

(introductory music)

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**MARYN:** Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Hi, everybody. It's been kind of awhile. But today's podcast is a chat with an amazing woman, who has a very sensitive and beautiful story. So we're going to be talking about death and birth today. Miscarriage, stillbirth. And all of those things that really do go together. I wanted to tell people that so those of you that find this topic too sensitive can listen with warning or not listen at all. But my hope really is that you'll listen today because this is a topic that will touch all of us if it hasn't already. If it hasn't touched you somewhere in your life personally, it will whether it's now with a friend or sister or later in life as our own kids grow up. So I know there is so much wisdom to be shared today, and I really encourage you again to stick with this. You will learn and be inspired just like you have from all of the other birth stories I've shared here and the women that have shared them.

So putting out the blessing and intention right now that healing comes for many of us through these spoken words because I do believe we are all connected. So before we meet our very special guest, her name is Evie. I wanted to share how we met since every woman that is on one of these podcasts with me seems to come through a special way. We have special connections. These aren't just people I meet on the street. So Evie and I met through an email actually. And there is no such thing as coincidence. So I just look back, and the timing was perfect. Just like it is today. So Evie had emailed me a couple months ago. And let's see. I think it was two months ago about and shared her birth experience, which was a still birth experience, with me.

And, of course, I was touched and moved and probably cried when I read her email. But what really struck me was the wisdom she had already. And her offer in this email to find a way to help other women. It wasn't simply telling me her story although that would have been enough. But it was selfless and beautiful. And I just held her in my heart in this email even though we had never talked and never met. So about a month later after I had received this email, I found myself in a similar situation with a baby in my body that was no longer living and not as far into pregnancy as Evie's was as you'll hear. Mine was about 16 weeks. And I'll save that story for another time since my process is not complete. But it just was perfect timing for me to think back on this email and this woman who had had been through this. One of the worst fears I think that any of us have as women.

And I felt just by this email, again, that I had entered into this sacred circle and that this woman was definitely part of my journey even though, again, we had never met. So just a couple weeks ago I reached out to Evie, and I knew that we would eventually be here having this chat to share with others and among probably other resources that we'll come up with at a later time. But this is the first time we've actually talked for real on the phone, so people get to hear that. But I think it's safe to say we feel like we know each other pretty well. It's—yeah. It's an experience that, I guess, we both say—and I'm going to let Evie talk after this. But we both say that you wouldn't wish on anyone, but even though I'm not complete in this experience, I don't necessarily believe that any more. I think it's a sacred circle to be welcomed into of women that have had a loss. And, of course, that includes every kind of loss whether it's miscarriage or a child later in life. But specifically, loss in pregnancy today is our topic. So that is a very long intro, but I think it deserved an explanation. Welcome, Evie. I am so thrilled to have you here and just in my life.

**EVIE:** Thank you so much, Maryn. I am pretty staggered by getting to talk with you. This is a huge honor for me. I'm so thankful to be here. I'm so thankful for you. It's really a thrill to be sort of having a back and forth here because the whole way through my pregnancy I would listen to your podcasts all the time. Every day. I'd be cooking dinner and listening. And I don't like to do the ear phones thing because then I can't hear the kids. So I would just sort of set it going on the counter while I—making dinner. And so your voice has been in my home and this huge part of my experience. And I'm yelling like, "Yeah." Shaking my fist. "Rah, rah." And getting all excited. And I would joke with my friends that I had this bestie who didn't even know I existed because you were just in my house all the time. So it's a—it's really awesome to be actually talking to you. It's really cool.

**MARYN:** Wow. Well—

**EVIE:** Thank you for having me.

**MARYN:** Yeah. Yeah.

**EVIE:** Thank you. Thank you.

**MARYN:** Thank you. I am just so excited for you to share your wisdom. Again, I think it's just a sacred group, a sacred place to be. And I know you feel that way. So—

**EVIE:** I do.

**MARYN:** - it's just as much about sharing that as telling this story because people have to know. So I don't know where you want to start. You're certainly welcome to give a little intro or just say what's on your hear today, and we'll go from there.

**EVIE:** Okay. Sweet. Well, I think probably a good way to start is just to—I'll just jump in. I have—the story is my sixth birth and my—let's see. I have five kids. I have five living children. And having kids is just what I always wanted. And it's seriously been just what—everything I wanted to do. And I've been blessed with these amazing birth stories. And from the beginning, I just see this design unfolding. Things that I couldn't have controlled or wouldn't have ever made up on my own. And that's one of the things that I keep finding is how much I appreciate not knowing in advance what's going on, but in retrospect, how much I just am in awe of the design that I feel like we're just—our stories are so beautiful. And so five kids. My youngest right now just turned four in October. And I had wanted—my—I always have baby fever. I always want another. I joke with my husband—I tell him, “This one is all stretched out. I need a new one.”

**MARYN:** I understand that.

**EVIE:** So we just moved to West Virginia from Oregon where I was born and grew up. And we—it was this crazy journey. We came for grad school for my husband. And we all lived in this 37-foot RV. And so this—it was a big deal for us to leave home. And I figure that I got pregnant with our little baby—our Story baby—like the week before we left Oregon. And it was just crazy saying goodbye to all of the family, getting everything in order, and then we made this epic trek across the U.S. to our new home. And there was a lot of planning. There was a lot of good closure. It was really, really a sweet time. But it was also just super intense. And so we end up finally here in West Virginia after trekking across the U.S. And all of a sudden, I'm feeling different. And we are camping in the woods in our RV, and we don't have proper hookups. And we cannot find a house. We had no idea the housing market was this insane.

**MARYN:** Wow.

**EVIE:** And all of a sudden, I'm pukey. I can't eat. I get this sort of—my husband says he can always see it in my eyes when I'm pregnant. I'm not the glowing, bouncing pregnant lady. I am—pretty much all I do for ten months is make a baby. Lay on the couch. Don't feel good. And so we were totally, totally shocked and surprised. We had talked about, “Oh, well maybe we could plan a baby around a summer break from school. This would be a good time. We know where we're going to be for three years.” No. We were just instantly pregnant when we got here. And I—we've only had one other surprise baby. Every baby has been planned, prayed for, hoped for, just—and so we were—I was totally shocked. And there was definitely this impulse in me like, “This is the worst time I could possibly imagine to be doing this.”

**MARYN:** Yeah.

**EVIE:** And I kept—I was really—there's so much that has been hidden from me. But honestly, I really wouldn't have it any other way. I kept saying that my radar was off.

Usually, I'm really bodily aware. And beyond bodily aware, I'm pretty in tune sort of spiritually. And I feel a lot. And I'm not surprised by much. And I really—I'm pretty aware. But I could not for the life of me remember when my last period was. And then—and I kept waiting and thinking, "Well, maybe now. Well, maybe now." And I just—after the big move and I'd lost a bunch of weight and there was a lot of stress, and so I was like this perfect candidate to have skipped a period. So I just kept waiting for this period to happen. And waiting. And then sort of starting to feel—starting to wonder. And then after I found out, I still waited for my period to come. I still waited like thinking, "Oh,"—there was just something that felt like—I don't know what to say. I just couldn't believe it. It didn't seem real even though I was super sick, big bump, all of this. I just couldn't get in touch with this baby like I had with others.

**MARYN:** That sounds really familiar to me. I mean not to interrupt your story. But the thing that I had said about my pregnancy this whole time was—I just kept calling it a disconnect. I felt surprised by all of it and completely not in touch in those same ways you're describing. And I just—I mean, of course, you can't help but wonder what that has to do with anything. Something.

**EVIE:** Yeah. Totally. Totally. And I blamed it all on the move. And then I just couldn't get my bearings. I've said it more times than I can count. My radar is off. I just couldn't get my bearings. And I was having pain because I have not had many ultrasounds. I had two gender reveal ultrasounds. Out of all of my pregnancies, I've only had two ultrasounds. And so—but I—here we are in the woods, no house. There was so much stress. And I was having pain in my side, and I just felt like something was wrong. And I talked with my midwife friend back in Oregon. And she said, "You know what? If you're wondering, you should just go in." And so we went. It was right before my husband started his summer job here. And we went up to the hospital and had an ultrasound. And everything was perfect.

And I was shocked that everything was perfect. And I was shocked to see—it was at about 13 weeks, I think. And I was so shocked to see this perfect silhouette, this perfect—absolutely perfect baby. All the fingers. All the toes. All the organs. Everything that was supposed to be there at that time they actually were showing ahead a few weeks. And she was perfect. So I kept envisioning this sort of wad of bubblegum inside me. I just couldn't get in touch with her. And then they hand me these pictures, these photographs, and they just didn't sync up with—

**MARYN:** What do you think that's about? I mean I have pondered that for so many hours. Of with my baby—not expecting to hear a heartbeat for some reason in that same disconnected way and being completely shocked in just the way you're describing that, at the moment, everything was fine. And do you think that's our knowing somewhere? What do you chalk that up to be? Not to get ahead of you.

**EVIE:** No. I really—I do think that. I do think that some—on some level we know. I really believe that we are eternal beings. And really—this—this earth suit that we're in is not all that there is to us. And so on some level, somehow, I did know even though I didn't know.

**MARYN:** Exactly.

**EVIE:** And so then the next phase of my pregnancy was that—here in West Virginia—well, specifically where we're at, they're—I started looking for midwives. Like, “Okay. Well, got to get this figured out.” And I had a terrible experience with a medical doctor with my first. And so there was just no way that I was going to go to the hospital. And so I started calling all the midwives, and I could not find one. There was nobody at all within less than 2 ½ hours of me. I called everybody.

**MARYN:** Wow.

**EVIE:** And just couldn't find anybody.

**MARYN:** That's right. I guess you sent us—I remember now. Getting a midwife request form from you first probably.

**EVIE:** And it was so funny. I get really sort of spicy when I'm pregnant. I just don't have time for any—

**MARYN:** Nonsense?

**EVIE:** Yeah. Seriously.

**MARYN:** Yeah. I'm that way too.

**EVIE:** And it was so funny because I wrote to you. And I was like, “Okay. Help me find somebody,” because all my births daddy has caught baby and done everything. And the midwife has just sort of been there. Anywhere that—yeah. I just—my best birth was the one where the midwife walked in ten minutes before baby was there, and hubby still did everything. I just have this—I've always had this desire to sort of free birth. But I didn't know—it's funny. I find that I need permission for stuff. And so I'm trying to learn to give myself permission for stuff.

**MARYN:** Sure.

**EVIE:** So I wrote you. And I was thinking, “Oh, this is great. Somehow somebody has to know of somebody who knows about birth who would just come and be here and be some peace of mind for my husband. And then we can do this.” And your reply was like, “Congratulations. You should like the perfect candidate for free birth,” or—I was like, “What?” And I laughed when I got it. I was like well—because you knew exactly.

You cut past all of the nonsense and all of the—I was so worried about how my husband would feel and just having somebody who would sort of be—ease his fears and be like a security blanket for him. But I just really wanted this free birth. So you cut past all—

**MARYN:** Yeah. That was pretty clear to me.

**EVIE:** It was not clear to me. So your email back—at first, I was kind of mad. Like, “What?” And then I just started laughing like, “Yeah. Totally. 100%. That’s what I really want. You nailed it.” So then the rest of the pregnancy was this sort of battle for this free birth. And my husband was awesome. He did get quote on quote on board. And it was not through anything that I did like feeding him the right things to read or saying the right things or whatever. It was really just this waiting for him to come around. But I figured that meanwhile—and since my quote on quote radar was so off, I figured, “Well, you know what? I will just schedule an appointment with these fabulous midwives that the hospital is supposed to have. And I’ll just jump through their hoops and try it just so that I’ve ruled everything out.” And I went in for this appointment. And I carry my babies really low. And this appointment was just a train wreck, and I left so angry. The midwife—the nurse midwife there at the hospital had said—she sort of felt my belly from the outside. And she was like, “Your baby is so tiny. Your baby is wasting away. I see that you are anemic when you came in earlier. So I’m so worried that your baby is wasting away.”

**MARYN:** Oh my gosh.

**EVIE:** And I was like, “No. This baby is totally fine. This is a big baby. I’m carrying low.” So I went ahead and let her finish out all of her testing. And she was like, “Oh, no. This baby is perfect. You’re just carrying low. This baby is nice and big. Everything is right.” And so I had another ultrasound then at that appointment. And that was at the beginning of September. But I was so upset. I felt really violated. Everything with the appointment was just really—they overstepped big time. And I was angry. I lost the—I lost my mucous plug. And it just—it pissed me off. And I came home. And I totally forgot—I honestly forgot to schedule another appointment. And I told my husband, who is like, “No. Nobody is going near you again. I am going to,”—

**MARYN:** That is really violating. That’s terrible.

**EVIE:** -“We’re just going to do this here. This is—we know how this is supposed to go.” And so that was—that ended up being—I’m so glad I had that appointment even though everything went bad. It was really—

**MARYN:** They’re eye opening. It’s eye opening to be challenged, I think, and to know where you belong and what you believe.

**EVIE:** Yeah. Yeah. And I think it was even more solidifying for my husband. And then with how things ended up, it was—I don't know. I just came to see. So we had that ultrasound at the beginning of September. And then it was October when I just—there was this one night. And I had eaten something terrible. And I ate chili dogs. And you can't find chili with beans here in West Virginia. And I found some, and I was really excited. And so I ate this chili—these chili dogs with beans. And that night I was up with terrible gut—my guts were bugging me so bad. And I was laying—and I kept—I hadn't been feeling baby move. I had been—and I had been thinking it was my fault. I thought, "Well, I just haven't slowed down enough. I just haven't quiet enough." And she was never as responsive as my other babies.

**MARYN:** How many weeks were you at this point?

**EVIE:** I was 29 weeks to the day. And so I just—I was laying awake at night. And I was like, "Okay. This is the—this is my chance. Since I can't sleep, I'm just going to get nice and quiet and just hang out with my baby." And I would feel movement, and then it would be my gut. So I would feel the same thing on the other side and know, "Oh that was just my guts." And then I would feel this slow swelling movement and think that she was stretching. And I started realizing that those were contractions.

**MARYN:** Oh geez.

**EVIE:** And so I was like, "Okay." And so I get up in the middle of the night, and I go and drink some ice cold orange juice. I just slammed it. I figured cold and sugar would do the trick. I even have a fetoscope. I just have always gone on intuition and then had midwives. And then I tried shining the light on my belly and nothing. And I tried playing music on my belly and nothing. And my husband is snoozing away next to me, and I'm doing all of this sort of furtively to not wake him up. And I just—and somehow I managed to just get peace, which I'm so glad. I was just like, "You know what?"

**MARYN:** That's amazing.

**EVIE:** "Nope." Yeah.

**MARYN:** Did you panic? In somewhere in your brain, were you like, "Oh my gosh"?

**EVIE:** In that moment, I did not. And I think one of the biggest words that comes into play over and over and over again through this whole process is respect. And that's what I felt that night. I felt this respect for my baby. I was like, "You know what? Obviously, she doesn't want to be poked and prodded, and she's got her own thing going on. And I'm just going to go to sleep right now." And she would always—we have—the sun comes in our bedroom window, and it falls right on me in the mornings.

And every morning when I would wake up and when her siblings would come in, she would wake up with the sunshine. She liked the sunshine on my belly.

**MARYN:** That's adorable.

**EVIE:** And she would roll and sort of play in the sunshine. I know. And she loved her siblings. And when her siblings would come in, she would wake up. And so that's what I told myself in the middle of the night is, "Oh, in the morning when her siblings come and when the sunshine comes, that's when she'll wake up and talk to us." And so in the morning—and I even got to sleep in. And then the sun woke me up. And I was like, "Oh good. Okay. Now we're going to hang out." And I peeled the covers off of my belly and peeled the shirt back from my belly and was just kind of rubbing and talking to her. "Okay. Here's the sun. Here come your siblings." And there was nothing. And so then I went, and I chugged orange juice again. And there was nothing. And then I told my husband. I was like, "I have been trying all night, and I can't find her. And I think I want to go get checked out."

And so we got dressed fast and just headed out the door. We sort of saw to all the kids. And it was like noon. I told you I slept in. I had been up all night. And then I was able to sleep in, and we got up. And it was like—it was just before noon, I think, when we got to the hospital. And I had—my mother-in-law had told me the day before with something totally unrelated. She said, "You know? One of the most powerful phrases that I've ever heard is just that it is what it is. And when we let go of our resistance, then we can just flow in what is. And then that's where we have power. That's where we're equipped with everything that we need." So I just kept saying that to myself. It is what it is.

And got checked in and got the ultrasound. And it—and I knew. By the time that they put—there was this terrible suspense moment where she pulled out a sensor, and she was like, "Oh, well, this sensor is actually broken. It doesn't work." But we already did kind of know. And so by the time that they came back—she came back with a bunch of people because I think that everybody was sort of getting the idea. I mean a bunch was probably—I think there was a total three nurses—or a doctor and two nurses. Three people in there. Sure enough. There was nothing. And at that point, I did panic. And I was—and I'm not—I just—I was just like, "I can't do this. I cannot do this." I was like, "Okay. You know what? Knock me out." There was this split second that went through my head of, "Okay. Knock me out and get it gone. Make it go away. Just make it all go away, and I'll wake up and have it not be there."

And she—they come back, and they tell me, "Well, the doctor says that,"—something about deliver naturally. And that's when I knew that I would have to actually birth this baby. And I'm so in tune—



**MARYN:** Oh wow.

**EVIE:** Yeah. I'm so in tune with the baby as this cooperative—it—who knows how much of this is based on the baby? I've read the things that say that they wonder if it isn't the baby that sort of signals your body to start the birth process. And I know that our bodies eventually will take up the slack. I know that mine had already started the process because I had had those regular contractions all night. But I just—I was absolutely terrified of birthing this baby. I was so scared. More scared than I've ever been in my life. I was really scared to see her.

**MARYN:** Oh my gosh. Yes. I understand.

**EVIE:** Yeah. I don't have any experience with death. I've been to a couple of open casket funerals where you see somebody that has been carefully arranged and made up just so. And it just doesn't even feel real. And so I was—I was petrified. And one of the most—one of the first really big rays of light for me after—that was really the darkest moment for me. Realizing that I would have to birth a baby that was no longer living. And I was so scared. I've never been more scared.

**MARYN:** Oh gosh. I would totally—I have never been that scared either. And I mean I haven't even done it yet. But I think there is something about the shock that has you feeling that way. And I know all I could say in those first two days—or maybe longer was, "I'm not ready to do this. I'm not ready to this yet." And everybody I said that too said, "Of course. You're not ready to this." We're not ready to do that. Our bodies aren't ready. Our minds, our souls, our spirits aren't to birth when death happens—

**EVIE:** Totally. Totally.

**MARYN:** - in pregnancy. It's—

**EVIE:** Totally. Totally.

**MARYN:** - one thing that isn't—

**EVIE:** And I didn't really—part of that choice I relinquished part of that choice by being induced. And it was just a couple teeny, tiny little white chips of something that they said they inserted into my cervix. And it was—but it—and I didn't feel—it just felt like—I knew it was triggering something that was already starting to happen. But I just kept saying, "I can't," which is not what you should ever say in birth.

**MARYN:** Well, but you mean it.

**EVIE:** And so I knew I had to change that.

**MARYN:** I mean for me it felt like—it felt a lot scarier to say that kind of I can't. But for me, like I've said that in every labor. But I've said that when the baby is near coming. And you just kind of lose your mind for a minute, and that's when you need your best friend or your husband to just look at you and smile and say, "Of course. You can do it." It's no different. It's just the timing is off.

**EVIE:** Yeah. Yeah. Well, and I've never had that experience during a birth of, "I can't do this."

**MARYN:** Oh, I say it every time.

**EVIE:** Well, what's funny—my whole birth—all of my births sort of weave together to tell this birth story. My first—I had the horrible experience with the doctor. And my friend—I had a friend the same age. I was 19. And my friend had a home birth. And I knew she had this terrible, difficult, long home birth. But when I went to see her, it was so different than seeing a hospital baby. She was just glowing. Baby was glowing and alert and all of this. And so I got to have this—that was how I ended up finding the midwife and having this home birth with my son. With my oldest. And he—I went into labor and called the midwife. And she was like, "Two hours away." And this is my first. And she asked me, "Well, how,"—and I didn't even know I was in labor. She had—she didn't—I didn't really get any classes from her. She had said, "When you throw up, you're in transition." And so I really thought I was just having indigestion.

I was like, "Man. I am never eating tacos again." And then all of a sudden, I puked. And so I called the midwife when I puked, and she's like, "You are being really dramatic. Your mom was in labor for 20 hours. It's going to be at least that." She's like, "Just go to bed, and I am going to go get some sleep. And we'll talk in the morning." Well, I couldn't go to bed. I was totally, totally like—I was just a couple hours away from actually having the baby. But nobody—I—the assistants came. But nobody checked me. It was their first birth with this midwife. Nobody checked me. Nobody told me what I was doing or anything. And I just thought I had 20 hours ahead of me. And so I was just in the zone. I was singing, taking a bath, just chilling. And then all of a sudden, I was pushing. And they're like, "Are you pushing?" I was like, "No." And they're like—and one of them was like, "Stop." And I was like, "Okay." I pushed some more.

So nobody—and so they were—and the one was just awesome. She's like, "Everybody get your stuff. We're going to have a baby right now." And so that was my very first birth experience is that I had no idea. Nobody told me anything about myself or about the process. And I was just at peace and just in the zone and doing my thing.

**MARYN:** That's awesome.

**EVIE:** That sort of set the stage for the kind of births that I have. It is awesome. And I—there's no—it's almost one of those things that I kind of don't say all the time because I know that so many women have such a different experience.

**MARYN:** No. But those are the kind they need to hear.

**EVIE:** I know. I know. And that's what I had read so many birth stories. And I was just intrigued by these stories of these sort of—of just these peaceful births. And so that's all that I filled my mind with the whole time that I was pregnant. And I didn't expect that. But that's what I filled with my mind—filled my mind with, and that's how that went for me. So I wasn't—I didn't have fear of the birth itself. I had fear—by the time it came to giving birth to my baby that was no longer living, I wasn't afraid of the process of birth so much. But I was so afraid to see her. And so afraid of the unknowns. And there was this chaplain that came into the room and talked with us. And the things that she said that shifted the whole thing out of this fear and dread and panic—and bless her heart. She was just sort of waiting and sort of fishing around. She just was wading through all of this just heaviness and confusion and shock.

And the thing that she said that turned the tide—she said, “I know that your baby will be beautiful, and I cannot wait to see her.” And that was so special to me because I knew that she'd seen other stillborn babies. And if there is something that I could say to somebody who is awaiting a birth, that is true. Your baby is beautiful. And having this woman say this to me was huge. And the inducing worked. And my—I was in a hurry. My older kids, my son—my oldest is 15. and then I have a 14-year-old daughter, and they are so capable. But I just really did not want—we don't know anybody here. It's not like I could call a family member to come be with them or have them go spend the night with a friend or anything. And I couldn't—I really could not be without my husband. I needed him. And so I hated the idea of the kids being home alone and—while we were at the hospital. And so I just really wanted things to go swiftly. And I had done all of this fabulous visualization in preparing for this free birth that I wanted.

And my birth was really, really beautiful. And my labor was beautiful. I remember I talked to my daughter on the phone right before I felt a really big shift, and things really took off. And I just—everything was beautiful. And I had some—one of the things that I wanted was—I just prayed while I was in. I was in the shower in the hospital room. And I asked God. I was like, “God, I want for her to be born en the caul.” My second birth—she—when she was crowning, she was in the caul. And I was frustrated. That was my fierce birth where I was just mad at everybody. And I broke her water. And I have regretted that for her whole life. She was just angry when she was born. And so I've always sort of wanted a redo with—

**MARYN:** That's beautiful.

**EVIE:** Would I have the patience to birth a baby en the caul? Because it was instant. After I sort of broke the waters with my fingernail, my daughter was born right away. But I knew she was angry. I knew that I had done—that that wasn't what she wanted. And so I asked for that. And it was beautiful. When our baby was born—and I didn't want to look. I was still afraid. I was still upset. And so I was just—the not optimal position. I was on my back. And I just had my arm over my eyes. And I asked my husband, "Is it okay? Can I look," after she was born. And I knew she was born in the caul. And he's like, "Yeah. I mean she's perfect,"—is what he said. And I sat up. And I was literally just batting doctors and—I was hitting people. Like smacking them away from her to get to her.

And I just ripped off my hospital gown and scooped her up and just laid her over my heart. And then I had them pile—they brought me warmed blankets. And I just put warmed blankets. And she was heavier than I thought. And she felt exactly like a baby. And she smelled like a baby. And yet, there was nobody driving the car. Her earth suit was empty. And I really, really, really needed to see that. Her little hand was in a funny position. And I asked my husband to fix—I just didn't want to move any—a muscle. I just wanted to just stay there and feel my baby over my heart and just feel her for as long as I could. I knew that I only had a little while. And so my husband helped me to arrange her. Because there's no—it's the craziest thing. And it's not a fearful thing to see—I call them earth suits. It's not a fear. It's not scary to see an earth suit with nobody in it. It really is beautiful.

**MARYN:** Right. Yeah. She was gone.

**EVIE:** Yeah. She was gone. She wasn't there. So he helped me fix her little hands, and we got her into this perfect position. She was just tiny and just absolutely perfect.

**MARYN:** That's beautiful.

**EVIE:** And so I just held her. And I laughed. And I cried. And I just snuggled her. And I didn't want to share her with anybody. And the warmed blankets were awesome, but I could feel that she didn't have her own heat. That it was all my heat. And so that process was really, really important for me to hold her and to feel her starting to cool off. She was just cooling off. And the more that it became unnaturally cool the more ready I was to sort of move on to the next stage. And so then after she had cooled, we sort of took her down. I leaned her forward and held and sort of looked at her after she had cooled. But I didn't—it wasn't—there was nobody driving the earth suit. There was nobody there. And so I really just didn't even want to spend more time than that. And my husband held her for a little bit. And then I—there are things that if I had been in a different position or known more that I probably would have done differently. I probably

would have asked to bathe her myself. But their thing was that they would take her and get her all cleaned up and then dress her and bring her back.

And so it was really hard to hand her to the nurses who were going to do that. But the one nurse—and see, this was also really healing for me just to be in the hospital and be surrounded by lovely, wonderful people who—it sort of took fear out of that scenario for me. And I do not agree—there's so much that I think goes wrong in hospital settings. But since they weren't monitoring me or doing any of these crazy interventions, they left me alone. So that went differently. But this nurse was so sweet. And she was just beautiful. So I handed—it was really hard to hand my baby over to her. But she took her and washed her and everything. And then they brought her back. And I just didn't even—when they brought her back, they had her in these funny colored clothes that people donate. And they're hand sewn—a hand sewn little flannel nightie. And it's really cute and sweet, but that was not my baby.

That moment had passed, and I really just didn't even want to hold her after that point. I had had my moment with her. And then it was—they knew that we wanted to get home to our kids. And so they were awesome to sort of speed up discharging me. And they just sent—they handed me a packet. And this was all at my request. It's not that they were taking shortcuts or anything. I was really rushing them. I want to be home with my kids. And so we had headed home with the kids. And we talked about whether or not to bring the kids up and see her. And it just wasn't right for our family. Not in that setting. Not—it was just too much craziness. And we had taken some pictures. But even the pictures, you can take a picture of a newborn baby, who is alive, and look at it and just be like, "That's not what that baby looks like."

**MARYN:** Totally.

**EVIE:** So it was all the more—that was the case all the more with our baby. And so I just—that was that for the physical side of things. And—but then when I got home was when stuff—when the real work began. And I feel like we're going way over time here because I just haven't even gotten to where I really needed—what I really needed.

**MARYN:** No. It's all so important. I mean it's all so important. And so many things that you've mentioned that were just part of this story are still so important. I mean even people hearing that they can hold their baby and should hold their baby maybe. But not longer than they want to.

**EVIE:** Absolutely.

**MARYN:** Just these things that we don't talk about. And we don't see. They've become these things that belong in a museum or something. We don't know what to do with a dead baby. We have to talk about it.

**EVIE:** Yeah. Yeah. And then afterwards, they—it was like weeks later that I finally visited the site. I think it's called Still Birthday. And if I had looked at that before I even had—before I had my baby, then I think that I—that it would have been—I mean there were some relevant things there. But it was all so—it was just really sort of surface. It was—and none of the—it just didn't—okay. I, in preparation for this free birth, I was part of all these different Facebook groups. And I was this Indie Birth addict. And there's this whole community of women. I loved being part of these groups where if I had something going on I'd type it into the group, and I would get all these different women weighing in on, "Oh, well, I had that happen," or, "My sister had that happen. I'll ask her." And I trust that kind of knowledge. That is—and I was spoiled rotten by that. And so then I got home.

Probably the single biggest blow after my baby was born was that my milk came in. And I just didn't expect that. And it came in the morning that we had to go talk to the funeral director. And so I was standing—that was probably the low point afterwards was standing—or it was one of the really big low points. One of the biggest gut punches was standing in the funeral parlor with my breasts on fire like full of this milk that—and—that belonged to a baby who is not here.

**MARYN:** It's heart breaking. And that's the kind of stuff that are just these reminders that you get.

**EVIE:** Yeah. Exactly. And then I had just done—I usually do my grocery shopping at the beginning of the month. And I had just done all of this grocery shopping and filled my freezer and my cupboards with all of this pregnant food. All of this food gearing towards birth and labor and—so every time that I opened my freezer was this melt down. And at the—there was this funny thing that happened where I felt really—I felt so detached from everything physical. Like sort of floating somehow. Like sort of somehow chasing this baby. So I felt really physically detached. But at the same time, the importance of really basic physical things was just immense.

And I really, really needed physical—I needed good food. I needed beautiful—I needed good smelling lotions, and I needed all of these things to sort of ground me in the physical. And I had perfect strangers coming to bring me meals. Just word got out because of some mama groups. And so that was a new thing for me to just accept help. A friend of mine told me one time that humility is just being willing to accept help. And so I really—I would say that to myself because it feels weird to have these strangers—one of them had a baby that was just a few days old herself. She should have still been having people take meals to her. But she brought us this meal. And that just blessed my family so much, and it blessed me so much because I didn't want to eat. And I especially did not want to eat any of the quote on quote pregnant food in my own kitchen. So that was a really big deal.

And my sister sent me this box of a bunch of different lotions and cosmetics. These fabulous, natural, beautiful smelling things. And that was important too. On a super practical level, a really heavy face cream is a big deal because I just cried and cried and cried and cried. And my face was chapped. And so having a really good moisturizer to put on. And in missing all of that knowledge, there were just these little details that—and the physical recovery was hard for me because it was such a reminder of where I'd been. And I had trouble sort of connecting with her as a real baby. It was very, very confusing. At one point, I said something to my husband about—almost like it was a real birth. And he was like, “Well, it was a real birth. She’s a real baby.” And somehow in my confusion, I was sort of drifting to this place of like, “Oh, well, it must have been fake or imagined.”

**MARYN:** Well, it’s so easy to feel that way. And I haven’t even been in your place or through it. I mean there are days when I think this is all just surreal. I must have majorly screwed up. Maybe this was all just some made up thing in my head because I think the hardest part for me so far has been—what are you left with? I mean concretely. It’s a memory. And some other stuff.

**EVIE:** Yeah. Yeah. There’s—and this is where it all becomes this journey that is not physical.

**MARYN:** No. No.

**EVIE:** And that’s been a big deal for me. So after I contacted you and you put me in touch with Ariel that was such a big deal because I just found myself longing for this woman knowledge. And I wasn’t a part of any of the—you see groups anymore. I went and unfollowed—I left all of the groups before I even left the hospital because I couldn’t stand seeing it in my feed or anything.

**MARYN:** Of course. Of course.

**EVIE:** And I just—I had become this walking trigger. And so that—I really mourned the loss of this community that I had gotten be a part of. And so t hat’s when I reached out to you. And nobody could have been more perfect. Arielle’s story is just beautiful. And everything that she said to me was perfect, perfect, perfect.

**MARYN:** Oh, she is.

**EVIE:** Just small ways to—oh, it was amazing.

**MARYN:** Oh, it is.

**EVIE:** Small, practical things. She’s got—she did a podcast about her still birth. And that’s wonderful. And anybody who is actually in this position I would really, highly

recommend that they listen to that too. And we can probably—I don't know where that is. She sent me the link not too long ago.

**MARYN:** Yeah. Yeah. We can add it somewhere. Yeah. For those of you that don't know—I mean I'm sure you don't because she's not necessarily prominent in the birth world. But a very good friend of mine, Arielle Greenberg, has a book actually that I would totally recommend. And her book is called *Home/Birth*. And she wrote it—her still birth was eight years ago. So I'd say she wrote the book at least seven years ago. And it's something that I've always treasured and reading it even now waiting for my baby to come has been, again like you say, some of the best, most honest, down to earth, let's just talk about this, and let's just feel how it is. And there is nothing like another woman that has been through this to support there. I mean and I know better than anybody because I've supported women through this the best I could. But I didn't know myself. And there's nothing you can read in a textbook. There is nothing you can read. You have to journey alone in a lot of ways but with other women and their honesty. I mean she and I have laughed. We've actually laughed about certain parts of this. And I felt like there was no one else in the whole world I could be that honest with. Because sometimes it's funny. There are things that have just been ridiculous. And so I've been just finding that person. And I'm so glad that she was able to be that person for you, and you were able to find some support in her.

**EVIE:** Yeah. That was huge because I did just long for other women who knew—who just had something, anything.

**MARYN:** Exactly.

**EVIE:** Because you just—it's confusing. You're just all tumbled around. And so the—just practical, physical things is what I wanted. And let's see. I did write down a couple things. And I am sort of feeling for what I wanted to—

**MARYN:** I know. There is so much. And that's—

**EVIE:** There is.

**MARYN:** I mean I hope that's obvious to people listening to that this could be a documentary series.

**EVIE:** Yeah. No kidding. No kidding.

**MARYN:** Because why not? I mean the thing that's come to me the most prominently especially being in birth is that we laugh about birth. We talk about labors. We tell our stories. We remember. We look at pictures. And we don't do that when this happens. And there is such a gap. There is, personally, for me, I felt it too. There is such a gap that there should be this. So yeah. Needless to say we could talk for hours.



**EVIE:** Yeah. I know. I had this desire to protect other people from it. And before this happened, in my life, I couldn't read stuff. I couldn't see pictures. I stayed really far away from it. It was a trigger for me. It would send me to this bad sort of fear place. And—or not even fear. There was just this repulsion or whatever. And so I really wanted to protect everybody from myself. And it was crazy weird timing because my very, very closest friends—my people—all ended up being pregnant. And so I just—I was really, really afraid of inflicting myself on them.

**MARYN:** Yeah. I understand that.

**EVIE:** And that's part of why it was such a gift to get to talk to Arielle. And just knowing that there's somebody—somebody else survived. And one of the things that she said that was so cool in sort of introducing herself to me but from this place of knowing that we had this in common. She said, "I am a happy person." I don't remember the rest of it, but she was just communicating like it—you're okay. This doesn't change. Permission—again, with the permission. Permission. I'm a happy person, and that's how it should be. So then—and that moves nicely into one of the phases that I wanted to discuss. Arielle encouraged me to journal and to just set aside time. Two different ways she encouraged me to set aside time. She said to determine what your mourning period is. Just allot yourself an amount of time. Put some kind of a goal out there. And for me, I had said that I would—that when my period started again. Because with all of my other births, my period starts—it's almost seamless between my postpartum bleeding and my first period.

**MARYN:** Wow.

**EVIE:** It's intense. And so I knew that that could be a possibility. But I just told myself, "You know what? I'm just going to belong to my baby until that happens," because she didn't get to own anything physical. I was all she had. And so it felt really sweet and sort of sacred to just sort of devote my body to her for that season. And it helped me too to sort of honor my body to eat right. That was a big struggle because I would just—I just didn't feel like eating. And that is directly tied to morale. The days when I wouldn't eat I would be—there's this difference between being—between honoring where you're at and healthy expression and just working through it and then just despair. Going to a bad place.

**MARYN:** Totally. And like self sabotage. Yeah.

**EVIE:** Exactly.

**MARYN:** Yeah. I've done that too.

**EVIE:** And that was a huge temptation. So making it something that I did for my baby was really special. And that was—so that's one way that Arielle encouraged me to use time because time is all messed up too. And then another way is—she said just set aside a certain amount of time every day and open your journal and just write whatever comes out into it. And I—that was huge for me. And my mom sent me this really fuzzy blanket, and I have this cute little sofa. And I didn't want to be alone. And so I would just go—in the middle of the living room, sort of a central location in the house where everybody was sort of running around, and hubby was back to school and work by this point. And I would just grab my blanket and grab a cup of something warm and my journal and just go sit on the couch and just bawl my eyes out until I was done. And that respect of just going and—I said I was bleeding out into my journal. I just—using up pens. Just letting it flow. Just putting myself in a place where I could just flow with it and just see whatever came to me. And there was also an aspect of that season. And I don't know how long it was honestly. I mean it could have been a couple days. It could have been a few weeks. I really couldn't tell you how long that was. It's all sort of condensed now into this sort of soggy time on my couch. But it was crucial.

And if I didn't—if I skipped it, then it would come and just totally destroy me. And so being purposeful about that and just setting aside time and just going and doing that was really good. And I've moved—and the one day that I moved—that I had a really big—I think I wrote about this to you. I had just finished—just crying myself out. And then I could feel that I was done. And it's really a good—you just know. Like, “Oh, okay. All right. Guess what? I can stand up. Guess what? I can go eat something.” I went in to take a shower. And I put on my Pandora, and I have no idea what station it was or anything. And—but I heard the piano. And I got goose bumps on my body. I just felt like this pay attention thing. And I was like—and I knew that my baby was getting ready to tell me something. I just knew. I don't know how I knew that.

And then—but I knew I wasn't supposed to change my pace or anything. And the piano intro started, and I went ahead and got into the shower. And the last words that I heard before I got into the shower was just the first words of the song. The first phrase. And it was, “I never want to see you unhappy.” And so that was huge for me. That my baby did not want for me to—I know my baby came to change the whole planet. Something. It's these tiny things that change everything. And I know she came to make a change. And I—and it was this communication that, “No. This is not—you being sad and you being destroyed, that's not why I came.” And so that was a big turning point for me to sort of feel like I should reach for the happy. And then I would feel like—I would feel like a badass for being happy. Like, “Yes. Look at me.” So that was really important to sort of reach for that. And I seriously felt like I had to reinvent myself. And I would sit—I would get this wave of just realization of everything that had happened.

And it still happens. For some reason, Christmas Eve was really rough. And Christmas was sort of somber and odd anyway. We're used to snow. And we're used to tons of family. And so it was this super warm, really quiet, sort of lonely day. But it was great. It was right for us. But Christmas Eve—man—was—something was—it—that was a rough one. So it still catches up with me. And it still—and what I have to do is just set aside—recreate myself in that moment. Okay. This is here. Am I—the options that you have are to sort of clam up and just decide that you—you're going to just be this tough—but I think there's a brittleness there. And I don't want to do that. I don't want to go to that brittle place. And then there's the place where people are just—I see people that I know are not moving on. And I don't want that to be my baby's story. I want all the more to move on and to live life for her. And to honor her in the rest of my life.

**MARYN:** That's beautiful.

**EVIE:** That sort of reinventing. And it's crazy that we've gone this whole time and still not sort of done the whole punch line of her name. For—I know. For being the—the name has been on our list for years. We actually—I have a daughter who is eight right now. And it was really high on the list for her name. And then another daughter—yeah. And so this name has been sort of on the list. And then—but this pregnancy my baby was so quiet and not really responsive and didn't—it was really subtle. She was really subtle and so sort of hidden from me. But I know that she communicated her name to me so clearly. It was one of the biggest communications that I've ever had from one of my unborn babies. And we had chosen her name. We were going to name her. My middle name is Noel. And she was due—actually today was her due date according to my last menstrual.

**MARYN:** Even more special. She's here listening.

**EVIE:** Yeah. Yeah. So my middle name is Noel. And we were going to give her the name Noel as a middle name. All our girls have three names. And everybody has loved—my husband has loved the name Gwen for a long time. We've talked about that. But the name that was—and so we said that we were going to call her Gwen Noel. But this name from our list was Story. And it just kept coming back to us. And I was like, "You know? Maybe Story is the third name that we're supposed to add in here." But I couldn't get in touch with her. It was so weird. And I—I would sort of imagine having her in the Ergo and going to my husband's shoes and stuff and showing her off to his colleagues—our social set here. And I couldn't imagine it. I couldn't picture it.

**MARYN:** That is so crazy. I mean I've heard so many women kind of say that same thing. We never were supposed to.

**EVIE:** Yeah. I couldn't get it right. And I blamed it on the name somewhat. Our kids have pretty unique names. And somebody else made a comment. Because we were

saying we were going to call her Gwen Noel. And then the third name was Story. And so we were going to call her Gwen Noel Story. Gwen means blessed. And Noel means birth. And then Story. And the way that I see the word Story is—in the Bible, one of my favorite verses says, “That they overcame by the blood of the Lamb and the word of their testimony.” And so the blood of the Lamb is something that’s done for us. But the word of their testimony, that’s something very, very active and participatory. And in Christianity, I think—I mean it gets so abused. It’s so wrong. And there’s so much that I just work to get rid of.

**MARYN:** Right.

**EVIE:** But there’s this—for me, what it comes down to for me, is there’s this element that really—it is done for us. I know that I don’t have the right kind of perfection in myself to get—it just exhausts me to think about trying to be good enough or trying to be perfect. But I don’t want any less than perfection, so there’s this element where that’s taken care of. Like there’s—like just rest easy. But then we still have this desire to do something. And it should never come out of guilt. And there’s so many people that try to work their way to perfection. And that’s just a road to death, I think. But the word of their testimony. This is something active and participatory. And we decide the stories that we tell. And it shapes us so immensely. And *Into the Woods*, the line that they say—what is it? Like, “Be careful the stories you tell. Children will listen.” And you know that’s such a big part, I feel, of my motherhood is in telling the right stories to my kids and encouraging them to own their own stories. And that’s really, really empowering that we get to look at our lives, and we get to tell our stories. And so that’s this name Story.

And so I have such a hard time visualizing introducing my baby. And her name—calling—the kids were calling her baby Gwen. And that just—it just didn’t fit. And so one of the last times I heard from her was also one of the clearest times I’ve ever heard from any baby. It was the middle of the night. We were hanging out. And I was just rubbing my tummy. And I said, “Is your name Story?” And she thumped twice so hard. Bang, bang. And I just had this glee, this feeling like—it was just this excitement like I couldn’t even catch my breath. Like, “Oh, her name is Story. Story is my baby’s name.” And I knew that. I knew that Story was her name.

**MARYN:** That’s awesome.

**EVIE:** And so we—it was always supposed to be her name. It has so much meaning, but now I just find it everywhere. And it’s so beautiful. I have a friend whose very, very bookish. And she collects quotes and all kinds of things. And so I asked her to help me collect story quotes. And I have this collection going of just beautiful, beautiful quotes.

She just sort of shows up these unexpected places. And I just—I love it. It's so beautiful.

**MARYN:** I love it too. They are so wise. These souls that come to us. And these souls that decide not to stay maybe wiser than any of us. I think they are. And I think the messages that come, if we're listening—and, again, I don't know half of my messages yet. I'm just saying what I've learned so far and even witnessed with you is just that the wisdom is so deep, and it is perfect. The timing is what it is. And the teachings are there. And that's why her story is so powerful for you to share because it just kind of reaches beyond you and me and everybody.

**EVIE:** Yeah. Yeah. It's crazy that you talked about how wise they are. I say that a lot to my friends. That's my advice for postpartum is your baby is so wise. Just tap into your baby. Their instincts are so pure. And if you can just enter their worlds, you will heal. You will find what you need. You won't be this harried, stereotype of the wreck and the depression and all of that. So I've said that for a long time. But my husband kept saying that when he was holding her and looking at her. He was like, "She just—she looks so wise." And that's what he keeps saying to me over and over again. He brings that up. He says, "I just—when I held her and when I looked at her, she just looked so wise." And he said, "I feel like she's older than I am."

**MARYN:** Oh, for sure.

**EVIE:** And he says, "She's all knowing now." What a—here's the thing. What I'm left with is that it has been one of the deepest honors of my entire life to get to carry this life for as long as she was meant to be here. And during my soggy time on the couch, one of the things that I did was just wrestle like—again, like in the Bible, when Jacob wrestles with God. There was a lot of that going on. Just like somehow just wrestle, grab a hold, and get aggressive until I find what I need to get up off of the couch for the day. And one of the biggest handles for me was finding—for me, I guess the Bible is where I find—I talked before about ancient wisdom. That's what I wanted from women. I want something that's time honored. I want something that other people have seen and heard and found to be helpful.

**MARYN:** Sure.

**EVIE:** And so the—where it says in the Bible that our days—before even one of them has come to pass, our days are all written in God's book. And that, to me, was a huge breakthrough. Because I really—I really panicked about the idea that maybe my body had done something wrong. Like I had done something. And so just to bring this back around to respect for this baby, respect for this soul. And another thing that's so funny. Right when we found out that we were pregnant all the way back in the woods—whatever—right when I knew, my husband was like, "You are so pregnant. I can see it

in your eyes. You are totally pregnant.” And what I said—this was before we knew gender or anything. I hadn’t even revisited my name list. And I was like, “Well, you know what? This is God’s story. This was nothing I asked for or planned. This is God’s story.”

**MARYN:** Oh, that’s beautiful.

**EVIE:** And then after she was born and kind of gone, I clung to that. That was—this is always how it was always going to be. And that’s what I had said waiting to find that heartbeat. The thing that brought—that grounded me was saying, “It is what it is.” And so again and again respecting my baby. Respecting her journey. Respecting her story. And just being available. What an honor to be her mother, to have been the one that got to carry her, and that gets to meditate on all these little details and all of these subtle little things and hunt down and find as much of her story as possible. That’s a big deal. That’s beautiful.

**MARYN:** Yeah. It is. It is beautiful. And you are beautiful. And the fact that you can share this so much from your heart and so passionately because you know that it’s a gift to everyone. Is just—it’s just beyond beautiful. So I can’t thank you enough for sharing her with us and knowing that everybody is touched by this.

**EVIE:** Thank you so much.

**MARYN:** And that I think I am personally just still in that space. But hearing her story gives me so much hope and confidence for everyone because, again like I said when we first started, death will touch all of us. And getting the chance to live with that inside of you, even for a small amount of time, is truly a gift. And I know there are women that wouldn’t feel that way. But I don’t think you’re one of them. I know you’re not one of them. There is something that is so sacred about getting to hold what is so still and so perfect. And I just am so grateful to you as a sister, at the deepest level, that we can share in this because I do think it would be harder and more different to do it alone. And I just think this is what ties women together. Not just their birth stories but their death stories.

**EVIE:** Yeah. Definitely. Definitely. There’s a depth that—it’s like there’s this whole other side of the spectrum. And I was so afraid of it before.

**MARYN:** Me too.

**EVIE:** And it’s just been the hardest thing I’ve ever done. But I would not—for one thing, I have come to such a place of deep peace that this is always how it was always supposed to be. I know that she came and accomplished what she came to do. And so there’s not—so it would be disrespectful for me to say, “I wish this wasn’t the case.”

**MARYN:** Oh, of course.

**EVIE:** That doesn't mean that I didn't spend 20 minutes sobbing in my bathroom on Christmas Eve because I wish my baby was here for real.

**MARYN:** Oh, I know.

**EVIE:** But I know that she came and told her story. And now it's—it's funny. I was thinking. What is a story? And a story is an invitation to be changed. Why do we tell stories? Why do we celebrate—my husband is an actor. That's what he's in grad school for. And so stories are a big part of what he does too. This is—telling a story. And so her story is what it is. I would not take it back. And even walking out of the hospital, just moments after having—probably an hour or something after having held her and then having let her go, my attitude—what I said was, “This was an honor, and I would never say no to doing this again.”

**MARYN:** Yeah. Yeah. That's really powerful. I mean I agree with you. And that's the power of the story too is just the perspective. Because you could tell this story from a completely different perspective—not that your intention is to do anything to anyone else. But there is fear that could have been relayed. And just telling these stories of death, we can leave other women with this feeling of heaviness like, “Oh gosh. I hope that never happens to me.” And on some level, of course, we all wish this never happened to anyone. But at the deepest level, it is a gift. And I think just for people to hear those simple words no matter where they are in this process because it is a long process. And I don't think it's the same for any two of us. But just to hear those words and to know that your story is out there and your support is there, I think, is just so meaningful.

**EVIE:** Well, one of the—yeah. And if I could—I was—the—we've covered everything that I had written down. And the one thing that I hadn't touched on that I'm really excited because I see the perfect way to touch on it and leave it alone.

**MARYN:** Yes. Please.

**EVIE:** One of the biggest devastations to me—since I'd gone to the hospital, they wanted to see me for a follow up. And I—the idea of seeing results or something would send me into a physical panic attack. That was really wrong. And if I saw the number crop up on my phone or if I got a mailing or whatever, that was bad. Well, I did go for one follow up appointment. And they were so sweet. The doctor was trying to be so sweet. But what she wanted to do for me—she wanted to make sure that I was on birth control. She wanted to give me chemical birth control.

**MARYN:** Oh wow.

**EVIE:** And she wanted to give me an antidepressant.

**MARYN:** Oh wow.

**EVIE:** And I didn't even say—I didn't even say any words to this woman. I answered question yes or no. And I was polite. And I tend to be—tend to border on chipper even in those—that kind of a circumstance. And then idea that she was offering me birth control and an antidepressant was so insulting on a really, really deep soul level.

**MARYN:** Sure. Sure.

**EVIE:** She wanted to fix my problem by making sure I don't get pregnant again. So it won't happen again if I'm not pregnant again. And then, here, let's just numb your pain. And so what I want—that was exactly the opposite of what I want. And what I want is for women to know—I want for them to know that that's not the way. That's such a—that's the way this is handled. People are shushed. And I needed to be fully woman and messy emotionally, messy physically. That's who we are.

**MARYN:** Oh my gosh. Yeah.

**EVIE:** And it is magical and amazing and this mystical, crazy thing that we invite these souls into our bodies and we birth them onto the planet. And all of time and existence is contingent on us being who we are. And on us keeping that invitation open. And that's—and so what they were offering me was so against that. So that's—and that's what I hope we can communicate here is that even though this is scary, and it's the worst thing—the hardest thing I've ever had to do, there is beauty here. And it's the other side of the spectrum. It's the whole story.

**MARYN:** Sure.

**EVIE:** And it's not something to fear. And sorrow is not something to fear. There is beauty. That's the biggest—

**MARYN:** No. There is. There is beauty in all of it. And I think it's just feeling it, like you're saying. Offering to numb it is the opposite of feeling every emotion that could possibly come through you with something like this and acknowledging that your world can be shattered and you can still feel all of these things. And you will still come out the other side. And you will be changed, and that is all good. It really is. It's all good.

**EVIE:** Yeah.

**MARYN:** Oh boy. Well, thank you so much. I know we could keep going for hours. But we'll leave it at this, so it's a nice digestible amount of chatting for people.

**EVIE:** Thank you. Yes.



**MARYN:** And yes. I mean there are just really no words. I think we've covered so

**EVIE:** Thank you so much.

**MARYN:** And just honoring you and loving you—

**EVIE:** Thank you. Thank you.

**MARYN:** - for walking this path before me and before so many women and to all the woman that have walked before us both and all the women that will walk after us knowing that this space is being held, I think, is what we're trying to say. And that there is love and honor and respect in this process.

**EVIE:** Yes. So awesome. Thank you so much. Thank you. Bless you.

**MARYN:** Bless you.

**EVIE:** I'll continue to just be—I'm here. We're here.

**MARYN:** No. I know. That means so much. And just to kind of tie it all together. Is exactly the community and the support that I think women need so that we can talk about this. We can be real. We can support each other. And it's not just podcasts, unfortunately, that people have to listen to feel like, "Okay. This is real life. This happens to people." And they come out. And they're okay. And their lives are good. So thank you for being a huge pebble in the pond in that regard. And I think—

**EVIE:** Thank you.

**MARYN:** - your words and Story's words and her birth and her death have so much meaning. And I know you know that, but I want you to know that. That you are loved. And she is loved. And everybody—

**EVIE:** Thank you so much.

**MARYN:** - all over the world has been affected by her. So on that note, we will end this beautiful chat. And thank you so much for listening. As always, check our Indie Birth website for updates and new classes as well as our conference coming up here in Sedona just next month, January 2016. Have a great day everybody. Thanks for listening.

(closing music)