

(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 for the subject of patience. It's a really big word. Lots of ways it applies to our role as women and how we navigate a pregnancy and birth. And I'm going to try and kind of go back and forth between being that pregnant woman perhaps and being that midwife because, as I started to make notes for this podcast, I realize that it's not so clear just like a lot of issues in birth right now. It's not so clear where the issue or problem began. So you can probably guess I'm going to take about patience and how it's not happening in a lot of situations. But again, I was just thinking how it's not really just the midwives. I think I have a lot of examples of how midwives are not patient and how we can work on that. But then there's just as many examples of women and just people in our culture today not being patient about really much of anything at all.

It sounds so clichéd, but we all know the culture we live in and how fast paced it is and how everything needs to come immediately. So it's kind of where I'm starting today. Just that general understanding that patience is hard to come by in this culture. And because birth is so influenced by culture, we're seeing it in birth, so I want to reflect on that today and see if maybe we can make some headway there. And when you go out into the world—maybe you're a midwife or doula or just a friend that your friends want to talk to about their experiences—that maybe you have a little more to go out in the world with to see what we can do to put more patience back into our experiences.

So many of you know personally that I've had a pretty long term situation at this point going on. And I'm not going to talk about that today really. Hardly at all except to mention that waiting for a miscarriage to happen, in my case, and I think it's been—honestly, I've lost count. And that's part of what I'm going to talk about today. It's 15 weeks or something that I've been anticipating my body to miscarry has given me this insight into patience that I never thought I would have. And honestly, just so many of these things that have come through as wisdom through this experience do revolve around this issue of patience. So that's all I'm going to say about that. But the obvious is that when you have a personal experience it just intensifies an issue or many issues or philosophy or whatever it is because you're forced—forced—kind of forced—I'm not really being forced, but I am in it. And I guess I just am saying I'm gratefully learning from it. And so, so many of these patience lessons and wisdom that I want to share with you today really have come to me through this experience of being in this position of needing to be patient. That's really what it comes down to.

So as I thought about me in this situation and so many other women in different situations in pregnancy and birth—gosh, there's so many really. I came to realize that patience is a state of the heart. What do you think about that? So patience is not just the ability to wait because waiting even implies that there is something better. There is something more fulfilling. There is something right that's coming instead of where one is being right and perfect. So when it's a state of our heart that might sound kind of New Agey, but really it's a feeling. And I think as we go back and forth here between feeling patience and feeling the opposite of that which I suppose is impatience notice where you feel those things. I know for me I really can feel the patience in my heart center. And for me, it's a state of acceptance and openness and trust. And I think those three things sum up what patience can be for any of us in pregnancy, birth, certainly in mothering for sure. I mean how much patience do we need on a daily basis. But it's an acceptance. It's an openness to what is.

I'll talk more about that. But let's contrast it now with impatience. I can't think of another word. I'm sure there are many that mean not being patient. Anxious even kind of comes to mind. But impatience is of the mind. Now really I couldn't be more sure of that being in the situation I'm in because every time I feel impatient in my situation it's in my head. It's because I've calculated numbers. Like I said, how many weeks has it been? Initially, I was keeping great track of that. How many days has it been? How many hours has it been? But that sort of thing is all in the mind. And what it really does is create anxiety, not a feeling of settledness. For me, impatience—and, again, there's so many examples, and we're going to talk about some. But let's think of another one. The classic due date, right? Or being past a due date, or even being early—too early. There's so much fear in numbers, in timing, and our future projections.

So when we're being impatient, it's not because something truly needs to be done, right? So let's distinguish that between something actually needing to move along for some reason. So for me, I think of during birth. Let's say that a baby really does need help. And that's really rare, of course. But say the baby needs help getting out or the baby needs help breathing. When you act on those sorts of things from a heart center, then that's not being impatient. That's being wise. That's being intelligent. That's being connected. And sometimes things do move along faster than we want them to, but that's necessary. But that's not impatience. Impatience is when we're trying to sort of correct the path. We think we know better. And it projects to the universe that things are not as they should be.

So to me, it's ironic because I see a lot of the impatience in birth being a self-fulfilling prophecy. So midwives that are impatient in general usually have more problems in general, right? So there's so many things in their head that they think they're going to stop in its tracks. That's being impatient. But, again, it's based on fear. So I'm asking you to just feel into that again. How being patient and accepting and trusting feels a

certain way in your body, and it might not feel the same to you as it does to me. But impatience is really in your mind. For me, I don't even feel that in my body other than a feeling of being nervous or anxious or sort of like my whole body is disconnected. But I can definitely feel that feeling. And, again, I've had some really good practice the last couple months. It's not something I had really thought all that much about beforehand.

So patience, to me, is presence. And I mean presence with a capital P. So whatever that means to you in the bigger picture. Source, the universe, God, whoever, whatever you think organizes life. To me, that's patience. That's part of patience when you really tune in to waiting. And, again, I don't love that word. I'm always trying to come up with another one. When you're in that space of being, when your brain tells you something needs to happen next, to me, it's a matter of connection to the divine or whatever your word is. To get back in that heart space and, basically, shut your brain up. And I think this is a skill. It's a skill, for one, because, like I've just said, I'm practicing it. So you can too. And I think it's a long lost skill. So midwives and women, we're all together in this. There's really not a huge differentiation. We're not practicing this anymore.

And then we're getting into our own pregnancies and births, and we're not even able to access our patience for ourselves. So how on earth do expect the person we hire to be more patient than we are? So it's this hamster wheel sort of effect where so many pregnant women are impatient. They're impatient with the whole process. They're impatient with pregnancy. They want the next step. Then, of course, the biggest manifestation of that probably is in the birth process. But then relatively the biggest manifestation is in mothering and in life. So it's like physiological birth. I think any of these concepts. That if we focus on them and learn them and resonate with them when we integrate them into our lives they become life concepts. They're not really just about birth anymore because birth is really just a tiny part of our lives.

So another thing about presence that I am very aware of or patience and presence really is, like I said, the act of being, not doing. Think how relevant that is to so much that you hear about in pregnancy and birth. Again, whether it's the woman herself or her midwife. Being not doing. Can we honor timing because in honoring timing we honor ourselves? We honor our bodies. We honor our babies. We honor the process. We honor nature. We honor, again, that thing that's bigger than us. So it's a respect honestly. I think patience is respect for yourself and everything around you. And one more time, it doesn't mean that we don't always just sit in what we are in because that's how patience has been feeling to me is that I'm able to sit in what I'm in as calmly as possible and with a knowledge of something greater and a reminder being present. But, again, it doesn't mean that we don't often choose to take the next step to move on. Will I remain in this state forever? Gosh, I really hope not. At some point, I might decide that I'm ready to take the next step.

But for me, I know, even now, should I come to that point that it won't be impatience that got me there. It will still be that I was patient, and that sometimes we do choose to make a move. And the same, again, could be said in pregnancy and birth. It's not always about doing nothing, but we do feel very intently that doing nothing is a legitimate choice. And doing nothing isn't actually doing nothing. It's just to sort of compare it to doing something, if that makes sense, right? To doing. We're comparing it to doing rather than just being which is kind of like doing nothing to some people. But it's not.

So let's talk a little bit more about how having patience or the lack thereof might apply to pregnancy and birth. Now I already gave you a couple examples. So you can think of a bunch more. Think of all the times you felt impatience in the birth process, and perhaps all the times you felt impatience when you're working with someone even. And I sure have. I surely have. It's a constant practice, I think, to remind yourself that there is no need to rush. It's just the way we are. We want to get to the next thing. So, like I said, when we are in a state of heart then we're patient. And so for that reason, to me, this sort of midwifery—and there's always another term for it on these podcasts, isn't there? The new midwifery, traditional midwifery. In this podcast, I can easily call it heart-led midwifery. And that feels really right to me for this moment because that's exactly what we're doing.

We're not letting our heads rule and make decisions and tell us to rush ahead and jump the gun and not trust. That doesn't help anybody because then the women we serve feel like they should do that too. So all the examples from big, big picture down to micro impatience. And Margo mentioned that because we talk a lot about these things, of course, just on a daily basis. So she kind of even gave me the nudge to do a podcast on this. But we were talking about micro examples of impatience. So the bigger examples would be the things I mentioned. Dates, even just when is someone due. Are they late? Are they early? What are they doing to get labor going? When did labor start? How long is it? How long are the contractions? It's all impatience. It's all based on us not trusting and wanting to control.

Rupture of membranes or breaking waters. Labor itself, of course, like I said. Down to the intricacies or micro management of a labor. So what's the dilation? What's the cervix doing? How long has she been pushing? How long as this been happening? And then how long before the baby is born? How long is the head out? Watching everything, checking for cord, delivering the baby because we're so impatient we can't even wait for the baby or respect the baby enough to make his own rotations. And, of course, this is a normal, healthy looking baby that, of course, can make its own rotations and navigate the birth process himself.

But midwives are managing many or most or all of these things. But, again, what about the women? Do they know that their midwife is impatient? They might not because

maybe they're impatient. And they actually hired somebody that really did fit the bill. So we're not trying to correct sort of individual people but maybe work on this cultural thing we've got going that everything needs to be faster and that we need to get in the way. So the poor baby has its head out. And there is impatience, like I said, with the delivery of the baby. And then there is this real impatience for the baby to breathe. And I talked a little bit about that on the podcast I did about newborn resuscitation. I really like doing that one actually. I think that's a great one for parents to listen to to get a sense of what a normal baby looks like as it transitions. And I think a lot of midwives have forgotten as well because there is this nervousness. There is this anxiety for the baby to pink up immediately and to breathe. And that's really not physiologically what—the way the process happens.

So from a place of trust, from a place of patience, we can observe a baby. And we won't miss anything. It's not like we're just checking out, and that's our patience. And we're not paying attention to something that needs help. But most babies won't. So from a really confident place of trust, we can observe babies as they make this huge transition to breathing air on this planet which they have never done in the body that they have before. So obviously, I'm passionate about this. I don't think it's just—I don't know. Impatience of things that maybe seem nitpicky. I mean maybe they do to some people. But I think a lot of people would agree that a baby transitioning to life needs some patience, needs some love and trust, and this feeling that the baby is quite capable because everything that we do in an impatience setting communicates to what— whoever it is that they are not good enough. They are not quick enough. They are not able. And that is the last thing, at least as a midwife, that I would ever want to communicate to a baby, my own or anybody else's.

Going on in the birth process—and I could name a million examples and so could you— then we are impatient for the placenta to come out. And we watch the clock. And we look at the mom. And we watch the clock. And we ask her. And we pull on the cord. Well, we don't do these things but certainly people do. And then, again, this is how birth is seen for so many women. This is normal birth. And then we're impatient to cut the cord. And then we're impatient to do the newborn exam. And then if we're midwives, we're impatient to leave. And then we're all impatient. We're all impatient to just get done and get on with the next thing. And we're so not present. And if you take something like postpartum depression even, surely there is many factors there. But if I kind of see somebody or hear a story where someone's had a really non interventive birth and there is sort of no chemical reason that's really obvious why they're experiencing that, I think a lot of postpartum issues are because we just don't understand what the mom and baby need.

And patience is just a huge part of that. Everybody needs to be patient. The baby needs to learn to breastfeed. The mom is healing and feeling her body in any way. The family

is adjusting even if this is first baby. So if we're not patient, we've left the building. We just aren't really—I don't think—that great of help to anyone. And we're furthering this cultural idea that there is always something better and that we always know more.

So what if most pregnancies and births, even with midwives, were built on this foundation of rushing and impatience? Well, I say that as if that's a strange thing to imagine when actually that's the reality. But I got to thinking just again how that affects the bigger picture. So some things I came up with and you will have your own list. But first there is a lack of trust. Now that's huge. So the mother doesn't trust herself. The woman. The midwife doesn't trust herself really. She doesn't trust the process or the woman. And then you get the mother that might not trust the midwife. And so there's all these cross line things going on of a lack of trust between people. And just really between the mother and her baby because if she's experiencing a pregnancy and birth where everything—she's doing it all wrong, right? She's too late. It's too long. There's always something that someone else knows more and can do better. And it sounds like I'm exaggerating here. I have these moments of listening to myself doing these, and I think, "Oh my gosh. Am I making this sound really horrid or really crazy?" But I know it's not.

And so if you're one of those people that really does have the luxury of being in a complete bubble—and I'm in a pretty good bubble—but if you really don't know, in a way, that most births are just completely messed with, I'll just tell you that they are. You don't even have to go talking to people because it's hard to hear. But I'm not making this up. And these are women that, again, are choosing midwives and home birth and lack of trust because there's always something more and better. And we know—and I say this every single podcast—we know that so much of that is based on the medical midwifery model that's out there right now and that most states are enforcing through their licensed midwives. So I say this every time too. I know it's not personal. There are midwives out there who are lovely and beautiful and wonderful and caring, and they absolutely trust birth. But there is something happening where they're not able to honor that, so their impatience might not be them. To the core. But it's what they exhibit because they feel they have to.

And really, who cares where it comes from? Impatience is impatience. Not respecting the process is not respecting the process. Doesn't really matter. So let's see. What was I even talking about? Oh, so what happens if everybody is impatient during this process? And I said lack of trust. And my next one is lack of connection to intuition and the divine which is lack of trust. More interference and more intervention. That's logical, right? Because this woman doesn't have the connection to herself or maybe to the degree that she's able to resist this feeling of impatience. And she doesn't have the connection to her midwife, and then there's all kinds of things that come out of that. I

think it's also a dishonoring of the mama baby and baby's time to be born. So these are the things I think about. I'm sure you think about them too.

So you get a mom who is sort of rushed through labor because the rules and regs say she can only have this much time. And she's already past 41 weeks, so they use castor oil and who knows what to get labor started. They couldn't wait for that. And then her labor was too long, so they did other sorts of things during labor. And then just back—this is all back to what I said earlier. Then the baby comes out. And the baby gets basically pulled out because it didn't reconstitute fast enough. And then my feeling is just how dishonoring to this mama and baby, and how dishonoring to this baby who wants to choose its time of birth. I really do think they know that. So there is free will, or at least a tiny bit in my perception. So I guess on one hand, you could say, "Well, the baby chose that and wanted to be intervened with and messed with." Perhaps.

I still think though it's a pretty positive thing to work on our patience. I think we can affect change that way. And it's going to affect so many things. And it's not just going to affect one woman's choice to maybe not be induced. But it's going to start to affect our daughters and our granddaughters, hopefully, and our grandsons and our sons so that they can be in these situations and know what it feels like to be patient. And, again, that's life. That's not just even in birth. So patience is a midwife's gift. That's what I think. And really I think we're all midwives in there somewhere. Some of us will manifest it in this life. Some of us won't. But we all know this feeling. So, again, to me, it's a feeling. Patience is a feeling. I feel it. I know it. I breathe it. I allow it. It's key in protecting space. So as a not medical midwife, as a heart-led midwife or a traditional midwife, I think one of our main goals is to protect the space. And sometimes that's said, and I'm not sure if people really know what it means.

But you're there to basically safeguard her privacy, her protection. She trusts you. You trust her. And so you're there to provide whatever kind of support or monitoring or anything that she would need from this different perspective because you're not feeling rushed. You're not feeling impatient. You're not in your head. You're in your heart. And you're really able to do that in your heart space. I think when we're patient, even if we're the midwife, we can get in this space of being in birth time as I call it. And probably other people have called it. And I'm even in this space right now which might sound funny to you. Sure. I'll do a podcast on reflections from this longest miscarriage ever. But I'm often in that space sort of between worlds where time doesn't make any sense. And it's only again when I get in my head about the time, which is so male, right? That's the male way to live in the head. But when I'm not in that space, then I can understand that this is all perfect.

And it feels that way in labor, doesn't it? Whether you've been with a woman while she's in labor or your own labors, you enter that really weird space where time doesn't make

sense. And it really shouldn't, in a way, because we're in that part of our brains where we're not processing things that way anyway. So Margo and I have talked about this a lot like I've said, and we say that maybe there is a way to get patience, if you don't have some. Or maybe get some more. We could all use some more, right? So in the case of being a midwife, although some of these apply to just anybody, one deep breath. So that really does apply to so many situations, doesn't it? Whether it's your kids driving you crazy. But yeah. Specifically being at a birth. Give it one deep breath when you're about to do something or intervene unless there is an emergency. Maybe even more than one deep breath. But if you can't, just one.

And the old midwife saying, "Sit on your hands," I think is really appropriate and came from this space of midwives knowing they needed to be patient. That you don't have the right to be impatient about someone else's birth. Sit on your hands. And when you're in this space of taking extra breaths and sitting on your hands, it might feel really weird and unfamiliar, but that's the time when you ground yourself. So instead of allowing your mind to flit all over the place and worry and wonder and what's next, you're in this space of the present moment. You're able to breathe and take it all in. And, again, you're in your heart. So your mind has to be clear to be in your heart. That's what I've found anyway. The more I'm in my head and numbers are swimming and fear and anxiety and worries it's hard to get back to my heart space. So whatever way that works for you. I think that that relationship probably applies for many.

So if patience is a midwife's gift, patience is also a woman's gift. So time as we know it leads to rushing, fear, and doubt which really is the patriarchal system. Now I have to totally contradict myself here by saying that my husband has been absolutely amazing through this anticipated miscarriage. So there are exceptions to all of these things. Nothing is 100%. And actually, men, our partners, or whatever role they may play in our lives can be our greatest advocates, and they can be surprisingly some of our greatest sources of patience. So I'm definitely talking about this generally. The patriarchal system doesn't include absolutely every male as subscribing to those beliefs. It certainly doesn't include my husband even though I do think that when someone is being impatient I still think they're being—acting out of what's in their mind. And I do think if we're going to be general, that's pretty male. I mean there's certainly females that do that. But I guess what I'm trying to say is I think that originated in the male system. And I don't think that's a bad thing. I think there was always meant to be a balance. Male, female, and our traits and attributes and characteristics.

So it's totally fine for the male system to be 100% or even 90% in their mind and how they operate and how they go about solving the world's problems. It's totally out of balance right now to the female way which is to lead from our minds. So yeah. It's really not a bad thing. And some men act one way, and some women act another way. And right. It kind of can go all over. But, again, my husband has been amazing. And actually,

he has been one of the key players in my life that has reinforced my own patience and sort of pointed out when I wasn't being patient and when I was going into that place of fear and anxiety and wanting to get this over with and wanting to count days. He has been the one truly to bring me back and say, "Just be in your heart, and you'll know what's right." So major applause for him. He'll never hear this I'm sure. But just to tell you that anything is possible. These are just sort of generalizations, I think, so that we can better understand how to use our power. That's really what it's about because nothing is 100% as I say.

So as women, though, I think, again, generally speaking, we are all heart. It doesn't mean we're not smart. It doesn't mean we can't do numbers. It doesn't mean any of those things. Ideally, we're as balanced as we need to be or can be. But everybody is different. I guess I feel like many women have no idea of their heart center. And is that really who they are? I don't think so. I think it's there. I think it's there waiting for all of us to acknowledge and to use in the capacity that we choose to for ourselves. But to ignore it, and again to subscribe to this patriarchal system with no acknowledgement as to your own trust and patience that's in there, I think that's where I don't want to see the world going because I think that means trouble for future generations and for us right now as we try to navigate pregnancy and birth in a very respectful way.

So when we honor our own patience, we're doing what we talked about and kind of in opposite to when we're not. So we're showing respect for life in ourselves. We are showing our children and people around us that there is another way that we don't have to jump at the first thing, and try and remedy everything. That doing nothing sometimes is the best. And that if we're in a place of trust, we'll know when. I think this is getting us back to our roots. And as midwives—well, as everybody, as women, as midwives, it's really important. So I think we're in a really unique place right now because we do have the knowledge and the numbers and the research and the this and the that and the protocol and the rules and regs that are in our heads and our experience and our culture. But yet, we're trying to balance with what is deeper, and, again, with what is in all of us.

I think it is harder to do now than perhaps it was centuries ago. I don't know. Maybe not. But I do think we can do it. So it's this—yeah. Funny place to be. I mean, gosh. I've said it ten times already, but I can attest better than most people right now that it is hard to be in that place. It is hard for my brain to know how many weeks it's been. It is hard to know how many more it could be. It is hard to know that I could rush the process along. And really only I would know at this point if I was rushing it because by all accounts I have been patient. But I know just by the energy of it, if I were to do something that was not in a place of trust, so this complicates the conversation too. I don't know that we know often why people make the choices they do. So, again, maybe we can't judge. We can't judge always. When someone makes a choice, is that because they're being

impatient, or is that because they're in a place of trust? We can't always know. The examples I gave I feel like were pretty good general things.

So if midwives routinely induce with castor oil or routinely pull a baby out, then that's probably good chance that that's impatience. That isn't someone judging a specific decision someone made at a birth they weren't at. Then it gets kind of crazy. But it's all kind of crazy because we're human. And really we're all doing the best we can. But there are things to think about that make life interesting, right? And there are ways we know that we want to improve upon ourselves in our experiences. So that's where I'm coming from.

So how do we get patience? How do we get more of it? How do we get some of it? And I'm learning too. Not saying I have the secrets to patience here by any stretch of the imagination. I am being tested literally every day. But wisdom has been shown to me so far, and I would love to share it with you. I think, first, just being aware, and I've already talked about that. So for me, I got to feel—and I am getting to feel every day how it feels to be patient and how it feels to want to not be patient. Funny enough, I don't know about you, but I was always told I was an impatient child. And my husband would even joke—I don't think he's probably going to joke about it any time soon. But would always joke about how I was impatient. And the thing is I can totally see what anybody would have meant by describing me that way. But I think that's an external characteristic. And, again, sometimes hard to judge why someone is doing what they do. But certainly, yes, in my life have felt like I wanted to get on to the next thing and was willing to sort of do anything to get there. This experience has really changed that in me.

But, again, this is a really deep experience. So I'm not sure I ever was impatient on the real internal side. And the same could be said, I'm sure, for a lot of people. What the world sees us doing when we're focused and present sometimes is not at all who we really are. So if you're the pregnant woman or the midwife, I think being aware in similar ways and just playing with that awareness is a great idea. So we're always just taking deep breaths. It's really simple sometimes. And the truth in that simplicity is that sometimes life is so big. And the decisions we think we have before us are scary or overwhelming, and people around us don't trust. So it sounds silly to say take a deep breath, but I know that nothing has helped me more in moments of really feeling like I was going to lose my mind. To just and breathe and connect with something, anything, bigger than me or just me.

So tuning out the mental is really important. And, again, if you're a midwife, this just can be hard because you're going against what you've been taught. So I'm not—I don't even think it's possible to forget what we've been taught. We've been taught there are numbers and timing and things to know intellectually. So we know those things, but we also release ourselves from the protocol of that, and we trust the mother. And we trust

ourselves. And we don't do anything routinely or from a place of impatience. So I think the midwife does a similar thing, all of those things, deep breath, grounding, tuning out the mental. But then she also helps teach the woman patience. And how does she do that? She does that by being that person. When she walks into a birth, she releases everything that doesn't serve her for that woman which is mostly everything. Any fears, anxieties, worries, conversations from the day, and she focuses in. And she sees the baby and the labor and the birth from her heart place not her head. And she observes from there.

So that probably needs ten more podcasts, and I don't even have them at the moment. That would give me something to think about. But think about observing from your heart, if you're a midwife, or even with your own children. What does that feel like? What does it look like? So, again, you're aware of numbers and times and protocols, but you're not operating from that place. So try it. See what you think. See how it feels and what you need to do to find that space. If you're a midwife, what I've already mentioned, I think is really helpful. It was what Margo and I were sort of laughing about but not really. Just that we take an extra breath always. We always take an extra second. We take an extra minute if we can. If everything is good and anything that creeps in is only out of fear, not intuition, then we take a breath, and we allow time.

So midwives, we know this. We certainly aren't God. We can't see everything. We don't know everything. And sometimes we doubt what's going on during a birth process. Is everything okay? Is this normal? And that we give it extra time to feel into that unless we know it's truly not or there is an emergency. That truly in most situations, again unless they're emergencies, an extra second, for some situations an extra minute, for some situations an extra hour, right? For others, a day, a week. I mean there is no way to say what measurement is best because it's not built on any of that. But, again, because we have the numbers in our heads, we're kind of balancing with how can we stretch out how we've been impatient? How can we stretch that out? And I feel like that with my kids sometimes. Did you ever feel like you just react too fast? I mean I think as parents by the end of the day I certainly do that.

But it's the same sort of thing. It's like okay. A kid does something that's really irritating or whatever. Can you not react that first time, right? Can you give yourself another time? Can you give yourself another four times assuming no one is in danger of saying anything? And then eventually, you get to the place where maybe you don't have to say anything at all because the kid was never hurting anybody. It was just eating at you, and you really wanted to say something. I mean that's also an example of impatience, I think, and one that most of us can understand. So just allow. I think allow is a great word when it comes to pregnancy and birth in general and mothering. What can we allow? What can we allow to happen? Because it will happen. And it will happen beautifully in most cases.

So we know when we have to step in, I think. And the times I've doubted that—so at births, there are times when you do have to step in and sort of do more than you ever wanted to do. But the more you practice patience the more justified those really rare times are, I think. Because if I intervened in every birth, it would soon become really muddy as to what was really needed and what was impatience and what was her impatience and what was mine. But if you come from a place where that's not routine, then when you need to do something you're sure. And sure. You might question yourself a little bit because I think we always do. But you'll be more trusting of yourself, and that's because you trusted in the first place.

So women is where the shift will happen. And this goes for virtually every issue in birth. It's not just the midwives. They're not screwing up. Yeah. The system is broken and all of these things we know. But women aren't requesting a different system yet. So it just kind of all goes part and parcel in this dysfunction of operating as powerful women. And I guess you could see it as not even a dysfunction. I have many days where I don't. I just see it as that's what is, right? This is where we're at. But, again, we can do better, can't we? So as midwives and as women, as we become more aware, then the world will start to shift. And, again, who does it start with? Midwives or the women that are coming to them? I don't have an answer. I think women can certainly grow in their power and realize what they want in somebody that attends their birth, and then they'll attract that midwife to them. And the opposite could be true. As the midwives work on their own patience and our own self issues, and all of those things, and we shift that, then we see the right women or the right women for us coming. And so it just becomes this beautiful, continuous process of harmony. And I think really it will get us back to where we want to be which is living from our hearts.

So thanks for listening to me today about patience. I would love to hear your thoughts as an iTunes review. I would love to get some more reviews up there. And there are so many people that write and say they love these podcasts. And they write to my email, which is awesome. But a review on iTunes would be fabulous because then more women find these. Also check out our Indie Birth site. We do have a new offering called The Wise Woman Circle, which is for midwives and student midwives and doulas and childbirth educators and women. It's for everybody here that's listening. If you'd like to deepen your knowledge of birth and be connected to Margo and I and really amazing women all over the world and have monthly and sometimes two or three times a month phone calls from experts all over the world, then join The Wise Woman Circle. It's a really amazing group, and it is taking off in a way we really didn't expect. So yay for that. So indiebirth.com/circle is that. And, of course, just check the site for all new information.

Thanks so much. Have a great day.

(closing music)