

(introductory music)

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MARYN: Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Hi, everyone. Maryn here today with a sensitive subject and a very special guest to share her story. I am here with Sabrina Wolf Moon, a friend from Canada who we've actually never met in real life, but it feels like we have somehow. The Internet is good at that. And we've talked, I think, a lot over the years and have many things in common around birth and beliefs. But Sabrina wanted to share her story today of a recent loss, and the more we talked about maybe the way this would go—of course, you never know how it will go. But we thought that we just wanted to bring attention today in whatever way we could through Sabrina's story and maybe even a little bit of mine here and there to the sacred side of loss and miscarriage. So we'll see where this takes us but exploring these things that women don't seem to talk about unless they're together. So we're just going to pretend we're together and Sabrina is going to go ahead and share what's important to her today. So thank you for being here today, Sabrina.

SABRINA: Thank you for having me, Maryn. Yes. We've known each other through Facebook, and the connections we feel are often very kindred. So even though we have never met in person it really feels like we share a common spirit and a common—just a common way of making our way through life, I guess.

MARYN: Mm-hmm.

SABRINA: I'm very honored to be here on your show today. I've been listening to your podcast for awhile, and I love the work you do. And I think it's really important that we do keep sharing. Keep sharing knowledge because one of the most beautiful quotes I came across was that true power, shared power. And true power through knowledge and speaking and sharing it, what more can you ask for, right, right?

MARYN: Yeah. Yeah. And especially around this issue, right? Like death and babies dying and loss. Most people don't really want to talk about it too much.

SABRINA: No. They don't.

MARYN: They want to push it under the rug and not honor it the way you have.

SABRINA: Unfortunately, it's a huge part of the circle. The circle of life and death, unfortunately—or not unfortunately really is a part of that cyclical nature that the earth and nature herself mirrors to us. Every day. I mean look at the time of year we're in

right now. And we're going to be talking about loss at the time of year where we're heading into darkness. We're—unless you're on the other side of the equator, I guess.

MARYN: Right.

SABRINA: The leaves are falling. And what is nature mirroring to us? It is that letting go. It's letting go, letting go, letting go, so things can be reborn. And it's not an easy thing. And it probably will never be easy, but it's something you can become more mindful of and just practice letting go. I mean it's everywhere. You can't hide from it.

MARYN: No. No. You're right, right? The life death cycle is in our daily day, in our each hour. So it's just something we've chosen as a collective to not really look at, but once you're in the seat of having death within you literally, I think these things become so much more clear that this is the truth.

SABRINA: Oh yes. Yeah. For sure. I mean I think maybe in more ancient cultures, indigenous cultures, they have always honored that death part of life because I think they understood that it's not the end. It is a change of worlds. It's a change of—it's a shift in consciousness. And although the physical body is no longer there, life does go on. And this is sacred space because your physical body and whether your spirit lives on beyond this physical realm, this experience is a onetime experience as you and as me.

MARYN: Sure. Yeah. Yeah. For sure.

SABRINA: So even though you might be open to reincarnation and past life times, I mean it doesn't take the sacredness away that is you who you are today.

MARYN: Right. Right. Right.

SABRINA: It really doesn't. So I think western culture is always kind of hidden—it has hidden death so much from us that we are really uncomfortable with it. I remember being a little girl, and I knew—I came home from kindergarten. I was still living in Germany at the time. And my great-grandma was just crying on the couch. And I just knew instantly that something big had happened, and my grandfather—my great-grandfather had passed away. And after that memory, there is nothing because I wasn't allowed at the funeral. I don't—do not remember anything after except that moment. And the funeral and that part of death was kind of hidden from me, and I always kind of wondered why. Why was that so hidden from me, right?

MARYN: Mm-hmm. Mm-hmm. Yeah. And it's something that goes back, right? It's generations deep in many of our bodies and our DNA to just reject the idea. So I think especially in pregnancy, right? It can be so shocking to be in that situation although we know intellectually that miscarriage really is pretty common. We don't expect it

necessarily. But why don't you start telling us about this pregnancy or this spirit baby or however it feels right to you to talk about it?

SABRINA: Well, the whole thing was really interesting because you kind of know when some—when there's something lingering. And after I had my fourth baby, Rowan, and I had my first unassisted birth with him which was funny because I always thought you and me would be talking about it.

MARYN: About our Rowans?

SABRINA: And his—Rowan's unassisted birth, but, at the time, I didn't have—I had really crappy Internet. I didn't have Skype, so I mean it just never came about. But I did share his story on my blog that I kind of—it's very leisurely and relaxed writing. Very sporadic. But it's been up for about two years, and it was just really a place for me to kind of put my thoughts and my feelings and just kind of get it out. Don't have it just kind of in the ethers all around me. It was just somewhere to ground it and give birth to some of my stories, I guess, whether people read it or not wasn't really my huge—a huge concern to me. But—so I find it interesting that we find ourselves here now, and that we are going to be talking about an unassisted miscarriage is what really it was because I approached it the same way as I would approach birth. And in that deep knowing that my body and my spirit and the spirit of this child just—they just knew what to do. And all I needed to do was just try to find a space within myself to allow it to happen and not to get in the way.

MARYN: Yeah. Exactly.

SABRINA: I mean the biggest thing is that we get into our own way. We get into the way of our what our body knows that it needs to do because I don't know. Just that part of us that's almost conditioned with resistance. Maybe it comes from fear? Fear of the unknown. Fear of—I'm not sure. Just fear, I guess, because if we didn't feel fear we would feel trust. And if we feel trust, we would know that our bodies always know what they need to do. And so this started about three months ago, I guess. And I kind of have always after Rowan's birth felt like I thought maybe I'd feel complete. Maybe—yeah. I'm done. People would be like, "Are you done? Are you going to have any more children?" I'm like, "What a question."

MARYN: I know.

SABRINA: It's like my attitude to life is just open. I am open to life. And I trust that when I need to make a decision that my intuition and my—I'll have that inner guidance to give me the answer.

MARYN: Exactly.

SABRINA: I didn't really feel done. And at the same time, I felt like well, at this time, I'm content. I'm happy with having my four children. This is good. But I would never be like, "Yeah. I'm done. Totally."

MARYN: Yeah. That's very final. I don't—I've never felt that way. And I've never known how to answer that question myself either. So I totally relate to that.

SABRINA: Well, sometimes for kicks and—I would just answer differently depending on who was asking. So either kind of a smart ass comment.

MARYN: Sure.

SABRINA: Just whatever response felt appropriate at the time. But yeah. Nothing final. I mean there are no absolutes in life period. So it's like I don't really feel like I need to make that decision or share it with anyone. We'll see what happens.

MARYN: Sure. I mean I think you feel the same way. I don't ultimately feel that that's up to me. And so when people ask that, I find it to be a very arrogant question almost for me to say definitively. I mean who knows what the Universe has in store, or you know? It's not really ours to say.

SABRINA: No. No. The worst was like my partner get asked whether he was going to get fixed or whatever. And I'm just like, "Poor you." What a question to deal with whether you're going to get snipped or vasectomy or fixed or whatever they would say. And it's like I would never ask that of you. It's just—it's not like he'd ever ask me to change my physiology in order to prevent something from happening.

MARYN: Sure. Sure. Sure.

SABRINA: And it is—like I think—side topic is birth control, but I mean knowing your body and knowing your cycles is a huge step to planning your life. But know that there's only so much planning that you can do. I mean we know the stories of people who have tried to prevent and pretty incredible ways, and they still end up getting pregnant.

MARYN: Oh my gosh. Yeah.

SABRINA: People that get pregnant who were told, "You can't have babies." And maybe parts of them that said go. When you hold on too tight to something, sometimes you almost prevent it from maybe happening because you're so attached to it. And soon as you kind of just ease into being that flow, wow. All of a sudden it happens, right? And these are supposed to be these absolutes that we're supposed to adhere by. And I don't believe in them. There's so much magic all around us. I mean just becoming pregnant, to me, is one of the most magical things that could happen. I mean the alchemy required to create life is mind blowing to me.

MARYN: Yes. Yes.

SABRINA: I just can't really get my mind around it. It's—my mind is too small to grasp the extraordinariness of creating life. Like that is just amazing to me.

MARYN: Yeah. We know nothing. That's what I always come back to. We pretty much know nothing about anything. And that's one of the greatest examples.

SABRINA: No. We might have an inkling though. Maybe a little inkling, but too different—we just don't have the words to really even come close to expressing some of these things. But yeah. I mean ultimately we do know nothing. And yet, we know everything. I don't know.

MARYN: Right. No. Exactly. But in that sense, knowing everything in the sense that we do, did you know kind of what this soul was coming for? Did you have a feeling about any of it before? I'm just so curious about that because I feel like a lot of women, if they're being really open about loss—and certainly not everybody. It's not like it has to be. But they—there's something different. There's something different about the whole experience.

SABRINA: Well, let me tell you. The entire event around even conception like I will not go into detail here. But I conceived—we conceived when I—you think physiologically, biologically I shouldn't have conceived because it happened around when I was supposed to be expecting my moon time. I was not ovulating at the time. So I mean right from the get go, it was very mysterious. The entire beginning of our journey was—it was very mysterious. And I don't have the answer for how I was able to conceive while not ovulating. I do know in lunar ovulation—you know?

MARYN: Sure. Mm-hmm. Yeah. Yeah. Mm-hmm. Yeah.

SABRINA: And I always found that fascinating because out of all my four babies I think my biological ovulation, my monthly ovulation, occurred very close or even with my lunar ovulation. Life if I can track their conceptions properly, it's like they lined up (*cross talk*).

MARYN: Yeah. Well, that's super fertile. Yeah. Exactly. Mm-hmm.

SABRINA: No doubt. And this time, it wasn't that close to my lunar ovulation because, of course, I was going to check that right away. Like, oh. But I just don't know. It just kind of occurred. And I have a friend, who has been really dear to me, since I was about 17. I met her, and she was—she does massage, and she also does psychic readings in town here, which I like in a really small community. So it was—so it took her a long time to kind of come out and say she does psychic readings because we live in a community that has a high population of religious people. And sometimes that word just

isn't—do it justice. But this woman is so authentic. And my first reading with her I had when I was about 17. And it really validated everything I've always felt since being little. And just the information that's come through, I mean you can't make this up. You really can't. And her experience began with a friend of hers, who was also a medicine man. And I guess she has also written a book. And right now, I really just can't even remember what her book is called, so I'm sorry, Dawn, for that. But so her experience began with this medicine man basically clearing her energy and just kind of opening her up. And after that, she was just—she was able to tune in to spirits around her.

And she had—even her family, her sons are—I remember she telling me a story. Like he was so skeptical, right? And he kept testing her and asking her questions. She just couldn't possibly know the answers to. And he was just as—his mind was blown when she was able to give him the right answers. So with Dawn, I asked her about the conception of this baby, and she kind of said that sometimes spirits can put their hands in there and kind of make things happen that almost kind of transcend our physical laws, right? And I was just like, "Wow." Okay. So I mean we can do the best to prevent certain things, like I said, or have our plan and our egos are really happen with these plans that we make, right? Because they're like, "Yeah. I'm in control now, so I'm making this plan from A to Z. And nothing will get in my way." But there's that mysterious component of spirit, and sometimes it has other plans.

MARYN: Yes. So how did the pregnancy start to kind of shape around this mystery before it was over?

SABRINA: Well, I realized it slow—we went—it was our first camping trip that we finally got to take as a family. And I went to one of my favorite lakes that's in this area. It's huge. It's ancient. And I just kind of wanted to go somewhere and unplug for awhile and get kind of out of that regular mom routine. And it just—get everyone to kind of unplug and take a break and just be in nature. And I just kind of, over that week of camping—and it was so beautiful because we were alone at this camp ground the entire time which was just such a blessing. And I don't know. Watching the stars and meteors, and the loons were really calling so much. And I don't know. I don't know if you've ever heard a loon call on a lake.

MARYN: Mm-mmm. I have not.

SABRINA: But it is some—one of the most haunting, beautiful, heart tugging, soul tugging sounds that you can hear. And it was over this camping trip that I just started really—because my moon was late now, right? Okay. So I knew about this conception so much earlier than the other ones were. I was a little bit more in denial. "Oh, my moon is just late," because cycles fluctuate. It was not really abnormal at all for my moon time to kind of be off by a couple of weeks from stress or stuff going on or even

just the moon itself and wanting to line up with a different cycle. But oddly enough, for this entire last year looking back at my calendar, my moon time was really consistent, which was just like wow. It was actually consistent. Here it was not there. And I'm like, "I don't want to,"—I didn't feel like taking a pregnancy test. I really wanted to trust my intuition because I've had enough experiences over the years where by now why am I still doubting. But I was doubting because I didn't think that I could have possibly conceived when I did, right?

MARYN: Yeah. That's amazing.

SABRINA: It kind of just like kind of threw me off a little bit more. But it was really this camping trip. These musings in between. Just being out in nature and really unwinding and unplugging and enjoying, it was—it just kept coming to me. And other things too. Like these other beautiful visions that came with it. I was really—really the homesteading was really calling me. It's been on my mind for a long time, but it was starting to tug at me more than ever. And it's just something that I wanted for my family, and I always kind of—I guess kind of had this hope that maybe we can kind of take our life path into that direction and maybe get kind of out of—out of just getting through life. Paying the bills and keeping up—just keeping everyone fed and really moving into a—I don't know. Enjoying life to the fullest.

MARYN: Sure.

SABRINA: Of course, with hard work. But and that would—I always thought maybe then there would be an open space for this lingering spirit that I kept kind of sensing to come in. Well, I guess it came a little earlier than I expected. So that camping trip just kind of—I don't know. It just—it brought up a lot of different things. And I don't know. Me and my partner were talking about it, and we sensed this spirit around. And it was a very gentle spirit. And just—we were just kind of talking about, "Well, if I am pregnant, what kind of plans we would be making." And we were both really on the same level. And it just really felt like this person coming in would bring a lot of blessings. And even though I lost this baby, it still brought a lot of—it brought a lot of beautiful blessings and lessons and—

MARYN: Yeah. They do. They do. I think that's another thing people don't take about. And it's certainly not something—I think we're all afraid of saying that to somebody. You don't want to say that to somebody that's just had a loss that good will come or that kind of thing. But personally, I totally agree. I feel like my loss really changed my life in a lot of ways and reset my path. And I'm just so grateful actually for that experience.

SABRINA: Mm-hmm. Yep. No. It's right. And I mean when I got back from our camping trip was a couple weeks later. And I really knew I was pregnant. I mean it was—I went home once when we were camping, and I just—I had to come home. And

I had to check on our chickens and the horse and the garden because we were about an hour from home, right? So I had to kind of keep coming in and go back check on stuff. And I came home to have a shower and just like, “Wow.” Like I just felt this ball of light inside my womb. Like, “Yep. Someone made home here.” I just kind of knew. It felt different. And I was very—I was a little bit afraid, of course. The fear of wow. Okay. Oh, well, I guess my life is changing a lot now. And at the same time, there was just really an excitement about it at the same time. And it felt magical. It was surreal again because wow. How did this even happen? But cool. Like I’ll totally—I’ll roll with it. I will flow with this because it’s—I don’t believe in accidents.

So like I know that everything that happens, happens for a reason. So it took me a little while in my life to really accept and understand that. But it’s kind of been something that’s always kept me going especially through the challenges and the hard stuff is that things do happen for a reason. And we probably, at the time that they’re happening, won’t be able to see that clearly. But to know that and understand that we do choose lessons for ourselves for our own growth even before we come here maybe.

MARYN: Exactly.

SABRINA: It really takes a load off of kind of—almost kind of drowning in what could be a depression. Like I mean when you’re faced with so many challenges and you don’t have that sense of connection to something greater, it can be a really depressing place and world to live in.

MARYN: Sure. Sure. And yeah. I totally agree with what you just said too. Just the souls coming with lessons that we have agreed on beforehand. At least, that’s my belief. I know it’s not everyone’s. But it sounds like it’s yours too. We did actually choose this. And so yeah. It’s a much more powerful place to be because you certainly will still feel depressed and like a victim in some moments.

SABRINA: Oh, you’re still sad.

MARYN: Sure. Of course. Of course.

SABRINA: Well, the sadness and the grief, that’s part of—it’s normal.

MARYN: Sure. Of course.

SABRINA: Holding onto it and then enduring suffering from not being able to let go, and that is something that healing is all about. Is the memories are there. Your story is there. Your feelings are valid of feeling sad. They totally are valid. It’s [*cross talk*].

MARYN: Well, we're human. We're human. And we build up a story. And this baby has maybe a name and—we do this whole thing that's really normal, but it's a hard story to part with if we have to.

SABRINA: Yes. And this baby then had a story because after I came back from camping, I got—I went and saw Dawn, my friend. And I did have a reading with her, and she was—she was pretty surprised at my pregnancy, at first, because we kind of laughed about during the reading over Rowan or something. Something came up. But she was just like, “Wow. Okay. You're having another one.”

MARYN: Change of plans.

SABRINA: Yeah. And I don't know. She tuned in, and that's the first thing she got. I mean everything that came through that reading was stuff that we were musing about while we were camping from the homestead to the gentle spirit that this baby was very feminine. I'm pretty sure it would have incarnated as a girl. But that isn't always so. Just because you have a feminine spirit doesn't mean they're going to be a female, right?

MARYN: Of course. Right.

SABRINA: But everything was like—it was like my readings for me have just been validations. And I guess it's why I know there's truth there because it's not just something—a storyline that I'm like okay. Willing to accept. It's like no. I have felt this. This has come to mind. This is a vision I've had or a gut feeling I've had or just—your heart knows when you hear truth.

MARYN: Sure.

SABRINA: It's just this feeling that kind of overwhelms you when you just know something is right. You can really explain this knowing. It's just there. And I've had that many times with my readings with Dawn, so it was really awesome to be validated and to not think that you're crazy because you go through periods of thinking you're just making stuff up. And that is your doubt, right? Doubt likes to take over.

MARYN: Sure.

SABRINA: And it likes to really get in there and go, “Oh no. No. You're just—you're just dreaming or imagining,” and all those things are really important things actually to do.

MARYN: Well, and it's so nice to have someone that you trust like that. That is kind of a like a soul sister. I know I have a similar person in my life. And when my baby was—I knew he was gone, of course. I called her, and I was like, “Hey, can you just tell me

what you see on your end?” And she said, “Okay.” She said, “But you do it too, and then we’ll talk. We’ll meet back in another day, and we’ll talk about what we both saw.” So we did. And to keep it brief, what I saw and his reason for leaving and what he was doing now and what his purpose was was exactly what she told me. And I needed her to reflect it.

SABRINA: Yes. Yes. Hear you.

MARYN: Yeah. Like I do trust myself, but I—and she’s not here physically. She didn’t really know what was going on, so there was no other way for her to know other than she knows. So that was so soul affirming to know that these—whatever kind of things we’re feeling and seeing about these kind of situations, they are real.

SABRINA: Yes. And just everyone—it’s—everyone has that guidance system there. It’s just whether we’re aware or mindful. I mean it’s really easy to get caught up in every day stuff and just not be aware of things. But I mean one of the things that I saw on my camping trip was these—right as me and Mike were talking, and I’m like, “Yeah. I just really had this feeling I was pregnant.” These two eagles flew over me, and it was a mother and her young eagle because they both had different colorings. And they landed right in the trailer or on top of the trees above where we had parked our camper trailer. And they were just hanging out there. And then they were playful, and they flew away over me. And some of the young one’s baby fluff flew on me.

MARYN: Yeah. Gosh. It’s animal medicine.

SABRINA: Like holy moly. Okay. Instant answer here. I was just like wow. And that’s the day that I went home and had a shower, and I could feel this new life in my womb. And I was like wow. Like the signs are there. It’s whether we’re able to be present enough to catch them. The Universe and our spirit and our helpers, they’re talking to us all the time.

MARYN: Yeah. That’s true.

SABRINA: It’s not like there’s—maybe there are more people that have evolved more over time or life times that are easier to tune into these things. But every human has that potential. We are all wired to be highly intuitive and psychic. They call it—what do they call—not paranormal. Or supernatural. Abilities. But they’re part of our entire make up. We have our five sense, but we also have other sense. And I think for the last few thousand years maybe living on planet Earth we have not been utilizing our full potential and full capacity. Like maybe our ancient ancestors actually were at the time, right?

MARYN: Right.

SABRINA: I mean they came up with extraordinary, extraordinary knowledge, and they had so much wisdom. It's like how could they have not been tuned into something bigger.

MARYN: Sure. Well, and I think, again, the topic of loss for some of us really strengthens that ability. And I do agree anybody has access to it. But on the other hand, it may not be the time to try for the very first time. But I think if you're trusting and willing to go there—and like you said, just look for the signs. I felt like that's all that got me through my months of having my baby in my body was the constant connection to spirit because the minute I came back in to modern life I couldn't cope. I couldn't cope. It made no sense. And so what about the actual loss? As we talk about this knowing that we have versus kind of the intellectual knowledge or fears, I know for me the writing was very clear on the wall that this would happen. My baby told me in dreams. It was like I was constantly waiting for the other shoe to drop kind of. But in my head, I was surprised when it happened. So I'm curious how you felt because it's sort of shocking, I think, regardless to all of a sudden know.

SABRINA: Well, for me, it was definitely a shock because it felt like this baby really wanted to come. Like it was just one of the opening lines to my reading was that it had been planned for a long time. So at that time—

MARYN: But it did really want to come. Just this way.

SABRINA: Yeah. Yeah. I had never seen that one coming. And there was physical things that—I just wasn't sure if it was just because this was going to be my fifth baby. I've never had a miscarriage until this one. And I know that there's variations of normal. I know that things change over time. It did feel like my uterus, at sometimes, was contracting a little bit more. Like it started like Braxton-Hicks super early. It was just like, "Huh." And I mean I thought maybe it was normal, but I also had my pelvis kind of go out of alignment since my pregnancies. and sometimes when your pelvis goes out of alignment, I mean it's tugging on ligaments. It does—it will shift over your uterus a bit. I mean all those muscles and that musculature is all connected so intricately that something like that can throw it off and how that feels.

MARYN: Sure. Sure.

SABRINA: So I mean I did get a physio appointment once. And it did feel better, but there were definitely a few things that kind of made me wonder. And I only had maybe two dreams about this baby before. In one, I was holding her in my arms, and I called her by her name. And the other one was a reading with Dawn, and she said something about I wouldn't be able to have this baby naturally or something. At home. Unassisted. And I was just kind of outraged at that dream. How dare I not?

MARYN: Right.

SABRINA: I'm not having this baby anywhere else. I'm having her at home. But I was just kind of—it made me feel really odd. Because she said something about the baby was stuck. And I'm like, "Stuck? What do you mean the baby was going to get stuck?"

MARYN: So this was a dream, right?

SABRINA: Yes. This was a dream. And it just kind of—it really—just the feeling that it leaves—because sometimes it's not the symbols or the visual or even what's said in a dream. It's how it makes you feel.

MARYN: Oh my gosh. That's so true. yeah.

SABRINA: Yeah. And I mean looking back and it took some reflecting, I did have a lot of chaotic dreams. I had a lot of chaotic dreams of being on the water, and the waves were just crazy. And I think one of the last dreams before this loss I remember getting this visual of the ocean, again. And there was all these ships and all this blood in the water. And I don't know if the whales were killing humans or the humans were killing whales. But there was a point where I was swimming in the ocean, and I was just like, "Wow." It felt so weird because, I mean, underneath me were these giants. And they were these whales. And I'm like a kid. Like take me at any moment. And that was my dream. Just bloody water. And I was just like, "Okay."

MARYN: Wow. That's really amazing. That's really amazing.

SABRINA: And I mean, for me, it really revealed itself. And this was, I guess—let's see. Not the 16th—the 14th of October. So it was only a couple weeks ago. And I woke up about 5:00 a.m. and went to the bathroom. I mean this is when my partner gets up to leave for work. And I wiped, and there was blood. And I'm like, "Whoa. This is weird." And I told him, and he's just kind of looked at me. And he always—he doesn't show concern right away. A lot of times I can kind of read him like if he thinks that it's serious I would know. But he's just like, "Oh well." Kind of, "Take it easy. See how it goes." And I just—I felt instantly concerned because I know about variations of normal even between pregnancies. But this was not my normal. So I couldn't let it go. And that morning, at 5:00 a.m., I got on Facebook, and I—there was an unassisted birth page. Maybe I even—I think I posted on the Indie Birth page.

MARYN: Yeah. Yeah. I remember.

SABRINA: Like, "Is this normal?" And I mean yeah. I was getting feedback from women who had experienced bleeding during pregnancy. And I was really, really trying to not worry.

MARYN: I know. I know.

SABRINA: But I also knew that this has never happened to me before out of four pregnancies, so I did find it odd. And well, that weekend, I had a lady come up because I was supposed to be hosting a basket weaving workshop at. It just so happened—funny—that there was just not enough interest. And I had to cancel the event this time. I did one previously in the spring, and it was really successful. But she came to my house anyways because we became friends. And she just stayed for the weekend and showed me how to make a round bottom style willow basket. And it was a lot more intricate than the first one. And I found myself kind of having a lot less patience. I found it a little more difficult to concentrate. My bleeding wasn't heavy. But it was very—it was minimal. But it was—it's constantly on my mind like, "Okay. I want this to stop now. I want the bleeding to stop and just kind of be happy and be pregnant." I had just shared the news with everyone that I knew. Even on Facebook, I did finally announce it. "Yay. I'm having my fifth baby." And I just had told all the parents—or the grandparents, I guess, and was ready to just kind of get big and enjoy that part of becoming beautiful and round and feeling the baby move and just do all that stuff.

MARYN: I know. I know.

SABRINA: And you kind of prep again for birth and prep for having a beautiful made baby. That was something I dreamt of. If I had another baby, what time of year would that be? Well, spring is kind of cool plus there's no one born in May of my children or in the entire family. How cool would that be? Plus I like Tauruses. Nice, earthy, feminine sign.

MARYN: Yeah. That's funny. Sable would have been a May—he would have been a Taurus as well. It was about a year ago.

SABRINA: Oh really?

MARYN: Yeah.

SABRINA: Oh, well, look it. Another common thread in the *[cross talk]*.

MARYN: I know. I know. That's really beautiful actually.

SABRINA: Yeah. And the name I picked just went so beautiful with the Taurus constellation and Pleiades rules Taurus. And her name would have been Maia. And if she does choose to come back, I might still hang on to that name because it just came to me. It's what I called her in the dream time. It just fit almost too perfectly with the astrology. It's just—it's another love of mine is these messages we've left ourselves behind to remember because it seems like coming to this earth plane, coming to planet spaceship Earth, there is this forgetting that you have to go through. It's like a—I don't

know. A protective layer. I don't know. Around our experience of being alive or something that we do have to forget certain things, and we'd leave ourselves signs to kind of remember, "Well, what is my purpose here?" Because there has to be purpose. This can't all just be happening for no reason, right?

MARYN: No. No.

SABRINA: So anyways, so the weekend was interesting. I mean I did succeed, and I made my basket. I hope I remember everything still. But so that Sunday, Mike—because we go and attend a sweat lodge here. We've been friends with the sweat holders for a long—they've become family. And going to a sweat lodge has been an—a very big part of our healing journey. We were able to now incorporate ceremony into our lives a little bit more. I mean we grew up with nothing of the sort. We did have religious roots, and we don't have spiritual roots like that. It's always been kind of just this innate feeling that we've had, both, since little that there's just more to this realm. There's more to life. There's a bigger picture. So in the last almost five years now that we've been going to the seat lodge, my first time was when I was 17 actually. But Mike always kind of resisted. It was like, "No. This isn't calling me." And he doesn't do anything if it's not calling to his spirit.

And all of a sudden, it just—going to the lodge was calling him very strongly. And he started going. And wow. I mean the change in him in the last five years—he's done a lot of powerful work. He's done two traditional fasts under them now. And he even earned a name in the lodge. And I don't know. He's just changed—it's helped him a lot. And it's because he listened to that calling.

MARYN: Yeah. Yeah. That's amazing that you guys have that together too.

SABRINA: Yeah. It's been a nice kind of—yeah. Something that we share. And I mean our kids have been—they've been participating too even if they're not in the lodge or actively participating in ceremony, they're around. And they're absorbing. And I love the lodge so much because I mean I love birth too. And that's what the lodge represents.

MARYN: Right.

SABRINA: It is the womb. You're stepping into the womb, and you become spirit again when you're in the lodge. So you can doctor yourself because we are all our own healers. We are our best healers, right?

MARYN: Yeah. Indeed.

SABRINA: And even though we get guidance and help and assistance from other people, our healing is ultimately our own responsibility, and we are our own best healers. Our own best doctors. Our own best herbalists.

MARYN: Yeah. Agree. Agreed.

SABRINA: And so, that Sunday Mike went and left to the lodge. And I said, “Say some prayers for me. Figure out—maybe you get a message or some guidance as to what this is about.” And well, he did offer prayers. And that night—I mean Christina left—the basket weaver teacher—she left that afternoon, and I was beat. I was so tired and tuckered out.

MARYN: Yeah. I bet.

SABRINA: So I had a nap. And I was—I probably slept for a good two hours, and I’m still kind of tired after. But I’m like, “Wow.”

MARYN: Sure.

SABRINA: Pretty tired here. And Mike came home. And I think I went to bed around 9:30 that night. And a little bit more bleeding, but it wasn’t like it was gushing. I was like watching for signs like that, right? And went to bed at around 9:30 that night. And yeah. It was—kind of took me a little while to fall asleep, and all of a sudden I was kind of almost asleep. And I kind of turned over, and I felt a funny little pop. And I’m like, “Mmm.” I just had a bad feeling right away. So I went to the bathroom. And as soon as I sat down, there was my baby. Just right there.

MARYN: Wow.

SABRINA: Hanging there. And it took a double take because I mean I was kind of already falling asleep. So I was kind of spacey, right? And I looked. And I’m like, “Could it be something else?” And her body turned a bit. And we could make out a face. I’m like, “Oh my god.” And my—fortunately, my eldest son’s bathroom—or his bedroom is right across from my bathroom, right? And I’m really, really open with my kids. Like there’s not much I censor with them.

MARYN: Right. I’m the same way.

SABRINA: Yeah. I’m honest about all my feelings whether they’re anger, rage, love, my passions. And I told them, “Look, kids. Mommy is experiencing a bit of bleeding. It could lead to losing the baby. But it doesn’t have to.” I told them that when I went to have my nap, right? Because I just need to take a bit of time. “Can you please keep everything kind of under control?”

MARYN: Right. Right.

SABRINA: So soon as my son, Sequoyah, he heard me. And I kind of—maybe I howled. I don't know. And he's like, "Are you losing the baby?" And he was so sad about it.

MARYN: Oh, sweet boy.

SABRINA: The way he said. And I'm like, "Oh my god." Sorry. But there's nothing I can contain about my emotions when I'm feeling them. I really can't.

MARYN: Well, isn't it so important that our children experience this as well? I mean don't you think—you would not be doing anyone a service to not talk about it or hide it just like you explained you experienced when you were a child. We don't repeat those things if we can help it.

SABRINA: No. But I don't also want them to feel invalidated. I mean I'm sure a lot of us even when we were little growing up there's things we felt. And yet, what people would say and how they would act would not match how we felt. And it would create confusion.

MARYN: Right. Right.

SABRINA: So how are we supposed to trust what we feel when people are so good at masking things that they don't want us to know? Well, I didn't—never wanted that for my kids. Everyone knows what it feels like to feel tension in a room.

MARYN: Sure. Sure.

SABRINA: No one is saying anything, so okay. Well, then you just write it off as, "Oh, this is just me," right? And that begins the confusion that we go through in life is we need to learn to trust our feelings and maybe take some of those masks off. And that's kind of what I always wanted for my kids is I'm just going to be honest, so you don't have to guess.

MARYN: Sure. Sure. Wow. That's beautiful. And I think in the—in this situation too, I think honesty is the most beautiful thing to be. This is just life.

SABRINA: And it's a tough thing, to be honest. It takes a lot of courage to be honest because sometimes it makes you say—have to say things or bring things up that are very uncomfortable, which no one likes to be uncomfortable. But I mean really—if you really want authenticity and honesty, unfortunately, being uncomfortable at times is part of it. And that takes courage especially when you're sensitive to other people's feelings because you don't want to feel their hurt. Like maybe what you're saying—you're not intending to hurt anyone with your honesty.

MARYN: Sure.

SABRINA: But sometimes it happens. So yeah. I went and got Mike after that. And I woke him up because he was sleeping. Getting prepared for another crazy week of work. He works really long hours in the bush. So—and he just kind of got up, and I really felt him being really sensitive to being present with me. And he's very empathic. And part of what he asked for in the lodge is—one of his gifts, and one of his gifts might be along the lines of being able to carry other people's stuff. And that's exactly what he did for me. Not that he has to carry. Just that aspect of transmutating energy. And it should never be taken lightly. You should never, ever have to take on someone else's stuff. But in this case, he couldn't help it. I was in the bathroom. And I wasn't bleeding at first. Like my baby was still attached to me, but there was no blood until I came back to the bathroom. And I just kind of squatted on my bathroom floor, and the blood started.

And I was just like wow. I was definitely in disbelief that this was happening. Am I really awake? Is this really happening? And, of course, your immediate emotions are like why? Why is this happening? I don't understand. And he really took that on. And it's like he purged it out for me. And it was like wow. It's happening, but he did take that energy and some of the fear. It kind of left me. And after it, it was just more of a calm. Like I mean I had to accept what was happening at some point in time. But it was really—it was hard, and my daughter came. She probably wasn't even sleeping yet. She's kind of a night owl. She's my eldest and only daughter.

MARYN: Yeah. How old was she?

SABRINA: She'll be 12 in February. So she's still only 11 right now. And always been very honest with her. And she was there that—and saw me through having to let go of my beloved dog, Nanuck, there when he died last year also in October.

MARYN: Wow. Yeah.

SABRINA: And she was really there for me. That one really shocked me too. And she's just—was there and let me express my feelings and just listened. And she was in the bathroom with us and just—I told her, "If you don't want to be here, you don't have to be." And she just—she chose to stay. She got me a water bottle because that's all I could think of. Okay. Maybe hot water bottle once I can actually—it took awhile. It was about two hours of bleeding.

MARYN: Sure. Sure.

SABRINA: And going into my bathtub instead of being on my—on the bathroom floor there, and I just kind of waited because the baby was still—the fetus was still attached to me. And I was kind of gently trying to tug on it to release it, but I didn't really want to tug very hard. So I just kind of squatted and held her there for awhile. Once the baby

released, I was just holding her in my hand. And I just sat in the tub and just allowed the flowing to flow. I just like—and I remember Mike asking me at some point is there someone you want me to call or should we go somewhere. And I was just like no. I don't want to go anywhere. This just needs to happen here. There is—I couldn't have imagined going anywhere for that. It would have—it wouldn't have been the same. I don't think I would have been able to release emotionally the way I did. It would have just really prolonged the process. And I really trusted that my body knew what to do.

MARYN: Sure. Well, and you were so present. Well, I'm sure you weren't in a lot of ways, and that's perfect too. But you know what I mean. Present in a way to not freak out and to not just pull the baby or anything because clinically that's kind of what we all worry about is just a placenta that stays in and a baby that doesn't. But for you, just however you needed to process that time for your body to release was, of course, the smartest thing you could have ever done. And there's a lot that can go wrong there, so I'm glad that you were able to have that experience.

SABRINA: Yes. And it did take an immense amount of trust. And you do—I mean the more I think we fight ourselves again in this respect the harder that can be. Of course, you have to—you really have to watch for those signs. And it doesn't always unfold this way, but it can. It's just like unassisted birth. There are no—

MARYN: There are no guarantees.

SABRINA: Exactly. So—

MARYN: And that's funny. I don't know if I told you or maybe you read it in my story, but I had a similar thing where the sac and the baby were hanging out of me for a pretty long time. And it was the same waiting and just shutting the door on everyone and just letting my body decide to do the rest. It was surreal. I had never experience anything in the birth process like that before.

SABRINA: Wow. Yeah. And you know what? Looking and judging my baby, it looked like a 10-week old fetus. It didn't look 12 weeks yet. There seems to be a huge change in development in between that time. And I couldn't even tell you if I did see a placenta because it just was all—there was so much blood and so many clots. It's like I couldn't—I could—I see my baby. But after that, it's like I didn't know what was what. It was just one big bloody river.

MARYN: Yeah. Yeah. Exactly. That is how it looks.

SABRINA: What was really interesting is, of course, I had tried to get a hold of Dawn earlier about the bleeding. But Dawn doesn't go on Facebook, and I just kind of left it. And I just kind of wanted to see how things unfolded. So I did contact her. And I'm like

maybe we can check in on baby. Make sure everything is okay. But she didn't get that message. So my next message was, "I lost the baby." And she was kind enough to tune in. And this is after we did our ceremony that I got this message, which I'll get into. But I just wanted to bring this up now because we're talking about the placenta. So she kept getting this image like the baby couldn't implant itself. And I'm like, "Well, that's kind of weird, right?" Because I mean the embryo is already implanted itself.

MARYN: Right.

SABRINA: But what I learned—and I had no idea before, so I had to research this after was that, I guess, the placenta takes over at around 10 weeks.

MARYN: Right.

SABRINA: And I didn't know that. Four pregnancies later, and I didn't know that I was—I keep forgetting what the embryo—what sustains it is the lining in the uterus, or I can't remember.

MARYN: It's the yolk sac, I believe. But yeah. I mean it's a huge transition, right? Even in a spiritual sense now that you know that to think of what that might mean for a being or a soul to have that transition or not.

SABRINA: Right. So I just found that interesting because it kind of confused her too. She's like, "Well, okay." I don't really understand because I thought you were already implanted, so I shared that with her after. She was like, "Wow. That makes so much sense." And so the baby was—the spirit of the baby—I can't call it a baby because it's not a baby. But it was going to be a baby. She was just saying, "Yeah. I couldn't attach. My placenta couldn't attach to the uterus. The uterus was too slippery." And I'm like, "Well, wow. Okay." Like I said, the timing of conception, everything, was a little off, so it's like—

MARYN: Sure. It makes sense in that way.

SABRINA: - maybe the hormones weren't quite right. Not right enough to make it viable and fertile and easy enough to sustain the growth of this baby.

MARYN: Sure. Sure. And that's such a tricky place, I think, for your brain and your heart to be. I'm sure you felt that way, right? Spiritually, you have kind of these explanations, and things make sense. But then physiologically, you'd like to know more. And if this happened, then why didn't this happen? And what could I have done or not? It just kind of all gets wrapped up together.

SABRINA: Yeah. Well, my biggest concern was oh, this baby—the spirit of this baby—maybe they're just like whoa. This is too crazy for me. I'm not coming in. But it wasn't

like that. And I mean every story is going to be unique and different, and it is going to be different reasons. But I do feel this one will come back at a better time and maybe, in hindsight, well, maybe I jumped in too early. Maybe there's another time and place where things will just be ripe and perfect. Whatever that means. But that's kind of the message that came through, and that there is a huge physiological component to this. Like sometimes, it is biology and timing. I mean timing is always of the essence it seems with every project. So yeah. It was a very raw, intense, powerful, and humbling experience. And I've never known this place before.

And it was maybe a few months before I even found myself pregnant that I had someone come to me and ask me for—I don't know. Advice. Someone that she knew was possibly miscarrying. And I'm like I don't have any advice for you because most of the advice that I can give is from my own experience. And I've never had the experience. So there wasn't really anything I could pass on besides just trusting at that time. So it was interesting how it all kind of came together, and October being pregnancy and infant loss month. I kept seeing that come up after started bleeding, and I'm like, "Wow. This is really in my face. Maybe I should be preparing myself somehow because this is another sign that something might be going on,"—and just how I felt when I saw that. And I have a birth page too where I just like sharing articles. I share a lot of Indie Birth stuff on there. That was something I did share October being infant loss month.

MARYN: Right. Right. No. That's funny you say that. I remember I usually share it too every year and last year I was pregnant, and I shared it because this is important. Not because it had just happened to me. And so it was a strange foreshadowing. I had a bunch of people just message me and say, "Oh, I'm so sorry." And I was like, "No. I'm still pregnant, but it's infant loss month." It was a very strange thing. And then it was like three or four weeks later. So very—how these things interplay we'll never know. But yeah.

SABRINA: Right. And we just kind of—all you can do is stay in the flow with it and see because it's—it is. You are walking into the unknown. And that's really what this phase felt like is like after—it was a birth I had. I did feel like I was suspended between two worlds. It's only now that I kind of feel like I'm coming back to earth and feeling more grounded and doing the ceremony. We ended up having a fire ceremony the next day. So I just kind of took my little baby fetus, and I wrapped it up. And I put it in a safe place until I knew what my next step was. And Mike has a real connection to fire. And always has. And fire, I mean, what a transformative elemental symbol it is anyways. It's cleansing. It's powerful. It's transforming. And Mike has learned through the lodge how to build a fire with an altar. And we had a rock, and they're called grandfathers. They're used in the lodge because they're usually made kind of out of a lava type rock.

You can't just put any rock into the fire because it might burst and shatter and explode in the fire.

So we were gifted one of those rocks for whenever we did—would have fire kind of ceremonies and for smudging and stuff like that. And so we decided because burial—it just didn't feel quite right even though it crossed my mind to bury the body under my new apple tree. But there was just something about burial that just didn't feel right this time. And then I'm like fire. And he's like, "Yeah. That already crossed my mind."

MARYN: Yeah. Did you know we did the same thing?

SABRINA: Yeah?

MARYN: Yeah. Yeah. I mean of all the choices. We just waited until something came, and that was Jason's choice. I kind of put that on him. I mean not in a bad way. But I was like, "Look. I've done all this and birthed this baby. And now you are going to decide how we have this ceremony." And he chose fire as well. And so that's what we did.

SABRINA: Well, and it really—holy cow. That was powerful because we laid the baby's body on tobacco and juniper. And juniper is—it's a plant. Beautiful for cleansing.

MARYN: Yeah.

SABRINA: And it just felt right. And we offered our tobacco and prayers and cried a little and held each other.

MARYN: Oh, how nice.

SABRINA: Just said what we needed to say. And wow. It really lifted a layer off. You could breathe again a little bit because you just—it just felt really right. And it's really hard to describe, but some kind of ceremony to acknowledge that this happened whether you have a body or not doesn't matter. But to acknowledge it as—that you did give birth, and you were pregnant. And there was a connection and just to honor that in whatever way comes more natural. It doesn't really matter what the ritual is as long as the heart is there.

MARYN: Sure. Sure. Yeah. And that, I think, is one of the most amazing pieces of your story is doing it that way and sharing it. And we agree. Not everybody has to do that the same way at all. But having the space to feel like that's something that can be done, I think in the mainstream world, which of course neither of us are super connected with, women have losses all the time. And their babies are taken from them in the hospital. There's never any kind of evidence that the baby existed, and they don't

have support or maybe counseling to create any sort of memory. And so it becomes this beyond traumatic event where it's almost like it never happened.

SABRINA: Yeah. Well, you don't get that closure. And the sad thing is as an important role that our western, kind of allopathic, medical model can play when it comes to life saving situations, when it comes to true healing and especially acknowledging that emotional and spiritual aspect to loss, to even just healing the physical body, it just—it has no knowledge of that. It's just completely void of understanding these spaces as sacred. I mean look at birth. How long have we been giving birth now? And this model of care still hasn't acknowledged to keep that space sacred.

MARYN: No. It's so true.

SABRINA: To keep it sensitive. To keep it gentle. I mean we need the compassion and the sensitivity here in these important, very raw, and vulnerable times in our lives. We don't need more aggressive or kind of harsh and cold treatments when it comes to being so open and vulnerable. It's the only reason I'm really sharing this too is I don't like talking about myself a whole lot. I'm usually more of a listener than a talker. But it became evident really fast to me that women need a space to talk about this because I had people message me or comment and saying, "Yeah. I've had a loss." I had no idea they lost a baby. Wow.

MARYN: Right. Right.

SABRINA: They never talked about this to anyone. Or someone else who has been—was kind of traumatized by her experience because her—she did go septic and needed all this medical treatment. And she almost died herself because the infection was spreading so much and still traumatized five months after because the sensitivity for what she was going through emotionally even though they helped her physically—it wasn't there. And she just hasn't been able to process that. So I was like wow. We really do need to talk about this because it should be acknowledged not just something you're hiding in the closet or you feel like you have no right to speak about it because you never held your baby. It's like it matters less than if your child who has—you've—has grown has died or something. But no. I think it needs to be acknowledged.

MARYN: Yeah. Yeah. No. And, obviously, thank you for sharing your story. And I know we're Skyping apart. But for creating this sacred space, I feel with me tonight to share that. I can feel our connection, and I'm sure anyone listening can as well because it's a powerful story. And your way of telling it has been beautiful. So thank you so much for sharing what you have. And I was thinking we will probably link to your blog post. That would be helpful, yes?

SABRINA: Yeah. That would be cool. I mean a little bit more—writing is nice because you get to really think about and kind of step back and read and kind of alter things and kind of really lay down what you want to say. And it's just kind of easier sometimes to express yourself because you get to just kind of let it flow out. But it's been really humbling to be able to share this and to know that although this journey is your own when you're losing a baby or what—even when whatever you're going through—but losing a child like this has been my own journey, but I know I'm not alone because I'm standing with so many women who have gone through this before me. So I know I'm not alone. And that has been just as helpful. And to just give yourself the space to kind of take a break and rest between the stories of your life because, I mean, for me within a three month period my life trajectory changed intensely twice.

MARYN: Sure.

SABRINA: From we are inviting another baby and another child into our family. I mean that takes you on a completely different path. And then all of a sudden, okay. All of a sudden that story that you were already kind of forming is taken from you. And now you kind of—you're in this pause. And that's why I think I called it kind of walking between worlds because that is what it felt like. You have to—and unfortunately, it seems like our western culture or just our society doesn't really allow for pauses. It's like okay. It's done now. Get back to your life kind of thing.

MARYN: Sure.

SABRINA: But it's not like that. You do feel like you're really in a suspended pause for awhile until you—

MARYN: Well, there's no way that it's supposed to go. There's no timeframe that you're magically healed or better. So for some people, it'll be shorter, longer. But that's, I think, that feeling of just being, like you say, suspended in time. What's next? You don't know.

SABRINA: No. You don't know. And I think the more you can just kind of embrace and accept that for the time being, you don't need to know anyways. You just kind of just allow yourself to really just be and to just be gentle with yourself until you find your roots again. Because I mean although my spiritual roots are very deep, it really felt like my physical self was completely uprooted. I'm like a plant just laying on the ground going, "Oh my gosh." I have no ground beneath me. What am I doing? So in that space, I think the more we try to push and figure out sometimes the harder it is to kind of find your roots again. And just to kind of be okay and all right. One step in front of the other and just to kind of keep walking and just being open and seeing what comes because it is unknown.

MARYN: Yeah. Yeah. No. That's a perfect way, I think, to wrap this up for the time being. It's exactly that unknown. But, again, thank you for sharing this really personal story and because this really wasn't that long ago just best wishes and love on continued processing and healing as I know it goes for awhile. And, again, thanks for sharing this really just sensitive and beautiful story. I think it will touch a lot of people.

SABRINA: Yes. Thank you again for letting me share this story. And I do hope that there are parts of it that might be able to help someone else who is standing in the same place that I was standing in just a little bit—a little while ago. And to know that you're not alone and it takes time and there are no timelines to healing and grieving. But the more that we can surrender and the more that we can just accept the easier it'll be for our own healing in the long run. That's really the only—what other advice do you have? It's like just slowly allow yourself to accept and find some kind of inner peace within it all knowing that on some level everything happens for a reason. And you don't have to understand it right away. Allow the emotion. I think the biggest part is just don't suppress any of your emotions. Let them come up. If we allow our emotions to kind of come up and we acknowledge them, then in the long run we'll have less baggage to carry around won't be as heavy if we just let it happen when it wants to happen.

MARYN: Yeah. Yeah. For sure. Agree.

SABRINA: Yeah. It's weird. I mean there's times I'm like wow. Did this even happen? Everything happened so fast. And you feel like you're kind of in a dream space sort of where it's like wow. Am I awake yet? Did this actually happen or was it a dream? But it's very interesting. It's very interesting. And I do feel a closeness to the spirits still, and I will continue on with the blessings and the visions I was gifted while carrying that baby. I will keep going towards what I saw and what came up. I will find some land and make that homestead for my family. In good time. I mean that's super unknown territory too as life is.

MARYN: Right. Right. That is, I think, the ultimate lesson, right? All in time. So well thank you so much. Thank you, everyone, for listening to Sabrina's story today. We're going to link her blog below this podcast, so you can read at your leisure. So thanks again, Sabrina, and take care everybody. Check the Indie Birth site for up to date information. And the new Indie Birth Midwifery School, which is indiebirthmidwiferyschool.com. Thanks. Have a great day.

(closing music)