

(introductory music)

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**MARYN:** Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Hi, everyone. Maryn here today with a very sensitive and personal topic. Not a podcast I planned, but that's kind of the way sometimes, isn't it? With pregnancy and birth. Things go against what we think the plan is. So the subject is early loss. Miscarriage. However you want to say it. Again, not something I planned on my lists of podcasts here being super organized and trying to branch out and talk about all sorts of things in the world of pregnancy and birth. And this topic just hitting really close to home for me this week. And hoping that I can share just from a really personal perspective. Hoping I don't lose it in the middle of this podcast, but who knows? I might. Sometimes that's the theme of birth is just surrendering to what we don't expect to feel, what we don't expect to do, what we don't expect to happen. But it's out of our control. So much of it. Like so many natural processes. Pretty perfect most of the time even in loss. And I'm going to talk more about that.

So like I said, early loss. It's a multilayered issue. Just like loss or birth or labor at any point. And it's funny that I would feel safe, maybe, to share in this way in this forum where anybody could listen and hear my heart. But I feel like those that listen to this podcast, even though there is actually tons of people that do around the world—I feel like they're women after my own heart. And so in the 2015 way of sharing, I feel supported actually sharing my heart in this way with you knowing that you're listening in the way that you would sitting with me in a circle of women like we used to long ago. I think women need to hear more stories of loss, of miscarriage, of stillbirth. Not because they're happy stories. But because loss is sometimes part of the process. And I know many women feel really alone, and I count myself among those women. Or I did last week although I am blessed with a couple of really close women friends both near and far.

It's still a time of feeling really alone. It's not something we talk about. It's certainly not something that's celebrated the way a birth of a live baby is. And there's just so many emotions and feelings that go into it that it's really hard to talk about. So I hope I can. We'll see. So I've had a couple of early losses in my reproductive history, shall we say. As many of you know, I have seven wonderful live children. And my first loss was four years ago at almost six weeks. So pretty early. And most recently, just last week, was about the same gestation. Maybe a tiny bit earlier. Maybe closer to five weeks. And I can tell you from my own personal experience and if you've experienced this, you may agree. That it's not just a late period. I know to some women it might seem that way.

And that's the way a lot of early loss is spoken about. Just like oh, it's just a late period. It just feels like that when it's not. And, of course, there are women that experience it that way. They may not be aware of their cycle. Maybe they're breastfeeding. There's a million reasons why it could be interpreted that way.

But it's not. It's not. It's a loss just like any other. And if you know your body, it's not a late period. So I don't typically take pregnancy tests, and I didn't with the first loss a bunch of years ago. And I didn't with this one. I'm very aware of my body and my cycles. And I didn't do that. I think in my head part of that for me has been not necessarily wanting to see a positive test in the event that it doesn't stay that way. And it's a very personal choice. I'm not doing anything but sharing what I've done. I guess I'd say that not having taken a test hasn't really made a huge difference. I mean, I guess in some ways, maybe it would have confirmed what I already knew. But I don't necessarily feel a loss from not taking a test. It doesn't make me feel better. It doesn't make me think, "Oh, maybe I wasn't pregnant." I know that I was.

Some statistics on early loss, and this isn't really what this podcast is about. But just to give you some perspective. According to Anne Frye's *Holistic Midwifery*, "30% of women that miscarry are not even aware they were pregnant." Honestly, I think it's higher than that, but okay. So the experience, what I mentioned before which is delayed or heavy period. "And then 15% miscarry sometime during the first two months." So, obviously, those women know they were pregnant. And I don't know how they figure these things out, to be honest with you. But 50 to 60% of first trimester losses are attributed to abnormalities of baby or placenta. And I don't know how that makes me feel, again, to be really honest. I don't think it makes me feel better having just had a loss. In my head, maybe. You have this rational part of your brain that says, "Well, perhaps the baby wasn't healthy, and it's a good thing." And right. That may be true. But your heart definitely feels differently.

So I know for many women and even myself even though I'm telling you I was very confident in being pregnant in the first place even though I didn't take a pregnancy test—many women when they miscarry really early question, "Was I pregnant?" Because it's too early for some signs and symptoms. And, again, this isn't really trying to say that early loss is easier or harder than any other type of loss. It's just being more specific because I feel like this time period has its unique characteristics, and like I mentioned, is easier in a way for people to write off. Maybe not the woman herself but the support that she's getting or, more accurately, not getting when a loss is really early, again, it's just like, "Oh, well, maybe you weren't really pregnant. Maybe it's just a heavy period." So women do question that.

And if someone isn't so aware of their cycles, like I mentioned, there's sometimes only that suspicion or maybe that deep knowing that there was something there even if it

was only for a moment or a couple of days. Some early losses will never show positive on a test. So that's something to think about, isn't it? And I've heard women talk about this, at least in my circles, where they know they were pregnant. They know the moment that they conceived. And maybe they know the moment implantation happened. And so they know there was something there. There was a soul there. There was a person beginning to form. And then they do get a period. Or maybe it's just a day late, so to speak. And those women, if they were to test, again, might not get a positive, but they have this knowing that there was something. And now there is not. And that is a loss just like any other even if it makes no sense or doesn't mean anything to anyone else. There are many women that are experiencing this, again, because the statistic of loss that early is pretty high. And it may be higher. I'm guessing it's higher than the statistics I even mentioned, again, because women aren't aware or they aren't talking about it. I'm not quite sure how they come up with these things sometimes.

So I don't think I even need to say this, but I will because it's part of my processing. So thanks for honoring that through the Internet waves. There's so many feelings that go along with a loss of a baby at any point. And with early loss, there's no exception to that. There are feelings of guilt, of blame. What did I do wrong? Did I cause this? Was it something I thought? Was it something I ate?

My story just recently that I've been, of course, playing again, again in my head is that I became violently ill just days after knowing that I was pregnant and missing my period. I have never been that sick honestly. Some kind of food poisoning or gastrointestinal virus. I'm really not sure. But, again, violently ill. Never been that sick in all my 38 years. And so I can't help but think and, of course, I'll never know did that hurt this pregnancy. My rational brain is one side, and it says, "Oh no. Women get sick all the time when they're pregnant. And that shouldn't affect a pregnancy." So you kind of just go round and round with that in your head and think, "Well, then I guess it wasn't healthy. It wasn't a healthy pregnancy if it couldn't survive the sickness." But in the middle of being, again, violently ill, literally passed out on a couch, I had a moment where I thought, "I don't know if this pregnancy will survive this. I've never felt like this in my life."

But speculation, lots of thinking about that and feeling it and feeling sad and angry about the fact that so many things happen in our lives out of our control. And doesn't really help to try and link them together. But that's what we do. That's what any human being would do in any situation of loss or grief would be to question, right? I mean there's stages of grief, and that's just part of it is questioning what could have been different. If you had done this, would this have happened? And blaming yourself at least for a moment. So I definitely have been through that. And still going through it on a deeper level perhaps as time goes on. Feelings of relief. I don't think that's something we talk about. I love being pregnant. I love my children. And this was not

an accidental pregnancy. Very aware that that was a possibility although I don't think it necessarily matters either way. Feelings of relief with a miscarriage can be something that is strange to talk about because how can we be so sad. How can we be so angry about losing a pregnancy and then have moments of being relieved? I don't know. I'm just admitting I felt that way, and I don't think it's that odd.

The night before I miscarried—and, of course, I had no idea which was another really upsetting part of my experience for me was that I just felt so disconnected. But the night before my kids were being extraordinarily difficult. And I had a flash of I don't know if I can do this. I don't know if this is the right time. And, of course, that only plays into your guilt and blame of yourself, if you should lose a pregnancy. Your brain wants to tell you that somehow you caused it. But I think feelings of relief are normal. And I have reassured myself with that. That perhaps it was even because the pregnancy was not healthy that I was feeling negative, and that's not usual for me. Not to say every moment of every pregnancy has been completely blissful. But the night before when I was laying there in bed, the feelings of being hesitant about the pregnancy and fearful were totally unlike me. And I really do wonder if somehow that's intertwined with our bodies knowing when things aren't right. And maybe that's just a way to reassure myself. I don't know. I don't know. You realize you don't know much at times like this. You find your simple truths.

So the disconnectedness, for me, was really a hallmark of this loss. And that was new. And, like I said, I guess my rational brain wants to think that perhaps that was part of a pregnancy that wasn't meant to be. Not reading my body correctly was really upsetting to me almost as upsetting as not being pregnant anymore. So with my previous early loss a bunch of years ago, I had a dream a couple days before I miscarried that I was bleeding and that that would happen. And so it did. And this time I really didn't know it was coming, and that's something that I think I'm still working through. That I didn't know in my conscious brain or heart although I could certainly rationalize that too which is what we do at every point of the grieving process, I think. Because I had been so sick, I feel like that clouded my connectedness to my body, to this potential baby. I really was just so out of it. So especially with a stomach virus, I was feeling nauseous already. I mean there were things going on that could have been pregnancy but maybe weren't.

So I'd like to think that all of these things are really normal, and I know they are. I've helped many women through losses both early and later. And so I just remind myself of things like this at my own times to remind myself that all of these feelings are really part of the process. There is no feeling. There is no thought that is abnormal. And those are only a few. So this loss, for me, the most recent one—if you can believe it—was to the day four years after the last. To the day. How crazy is that? So with each of our experiences, they're just so personal, right? There's no way to really interpret someone

else's or explain it. And a lot of the time we can't even do that with our own. Now with the last one, I found peace quickly. Almost surprisingly quickly. There had been a lot going on in my life. It was when I was battling the state of Arizona for my midwifery license. My life was kind of a mess, or so I thought.

And the miscarry, at that time, really felt right as weird as that might sound. I was definitely sad, angry, went through lots of similar feelings but more rapidly and found peace. And this time, I've really had a longer process finding grace in the timing is something that I strive to do in any area of my life. Whether something appears as positive or negative to me, there is timing with a capital T. And it's not something that I feel like I am in control of. So finding the grace in this timing has been tough. I know it's there, and I'm starting to feel it. But not as concretely. Not as like, "Oh, I see the reason why this happened." And I think for so many of us that experience loss, we may not ever know. And we can believe and trust that there is divine timing, but it doesn't mean we'll get a human explanation as to why. It doesn't mean that. We may never. Or we may. We may find peace quickly or even years later. And whether that comes in the form of another baby or some message or who knows what is just so different and individual.

So I felt really out there with this one. Spiritual peace, like I said, and feeling trusting in the timing and peace with my body in the process. And sometimes not. Having moments of just profound confusion and despair and lack of understanding. And, again, this is part of my healing sharing this with you because I think it's really normal to go back and forth between all of these extremes as we grieve. Kids are so connected, I have to say. It was a really cool thing, in a way, to involve my kids in this loss. And each of you may choose differently. With the one a bunch of years ago, they were really young. At least the older ones, obviously, four years ago. So they knew. It wasn't something I hid, but I—it wasn't something they were really interested in. This time it was different. My daughters are particularly interested in the menstrual cycle. And they're older. And they knew I was sad. It wasn't something I wanted to hide or act like didn't happen. And so I openly shared with them. And they were really supportive in a very simple way. And I think that's what children can offer us at so many points when life gets hard for us.

My oldest daughter just matter of factly said—and wasn't trying to appease me with her explanation of why this had happened. Just said something like, "Maybe this baby had something else to do." Or, "Maybe this baby had something to do first." I thought that was pretty cool. Wasn't something I told her to say. But kids are kids. My three year old, who was only vaguely aware, was really sweet. We were taking a walk just he and I up to a temple across the street. A spiritual dwelling. Somewhere we go every day just because it's a nice walk, and it's peaceful and all that. And he said in his very matter-of-fact, cute, three-year-old way, "Well, did that baby just not want to be a baby?"

Something like that. It was really cute. But it really struck me, and it gave me so much peace for awhile. And I thought, "Wow. That's profound." Baby just didn't want to be a baby. Went on to do something else.

So when my miscarriage began this time, it was shocking to me. Again, I was feeling quite disconnected, I realized. The one previously started out slowly with some spotting. It was more questionable as in, "What's going on? Is this a threatened miscarriage? Is this going to be inevitable?" But this last time was very much not questionable once it began. Didn't seem to me to be threatened at all. Seemed pretty inevitable. So I woke up and literally was gushing bright red blood. It wasn't a spotting incident at all. Of course, you hold out hope. I don't know anybody that doesn't. Even when they see bright red blood, which nobody wants to see when they're pregnant. And, of course, doesn't always mean that there's a miscarriage going on. But somewhere in my heart even though I say I felt disconnected, I knew that this was it. That there wasn't hope. But part of you holds on. I think that's just a natural part of the process too to wonder. Is that really what's going on? Maybe it's something else.

I know because I've helped many women through miscarriages, and, like I just said, not every episode of bleeding and cramping turns out to be a miscarriage that you replay those thoughts in your head too. And you think of, "Oh, So-and-so had bleeding, and they didn't have a miscarriage." Or, "So-and-so had bleeding and ended up that there must have been two babies, and she miscarried one and went on to term with the other one." So all kinds of things go through your head. And, of course, you hope somewhere in you that one of these bizarre situations applies to you, and that everything is actually fine. And you have a healthy baby in there. But I knew. And my body knew. So to get through it, what did I do? Lots of journaling. Lots of time alone crying which is hard to come by in a house with seven children. Tried all of the natural emotional remedies really. I wasn't looking to stop what was happening. Wasn't looking to do that.

I was sure that that was what needed to happen. But using homeopathics, for example, and lots of essential oils just to help balance the emotions. And then even now more than a week after, I'm very heavy on the essential oils for hormone balance because, for me, that's actually been the hardest part. So losing a baby isn't fun. But my body has just really struggled with feeling in balance hormonally. And I think the thought of something like postpartum depression is more real to me now. I haven't experienced anything like that postpartum with any of my live births. But I can see how it can be a part of loss. And to me, it's felt in moments completely out of control in the sense of it being hormones. So not even being emotional in the sense of upset or anger. Just being purely physical. My body just felt really whacked out. So it's definitely a process of labor, if you're listening to this, and you help women through these sorts of things. Or you're just kind of curious even though this isn't the most popular of topics. And early

loss is still a labor. And that's why personally it's hard for me to imagine that women can mistake an early loss for a heavy period unless they're used to heavy painful periods. I guess I can see that.

But for me, it was very, very different than a period even early. Even it being early is what I mean. Very much a mini labor. Complete with contractions and cramping and expelling even something that's really tiny. So there was a rhythm to it. It's just like labor. And the rhythm differs, I guess, or has for me because it's a longer process in a way, or it has been for me. I'm not saying that it looks or feels that way for absolutely everybody. But this miscarriage took a couple days. And it's like when people say they were in labor for a couple days. It doesn't mean that probably all of those hours they were actively laboring. It just means that was the process from start to finish, and that's how this miscarriage felt. Just began with bleeding and cramping. Kind of tapered off for a day with light bleeding. And then on the third day was when I really started bleeding. And in the course of an hour passed some very, very large clots. And I don't think this is too much information for people that would actually listen this far into one of my podcasts. But because I'm who I am and what I do, I actually took the clots because I was able to save them.

And I'm sort of fascinated. Doesn't gross me out at all especially my own body. But took the clots out into the sun where I could really see. And kind of pick them apart until I could find the tiny, tiny little piece of tissue that I was really looking for. There is really some peace, at least in my experience, to seeing that. And then knowing your body let go appropriately and that it's over. That you can stop bleeding. That, emotionally, you can start to go down that road. There is a relief just like there is in birthing a live baby. There is a relief in having it over. And so especially with an early loss. It's so easy to miss what we might pass. We might now know if we're going to pass anything. I certainly didn't. If you are really early, there really might not be anything that you can see, or it may just be hidden in clots. If there is a case of missing a period and knowing you were pregnant but not actually having anything form, which has an awful terminology of blighted ovum, then there's nothing there physically often in the sense of tissue. That doesn't mean that it's not a grieving process or a loss at all. In fact, I'm pretty sure that's what my early loss a bunch of years ago was. That technically nothing had formed, but it didn't matter to me. It was still a loss. It was still a miscarriage.

So let me look at my notes here just because I'm kind of losing my rhythm here. So to share my insight with you about my own experience, which may or may not interest you, but just because sharing stories is helpful. I kind of compared my losses four years apart. And, again, they were to the day which I find a little crazy. Now if you were to ask me if it were the same baby or anything like that, we all have our different beliefs about when the soul might come into a body. And that can be based on someone's religion or spiritual beliefs or just can kind of change with experience which is mostly

how I see it. My first loss was very clearly a boy to me, and I had dreamt of him and his birth. And then like I mentioned, a bunch of days later had dreamt of miscarrying. And then this time, it was not that same soul. It was a completely different one that I had felt contact with. A girl. And I think that was part of my disconnect in the sense that I felt so confident. I felt that I knew her, and that I was really surprised that she has chosen, at this time, to not come through.

But I think the losses four years apart to the day certainly no accident. I don't believe in accidents or coincidences anyway. Everything is in perfect timing. But if they weren't the same soul which would maybe be the most obvious thing to think then, what is the connection? And part of me just doesn't have an answer. So maybe that'll give you solace or peace if you're working through your own loss that, again, sometimes you just don't have answers. But the more my brain started to think about it which isn't always the way to go, but I kind of can't help it sometimes. I realize that the losses were a great teaching and have been and probably will continue to be. So the first one was me as a different person than I am now. And I mentioned that was when I was embroiled in a legal battle with the state of Arizona over my midwifery license. I wasn't, I don't think, as conscious. I wasn't evolved into the birth servant that I believe I am now.

So my miscarriage, at that time, reflected my beliefs. I was fearful. At least a little bit. And I very much consulted everyone else around me. Now it's true that I hadn't miscarried before then, so it was a new experience. But I had helped so many women through that you'd think I would have had more confidence than I did. But I didn't. I consulted everyone around me. Several midwives. I ended up going in to get an ultrasound, which is sort of funny now because it was so painfully clear what was happening. But I needed to see it. I needed to hear from the outside that I was miscarrying, and that there was no baby in there. And, again, it was just a completely different experience. It was everybody telling me. I had some very well meaning midwife friends, who were in the know. And they're actually not midwives I'm really friends with anymore for whatever reason. Or actually for the reason that our beliefs probably just differ so much at this point.

But at that point, I had these couple friends whispering in my ear about, "Oh, get labs." And I had gotten labs done, and it all sounds so silly now. But just being honest. "Oh, maybe it's an ectopic pregnancy based on the labs." It was all very intellectual. And I didn't spend as much time connecting and asking myself what was going on. And it could be that's why emotionally it wasn't as difficult for me to process. I just wasn't as engaged. I don't know. But anyway, compared to this time was completely different. And I guess comparing them in this way has given me confidence in myself once again. That this time there was no consulting with anyone. There was a simple knowing that this was what was going on. There was no need for me, in this experience, to look to the outside. There was no ultrasound. There were no labs. There were no herbs.



There was nothing to facilitate or to question or to save this process. I simply was. I simply observed. I simply let my body do it.

And, again, I'm not saying that that's the way everyone should do it, or that's the way I would do it again. But that's the way it happened this time. And it felt really comfortable as comfortable as this experience could be. It felt really natural. This might sound kind of insensitive, but it was a lot like the stomach thing I had been through several days prior in that I was completely out of control of the process. There was nothing I could do to make it better. There was nothing I could do to make it not happen that way. And there was a peace in that knowing that my body would come through the other side and do it. And that's exactly what happened. So that's the grace I've found in this early loss experience of my own. Just that my body does know. My mind may never know why this happened. I'm sure I'll continue to question that for a little while. But I have found renewed confidence in my body for just doing what it needs to do and to do it eloquently and without much fuss even though it's not something that anybody wants to go through.

So what am I onto now? What is the best advice for someone that's been through an early loss? I think, for me, support has been crucial, again, in the couple of women I've chosen to share this with and now, of course, sharing it with many more women. But knowing that I had to choose wisely who I shared it with because I didn't want someone's fearful response. I didn't want someone's unknowingly hurtful response. And so I guess my advice would be if you're someone that's supporting women or just you're a friend of someone that's had a miscarriage, it's okay to not say anything. It's okay to just say I'm here. I'm holding space for you. I support you. I love you. And not try to fix it. And not try to say something that you feel like should be said because, honestly, there is nothing to say. There was nothing anyone could have said to me that would have made it better. Absolutely nothing.

And more times than not especially if you pick the wrong people to tell, something will be said that's hurtful. And it won't be intentional. But I know, for me, I was really sensitive, and I learned this the last time. That having so many children already that are beautiful and wonderful, that a lot of people's first reaction or response to your loss will be something like, "Oh, well, you have so many already," or, "You're so lucky." And yes. I am. I am for sure. But no matter how many you have doesn't make losing one easier. So I was really sensitive to that this time. And I didn't tell anyone even really close family because I didn't want them to say anything like that. I didn't want them to even think it. It was too hurtful for me to hear that. So support comes in all kinds of ways. If you're someone, again, that's experiencing this, it's just about having someone to listen I think. Or the kind of friends or community that, again, won't try and fix it. Maybe will just take your other kids for a couple hours, will bring you a meal, will offer to come—I don't know. Clean your house.

Again, it's no different than what we would offer, I think, any woman that's birthed. Postpartum support is postpartum support. And if we saw early loss, in particular, as the birth process just a really, really, really too early one then maybe we'd have more respect and know how to treat women during this time because it is. It's so sensitive. And there is such a need for support. I don't think it's something that any woman wants to feel alone in. Now as far as partners go, everybody is different too. My experience has been great in that my husband is supportive and understanding. And I think was sad, honestly, in his own way. But talking with other women especially with early losses or just miscarriages in general, there seems to be a disconnect among most men. And, of course, not everybody has a partner. But just in the length of time, perhaps, that they grieve with you. So I know for me it felt pretty brief that my husband was in it and connected and understood. And then for the last week or two, it's felt kind of alone in the sense that no one else is feeling it anymore. There's no baby to see. And there's nothing on the outside to see. And, actually, I'm down bleeding. Not that anyone is knowing that.

But the process physically is complete. So my encouragement to those that have had losses or those that support women in losses is that we continue to check in with each other days, weeks, months maybe after just to see how are you doing. And often I think many women months later may be fine. Completely fine and healed and not needing to talk about it. And some won't. And we just don't know what we'll do even ourselves. I don't know for me a month down the road if it's still something that's going to make me teary or not. I don't know yet. But I will appreciate the support of the people I have around me to hopefully still check in. Or at best maybe it's me reaching out to them as hard as that can be and saying, "I'm still really having a hard time." I don't know. So much of it is uncharted territory even when we've been through it before. And that's just like birth, right?

It's so strange in a way. It's so beautiful. And I've tried to see that beauty, and actually I haven't had to try as hard as I've thought. And perhaps the more pain we feel the more beauty we're able to feel. I think in times of loss and birth—death and birth—they're so related. They're so fresh. They're so, to me—I always say in Technicolor, and I mean it. Like when I experience the birth of a live baby, the world looks brighter to me. Sounds are louder. It might sound crazy, but I think it's because we're put in the moment. Life and death put us in the moment. And a loss, an early pregnancy loss, has been like that for me. And, of course, the feelings are different. It's not that elation that comes with seeing a live birth. But for me, there has been beauty in the process honestly. There has been beauty in seeing this tiny, tiny, tiny, tiny little piece of tissue that my body did produce perfectly. At least until a certain point. And knowing that that all happened. And that that has happened in the past, and I have children to show for it. That I am here as a result of that, and you're here as a result of this miracle our bodies

can perform. So these moments of clarity do come through. They have for me, and they're not all like that. So I'm not professing that by any stretch.

But I'm grateful for them because they make the moments of pain or anger or sadness, I think, more profound as well. To have these moments of clarity and just kind of ordinariness along with life is beautiful. And it is. So for now, I'm just feeling kind of quiet and subdued about it. You can probably hear through this podcast that I'm still feeling it, but I'm not breaking down about it. At least right now. I'm having longer stretches, days, which is great, where I'm not feeling sad. I'm not crying and breaking down or screaming in anger at anybody which I've done both. I'm finding more balance. And, again, from a purely physical perspective, which, of course, is not all we're talking about, the hormone balance has just been crucial for me. I don't know that everyone feels it this way. I doubt they do since we're all so different. But for me just balancing out the hormones has been crucial as my body kind of comes out of it and moves forward in the menstrual cycle. I've just really felt that to be helpful.

So I guess that advice, if there is any, is just so much of it our body does take care of. And that when you're feeling really, really low and down and like you can't come emotionally out of this hole that there is help. But that a good percentage of it, if it is hormonal, will be something your body is able to pull itself out of. And, again, not without good support, but that just gives me peace. It's another example of our bodies really working perfectly even in a process that we don't wish to experience.

So I'm going to end this with the recommendation to listen to a really amazing piece of music. Only because as a former musician myself, music is one of the things that highlight my life perhaps yours. That music gives me meaning. And often just the feeling of a piece of music expresses more than I could ever express in words. And so I found great peace in music through my births, my live births, and through these losses honestly. And it's funny. This piece of music that I wanted to share with you or that you can actually just go listen to was, for lack of a better term, like the theme song of what I thought this pregnancy would be for myself. Again, I felt like I was really knowing this soul. And this song that just kind of picked itself I thought would be what brought this baby earth side healthfully nine months from now. And I didn't know. And I think we ever know for sure how things will be. But I didn't realize, of course, that that wouldn't happen. And that this song I had chosen or this song that had chosen itself actually worked out to be the perfect song for this experience.

So the song is called *Wash Away*. And the artist is Nahko and Medicine for the People, which is probably my favorite group presently. And so you can go to YouTube and listen to it. I'm certainly not going to sing it for you. But I was just going to read some of the lyrics. And, again, thanks for supporting me and being here even virtually because this is part of my healing.

So these are the lyrics, and again, for me they just felt and do feel so meaningful with this loss of this pregnancy. "We're a part of something special. We're a part of something special. It's a crack in time, a wrinkle fallen from the nest, young eagle. I will pull my feathers out. Stay humble. So grieve me the black prince cicada. Such a loud voice for a tiny creature. Teach me to let go of all of my pain. I do forgive. I don't forget these things. We burn the blue gum for a safe passageway. Drink of the earth, smoke of the dirt. Holy, holy grandmother, we sing. Wash us clean of our pain and suffering. Give us strength for our new beginnings. For my deepest grace, I sing. Wash away. It will wash away. Lift them up. Wash away. It will wash away. Remember when things changed. Remember when things changed. Holy, holy grandmother, we sing. Wash us clean of our pain and suffering. Give us strength for our new beginnings. For my deepest grace, I sing. Wash away. It will wash away. To this old song so familiar to memory the road will teach you how to love and let go. It can be lonely, but it's the only thing that we've ever known. It can be lonely, but it's the only thing that we've ever known."

So go listen to that song, if that touches you. Perhaps it does and will be meaningful to you as well. And if not, that's okay. We all find our own meaning, our own ways of experiencing our losses, our triumphs. And thanks again for listening and supporting me in this. You may not know it, but it means a lot to be able to share this way. And my hope, of course, is not just to process my own healing although I'll admit and have admitted that this has been helpful to me personally. But I hope that it opens the door of communication for us, for women to talk about these spirit babies at any gestation, at any point in pregnancy. Maybe even before we know we're pregnant. That they leave us. So on that note, thank you. And I appreciate you listening once again. And look forward to more continued sharings both with so many of you personally and here through these podcasts on the things that tie us together. Pregnancy and birth. Thanks so much. Have a great day.

(closing music)