

(introductory music)

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**MARYN:** Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Hi, Maryn here, of course, with a chat today about mindfulness in pregnancy and beyond. So how did this podcast come about this week when it wasn't on my list actually? I was planning to do a podcast for first time home birthers, and I will still do that probably next week. But this week this one came in as being more timely and sort of more important just in the scheme of things. So I was listening to podcasts as I tend to often in the morning when I'm hiking. And although I do listen to birth podcast occasionally, I do like to listen to some other stuff especially since walking in the morning is one of my only times alone, and I'd rather not think about birth sometimes actually.

So I was listening to a podcast I found that I really like called *Untangle*, and this is a podcast about meditation. And they interview on every episode a different person. I have listened to a couple, and the couple I've listened to the people have been authors of really cool books that have since been ordered for me on Amazon. It's so nice to get book suggestions especially outside of things that are birth related really. And so that was how this podcast came in. Just hearing someone else talk on a podcast about mindfulness in general. Not about mindfulness in pregnancy and wanting to kind of create my own version for my listeners. It's also reminded me to make more time and focus for my own mindfulness practice, so that's the best part probably for me sometimes about these podcasts is it reminds me of what there is to learn, how far there is to go, and just sharing that with you here.

So what is mindfulness? What does that word mean? And what am I actually going to be talking about today? So from Wikipedia, mindfulness is the "psychological process of bringing one's attention to experiences occurring in the present moment, which can be developed through the practice of meditation and other training." So notice that that definition included the word psychological. I'll probably expand today as I talk about mindfulness in some of my own definition whether or not that includes a religious or a spiritual point of view. But Wikipedia has it just narrowed down to a psychological process, so you'll have to see what you think and how it feels for you.

But mindfulness as indicated can be meditation. It also can be something like yoga. Or it can just be—have you being present in whatever way works for you. So it's a very loose definition. Another definition that I found—and I think this was from mindful.org. There's actually a magazine called *Mindful*. And their definition is, "Mindfulness is the basic

human ability to be fully present, aware of where we are, and what we're doing and not overly reactive or overwhelmed by what's going on around us." So maybe you're new to this idea, maybe you never really thought about the definition of mindfulness much less Googled it, and so I'm hoping that that pulls you in a little bit. That last definition. Pregnancy, birth, postpartum, mothering. So easy to become overly reactive, so easy to become overwhelmed by what's going on around us.

So who am I to talk about this topic? I had some insecurities as I was sketching this out. I'm no one. I'm not a meditation teacher. I'm not really a yogi although I attend yoga class occasionally which really, to me, is pretty separate from this whole idea. Yoga, to me, is definitely more of a physical exercise, which, of course, isn't really how it was intended, but that's another topic. So all to say that I'm really no one to offer this. I'm not an expert. I haven't written a book on mindfulness. I'm not a teacher of a specific method or encouraging particular spiritual beliefs. I'm only sharing what I've learned with you because I think this is just so relevant for this demographic to which I speak every week. So women. You, whether you've had a baby or not, whether you have a bunch of children at home, whether you've had losses, whether you're in menopause, whether you haven't had any babies yet kind of doesn't matter. We're all women. And ultimately, I think something like mindfulness is particularly relevant to our own state of being and happiness.

So ultimately, I hope you're encouraged by what you hear rather than indulging my own insecurities, which is, "Why is she talking about this? She doesn't know anything. Or she's not an expert." I'm sharing with you that you don't have to be. That this isn't a practice. This isn't a way of living that is beyond anyone, and you don't need a degree or specific training to be practicing mindfulness. What I do have in my experience belt besides my own meditation practice is that I work with a lot of women here locally and virtually. And trust me, when I say that if you are experiencing depression, anxiety at any point in the childbearing year, or specifically in mothering then you are not alone. That it is something that I as a midwife see in almost every single woman I work with. And I appreciate that women are generally so honest in the context that we work together in that I know these things. So I'm not judging that. And I'm not painting it as even a negative thing. I don't think it's great necessarily, but women are being honest. And so many women are struggling with these very common issues.

So today when I talk about mindfulness, I also think that it fits so well into my own philosophy of birth and as part of our Indie Birth philosophy. If you've started with the beginning podcasts many, many years ago, you'll hear me talk about how our own prenatal care really comes from the inside, and every decision, every choice, it's all there. So to turn ourselves inward during a pregnancy includes such a practice as mindfulness, and it's actually pretty funny, I think, that I haven't ever talked about this in the specific podcast. I've only alluded to it probably here or there. But I do think that this

is more than relevant, and I do want to present both sides of the sacred plus science belief system that we have here at Indie Birth meaning that mindfulness as you'll hear really has been proven by science to be beneficial to our bodies specifically in pregnancy and afterwards. And there's also a lot of sacred and, again, whether that turns out to be religious or spiritual for someone will differ and kind of doesn't matter. But that there is an element of just having this be something that can't be quantified that when people meditate they feel better, and they don't necessarily know why. And they can't necessarily calculate it. But it's there.

So as I usually do, I'd like to share a little bit about my own path with meditation and mindfulness just to show you that I've been trying to work this out for a long time as well. And I wouldn't say I'm there. A lot of days that I meditate, I think I really suck at this, and it's really hard. But there's something about that that keeps me going. Probably the overall benefits. But many of you know I was a musician before I got into birth work, and so this is 15, 20 years ago at this point. Kind of a long time ago. And I don't have memory of any kind of awareness of meditation as a kid. I don't think most people in my generation probably do. And the fact that I can share that with my kids now often feels really novel because it's not something that I ever heard mentioned.

So when I began my own mindfulness practice, I was a musician. That was a long time ago. And I'm not sure that I put as much thought into it as I'm even putting into this today. Not that that was a bad thing. I wasn't analyzing it or reading books on any such thing. I just simply was trying to survive a very stressful situation. And I've talked on other podcasts about my life as a professional musician which was extremely stressful. This might sound funny. Compared to birth work. People think birth work is stressful, and it can be. But the life a musician is extremely stressful. It's extremely competitive. It's this odd combination of having to be creative in a world where perfection is valued above everything else. And so that was a struggle for me, and I think for a lot of musicians.

So I got into, I guess you could say, meditating even though, again, I don't know that I put the word to this practice then when I was a musician and I was preparing for auditions. So the way the music world works is there pops up an audition for the instrument that you play. So I played the oboe. And the auditions are all over the country. And let's say there's only two per year. Two per year. Two jobs per year in the whole country. And those jobs don't even pay well. There's only one New York Philharmonic. There's only one Chicago Orchestra. There's only one—so there's only one of five major orchestras that actually pay people well. And the rest are what we just kind of think of as tiny home town orchestras although those people work really hard. But they don't get paid a lot at all. So if you're in a town that isn't a major city, then you'll know what I mean. So even here down in Phoenix, they have an orchestra. Those people are probably not terribly well paid.

So anyway, why am I telling you this? Well, I was trying to navigate this very stressful situation flying all around the country a couple times a year with everything on the line if I wanted one of these jobs. So I quickly learned that I was my own worst enemy. Music is, again, a crazy little world where people do all kinds of crazy things to maintain their focus and stability in such a stressful situation. If you fly across the country to perform an audition, you are given five minutes to play. Five minutes. So if you have one screw up, you're done. You're done. You just flew across the country for four minutes that you screwed up. So that is the kind of stress I'm talking about. And so breathing before I went in for my audition, learning how to physically relax my body before I went in for an audition, learning how to clear my mind and focus was something I found I had—excuse me. I had to do. There was no way to not do that. And even with that, I found the situation to still be stressful. But I managed it better than I probably would have otherwise.

So I remember doing that every day so that I would be kind of in a position to perform well when these opportunities came up. I also kind of sporadically did yoga for the physical part. But mostly found that if I was able to sit and breathe in silence I could feel all my anxiety. And although that was really unpleasant, I felt better by the time it was over and, in general, was less stressed. So that was something I learned as a very young person in a completely different field. Little did I know that this would carry through and become something that I would very much need to be able to be a mother.

I remember meditating through my first son's pregnancy, so he was our second baby. I'm sure I did through the first, but I don't have as concrete memory for whatever reason. With my second, I do remember actually taking time every day and sitting and using that time to connect with him and writing down all kinds of thoughts and sort of revelations that had come in a journal. So that felt really good in pregnancy. And since then, that was 13 years ago, I've continued the basic idea and tried all kinds of different meditations whether they were more religious base like Buddhist meditation or Vedic meditation or meditating with your eyes open or just having what we call a breathing practice. Maybe we don't even label it meditation for whatever reason.

One of the main books that brought that to my attention that I've mentioned before is *The Presence Process* by Michael Brown. And in *The Presence Process* to complete his process, you do connected breathing twice a day. So it is not a religious book by any stretch. It is not even a spiritual book by any sense. But I find it interesting, of course, that the system of accessing ourselves remains the same. He just happens to call it a connective breathing process. So call it whatever you want. Yeah. So thanks for listening to that whole spiel. I realize it's something that has always felt really personal to me. So it isn't something I've shared, and I'm being transparent that—yeah. Maybe it's uncomfortable to share in certain contexts or situations, not wanting people to think that you think you're better or you have this key that they don't have. I hope that it isn't

coming across that way at all. I think that as the podcast I was listening to today said meditation is because we're human. That's kind of like one of their taglines. And I liked that.

So no one is better than another, if we were completely evolved then we probably wouldn't be on this earth plane. So we're all struggling with being human to a certain extent. So let's see. Let's see. The history of meditation, of course, you could delve into. And, again, depending on what tradition you look at, you'll get slightly different history, of course. But meditation or mindfulness or having some way to connect with something bigger than you or you depending on how you look at it is an ancient practice across cultures and time. And it is something that in the current culture and time it feels like we have completely forgotten. I'm not sure why I don't run into very much around this topic in pregnancy and birth. Maybe it's just because I'm not a yogi. I'm not in these heavily yogic circles. I'm sure the information is there. But I don't know why it's not more general or to more people because I think we can all benefit. This is the missing link. Being mindful in whatever way, shape, or form you find is the missing link to how most people feel. And I am almost 100% sure. I don't know that I can be 100% sure of anything. But I'm almost 100% sure of that.

And the great thing about developing a meditation practice in pregnancy or at any time is that it's free. It doesn't require any equipment. You can't do it wrong. And that's something that even as a novice myself when I bring this up people will say, "Oh, but I am so bad at that." And as I admitted to you, yes. There are days where you just feel like you're bad at that because it's hard. Our minds run rampant. They are talking to us all the time. And so some meditation sessions I literally just sit there and entertain my mind. But you really can't do it wrong. You can't screw it up. Anytime you take for yourself in this way does get banked. That's how I feel. That you're developing a stored up bank of calm to access when you need it.

So along those lines, I think meditation mindfulness is a life jacket especially for moms that if you don't put yours on first you can't help anyone else at all. And there is so many moving targets in the postpartum period especially. I feel like this is when this becomes more relevant. And it's hard when someone hasn't been doing this their whole pregnancy. So now they're postpartum. And suddenly, you throw at them that they could sit in silence 20 minutes a day, and they laugh at you because it's not a practice that they have. But yet, they need it more than any other time in their life. I think, as mothers, there is nothing more challenging than what we do every day. There is nothing more challenging than raising babies and raising children and teenagers. All kinds of things come in this period. The issues that come up for us personally, right? Who are we? Why are we here? After we have the baby, are we anyone? What is our point in life? There's all of that stuff going on. There's hormonal stuff going on. There's relationship issues.

And I think that is pretty common in pregnancy as well. Women and couples in general—my assessment of that is that in general there's a lot of struggle. And people aren't sure what to do, and these are people like you listening who are smart and look for resources and are choosing very consciously how they want to birth. But yet, still so many people miserable and trying counseling and all of these other different things that may have an effect. But ultimately, they can't before we put ourselves first.

And that is my definition of mindfulness. Putting yourself first. And if we're not doing that in pregnancy and birth and mothering, then life can get really hard. So why would someone not want to do this? That's the question. That's not a very positive way of phrasing it though because if you're not into this practice or you haven't even thought maybe about how helpful it could be just in your life it's not because you don't want to. It's just that culturally it's not something we talk about. We continually whether it's pregnancy, birth, or something like this—more of a mental health, spiritual health issue—we assume that the help is on the outside all of the time. We don't ever consider that we have everything that we need to heal ourselves, to process our emotions, to move from a place of feeling depressed to not. So I don't think people are purposely thinking I don't want to do that. They just aren't aware.

I think the result can be measured to a certain extent, and we've seen that in studies. I'll talk a little bit more about that. But people that have a mindfulness practice are less stressed. They have greater peace in their lives. And again, it's just this catch-22 because we might know intellectually there are those benefits, right? Who doesn't want that especially when they're pregnant and mothering? We all say we want that. We want to feel less stressed. But it is the hardest thing to do sometimes. It is the hardest thing to take time for ourselves when we are mothers and say, "I am important, and I need these 10 minutes." And then if we actually do that, like brava if you do that. You're amazing because it's hard. But then we actually have to have the discipline to sit in this kind of practice and believe that our emotional health is valuable enough to do this rather than clean up the house when we have time and the kids are out. It's really hard to be alone with yourself.

And I fully admit to feeling that. I am not passed that point especially when something big in life is happening. You can't not have a meditation or mindfulness practice. I don't think. But at the same time, then you are asking to sit in your really difficult emotions in order to move through them. So it doesn't always feel the best initially. But I think most people would say that it definitely winds up that way. I think the other thing I want to say just in case I'm sounding seriously obnoxious on some level which I hope not. But that's my insecurity. Is that I hear the women and maybe you are one, the mothers, that say, "I do not have time for this. And if you're asking me or suggesting to me that this is important and I don't have time and I don't understand how this fits, then I feel guilty. And then I feel guilty. And how is feeling guilty good?"

And I guess to that I would say yeah. Nobody, especially a mom, needs something else to feel guilty about. So any of these topics, any of these suggestions, are just ideas. You have to decide when it's the right time and kind of where you are in your life. Can you honestly not make 10 minutes for yourself? Well, maybe you can't. Maybe you just birthed a baby, and your husband went back to work. And you have no help. And your baby does not sleep. Well, you might seriously not have 10 minutes. So you can't know everybody's situation. But I would say just kind of being blatantly honest that it's pretty common for all of us to also want to make excuses when something like this comes up. It's so easy to say, "But the baby needs me. I can't leave. I can't sit in my room for 10 or 15 minutes." And it's really easy to believe that too. To really get to a place where you are a completely martyr, and you're not just a mother. You've sacrificed everything. And yes. We do on some level. And that's what we've agreed to to take care of these beings. But, again, if we don't take care of ourselves through sitting alone or meditating or breathing or whatever it is that constitutes mindfulness, my belief and experience is that kind of everyone suffers. So you can do what you will with that opinion and see how it fits into your life.

The other element, of course, that comes up a lot in the mindfulness world—there's a lot of kind of buzz word kind of things. But I think self compassion is something that addresses what I just talked about. So being patient with ourselves and recognizing that when we need mindfulness in our pregnancies or our mothering, it's because we are human. And it's constantly a balancing act between are we being nice to ourselves and how can we be nice to ourselves. What do we do when we get overwhelmed? So I'm going to talk about a couple of techniques sort of and some ideas on where to go if you're looking for resources on meditation. And then I'm going to talk a little bit about maybe how and why.

There is an app, a free app that I like a lot. And I have no affiliation with this app at all. I just like to talk about things that are helping me. So the app is called *Insight Timer*. It's kind of a silly name. Insight. Like I had an insight about that situation. *Insight Timer*. It is a free app although you can pay, if you would like to be able to download any of the meditations which I do for my children that meditate. My older kids. But I, myself, don't really ever download anything. They have tons and tons and tons of guided meditations which is a great place to start. And a guided meditation, if you don't know, is someone talking you through. It can include music or mantras or just visualization or just some kind of story. Some of the meditations you can even find religious preferences for. So when I say they are varied and I say there are literally thousands of meditations on this *Insight Timer*, I am being very serious. It is amazing.

There are meditations that help with sleeping. There are meditations that deal with specific issues about fears or this or that. So that's a great place to go if you're just looking to figure out what do I do for 10 minutes a day if I'm breathing, if I'm just sitting

along. This will give you some things to explore. In that timer, for example, there are so many different types of meditation that include specific techniques. So one technique I came across a little while ago was a technique called RAIN. So like rain that comes out of the sky. That's an acronym. And that was developed by a woman name Michele McDonald. And the acronym stands for a little series of steps of going through feeling your emotions and not identifying with them. So that's a cool thing to look up.

There are so many other apps around meditation whether they're timers. *Insight Timer* actually does have a literal timer that you can put on just for silent meditation, which is kind of cool. The podcast that I mentioned called—what did I even say it was called? Oh man. I'm focusing on this today. I mentioned it in the beginning of the podcast. *Untangled*. That's what it's called. That's a good one. My good friend, Thom Knoles, who is a vedic master/guru and a fond family friend, has his own podcast called *The Vedic Worldview*. And he talks a lot about his own meditation practice. He teaches people meditation and has for decades and decades all around the world. He is indeed an expert and master on this topic. I like his podcast because it also talks about brain science a lot. And I think although I wouldn't consider myself a real science nerd, I like hearing about neurology and meditation.

And so that's a whole other kind of section to this podcast. For those of you that need or want that validation with science saying that yes. Mindfulness whether you're pregnant or not alters the structure of your brain. There was a study—I don't know how long ago it was to be honest where they looked at monks—a group of monks—meditating on compassion and found that they had a different brain wave structure that isn't something that's seen in your average person. Lots of other studies, so if you really are curious about all of the great benefits that meditation has on the actual physical and mental bodies then just Google research, benefits, meditation. I can't imagine you would find any on risks because it's just really risk free. All kinds of reducing inflammation in the body is one. And, again, kind of altering how the brain works and really and truly reducing depression and anxiety. So I think that's pretty exciting. And for people that need that little push to say that, "Hey, my body will feel better. My mind and my body will feel better if I do something like this," can be the push a lot of people need.

So how? How do I go about this practice? Again, I'm not a master. I'm not an expert. My breathing technique time or meditation time consists of anywhere between 10 to 30 minutes per day. Sometimes one session, sometimes two. I personally don't feel like I need to commit to one particular school or ancestry that's—it feels good to me to just breathe and not make any more of it than that at this point in my life. So sitting quietly and finding a way to relax your body. You certainly can lay down to do this practice, and I often do at night, of course, before sleep. But if you do use this to relax to sleep, it has many benefits but may not be quite the same in the end as remaining in a not sleep mode.



So focusing on the breath is really the main idea. That it can be so hard to just breathe and to just feel like that's where your focus is because your mind will tell you all kinds of things and run wild and make lists for tomorrow and make lists for today. And slowly over time, you just experience an increasing amount of seconds to minutes where you are here. You are now. You are not running some rat race in your brain where your brain really does kind of chill out. So that's not super specific, but there are many ways and techniques. So you could consult the resources I've mentioned. And if nothing else if the Internet died tomorrow and there was no way to access an app or a timer, you would still be fine. You would still just want to find a space where you could be quiet and just be with yourself whatever that means. Eyes open. Eyes closed. Whatever way it is that you can simply just be and breathe and let your mind do what it will.

This is so beneficial. Again, because the focus of this podcast is pregnancy and birth and mothering, that is my focus. It's incredibly helpful in pregnancy when fears can get in the way or you're looking to connect with your baby or feeling generally anxious. And, again, it can be particularly helpful in the postpartum when something like postpartum depression is rampant. And so many women are experiencing are experiencing anxiety and depression after the births of their babies really whether or not they've had home births or the kinds of things I think we thought or maybe I thought years ago about having a nice birth and all of these things making postpartum anxiety and depression less. I wouldn't say that I'm really seeing that. I'm seeing that these moms, at least that I'm serving, are having really beautiful births. But depression and anxiety are still coming up for them in general. Not everybody.

So some benefits, I've already talked a lot about depression and anxiety. There are some studies that say mindfulness or meditation practice is as effective as medication for depression. So not that I am going to say what people should do with that. Going off medication or not, it's just simply saying that it is as effective. So some more abstract benefits, the kind we can't quantify, I think are that we can connect to something bigger. And, again, that might be a more religious concept for you. I don't think this has boundaries like that. So take it for what you will. Connect to source, connect to the universe, connect to yourself, whatever it is that you need to connect to to find your inner peace and your purpose.

I've mentioned relationships and partnerships. I think this is the key, and I'm not a counselor. I am not a relationship expert. But people often share with me what's going on with them in their partnerships or marriage, and this is my very not exciting recommendation. So, again, I'm not a relationship expert and counseling and different kinds of therapy might very well play a place in someone's experience. And it might really help them, but my perception is that this needs to also come first. That you can be in counseling to heal a marriage. But if each person isn't accessing their own individuality in this way, I think it's got to be ten times harder. But it's not, again, often

the thing that people think will help or think they should go to. And everything is an external problem. So relationship problems look like, "He said this. I said that. This happened. That happened." Whereas something like mindfulness brings us back into ourselves, we don't think about the details. We just feel them, and we work through.

So partnerships. Super important especially in the postpartum when so many women are not feeling supported or valued. And they're strung out, and they're tired. And they're exhausted. And they never get a minute for themselves. This is something I would love to see shift. This is truly an epidemic at least here in the U.S. of mothers that are burnt out. And that is not good. It is not good for them. It is not good for society in general. Women are leaders, I think. This should be a woman run world. But we're all so, so susceptible to not finding our way out sometimes. And that's not the fault of women. It's just the society we're in.

So some other benefits, I think go without saying. We can connect to our baby during times of mindfulness in pregnancy. And we can spark our creativity. So I know, for me, especially when I take time off from social media or quote on quote work, if I make sure to stick with meditation during those times, my quiet—my more quiet mind because I'm not working can really help me access some great ideas. Now yes. I'm not supposed to be thinking during meditation. But yet, you can sometimes have something pop in that is great and creative, or maybe it happens afterwards. So that's an amazing benefit as well that I think most of us as mothers would love to feel. I talk to so many women that love their children and love being home but so desperately want to find themselves again. They want to find out who am I? And what do I do? And why am I here? And I think this is the way to do that. Just 10 minutes a day. Just 15 minutes a day. Whatever it is that works for you or maybe doesn't work for you but that you can make work.

So there are a couple studies that you could Google and perhaps I'll put them in the podcast notes if I remember. That look at reducing depression after birth in mothers. And there is one specific study called *The Effectiveness of Mindfulness Training on Reducing the Symptoms of Postpartum Depression*. So as I heard on this other podcast the other day, the World Health Organization says that depression by the year, I think, 2020 will become the leading medical condition in the world. And, again, I know I'm kind of beating a dead horse here but even amongst mothers that are sort of low risk for postpartum depression we're seeing just a huge increase in that condition or experience, I guess I should say. So I guess I just feel like I can't drive home enough that this is one really powerful tool that we do have. And, again, it's not mine to say what else someone needs. Perhaps medication is needed for a certain person. But in a general sense, this can help anyone even in addition to other kinds of resources.

So I'm hoping to get maybe a specialist in this field on this podcast, so stay tuned. There is a book I came across called *The Happiness Plan*, which is on my Amazon list.

And I heard that author speaking on a podcast as I mentioned. Her name is Elise. And honestly, I cannot pronounce her last time and don't want to screw it up. And I don't even have it written down. But she has written this book called *The Happiness Plan*. And she said on the podcast, and I quote, "Our mind is our greatest resource." So I'll say it again. "Our mind is our greatest resource." So I like that, and I thought it had a lot of depth. Of course, there's our thinking mind and our creative mind and how we want to utilize those to feel our full potential. But then there's also kind of the deeper, deeper meaning of that and having our greatest resource be internal.

So life is stressful. I've heard it said, again, I'm kind of quoting a lot of people. But not wanting to take credit for anyone else's really cool thoughts, life is stressful. That the goal when you meditate isn't that you would not have stress because that's unrealistic. There will be stress. There will be anger. There will be sadness. There will be joy. There will be all of the things, but the goal with meditation or mindfulness is just to be able to handle them better. And honestly, who doesn't want to handle life better? Because we're all struggling to a certain extent just being human. So that's what I always figure is. There's always room for improvement. I can always use some help because you don't know necessarily what's around the corner. Life is surprising and unpredictable. So this is the most security, I think, we have.

So thanks for listening to me blab today about mindfulness in pregnancy and the benefits of meditation as pregnant women and mothers. I really feel strongly about this issue, and I would love to bring more resources to the Indie Birth community. So I mentioned maybe getting some expert on the podcast to talk specifically about this. Not just meditation in general but the way it can be utilized and used in the childbearing year. I'm also pondering perhaps starting a free Facebook group—maybe Indie Birth Mindfulness or something like that. So if you're curious, I would love for you to email me and just say, "Yes. Let's start that group." Or find me on Facebook and say, "Yes. Let's start that group."

The only purpose really would just be to support each other in this practice and to finding our way into finding different resources. Maybe we'll post our favorite meditations or other things that come up or definitely when there are struggles or questions. So, again, I'm not an expert, but I would love to just corral all of the women that are discovering that there is so much power in this practice. Pregnancy and birth are intense times of life. So I think we need it then kind of more than ever.

Thanks so much for listening. Have a great day. And remember to email me if that sounds like a good idea to you. [Maryn@indiebirth.org](mailto:Maryn@indiebirth.org). Have a great day.

(closing music)