

(introductory music)

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MARYN: Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Hi, everyone. Maryn today with the first of maybe many meditations. So my idea is to get a bunch of these going since it's come up a few times as these things normally do for birthing women and also eventually those that are attending births. So as far as the meditation today, what comes up a lot in classes or in meeting people is that women have lost contact really with their inner voice. And I've spent lots of podcasts for years now talking about that voice, that truth with—inside all of us and how many of the obstacles in pregnancy and birth today are due to the fact that people have no idea how to do that. They have no idea how to not just look outside of themselves. It's a completely foreign concept, and it's something that their bodies seemingly haven't retained memory for. It's not easy to make decisions this way.

So this meditation today is on the womb space and birthing choices. We're going to feel and see into some birth choices. And doing this during pregnancy would be awesome, but you could also do this even if you're not pregnant. As we talk about choices, know that my choice doesn't have to be your choice. And that's precisely the reason for such a meditation. Meditation is where we can find our connection to ourselves, to something bigger than us, and we shouldn't—wouldn't all make the same choices when connected to that space. But indeed knowing deep down who you are and what you need is the goal of any meditation. So today we make an effort to reconnect women, you, me, ourselves with this voice of ancestral wisdom or deep wisdom via our womb space, which is a source of wisdom throughout our lives, not just in pregnancy but throughout our menstrual cycles, throughout our life cycles. And it is always a source of knowing.

The answer is always in our womb, our center of absolute power. And our womb is our deepest and darkest place as women. So to begin the meditation, please find somewhere comfortable and quiet to be. Sit up, lay down, whatever works for you. Take a minute to shift into even more comfort and take a few deep breaths. Shake out any parts of the body that seem tense and see where you find your breath. Begin to take some deeper breaths. And with each deep breath, feel the warm air drawing all the way down into your body, into your womb space, which of course is through your body down into your pelvis even where you might be sitting. And on the exhale, we also release the breath from this sacred space.

So with each breath, you breathe in all the way deep, deep down into this part of your body. And you feel stirring in this womb space whether there is a baby or there's life there or not. That you feel the breath warming up this space. And with each breath, you are connected to your womb space, but you are also connecting your womb space to the earth below. It is all one. It is all the deepest, darkest, most loving mother energy that exists. You are connecting and connected. Each breath in, each breath out. To something deeper, something darker within you, and within the earth. You feel all the sensations that your womb might be giving you. You might feel the warmth of your womb, the way it feels really grounded, the way it feels solid, the way it feels like maybe you haven't breathed into this space in quite awhile. Keep breathing into this space. Feel this calmness. See if you can feel the ancient energy that lives in your body and has lived in the bodies of women of all time.

And especially if you do have life present in there, see how that feels to now breathe just to the baby. But to breathe again within the depths of your body that holds this baby or that will or could hold life. This may take a few minutes of breathing to notice. This may also take several sessions or more depending on how long it's been, if ever, that you've felt the energy in this place in your body. It may feel like a stirring, a pulsing of energy, or, again, just a sense of being grounded within your body. There may be a vibration or, again, it might just be an awareness that the breath goes all the way through and down and out the other side of you. And in that space is deep wisdom, deep knowing.

So hold on to whatever you're feeling this time. Keep breathing into this space. Trying not to think but just feeling how the rest of your body feels when you've noticed this place, when you've connected. And let's feel into some birth visions. So I'm going to suggest some very general visualizations to you. Nothing specific. You just breathe. Try not to think, but, again, feel still in this womb space and see if you can feel what your womb's reaction is to what your brain or your heart might see or feel. Your womb will have her own say. So again, very general, keep breathing. Allow some thoughts to come into your mind and your body about your birth. Notice the feelings and the visuals or ideas that might pop up in your subconscious. So try not to screen them. Just as we go through notice if you see anything in your head or hear a phrase or a voice or a message. Just let all of these things come to the surface without any judgment as to what they mean or if they're true or false or any of that.

So you're breathing, and you're connected and centered in this space. And you are right now in the process of birthing your baby. You are in labor. Feel the baby in your body, calm and knowing how to be born. Feel the intelligence of this soul. Feel how that womb space tells you that millennia of women have done this before you, will do it after you, and you have everything you need to know within yourself. Every secret, every answer, every decision, every choice resides right there. So in the process of

birthing this baby, we're still concentrating on how our wombs might feel spiritually and emotionally. We're going to leave the physical sensations of different stages of labor out at this moment just to focus in on our wisdom.

So feel in your womb space what it feels like to be birthing in this place of your choice. Your eyes are closed. You're breathing. But where are you? What location have you chosen for this baby to be born into? Who is with you? What are they doing? What does it look like? Mostly, how does it feel in your body to have made the choices you did in this space. What is the feeling in the room? The feeling from other people? So stay with these feelings mostly and maybe some images for as long as you need to. There might not be many that come up the first time. As you get better at visualizing and meditating, you may have a more complicated scene that presents itself. Not in a bad way. Just more detail.

But just notice if there is anything about the scene or any feelings that seem out of place and just note them. Note if anything is surprising or not what you expected. Be quiet and listen and feel. How does your womb react to the scene you've set? Is the scene you've set your deepest desire for this birth, for this baby? Does it resonate with what your womb knows the truth is? As you are breathing and visualizing, know that this deepest part of knowing is you. This is your way to be connected to yourself, your baby, and your body.

So as you plan your birth or invite people or choose a provider, can you hold onto this feeling? Now we've kind of let the labor visualization go a little bit. Just feeling that groundedness again. It sounds so simple. And it is simple. But, again, it's something that most women have never taken the time to do even in their monthly cycle. To feel what their womb is saying and what knowledge she holds. So we're just holding onto this feeling noticing how some of those thoughts made us feel, how some of those images made us feel. Did we feel less grounded all of the sudden when seeing a certain person or imagining birthing in a certain place? Did we feel nervous or scared? Now is the time to pay attention when the womb speaks knowing and learning to trust that that is you. That is not your brain that has maybe reasoned other ways or choices or fears. That is you.

So take a mental note. Analyze later, if you did have any of those things come up that felt weird or uneasy or took you away from the place of groundedness and power that you had been holding so well. This is your voice. Breathing into the womb can assist you at any point in pregnancy for decision making or just calming or connecting with the baby. Any time you need to find your center. Any time you're presented with a choice. Can you find her? Can you connect to this grandmother within? What does she say? What do you say? You are the same. This is your body's wisdom. Know deeply that you have everything you need. Your body and your baby are perfectly set up to birth.

Learn to listen to this voice. And it will tell you everything you need to know. Remember this is your experience, and you can access your power and use it at any point with this simple meditation.

So take your last deep breath. Start to wiggle your toes and your fingers. Come back into the room around you. And congratulate yourself for spending some time connecting to something more important than any piece of intellectual knowledge, more important than any piece of advice or suggestion you could get from anyone else. Thank yourself for connecting to this part of your being and for taking this time for yourself. And thank you, of course, for listening to this meditation. And I wish you a fabulous day.

(closing music)