

(introductory music)

DISCLAIMER: *Taking Back Birth* is a production of the Indie Birth Association and indiebirth.com. No material on this podcast should be considered medical advice. Birth is not a medical event.

MARYN: Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Hi, Maryn here with the one year birthday of my sweet Deva. So she is one today. In fact, she was one early this morning. 1:38 to be exact. Pretty much one of my only babies to be born in the middle of the night which is kind of odd really, I think. I feel like most of the births I observe are in the middle of the night. But most of my babies have, for one reason or another, been born around 9:00 p.m. But not Deva. Deva was slightly different. So Deva means goddess or shining one. Both are pretty awesome and pretty descriptive of this beautiful child. Her middle names are Katherin Sage. And Katherin means pure. And Sage, of course many of you know, is in remembrance to the one that came before her. Her brother, Sable Sage.

So Deva Katherin Sage is one year today, and I'm taking a few minutes out from her birthday celebration to pause and reflect here openly with some words. And pause and reflect inwardly as well later as it's a big deal. I know all of you who have birthed or who have children know that birthdays, I think, are more meaningful for the mother than they probably are for the child. And so I feel like the first birthday for all of my children has been really special and kind of bittersweet in this poignant way. Hard to believe a year has gone by. It has gone by so fast. Yet, so much has happened. It's amazing how you remember a birth experience. But as days go by, you remember less, or you remember certain things more and maybe the sensations of birth even less, right? It's the never ending but very true joke that we probably don't remember the sensations of birth on purpose. So that's kind of where I'm at. And I'm going to talk about a couple things today.

So for those of you that don't know, you probably do if you're listening to this podcast. But Deva has a birth video. And you can watch that at thebirthmovie.com. We have many photos. Margo took all of the photos, and she took the video. And this wasn't something that was planned really. So Margo was already in town. We had just finished the Indie Birth Midwifery Conference last year literally two days before Deva was born. So Margo was here. We had talked a little bit about possible video. I knew I wanted photos. But in all of my births, I don't have any video. The closest I've ever gotten was with my fifth baby, Belgium. She has a video shot by my, at the time I think, four-year-old or five-year-old son, who I think forgot to take the lens cap off or something really silly. So we have an audio of her birth but no actual video. And so yeah. With all of these kids, I don't have or didn't have any video record of their birth.

And early on in having children, it's not something I thought about at all really. But obviously over time and with Indie Birth and getting to witness lots of births myself, it was something I wanted. And of course, I didn't know how it would turn out. I didn't know if I would want to share it with the world or really what would happen at all. But I was willing to try. And, of course, having your best friend who is your midwife do that kind of thing is an amazing opportunity. I didn't feel watched. I didn't feel weird about it. And that's probably a whole other discussion for some time just the idea of recording our births. Some people live stream their births. That wasn't something I had considered and probably would consider. But there's a similar discussion, I think, in the natural birth community or maybe more specifically this undisturbed birth community that sometimes we think that video and maybe even photos can really disturb the mom. And they might take away from her birth experience and make her feel watch and change her experience.

So I think that's all valid. It really is. And I didn't feel that way. So I don't know what that means. I think there is so much we don't know and understand. And certainly here at Indie Birth, right? We teach about the hormones of birth and how leaving birth undisturbed and the woman not feeling watched is the best hormonal cocktail. But I really didn't feel watched. When your best friend is behind a camera, it wasn't really even something I noticed. And it didn't make me feel anymore watched honestly than having the kids around. And some people would probably send their kids away. But that's not how I am. That's not how we do it here. And my house is pretty small, at least the part that we were in for the birth. And so it was kind of tight quarters. Really to get alone I had to go into the bathroom and shut the door, and I was watching some of the video clips yesterday. And they're not the clips that are in the birth movie that we made, so there is some other footage that didn't really sort of fit. But it's fun for me to watch.

And so there's this one clip where I'm stomping around my living room kind of with everybody just sitting there. Sort of watching me but trying not to. I don't remember caring at all. I'm totally naked, and I'm stomping around the couches. And then I go into the bathroom and just slam the door on Margo who has the camera. And I remember doing that, and I remember feeling that it wasn't personal. It wasn't her. It wasn't even the camera. It was just needing to be in a small, dark space because I was starting to get ready to push her out, and the sensations were changing. And so that was just my safe space. So it's been fun to have the video, to observe other clips that I have and how did those fit in. How did those fit in to my memory? How did those fit in to the story? And in general, honestly, just feeling like blessed and honored that her video and this birth really came out awesome. Really is a cool thing to share with the world. If you don't know, thebirthmovie.com has been viewed all over the world by—I couldn't even say. Probably hundreds of thousands of people at this point. It has been

a full year, and it has remained on Facebook as one of our main Indie Birth ads for the whole year.

So we are continually reaching new people with her video. And that's really exciting because that could probably go on for quite some time. There's sort of an endless supply of people in the world, I think, looking for cool birth videos. And so I'm happy to share that. And I'm just inspired that it inspires people. It kind of makes me want to do more all of the time. Makes me want to come up with more creative ideas. And Margo too. It's really inspired both of us to get more forward with women we're serving, and there is no expectation of us being able to film people's videos—or births rather and actually use them. We're very close with our—the women that we work with. But I will say that since Deva's birth and since the women that I personally serve here have been able to view her birth, it feels like it has changed things. Many women kind of being more open on their own and saying, "I want you to film my birth." There was one just two nights ago where that was her intention. "Please get my birth on camera. I'm not sure what I'll do with it. But I want that. I was inspired. I want to see what that looks like. I want to have that memory for me."

Something else I've noticed is just the fact that it has inspired women on a very raw and primal level. So by that, I mean it's very average. Again, if you haven't seen it, you can go check it out. But I'm not one of those blissful birthers that just does everything quietly. It's real. And it looks kind of hard at moments. And I'm pretty loud. And I feel like that's been a great thing to share. And I spent years kind of getting over the fact that I'm a loud birther. I remember being kind of embarrassed about that a long time ago when I had my first home birth. But I'm definitely not anymore. I see birth all the time. I see most women acting that way which is just normal and natural. So I'm fine with going out on a limb and saying, "This is how birth looks for a lot of us." We watch these YouTube videos where there's a soundtrack, and there is no sound. And we think that it's just this blissful quiet experience. And while it can be for some women, it's also very normal and real to be loud and to scream and to groan and to cry and all of those things.

So I feel like women have definitely been inspired by that knowing that they're not alone when their births look and feel that way. And that maybe they'll go that extra little bit too and want to share their raw experiences where they're working hard to get a baby out. Also just the—this sounds silly. But even the way in which Deva came into the world just—I wasn't in a water birth pool. I'll do a podcast someday on water births. Just my own personal thoughts and experiences. I'm not really into water births personally. I don't care what women do that I serve. They can birth wherever they want. But for me, a water birth pool left the picture a long time ago. And so just having her be born right there on the rug, on my hands and knees, and receiving her myself. All of these things are just really normal, really basic. These happen all the time all around the world.

But women don't necessarily know that, right? Because we're not showing each other. So something as simple as the way she was born just on the floor not in a birth pool, naked, just catch your own baby has been, I think, inspiring to many women. They've told me that. And as I mentioned, the births that I've been blessed to witness since Deva has been born—which there have been a lot of births since Deva has been born. Close to 20 births in the last year. And I took a bunch of months off for her immediate postpartum. A lot of those births looked a lot like Deva's did. And I think that's awesome. And I'm totally flattered, and I know it's not really anything to do with me. It's just women have seen that it can look that way and it can be simple. They don't need a birth pool necessarily, or they can just be on their rug. They can catch their own babies. They can birth their own placentas. And that has been the most amazing blessing is just seeing women internalize that.

And yeah. Internalize is a great word because it's not necessarily something that I think has to be discussed. Even when I'm working with people here, it's not like, "Oh, you can do this. Or you can birth your baby here, or whatever." It's just they've seen the visual. They've kind of been part of the experience in the way that you can when you watch a birth video. And so, again, I feel like that way of birthing has just been internalized. And, again, it's not a new way of birthing. It's not—I'm not doing anything special. But it's slightly different than a lot of what's out there, again, with the water birth pools and different features that kind of have come to mean home birth. So that's been really cool and, of course, wasn't something that was planned. I mean obviously. It's not like it was a performance. It was just me having a baby. But that has been so inspiring.

And almost every week I would say we get emails or maybe Instagram messages saying, "Thank you. Thank you for the podcast, and thank you for sharing your birth. You have no idea how it influenced mine." And that's just been—amazing isn't even the word. Humbling and inspirational. I'm inspired by these women that are inspired because they say all kinds of things that I never would have guessed. From women saying, "I had a loss too. And your birth really kept me in good spirits and in a good space of the birth of my rainbow baby," kind of really understanding where I was coming from with that to just other scenarios. Women having their first home birth or women having free births or women having had many babies with this being the first one that they really felt like they were in control and receive their own baby.

So all kinds of variations of women saying thank you. "Thanks for putting that out to the world. It has mattered. And it has influenced me." And so that is really super cool. And as I said, Margo and I both have been influenced, I think. I definitely have been influenced in all the ways that I've spoken about. And then I could see that Margo has been influenced even as a midwife. And that would be something for her to talk about since I wasn't the midwife. I was the woman. But her being behind the camera and

being the midwife and being in a space where I know she really trusted me to birth and didn't have any kind of other expectations around that. I know that has both changed our vision of midwifery. And as we're growing our school, these kind of things are really important. They might seem minor, and they might seem subtle. But these philosophies, these ways of being that come into our lives are important.

So in this case, for her, and I can feel this too, being able to be a midwife while holding a camera has been something that has changed both of us. So obviously, if you're a midwife, it's not that you pick up a camera and neglect other duties or responsibilities. But that taking a back seat to the action really is something we can do. And it really is something we can teach as much as we can. And it really has helped both of us feel like there are women out there that we are serving at least that want to take full responsibility and that this is another layer. This is a whole other group of people that we can serve that want control over their birth experience. They are ready to birth the placenta on their own with someone there.

So all kinds of cool things have come in from Deva's birth and her video and sharing it with the world and being able to use it to talk about birth and talk about midwifery. We are definitely using Deva's birth video in the free workshops, or at least we have been the last year. And that's been really cool. Admittedly, it's hard for me to watch a lot just because it's my birth. And so when I show it here, I don't know. Sometimes I step out and just let them watch it or whatever. I feel like it can be really long, but it's just because I've seen it a lot of times. And I've thought about maybe editing it too and cutting it down. But at the same time, the length, which is still minimal—I think it's 16 minutes—is more representative of labor and birth than a lot of birth videos because most of them, as you know, seem to center around the baby coming out, right? Because that's what everybody thinks is the important part. But what Margo and I tried to do with mine is have little clips, obviously, leading up to the birth to see how does she look. What is she doing? What is she saying? Because all of those things are real. And by showing women just the birth, just the baby coming out, we miss a lot of opportunity for discussion and learning and really a dose of reality that most babies don't just come out without some hard work.

So showing that in the workshops has been life changing for a lot of people. Most women sit here and cry. Most people, in general, watch her birth and they don't understand in a way that it can happen without fuss, without hands, without someone managing. Very few people watch it and say, "Yeah. That was cool." Most are pretty changed. And so that is what we have been doing with it thus far. I know Margo shows it to people as well outside of the class even. So maybe prospective women that she'll serve. And she's determined that when people watch that, if they say, "I want a birth like that," then she knows—we know that they're kind of our people. So it really has become a screening tool in some ways. And I've had that experience too. People

watching her birth that I don't even know. They come here. They sit in my office, and they say, "I saw your birth. I hope that doesn't embarrass you. But I want that." And so that's a really easy way to know that you're probably on the same page.

So I was thinking more about the sensations of birth. And, again, you'll sympathize if you've had a baby whether it was last year or last month or ten years ago. Something changes in your perception of the sensations and whether you call that pain or pressure or intensity or whatever you want to call it. It's hard to remember. It's really hard to remember. So having a video, again, I feel like I can kind of remember. My brain can remember that it was hard, but the actual way it felt I still have struggled with trying to remember. But I think that's just the way it goes. And that's the way it's been with all of my births. Maybe I thought I would retain actual physical memory of hers for some reason. Just because I have a video doesn't mean that I do. I can watch it, but it's not quite the same.

So one thing I remember feeling in her birth and something that has really helped me and taught me since is this idea of a baby coming into the pelvis. So that might sound kind of weird. Let me see if I can explain. So with previous births of mine, at least—I mean obviously we all know, right? That the body opens and that then the baby has to come down. And I feel like for a lot of my births the opening happens. It's not the most pleasant thing in the world. But when the baby starts coming down, I would sort of struggle with that in handling the intensity and also the let's get this over with. Let's just push this kid out kind of thing and not waiting for the body to push, not waiting for the fetal ejection reflex. Just feeling that and being like, "Ugh. Get out. Enough of this," because the intensity is overwhelming.

So this time, my goal, if that's a word—or my intention. That's a better word with her birth was to really just feel everything. To not rush past or not push past literally or not wish myself to the next stage. I have the awareness to know that it was going to be over sooner than later. So I didn't want to labor very long, of course. But in other words, I was choosing to sit in the feelings of it all as it went from one feeling to the next. And I feel like that taught me so much about what I think my brain knows about labor in this linear sense. And the way that it actually flows and the way our bodies interpret sensations. So I remember in the opening stage really having to focus and having to get off my bed and be upright and just being okay with breathing through. It was hard, but it wasn't overwhelmingly hard. And then I remember it kind of drifting almost unknowingly except that I was sort of analyzing it—almost unknowingly into this space where I started to feel her fill up more space in my body. I don't know if that makes any sense to anyone.

But I could feel that it wasn't just my body opening anymore. That she was starting to shift. And so those contractions became more intense, but I would breathe through

them. And I could visualize and imagine her coming into this open space in my body. And if I just stayed with that—that that's what was happening. That's what she was doing then I was fine. And I was peaceful. And I could relax into that. Then I remember it moving, and some of this is in hindsight analyzation. Moving into what I would call now into my pelvis. And this is the part that has helped me sit with other women because, for me, in this birth—in Deva's birth—that was the most intense. And I realize that that has always been the most intense for me in births.

But that after that comes kind of the glorious oozing the baby out of your body and breathing her out in a way that I had never done because I had kind of associated the baby coming out with the whole intensity of coming into the pelvis. And they're actually—at least for me—two completely different sensations with completely different energy and completely different—well everything. Outward manifestation. And again, since I have the blessing of seeing other women—just the other day, it was kind of exactly the same thing only I was on the other side watching it. So that part where the baby is coming into the pelvis is rough for a lot of women. And that's the part when there is a lot of vocalization. There's a lot of out of controlness and looking, seeking to be alone or seeking to be more comfortable when you can't be. Another thing that seems to happen—and I do this totally. And I've seen other women do it. Is it's also the part where you get uncertain. And you swear you can't do this anymore, and you cry. And you moan especially for me. And you say things like, "Oh god. Please come out," or whatever it is. Or, "This baby is stuck." I've heard so many variation of women in this space where the baby is coming into the pelvis, where their brain just can't keep up. On purpose. You just can't make sense of what's happening. you know it doesn't feel the same as when you were opening, and you know the baby is not actually coming out yet. So like what is happening?

You're literally in this in between space, and I think it's—my interpretation is it's uncomfortable. I'm sure that there are other interpretations. And I could work on that should I have that experience again. But that was how I interpreted it. However, when you've had babies before—and some women it happens with their first but generally not—it's something that happens rather quickly. So it's not that for most of us we're spending hours and hours in this space of a baby coming into the pelvis. It's literally minutes. So when I've observed other women, like I said, it's all of these things. The uncomfortableness, the screaming, the moaning, the groaning, the finding a safe space. It's literally minutes. And then there is a peace that descends on the room, on the woman. She might rest a little or she might just—I hate to say regain composure because it's not that she was out of control. But maybe. Maybe that's actually not a bad thing because I know that's the part I feel completely out of control. And in Deva's video, that's when I'm on the floor, on the rug just screaming. This baby is just barreling through my pelvis, but she's not coming out yet.

And it's unsettling. It's like your world is being rocked. You're going to crack open, and it feels like you can't handle it. Or at least, that's how it feels to me. So then that happens. And then it's like this calm. And for me, this was the first birth—and that's sort of amazing because I've had a lot of babies. This is the first birth that I was aware of this transition into calm. And I think you can see that pretty well in the video. Just that I just start breathing through them then. There's no more groaning. There's no more complaining. There's no more crying, and I smile. And I say something like, "My body is doing it." It's the first time I had that experience of, "Oh, this is what they mean when they say your body will push the baby out." And it's different for everybody. Maybe some people don't have that interim baby coming into the pelvis world crashing open. Maybe—and I've seen it. There's women that look like they're breathing a baby out kind of the whole time, and they don't have that uncomfortableness. But for me, yeah. There's just this getting the baby into the pelvis and freaking out and then, "Oh." And that's probably—my guess is that's probably when the baby has hit the pelvic floor or something like that. And then breathing her out was really pretty easy and pretty joyful. And I hate to say orgasmic.

But I remember thinking that when that part was happening like, "Oh, this kind of feels awesome." Like that breaking apart sensation is gone, and I literally know she's going to be on minutes. And I was just so excited and so peaceful. And with every contraction that I breathe through, I felt my body pushing her. And I felt her pushing herself out. And it was amazing. And I think if you think you can't learn anything that's obviously wrong. I'm amazed that there is still so much to learn about birth. And definitely for me. I'm one of those weirdoes that could probably birth, for the rest of my life, is that was in our physiology just because there is so much to glean and learn about the birth process, about myself, about these different sensations. And like I said, then kind of applying it to when I sit with women how does this shift how I behave.

So, again, that experience with Deva has really helped me with women. Not that I ever felt like nervous or unsure when a woman is pushing. You assume, right? A baby is going to come soon. But now I feel like I'm in it more with her. I feel these different transitions more. And when she's in the places where it's rocking her world, I can just calmly sit there and say what needs to be said or hold the space fully knowing that it's just going to be minutes until she is in a place of calm. And she too can breathe her baby out. And that the adrenaline that she has circling her and internalizing in her body during that uncomfortable phase doesn't have to be something we all have to take on in the room. And it's easy to do when a woman is screaming and swearing that the baby isn't coming out. To just hold the space for, "You're almost there. You're almost there." And like I said it's usually minutes especially when it's not a first baby.

So that has been really helpful. Just really knowing that feeling better. It's not an intellectual concept even though I think it is in a way. It's more of an emotional and a

felt concept of these parts in the birth process that are so colorful and so blurred. They're not in any textbooks. The males, the obstetricians, haven't isolated this because they have never felt it. And so I think it's the coolest part sometimes of birth stories and sharing video or sharing a written word or sharing a podcast is that we get the chance to share about the way we feel, about the way it felt in our own bodies even if some people don't understand. There are certainly people listening that probably do and might have their own way of describing what I'm talking about.

And that is what I consider the lost wisdom. Or not lost. But that's the wisdom in birth. It's not the textbook that says active labor is six centimeters and blah, blah, blah. And then the uterus gets really thick and pushes out a baby. That's boring. That's boring. It's cool to know. And I think that's a piece of supporting women or maybe birthing our own babies. But really it's in this wisdom. It's in this felt memory. These feelings and these sensations and the way we describe where we are. So that was really cool. I probably won't forget that even though I do sort of forget the feelings of it in some ways. I get to see birth enough that it's sort of like I get to review that. So thank you, Deva. That was super cool that she wanted to connect that way and have that experience for herself and for me. And really being connected to her during labor was something else that I learned. I've had similar labors in the sense of free births or whatever you want to call it. Nobody managing me. Like half my births have been that way. And I've been confident with that.

So for me, I don't really listen to the baby's heart beat during labor, if I'm feeling good about what's happening. But Deva's felt different in that just wasn't an option. I had spent so much time connecting with her in pregnancy. And even during the birth, I kept talking with her. You can hear that on the birth movie. Asking her to put her arms down. She loved to suck on her hands in utero. And being really in touch with her movements in between contractions. And never, never, never, not for a second worrying about her, but having a peace about it all. And so I think that's another felt sensation that we could talk about whether we're birthing ourselves or witnessing another woman birth especially when we've developed a relationship with her. And we're close. That we trust those feelings. That yes. There are tools. There is technology. Should they be utilized? Should they not be utilized? Those are big discussions, and I think those are choices women have. And I've talked about this in other podcasts. But our use of intuition, our use of energetically feeling are things okay? Or are they not? That's something we don't think is valid. The world doesn't think is valid. That we have to hush hush, talk about here on this podcast because people will think we're crazy for not wanting to listen to heart tones during labor.

And, again, it's not a never kind of thing. It's not that that never happens. It's not that we don't use the tools that we have. But we forget how much we have that is internal. And that is the connection to our babies and the ability to know what they're up to and

how they're doing and the support to ask for what we need if we feel like we're not accessing that as well as we could or as easily as we could then we do have these other tools. But that was something that I knew in my head that I had experienced but that just got taken to a deeper level. And so I'm very grateful for that.

One last thing—or I guess I have two more things. I did set some intentions for the birth. You can hear that podcast with my friend, Scott Kirschenbaum. He's the director of the film, *These Are My Hours*, with my good friend, Emily. He filmed her birth. And so he knows what birth looks like, and he had the idea to do a podcast together while I was in labor. So I recorded that podcast with him a couple hours before—well, let's see. I mean it was right before labor got serious. So probably two hours before it got serious. So I was having contractions while we were recording the podcast. But they weren't really a big deal. And that was really fun to do. I was super honored that he had that idea because I wasn't in that space at all. I'm happy that we got that together. And I'm really just grateful to him for asking me to reflect openly about my hopes for the labor. And so you can listen to that. It's on our podcast archive page. Something like a pre—I don't even know what it's called. A pre birth interview with Scott or something like that.

And so he asked me what my intentions were. And as I mentioned, it was more about just feeling things and taking my time and not being impatient because that's something that I've done in previous births is felt like I needed to birth sooner than I did for whatever reason. So that was kind of a cool thing. And lastly, one of my favorite parts of Deva's birth that was also caught on film was her placenta birth. So that has become a very real passion of mine. I've written about placenta births for a couple of years and my own experiences with bleeding and kind of finding my power as far as the birth of the placenta goes. And I will be teaching about that in a session at our retreat called *Reclaiming the Third Stage*. So reclaiming how we approach the birth of the placenta, how we, as midwives, return that power to women. How we, as women, take on that responsibility, that power, to birth just like we did with the baby. That it's no one else's job to birth a placenta. That really what it comes down to is women don't know. They don't understand physiology. They think that something someone else does, even at a home birth, they don't have confidence around it.

And that's something that's really shifted for me and my own work here with local people is that I teach them more than once. This is how it goes. This is how it will probably feel. This is what you do. And this is all before birth. So I'd say 90% now of women that I serve birth their own placentas with no help from me. I just watch. Sometimes I catch a video if they're into that because I want to compile more videos of women doing just what I did with Deva's birth. Get me a bowl. Here it is. No fuss. No need to make a big deal. No need for someone to really ask me or help with that. It's so rare that we would need help birthing a placenta especially after we've just birthed a

full term baby. But, again, it comes back to awareness and responsibility and power and education and all those things we love to talk about. So I love that Margo caught that on camera. Her placenta came really fast. And that's been something that's been a pattern for me once I feel like I reclaimed this power. So there are different reasons, I guess, that placentas wouldn't come super fast. But most of the reasons, at least that I hear with normal births, are that women just aren't aware. The placenta is just hanging out in there, and they think that means retained. And they'll say, "Oh, my placenta didn't come out for an hour or two hours." Well, really that's not super physiological.

Our bodies birth a baby and then literally within minutes most women will release a placenta. So if the placenta is released, it's there to be birthed. So there really shouldn't be, on average, like this long wait time. It's more, again, women not understanding what is actually happening and then taking the initiative to say, "Oh, I have to get it out now. It's not just going to fall out." So that has been super healing on a deep level. I don't know what my past life experiences, for example, have been around placentas. I feel like maybe I had stuff that this life I'm healing from because it's a super passion of mine. I love to see women not only birth their own babies but just take responsibility. Get that placenta out. Be done. It's awesome to not be involved in that really at all except to be watchfully witnessing. And I feel like Deva's birth was another powerful moment. I had done that a couple times before. But this one being caught on film, of course, feels sort of extra powerful that I can watch and show that and use it as a teaching tool so that women can own this part of their experience as well.

So those are my couple of reflections on my darling baby's birth. She is getting ready for her little baby birthday celebration later today. And so I'm going to go be with her and celebrate her and the fact that it's been a year since she came earth side and blessed us with her adorable little face. And like I said, taking some time to probably sit and honor myself and my body for doing the job that it did only a year ago. It's amazing. Birth is amazing. Growing a person and a placenta and having them come out and then recovering and healing and breastfeeding and all of the things that take up the first year, it's amazing. So thanks for listening. I hope you've enjoyed this podcast. You can always leave us a review on iTunes. That's really super helpful because these podcasts really do seem to matter and give people needed resources. And if they're looking on iTunes, then the reviews are helpful. If you have a positive review, it's kind of a pain to leave a review on iTunes or so I've been told. But if you have a couple minutes and you feel like these have really helped you, then pay it forward and let somebody know.

Thanks so much. Have a great day.

(closing music)