, "Oh, you need this oil for that to balance this or that or you won't be healthy or you won't have a really great birth or whatever it is." I think these oils are our allies. They are our tools. And when we feel drawn to use them, we can experience balance. But, again, there are no must haves. The healthy food and water thing though, I think you'll agree, right? We do need that to have a healthy pregnancy. And I think that emotional care is sort of along the lines of healthy food and water. So I'm not saying you need oils to take care of your emotional needs. But I do think in pregnancy we need to find some way or some ways to take care of ourselves emotionally.

And I do think that's really relevant in this day and age. Way back when could women just have their babies in the woods and not spend days or hours working at their emotional issues. Maybe. I have no idea. I don't really know. But I know the time we live in now I see that in most women there are things that come up in their lives because, again, we are complex, complicated creatures. So I do think emotional care is really important. Women that don't feel they need to do it or don't think it's important does that mean that they would have a terrible birth or anything like that. No. But I think for many women emotional care is right up there with food and water. So, again, it's a very relevant and important part of the experience for so many of us that I wanted to talk about it today.

So I've used essential oils myself for emotional balance in at least three pregnancies and probably more. I don't know that I really thought about it on that level in pregnancies prior, and I sort of had this system or technique that I became aware of. But emotions are, again, everything in my opinion. I think everything comes back to that. So I found that for myself, and that could make some people a little crazy. Sometimes it makes me feel a little crazy. Something as minor as heartburn. Come on. Is that really emotional? I mean tons of women get heartburn in pregnancy. And we know why. It's hormonal. Or it has to do with the physical loosening of the flap that holds the esophagus down. And there's, of course, a million physical reasons why we might have some kind of discomfort.

But for me, I have to say I've always—I've been humbled to find that there usually is an emotional component even if there is a very clear physical component. So, again, we can use this information for our daily lives. You don't have to be pregnant to think about emotional care. But I do think it's particularly effective in pregnancy to think about our emotions, to talk about our emotions. And even if we don't want to think or talk about them, again, these essential oils are able to balance on sort of an unspoken level because I think when we're pregnant so much is going on. We have another being involved. And when we're working on energetically clearing anything or balancing anything, we can affect the baby that's within us, hopefully, in a positive way. We can help prepare the baby for birth, if that's what we want to do or feel we should do.

We can clear past emotional trauma, birth related and not, that might interfere with our pregnancies and birth. So how exciting is that. Clearing emotional patterns, to me, is one of the most exciting topics, and I am always learning. And I have so much to learn. So it's something, I think, that really will never end. But if you don't already, I guess I'll share with you that essential oils do work on a cellular level. So they are able to literally help our brains increase oxygenation, for one thing, which, of course, makes everybody feel better and also work on the limbic portion of our brain which, of course, is our emotional center. So both positive and negative emotions are seated there whether it's anger and fear or love and joy. Everything that we feel comes from that place of our brain. And how amazing that we can literally inhale a substance that can get to that place and start to work things out without us talking or sharing about it.

And notice I said inhale. Essential oils can be used on that level. So perhaps that takes me back to what I was talking about earlier as far as fear around essential oils and pregnancy. This isn't something that has to be ingested or even placed topically on the body. It can just be inhaled, and it works on our brain that way. And I just think that is so fascinating. So storing emotions in the body is also sort of a sub topic. And today is kind of an overview. I'm not going to talk for hours about any one of these things. But storing emotions is something we all do whether we realize it or not. And it's been said, not by me, that we are even imprinted with our emotion at the time of birth. So that's from a book I have. And if I could remember the name of it right now I would, *Feelings Buried Alive Never Die*. I believe that's the name. It's sort of a ridiculous title, but it's a great book.

And she talks in that book about, really, our moment of birth. We're either imprinted with love or fear. And I don't know about you, but I can very accurately say that mine was not love at the time of my birth. I think I was most definitely imprinted with fear. And that had to do with just the circumstances of my birth. And that's okay. It's not something I'm upset about. It's something that I'm just aware of, and it helps me when I'm going through processing of emotions. And in pregnancy, it's been particularly helpful to know that about myself because we do carry those things. And really I don't think there is a human alive or very few humans alive that don't carry fear of any kind. It's pretty rare.

So in other words, even if you didn't have fear imprinted in yourself at birth, there has probably been other instances through our your life where you have had fear kind of come in and get into your cells. And so it is stored in our body. And part of this release with essential oils or even just using essential oils is helping to rewrite that DNA on a cellular level, which, again, I can't say enough sort of how exciting I think that is because there are tools for everything.

Okay. So let's see. I lost my outline here. But the other thing to talk about before we kind of launch into how this works is that we do have an energetic frequency. Everything does. Even rocks do. So you don't have to be alive and breathing as we know it to have an energetic frequency. And that might sound all crazy Sedona to you, but it really is a scientific fact. So I'm not making that up. You can look up the frequency of pretty much anything, and it's measured in megahertz as far as I know. And oils—essential oils—have some of the highest vibration energy that anything on earth has. That's a whole other topic. So if you're interested, learn about energetics. Learn about how we raise our vibration. When we raise our vibration, not only do we feel better, but we are able to ward off sicknesses. It's scientific fact that viruses and bacteria and all that icky stuff can't live in a higher vibration, and I don't know exactly what that number is off the top of my head. But it's something you could find out. So by using essential oils, we really are setting our bodies up for feeling better, for actual healthier living.

And when it comes to emotions, that's huge because if we're feeling depressed or angry or fearful, we can use essential oils to change that vibration. And when we're feeling or living or experiencing a higher vibration, we don't feel depression anymore. We don't feel anger and anxiety anymore. And although that might take time, it's not necessarily like a one shot deal. And our energetic frequency over time help us out. So most people know that oils are pretty high vibration. If you don't, it's a fun thing to look up a chart even of the different flowers and plants and what's what. I used to think rose was the highest vibration. And it is quite a high vibration oil. But Idaho blue spruce—I learned just this last week—is the highest vibration oil, at least, that I have access to. So that's a great one to have around and to put on pretty much any time you're needing an actual lift.

So oils can be the tool for women that are open to them in pregnancy. And, again, that's not everybody. And if you're working with women, it's not like something you want to force on anybody. Or you definitely don't want to whip out essential oils unexpectedly in labor or anything like that for women that aren't used to them. They can be really detoxing as well. So it has to be something someone is open to and is kind of used to doing, and then they can have a really amazing impact. But, again, in pregnancy, I think it's just a great time to explore that, if you're open to it. There's so much going on already with hormones and sensitivities and physical issues like feeling exhausted that it might be a love or hate thing with essential oils. But I think they're ideal because we're already so open. And I mean open energetically and not necessarily physically although certainly can feel more open in various parts of our bodies when we're pregnant.

And pregnancy, again, is such an intense time. And that's not labeling it a positive or negative experience for anybody. It's really how you experience it. And, again, some

women are just exalted when they're pregnant, and some are quite miserable. So I think this can really help anybody. But when I've been pregnant before and that's been seven births and eight pregnancies, I feel like I am accessing a part of my true self when I'm pregnant that I don't have access to as regularly at least when I'm not pregnant. So that's been my experience, and I think essential oils have helped me do that.

So kind of on to the meat of the podcast here. I think we're all on the same page now, hopefully, about emotional health during pregnancy. But the book that I like to reference, and I don't have any reason for recommending this book to you other than it's cool. And it's called *Releasing Emotional Patterns with Essential Oils*, and it's by Carolyn Mein. I don't know how you say it. She's a chiropractor. So *Releasing Emotional Patterns with Essential Oils*. I just got mine off of Amazon even used. The revised edition, which is the newest one. And it is specific to Young Living essential oils, which is what I use. I personally wouldn't recommend or use any other oils. I don't really care what you do, obviously, other than these oils are super high quality, and I don't question the purity. So I just ask you to do your own research as far as that goes.

But the book is specific to Young Living, so it might be a little difficult, honestly, to use this book if you're not interested in Young Living. Although there are plenty of oils that are singles and you can get those anywhere. Orange, cypress, that kind of thing. But she does reference quite a few of Young Living's emotional blends. Gratitude is one. Or Harmony or Forgiveness. Those are all unique to Young Living although you could probably put together a blend yourself. But I really couldn't say enough about Young Living's emotional blends. They are amazing.

So, anyway, just that's the book I'm referencing. I won't recap the whole book here. It's worth it for you to get it yourself even if you're not pregnant. It's a super easy read. You'll read it in half an hour. So just going into what she talks about in the book, it's about identifying the emotional pattern that could some release or balancing. So right? You have to be aware, first of all, that there are emotions. That you are feeling them. That some are creating perhaps a problem or imbalance. I hate to say problem but an imbalance in your life, and you would like to work with those things. That acknowledging sounds sort of silly. But I don't mean it to sound silly because it's actually really important. There are plenty of people out there that do not acknowledge—they are not aware that they are feeling certain emotions or that they could use some balancing. So that's pretty important, first of all.

And the book will lead you through the process. But it's not about forcing an emotional balance. And that's kind of the whole theme with oils anyway, right? It's not about forcing anything. It's just about finding where you're at and finding what you need to create something that's feeling better to you in your life. So this is the process in the

book. And we'll go through it again with a little example. But first, you're going to identify the emotion. Then you're going to find, in the book, what oil—what essential oil or blend that corresponds with. You're going to find the corresponding opposite emotion, which she calls the way out. You're going to look at what the mantra is. And then there are physical points to put the oil, and she calls them alarm points. And you're going to smell the oil, apply it to the point, which is recommended for your specific emotion. You're going to feel both of the emotions. So I like to think of them as both sides of the coin. Black and white. Yin and yang. And you're going to say the mantra.

So that probably makes no sense at all. But just kind of giving you an overview. And let's go through an example that she has in the book. And, again, at the same time, this is really simple. It is sort of complicated. So you can read the book really fast. But it might take some time to integrate what I'm saying and what the book is saying. So don't think you have to memorize this. I'm just sort of trying to give you a sense of a way you could work with this in your pregnancy or towards birth or really whenever. So one emotion that I've worked with with many women leading up to birth in particular—the emotion she calls cellular memory. I don't know that I feel that's that clear. But in other words, holding onto the past. Having something that's holding you back. That feeling of being afraid because you're not able to release something that happened to you long ago. And you're sort of anticipating it may be happening again. That's cellular memory because our cells do remember.

The other side of that emotion is freedom. And so if you can take a second and even feel that. That feeling of holding on and dread almost. And then feeling the opposite side of that coin, which is freedom. Not being tied down to that memory anymore. The way out or the mantra is, "I release the past." And that's a very powerful thing to say. And any of these mantras, any mantra that you come up with or otherwise is a very powerful thing usually even if you just use mantras in pregnancy. Came up with a couple of your own that felt meaningful, said them every morning, every afternoon, every night. It's very powerful stuff.

The oil for this particular emotion is Inner Child, which is an amazing Young Living blend. It's really emotionally powerful. I don't think I've ever had somebody sniff it and not say, "Wow." And the words actually don't come for most people. They don't know kind of what that access is in them. But something. Some sort of deep memory. So it's very appropriate oil for this emotional point. And it's also a very common thing to work on, I've found, in pregnancy. Okay. And last but not least the alarm point or the point where you place this oil for this emotional release is the DNA point. And that is on the ear lobe. And this is all in the book. So, again, full credit here for this process goes to Carolyn Mein with *Releasing Emotional Patterns with Essential Oils*. This is not my process. This is not something I've come up with. It's simply something I like, and I'm

sharing with you. It can be more complicated than this or not. That's been my findings with this book. You can just kind of read the book, go through the process, do the oils, and it can feel really sort of easy and beneficial. It can be more complicated depending on the depth of emotional issue you're working with.

So I think this just creates intention. I do think there is quote on quote magic about her process and using these amazing oils and the plants to change our DNA. I do believe that. If you don't believe that or if that's too much for you to start, just think that this is creating intention in your life especially. This is creating a space for yourself everyday to have five minutes a couple times throughout the day to honor yourself, to honor your baby, to honor what you're feeling. It's okay to feel these things. I think the mainstream attitude is supposed to be all happy and smiling during pregnancy. But it's okay to feel anger. It's okay to feel fear but deal with them. Find a way to release and work with these things in your body, so that it doesn't hold you back. The baby is listening to, and I think this can work energetically and help our babies.

So this technique—I can say from experience—helped me so much when I was pregnant last time. I definitely went through at least a couple weeks, if not months, of being extremely impatient and angry with my children. Physically, I could say, “Oh, I was getting bigger and heavier. Things were becoming harder. I wasn't sleeping as well.” But I was willing to acknowledge that I did have quite a bit of emotional bit of stuff sort of building up and doing this technique with a couple oils—I picked a couple emotional points for me. Anger being one. I remember depletion being another and worked on them several times a day for a couple weeks. And it's only a couple drops of oil in any one point, so you're inhaling them. You're already getting the, essentially, oxytocin hit from just inhaling the oils and then the application to the points really does seem to help.

So exploring new oils is something I do as well when I'm using these techniques, and I love that. So I might be feeling a certain way that's sort of nagging at me, and I'll look it up in the book and find the oil and say, “Oh, wow. Yeah. I don't know that one. Perhaps I need that one.” And often, the emotional blends or singles that you do need—quote on quote need—smell really bad to you or that's how it's been for me. So that's another interesting point. So yeah. All in all that's sort of in a nutshell a little bit about emotional health during pregnancy. Something, again, I think is so crucial. Something we shouldn't ignore. It's not something we should force either on women. But for women that are ready, for people that are ready, it's a great, great, great bunch of tools. And I am happy to assist anybody just with more information if you have it. If you'd like to try Young Living oils, if you'd like to get a hold of some, or find out more, of course, contact me. I'm happy to share. It's one of my true passions alongside pregnancy and birth.

So indiebirth.com. Lots of information there. A separate site that I do run that is purely oil based and not really affiliated with Indie Birth at all is called theoiloftheday.com. So theoiloftheday.com is where I do little videos on oils. And a lot of the videos talk just for a couple minutes at a time about emotional uses, so you can find more there. And thanks for listening. Hopefully, this has been useful information to you, and I look forward to your questions if you have them. Thanks so much. Have a great day.

(closing music)