

(introductory music)

DISCLAIMER: Welcome to *Taking Back Birth*, a podcast for women who know the truth about birth and those who want to explore the path of radical birth love. I'm your host, Maryn Green. *Taking Back Birth* celebrates the power you have to make decisions in alignment with your own truth. Decisions not subject to anyone else's authority. Decisions that create experiences that will change your life. *Taking Back Birth* is a production of the Indie Birth Private Contract Association and indiebirth.org. No material on this podcast should be considered medical advice. Birth is not a medical event.

(music)

MARYN: “Listen. Sit back and listen to the call of the crows, the breeze in the old leaves, the words of our grandmothers.” A quote by Emma Orr. I love quotes, and this one seemed like a perfect one for this podcast. Listen in on my chat with Eve, an amazing young woman who recently birthed her first baby, Sophia, in her complete power. I was honored to meet Eve just weeks before her birth and just as honored to attend her birth at the beautiful, Divine Grace Ashram in Arizona on gorgeous, sacred land in the company of some very special people. We jump right in with the story of Eve’s pregnancy, which was full of intuition and surrender. I really enjoyed getting to know Eve at a deeper level by witnessing her share her story. Listen in on this remarkable story of how Spirit and trust always leads us back home.

EVE: Yeah. Well, I got pregnant in the beginning of—I got pregnant in April. And I didn’t even know it for a whole other month. I was in Thailand. And I was traveling, and I was going to travel Asia for the next—my plan was to travel Asia for the next rest of the year. For all of 2019, I was going to be in Asia.

MARYN: Oh wow. I didn’t know that.

EVE: That was the plan.

MARYN: Wow. That’s funny.

EVE: And then I found out, and my period didn’t come in April. And I was like, “Okay.” Because it was in Asia, I didn’t have any insurance, of course, or whatever. So we just kind of kept traveling, and I was—kind of had the idea that I was pregnant. And then another month came, and I still didn’t have another period. And so we just assumed I was pregnant. And yeah. So we probably—let’s see. So then in late June, I came back to America for a doctor’s appointment and because we decided that it was maybe time for us to figure out where we were going to have the baby and everything like that.

So I just assumed—I just went with the easiest thing. I just thought insurance because I just thought it's free. So insurance sounds good to me. And I didn't put that much thought into it at the beginning.

MARYN: Yeah. Well, this is your first baby. I think I said that.

EVE: Yes. So this is my first baby. And so I—yeah. And I remember going to my first doctor's appointment. And this is in July. And they were like, "Did you do a pregnant test?" They said, "When did you do the pregnancy test?" And I said, "I never did a pregnant test." And I remember just—even just that they thought I was crazy. But I was like, "I didn't get my period. Why do I need to go and waste money on a pregnancy test?"

MARYN: I did not know this about you. Now I know why we're together. Awesome.

EVE: It's like, "Why do I need to—no. I never did a pregnancy test." But I just know I'm pregnant. I feel her in there, and I haven't had my period in three months.

MARYN: So there you go.

EVE: Yeah.

MARYN: Did you have any—I mean a sense that a baby was coming?

EVE: So I actually—yeah. But that's a different—

MARYN: That's a different story.

EVE: Yeah. Well, because we were—when we met in Peru. And we were on this Spiritual retreat. And I had actually had a one—we were in a ceremony one evening. And I had actually had a vision. This is just a few days after meeting John, her father. And like I said, once we met, we just never—we were—from the time that we met, we just never—yeah. Never apart.

MARYN: Never apart.

EVE: And so I had a dream. I mean I had this vision. And—hello. It's okay. You want some food. You want some food. Come here. Come here. Yeah.

MARYN: Snuggle.

EVE: Yeah. And I had this vision. And it was like I saw this mobile—that goes over a crib. And it was just in these pink waves. Just like that. It was just simple like that. And I was like, "I'm going to have a baby girl." And I felt it. I was like, "I'm going to have a baby girl." And then after, I told him that evening. And I said, "I think we're going to

have a baby girl.” And yeah. And then he was like, “No. No. Not right now. Maybe—okay.” He accepted that we were going to have one, but he didn’t think so soon. I was like, “I don’t think I would have seen that if it wasn’t going to happen soon. I feel like it’s going to happen soon.” But I didn’t realize within the month. Like the next month. I was thinking a couple months. At least. And he was thinking like a year or whatever. But yeah.

MARYN: She wanted in.

EVE: Yeah. And I kind of did get this hint. But I’d been wanting a child for a few years, and it just—it never happened yet. So that was a big sign. But I always wanted a son first for whatever reason. And I just wanted a little boy. And yeah. So that was a big—as soon as I saw that, I was like, “I’m going to have a girl first.” I had to get used to that idea first too. And then—but no. Of course, she’s here. I couldn’t even imagine it any other way. But yeah. So anyways, that was it. A few days. Yeah. A couple months before I had that vision. And then lo and behold, I was pregnant. And I kept seeing pink baby stuff everywhere too. Throughout—after that, I just kept seeing stuff. And I’m like, “She’s coming.” I just knew it. And I just kept getting signs from the world. I would just—just random things would just catch my attention or something like that throughout the days and stuff. And I was like, “Okay. This is happening. She’s coming.” So and then when I didn’t get my period, I was like, “Oh, it wasn’t even really a surprise.” It was just kind of like okay. This is it. I knew she was coming.

MARYN: Yeah. Which (cross talk).

EVE: Yeah.

MARYN: I love how they show in colors sometimes like that. I mean my babies have in various ways. Just dreams or actual colors or it’s like this cross world between feelings and—you’re so strong.

EVE: Yeah. It’s all different kinds—I’ve heard all different kinds of ways that people have known. Some people have known since they were kid. They were like, “I just have felt,”—they feel them with them and all kinds of stuff. I have heard all kinds of stuff. So—and I never felt anything. I never knew until then. But yeah. So anyways, so I remember—are you okay? What’s the matter? (inaudible) Can we carry on talking? I remember going to the doctor, my first appointment. And yeah. So it started there. And they were like—that was already weird. They just thought it was so weird that I didn’t take a test. And that was already something. You could see at the hospital they have their way of doing things. And there’s—they have this idea that things should be done a certain way. And then even they asked about the vaccinations and all that.

“Are you going to get your flu vaccine,” and all this kind of stuff. And of course, you just say no.

MARYN: Well, you did. I mean so many people don’t, of course. But you seem to have a very strong inner compass to—like the choices you know you should make which is so cool. It’s something I love about you. You can just know. So you refused all that kind of stuff.

EVE: So yeah. And then I remember they wanted to do an ultrasound. And I was like—I remember at first I didn’t want it. But then I was like, “You know what? It would be cool to know the sex of the baby.” So I got one ultrasound. And it was just kind of nice too to just see her face.

MARYN: Yeah. That’s super cool.

EVE: Yeah. That was cool. Yeah. And so I thought that was cool. But then I—after that though, they wanted to do—I remember though they wanted to do a few ultrasounds. Like schedule them out. And I can’t remember the exact weeks or whatever. It was supposed to be every few weeks and stuff like that. And I just remembered thinking like, “Okay. We don’t need that. One is enough.” I know the sex, and that’s it. And then I just remembered too—yeah. So I just remembered thinking that, “Okay. This is—I’m going to do this—I’m going to try to do a natural birth at the hospital. As natural as possible.” And I just remember—yeah. Thinking that I would just do it as natural as possible. And I knew that the questions would come and all that. And I just thought that I would just tell them all that I wanted it—just as—that’s it. And basically, just as if it were a home birth but at the hospital. Because like I said, that’s just what I thought. But then too, I think there’s just this idea that it’s—you’re supposed to go to the hospital and everything like that. So in the beginning, if you don’t really sit down and think about it, it’s just that’s what you go to. It’s your go-to thing. Like, “Oh, it’s going to happen at the hospital. That’s just what—where we give birth.”

MARYN: Yeah.

EVE: No thought to it really. And especially with things like insurance. But—

MARYN: How did you—I mean it’s a big question, I guess. But how did you know for yourself even just with some of the choices like with ultrasound or whatever—how did you know what you wanted or didn’t want? There is so many choices, and you were already in that system. And most people get pretty overwhelmed, and they maybe feel fearful or the doctor says one thing about, “Oh, you need this or that.” And they’re like,

“Oh, okay.” How did you—where did you pull from that strength and knowing that you have? Have you always been that way?

EVE: I just—not always. But the more that I just kind of surrender to everything the more intuition kind of comes up. I don’t know how to exactly describe it. But the more that you just surrender the more you just know too at the same time.

MARYN: Like you feel it.

EVE: Yeah. And you just kind of know what’s right. But it’s what it is is not letting other thoughts and ideas get in the way of your thinking.

MARYN: That’s totally the hardest part.

EVE: Because it’s like—yeah. Because you have an idea and you’ll know, no. I don’t want this vaccination or something from the beginning. But then you have the Internet and Facebook and doctors telling you whatever. You need this and blah, blah, blah. And then that’s when you get the fear tactics.

MARYN: That’s the hardest thing to resist is everybody’s what ifs and theories and especially with your first baby. Family, all the things. So I’m just—I’m amazed that you knew that for yourself.

EVE: Yeah. Yeah. Families too. Yeah. Exactly. Yeah. Yeah. So I think it’s that—yeah. Just not letting the fear get to you. And get in the way of your decisions. You shouldn’t make a decision fear based. It should come from your hear no matter because there is always that fear there. It is kind of like—my story is really different because, like I said, we were wandering nomads at the time. My whole life I basically just gave up. I had my apartment and my cars and all that. And I literally gave it all up, and I left everything behind. And I was just going to start traveling and just basically go on a pilgrimage and just go where I felt that the Spirit was guiding me. And just felt where I felt—just go where I felt like I would be—where I either needed something or somebody could use me for however they needed me or whatever. Just where I could be of service or whatever.

MARYN: That’s beautiful.

EVE: And so that was basically what I was going to do is just follow Spirit just wherever I was needed in the world. And so at this point too—so my partner is from England. So we weren’t sure if I was going to have the baby in America or was I going to have the baby in England or what. And I kind of started feeling that I wanted a home birth, and I knew that in my head. I had always pictured myself having a home birth and a water

birth. But because, like I said, at the time, it was just easier to just go with insurance. That was just the easiest thing. So that's what I was going to do. So I was just going to do it all natural, but we were in England for a little bit. And I was trying to wonder if I was going to do a home birth there because in England I didn't have insurance. So I was in England. I was like, "Well, I guess we'll have to do a home birth."

MARYN: Right.

EVE: But then we were trying to figure out where we were going to stay. And so we were like, "How are we going to have the home birth without a home?"

MARYN: Good question. People do.

EVE: And all this stuff. So it was really just—it sounds so crazy because it just—we were really just trying to figure everything out because it was—we didn't plan on having her. And we didn't—we had both left everything behind, so we didn't have anything in either country.

MARYN: Starting from scratch.

EVE: Yeah. Literally. So yeah. So but I wanted a home birth there, but then I was like, "Okay. Well, it's kind of expensive. And we'll just see how everything goes. If it's meant to be, then it'll be." And I know that I always pictured—I kept picturing the home birth and the midwife type thing in my head. But at the same time, I just always said, "Okay. Well, if it's meant to be, it'll be. It'll happen. And we'll just see." I never officially said no to it. But I just knew that superficially it didn't always look like a good possibility. So then I came—

MARYN: I think a lot of people feel like that. It's like, "Well, I know what I want. Or I think I know what I want, but how do I actually—where do I find that thing?"

EVE: It's the how. It's the how. Yeah. It's the how. So yeah. So I just really kind of—I just—like I said, I was just if Spirit brings me a midwife, then they bring me a midwife. And that's exactly what I said.

MARYN: That's so cool.

EVE: And that was months ago back in England. And then yeah. So then finally, things weren't working in England. It just—nothing was falling into place. Normally, when you're—when things are supposed to be, if you're supposed to be in a certain place and everything—normally, things will fall into place. So that's kind of how you can tell sometimes that it's time to move on from where you're at or something like that. Or maybe that's not the right situation for you because things won't be falling into place the

way that they should. At least, for me. So I was like, “Well, okay. Let’s go to America.” So I went to America. Here I am. And yeah. So I was at home in Tennessee for two weeks. That’s where I’m from. I went to a doctor’s appointment. And, again, they tried the vaccinations and the ultrasounds and everything like that. And I was like, “Okay. This is going to be a hard one.” But I just was like, “I’ll just wait.” But the thing was too I could have had any four of the nurses that were going to be on call could have delivered.

MARYN: Right.

EVE: So I didn’t even—I thought about talking to the person, to the nurse that I was seeing before. But I was like, “But then I just might have a different one come, and there’s point in expressing my views and how I feel if it’s not even going to be the same person.”

MARYN: No relationship in those situations.

EVE: Yeah. There was no relationship. No. And that was it too. And I was like—so I just thought I’ll just have a little birth plan and just go and do it as natural and everything as possible. And yeah. But then I just started really feeling Arizona. But I was kind of already feeling that back in England. I was getting signs of Arizona, Arizona, Arizona.

MARYN: Had you ever been here before?

EVE: No. I’ve been this far west ever. I’ve never been past like Kansas.

MARYN: Thanks, Sophia.

EVE: Yeah. I know. This is crazy that she was born here.

MARYN: It’s such a great story.

EVE: It’s insane how it all happened. But yeah. I just remember even in England I was feeling Arizona. And I was like, “So,”—and then I just looked at my partner. I was like, “Well, I guess whenever we go to America again or something we need to make a pit stop in Arizona. There’s something in Arizona. We need to go to Arizona.” And that’s what I was saying. And then when I came back to America, I was like, “Well, I’m here. I might as well go to Arizona. Maybe there is something there that we need before she’s born or something.” And then I found out what Sedona was. I had never heard of Sedona. What? What’s the matter?

MARYN: Well, your hand got out.

EVE: She's all (cross talk). Breaking loose. Breaking loose. Get that milk mouth. (cross talk) milk mouth. Come here. Yeah. Yeah. Yeah. So then I found out what Sedona was. And I was like, "Whoa. Okay. This is the most Spiritual place in America. How have I never heard of Sedona, Arizona?" And it's wonderful vortexes. This is crazy. And I don't know how but I guess it just wasn't time. But you know things when it's time for you to know things.

MARYN: That's true.

EVE: So I was like, "Okay. Well, let's—maybe we need to go to a vortex. And maybe she needs some vortex energy or something. There's something in Sedona." So I start looking for Sedona and looking for a place to stay or how that would work. And I'm like, "Okay. Sedona is really expensive.

MARYN: Truth.

EVE: And I was like, "I'm going to be able to stay here for the weekend." But okay. Let's see. So I just kept looking and looking and trying to find something. And then this Ashram popped up which it popped up online. And it was talking about it does yoga classes and all that kind of stuff. And it has it's (inaudible) in the evening and everything.

MARYN: What's an Ashram for people that need to know?

EVE: So an Ashram—it's a place of worship. Typically Hindu type style. But really it's just for whoever wants to follow God, whatever form of God they have. It's really open like that. But it's just a place of just worship and any different style and any different way. And typically, it's donation based and nonprofit because it's all about God. It's not about anything else here. And typically, there's a schedule throughout the day. I mean you just keep your focus on God. Lots of meditation and, like I said, we wake up in the morning. And it's just straight into singing and chanting about God, and you do that all day long basically. And they feed you, and it's great.

MARYN: That's so beautiful here. The property is so peaceful. And yeah. I mean you've gotten to live here. It's so special.

EVE: Yeah. It is. It really is. Because like I said too, it first popped up, and I ignored it because I was like, "Well, it didn't say anything about staying or anything like that." So I was like, "Okay. Well, so it's not one you can stay at," or whatever. Then it actually—once it popped up, it kept popping up. It popped up four times, and I was like, "Okay."

MARYN: Like on your Internet searches?

EVE: Yeah. On my—yeah. When it wasn't even coming up at all.

MARYN: That's weird.

EVE: And then it kept popping up after it did that one time. I was like, "Okay. Then. So let me just email and see what's going on because obviously there is something going on here." Somebody is trying to get my attention. So I did message. And they were like, "Well, yeah. It's kind of different. We have a couple accommodations maybe." So then he kind of like asked me a few questions and everything like that. And then he was like, "Yeah. Well, we'll see if you can—well, just come, and we'll see how everything works out and everything," basically. Just, "You can come for a couple days, and we'll see how everything works out."

MARYN: I see.

EVE: And but at this point, I—

MARYN: And they knew you were pregnant? Or no?

EVE: Yes. So I told him I was pregnant. And that was a big part of me coming. Like he asked me why. And I was like, "Well, I just feel like there's something that I just need some peace. And I just need to be around just really good energy before I bring this child into the world." And that's what I said. I think I need it for me and for her. I think we both just need to be in a place of just peace and everything before she comes. Because it was—things were kind of hectic before. Like I said, we've just been all over the place. So I was just like, "We just need to settle somewhere."

MARYN: Stability.

EVE: Yeah. And just be at peace. And just be—and just—

MARYN: That's amazing. More women should spend the end of their pregnancy at an Ashram.

EVE: Yeah. I was thinking that. I'm like we end the pregnancy at Ashram. It's been great.

MARYN: I know. I would love to talk to someone about that. We should work on that together in some other life. Yeah. That would be awesome.

EVE: That could be a whole thing right there.

MARYN: It would be so amazing. Anyway.

EVE: Yeah. Yeah. I really have been. But yeah. So anyway, so yeah. The Ashram popped up. And then even just that that was crazy because I was like — it was actually taking him a really long time to respond. And I was getting really impatient because I just—

MARYN: The Swami or?

EVE: Yeah. The Swami. I'm sorry. The Swami here. So the Spiritual teacher here. And he was just taking a really long time. And I was getting impatient because I was sitting at home in Tennessee. And I just knew I had to be in Arizona. I just felt it so deeply, and I was like, "I just got to go. I just got to go." So it's a Tuesday. And I'm like, "I got to go." So I text my mom, and I'm like, "Okay." Which I kind of gave them a heads up when I first got there like, "I think I might be going to Arizona. I just feel to go. So we'll just see." So it's like a Tuesday. And on Wednesday, I texted my mom. And I'm like, "Okay. I'm going to book my plane ticket for tomorrow. I'm just going to go." So I did. And then because—yeah. It really wasn't that much to get here either. It was pretty cheap. So I was like perfect. And the cheapest ticket was the next day.

MARYN: Oh wow.

EVE: So I was like okay. I'm just going to go, and then I'll just wait on the Swami to message back.

MARYN: I'll wait on the Swami.

EVE: I'll just see—we'll just figure it out. And I remember too. And I had a sleeping back, and I was like, "Maybe we'll just go sit at a vortex or something. I don't know. We'll just see." I'm just wandering literally. But I knew I had to be in Arizona. That's all I knew. So that's where I was heading. And then my plane got cancelled. So my plane got cancelled. And I had to end up coming back the next day. But that next day, the Swami called me, and he was like, "Hey, I'll actually be in Phoenix." So he didn't call me to pick me up or anything. But he was just messaging me back. "Hey. Yeah. We can do this." And I was like, "Oh, well, cool. My plane is landing tomorrow. Or today." And he's like, "Well, I'll be in Phoenix." And I was like, "Well, that is so perfect," because yesterday if I had gone the day before like I was going to I would have had no place to go. I just would have, like I said—

MARYN: That's fantastic.

EVE: Yeah. So my plane got cancelled. So they're like, "Nope. Not yet. Not today."

MARYN: The Swami will come around tomorrow.

EVE: The next day. Yeah. Tomorrow.

MARYN: I love it. That's really cool.

EVE: So tomorrow. So then yeah. And then that's it. And then I just was here. And my plan was to just come here and stay here for a month and everything. And just—and then just get back on the plane right before—maybe a month. So she was due December 22nd. So I was thinking maybe to just go back the end of November, beginning of December. But just to get a peace of mind and just clear my head and everything. Just really just become grounded—more grounded. And so yeah. And so that was my plan, and I was just going to still do the hospital birth. Like I said, I still wanted the home birth, but—in the back of my head. But the hospital birth just sounded more likely. So then I'm at the Ashram. And then I just keep getting these little hints that I'm not leaving. Like when I first got here, one of the first people—one of the things—there's this guy here. His name is Gabriel. And Gabriel has been pushing this for me to have the birth here at the Ashram from the day that I got here. Literally. He was like, "You're going to have the baby here at the Ashram?" I'm like, "No. No. I'm going back home. I'm going back to Tennessee." I was so set on it.

MARYN: What are you saying?

EVE: Right. Yeah. I thought it was mad. I was like, "You are so crazy." But he mentioned it quite frequently. He would say it to me. Just throughout the month. Like, "You're going to have the baby here," and stuff like that. Like he was joking but he was really—he thought it would be so cool to have an Ashram baby.

MARYN: Yeah.

EVE: And so yeah. And then even in—as time kept getting closer, I booked my plane ticket basically on a Tuesday again. And it was around—it was going to go back right before Thanksgiving. So I was going to get back right before Thanksgiving. And the day before Thanksgiving. And I booked that plane ticket on a Tuesday. On a Friday, I got an email about my plane ticket was cancelled because some issues between the airline and the booking website. And so it took them three days to tell me that. I even got a confirmation code and everything. I thought I was good to go. Three days later I found out I'm not. And yeah. And because of the holidays, plane tickets literally went up \$300.

MARYN: Yeah. I bet.

EVE: They literally went from \$100 to \$400 and \$500. It was ridiculous. And I was like, “Well, I’m not going home any time soon.”

MARYN: Wow.

EVE: And so then for a little bit—for a couple of days, I was still—my mom, I think—it was really hard because my mom wanted to be there. And my family really wanted to be there and to support me. But at the same time, I felt really, really supported here the more I thought about it and everything. I just didn’t want to disappoint my mom. But at the same time, I just had to go with my heart and where I felt I needed to be and where she needed to be. My daughter. And so, yeah. So after a couple days, I was like, “Wow. I guess I’m not going to go home.” And even then, then here comes Gabriel at one of the meetings. And he was like, “Ask Swami.” He’s like, “Is it okay if she has her daughter? Can’t she just have it here?” And Swami was just like—I just remember—

MARYN: Yeah. What was his first reaction?

EVE: He said something about him—he just said something along the lines of, “She is supported. Whatever she decides or whatever.” Something like that. He’s just always been very supportive from the beginning. But it was still crazy for me to come, and I just didn’t want to impose on anybody.

MARYN: Sure.

EVE: It was a lot of kind of guilt to get over. I was like, “This is a lot.” And that’s why too I could never see it. So then I was like, “Well, I’m just going to have a newborn at the Ashram.” It didn’t even make sense. These things don’t even make sense. And I’m just thinking about being in the room and the bunk beds. And I’m like, “And I’m going to bring a newborn back,” still thinking about the hospital.

MARYN: Right. How does this work?

EVE: Yeah.

MARYN: Right. You were going to go to the hospital here. That’s right.

EVE: Yeah. And even in—even within the first month that I got here—not the first month. Within the first two weeks—it wasn’t even close to my delivery. The Swami here. He was like, “So what will we do if you do go into labor?” And I was just like, “Well, I’ll just go to the hospital.” But even just that, I’m like, “I still have—I’m not due for another six or eight weeks. Why are we even talking about it?” But it was just like—it was like those little, subtle hints where it kept coming about having the baby here. And yeah. So then I was still going to do—I was just going to do it at the hospital. And I was

going to—but it didn't feel right. It didn't feel right because too—as soon as I had—I figured out insurance and everything, and as soon as I booked an appointment, the first thing the lady said over the phone was that they're going to do an ultrasound. And that they do them for all of them. And I'm like, "But it's totally—they don't even normally do those this late. I don't need to." But anyways.

MARYN: It's just the way it goes.

EVE: Yeah. And I just—it's just like—and that was already. It didn't feel right even booking the appointment. But then after that, that really didn't feel right. So then I ended up keeping—I was going to keep the appointment and everything. But I just kept getting this feeling like this is not—you're not going to have that baby in a hospital. Then it just kept coming to me really strong over two days. That you're not having her in the hospital. It's just not going to happen the way that you are seeing it. That's just not going to happen. So then I was like, "Well, what else am I going to do?" This is me and Spirit having a conversation. I guess I'll just free birth. Free birth it is. I'm just going to do a free birth. But then at the same time, it's like trying to—I'm still at the Ashram, so I have to respect that space too. So I'm trying to think, "How is this all going to work out?" And I'm like, "Well, I'll just do a free birth." But then here comes Rukmi, one of the ladies here, was talking about, "Well, just do—try a midwife. Try a midwife. Try a midwife." And I was just like, "Well,"—I kept saying to her, "If a midwife comes,"—I told her the same thing. "If a midwife comes, then I'll accept it. But I can't afford a midwife really at this time." And I just kept going with it. If a midwife comes, then they come. But actually, when I first got here, just throughout my time here, I kept hearing about Indie Birth. There was a lot of mothers that would either come to the Ashram or we would be at ChocolaTree, and I would hear about Indie Birth. I was told to check out the website. I even checked out the website, read the stories—

MARYN: How funny.

EVE: Read about Maryn.

MARYN: So weird.

EVE: I didn't think anything of it. I was just like, "Oh, this is cool." Because they were like, "It has a lot of helpful tips about after pregnancy and all this and a lot of natural ways and things," I was like, "Oh, this is really cool." It just kept popping up. And then I had even heard about Maryn from Mika because that was her friend's midwife.

MARYN: Oh right. I know there's so many points.

EVE: And she spoke about you. Yeah. And I was just like—and then Allison just had her child here. So then Rumki was like, “Well, try Maryn. She’s been working with Allison and whatever, whatever.” And so finally, I’m just like, “Okay.” Because it was just being pushed and pushed, I was like, “Okay.” Because I was just thinking, “This is impossible. There’s no way.” Whatever. But just—I just kept being pushed, pushed, pushed. So I was like, “Okay.” So I made an appointment with Maryn. And yeah. And it was the most beautiful thing I’ve ever done. I don’t even know what else to say. I don’t even know what else to say because it all just fell right into place.

MARYN: Totally.

EVE: It all just did. And yeah. And that was so perfect because even once I was like—that I wanted to have it at the Ashram. And Swami was like, “Okay. We support you, but you have to have somebody here. You can’t just free birth. I just can’t have that happening.” For their peace of mind.

MARYN: Right. Yeah. It was already probably—I mean a really cool stretch that they wanted you to have the baby here.

EVE: They wanted to have it here. That was already—yeah. I couldn’t even imagine.

MARYN: Above and beyond.

EVE: Yeah. To just have a baby here and then have all the support.

MARYN: Oh yeah. The support deserves its own postpartum podcast really.

EVE: Oh my goodness.

MARYN: The sisters at the Ashram. Yeah. So beautiful.

EVE: (inaudible) comes in here, and she’s like, “This is what all the books say it should be.”

MARYN: Yeah. It is. This is what the books say it should be.

EVE: She’s like, “This is so perfect.” I’m like, “I love you guys.” I just—but it’s like—it’s really nice to share the story though because I love it. It’s just like—it’s really amazing what happens when—just to watch when you just—really just surrender to everything and even let go of control. But I mean—and we were talking about just right before this is even with—when you bring the child into the world, you have to surrender. You’re not in control of the situation anymore. To take that aspect with the child, but just with—and use it throughout our whole lives for everything.

MARYN: Right.

EVE: We're not in control. And just to trust too. You have to trust.

MARYN: So beautiful. You're such a great example.

EVE: It's really amazing. But yeah. And just to not let people get into your head either about anything because that happens too. Even people are like, "You're crazy." Like my mom. "You're going to Arizona before the baby. How are you going to do that? You're almost—you're due in a couple months. What are you even doing?" All this kind of stuff. There's always people there. There's always going to be the doubters. And whether it's, "Are you sure you want to give home birth? Are you sure you want to free birth?"

MARYN: Right.

EVE: There's always going to be the doubters. And, "Are you sure you don't want to vaccinate because your child is going to die?"

MARYN: Sure. It doesn't stop. Right. It doesn't stop.

EVE: It doesn't stop in any way, in any form. So it's just like yeah. I just can't even believe it. And the actual birth itself—oh my gosh. That's a whole different story we haven't even gotten into.

MARYN: That's part two. No. This is so great. It's so inspiring. I mean I am learning things about you too because I mean you probably—well, people could probably guess. So we only met two weeks before you birthed this beautiful baby. So we've been getting to know each other too, so it's been so fun. Yeah. I mean obviously it was so special meeting you too that day. And no one knowing, of course, when your baby was going to come. So I don't know. Just on the logistical side, like just getting to know each other a little bit and finding out what the lay of the land here literally was and where you wanted to have the baby. And I don't know. Any of the above for you to talk about.

EVE: It was all so very last minute but in the most beautiful way. It wasn't even a pressure. It didn't feel stressful. It felt just right. It all just fell. Yeah. So then I knew that it would be best if I could have my own space. Because we were in shared quarters.

MARYN: Best decision ever I think for birth.

EVE: Yeah. And then there just—there happened to be a nice little, comfy, cozy camper out here.

MARYN: Yeah. It's so amazing.

EVE: A nice whole trailer set up. And so yeah. So we decided to move into here and have the birth in here. So that way just—it would be quiet and everything like that. And no distractions. But I always knew that whoever was around when the baby was born was who was supposed to be around, so I never—I tried to let go of that. Because they do say whose around when the baby is born can be important, but it's just also too whoever is around is who is supposed to be around. But it was still best to have my own space. And then yeah. I don't even—

MARYN: So you went a couple days past your date.

EVE: Yeah. Four days.

MARYN: Like most people sort of do. So you were—

EVE: Yeah. And—so I was praying, praying, and praying just to whoever was listening—really praying to myself just setting intentions like, “Okay. You're coming soon. We're going to have an easy birth. We're going to do this. We're going to work together.” This is just things I was saying all throughout the day. Just before—this is days before I felt it. I felt her coming. And I just—probably a week before I was just like, “Okay. I got to start getting in the zone.” And so I just praying, “Whatever angels be there please. Any ascended masters. Just be there.”

MARYN: Everyone.

EVE: Everyone. I was praying to everyone. I was like, “All my ancestors. Anybody who can be there please be here with me.” I was just praying and just setting that intention. And then yeah. And then on Christmas Day, I was—on the 25th, I was just—I just remember we were dancing. (inaudible) kept making me dance. She was like, “You got to do these hip rolls. And if you want to get that baby out,” so I'm rolling my hips. They had them in there playing the drums and the little bongos and stuff. And we were just all dancing. And then Erica brought me this ball. The yoga ball. And she was like, “You get on here. You do some hip rolls.” So for two days, I was doing all the hip rolls and the dancing and the bouncy ball. And I was like, “Okay. We're going to come,” and just trying to work her out of me already. And then—what? This might be hot. This is hot.

MARYN: Unswaddling here.

EVE: Sorry. I'm hot too. I'm hot too. How does that feel? Yeah. But I just remember I felt it. And I was like, "Whew. You better start praying," and I did. I did.

MARYN: Yeah. You knew it was coming.

EVE: Yeah. And so then—yeah. So here comes the 26th. The day after Christmas. 2:00 in the morning. I was woke up with contractions. And so I was like, "Whew. Okay." And everybody was like, "You'll know them when they come." Because people kept asking me, "Are you feeling contractions? Are you feeling anything yet? Are you feeling anything yet?" I was like, "No. I don't think so. I don't think so. I don't know." I just felt maybe little mild cramping. Nothing really. And that was it. But at 2:00 in the morning, I felt the contractions. You feel them. What? It's not a question. No. It's not. Mm-mmm.

MARYN: She's like, "I know."

EVE: When you feel them, you feel them. And so I got my little contraction app out. And I said, "Let's time these things." And I did. And it was like, "You should get ready to go to the hospital." And I'm like, "Okay."

MARYN: I didn't know these timers dispensed advice.

EVE: Yeah. They do.

MARYN: Now I know.

EVE: So I'm like—yeah. Mine did. It had a whole paragraph of advice. But that basically the main thing. It was like, "You should get ready to go to the hospital. Your contractions are pretty good."

MARYN: Because they were close together. Yeah?

EVE: They were like—they were—the—yeah. They were two to four minutes apart at that time. And they were lasting a minute. They were lasting a minute—40 seconds to a minute. Or more. Yeah. So they were just intense from the beginning.

MARYN: Right.

EVE: And then after that, yeah. And I just remember. And then I text you. And you were like, "Well, just get some rest." I'm like, "How do you rest when your uterus is pulsing like this? I don't even know what she's talking about."

MARYN: I was like, “Well, it sounds early. It sounds earlyish, so you should probably get some rest.” I mean, of course, yes. Sometimes you can’t sleep. And that’s ridiculous advice. And you never got a rest the whole time.

EVE: I never—it just kept—they only got worse. They only got shorter. So then basically, after a few hours, they were every two to three minutes.

MARYN: Yeah. That’s so hard.

EVE: It was crazy for—it was almost 13 hours. It was 13 hours. And so probably yeah. 12 hours of contractions. And what? The last little bit of pushing. Whew. Did you use the bathroom? Yes. You did. Okay. I’ll let it sit and see if anymore comes out.

MARYN: So you were up the rest of the night.

EVE: Yeah. And so I tried to lay back down. And yeah. I kind of was able to a little bit. Rest. I tried. But it just wasn’t happening. And then I just remember from there—I can’t even remember what time. I think it was like four hours later. You still weren’t here. And I just wanted you to be here because I just remember thinking, “Okay. She still doesn’t think it’s time.” I just remember thinking, “Okay. When Maryn’s here, then at least that means the baby is close or something.” However that was happening in my head.

MARYN: Right. So she better get here.

EVE: I just had to reason with myself like, “When I see Maryn, the baby is closer.” So I just—I remember four hours in though I looked at Erica. She was a doula that was actually just so happened to be staying here.

MARYN: Oh, what luck, huh?

EVE: Right. It’s crazy. And I just remember looking at her and just saying like, “I can’t do this. I’m only four hours in. I got to quit.” And yeah. It’s just really intense. The birth stories and everything like that. They don’t do it justice. It’s not—you don’t know it until you know it. I remember it was like an hour in. And I remember getting the realization—like it hit me hard, “This is labor. This is what people do for hours.” And then you hear about the people who had 24-hour labor and 35 hours. “You were in labor? That’s what you did for 35 hours. Just that continuous just hard cramp like that.” I don’t even know how to—you can’t even describe a contraction.

MARYN: But you—I mean you just had no break. I think—I mean not all the time. But often when people do it for days—well, I mean it can be like that. But more commonly, it's a little bit more relaxed. But yours was like boom.

EVE: Very intense. Yeah. And I think that was the part—yeah. But whatever got her here. But yeah. That was. It was very intense from the beginning.

MARYN: So I think I talked to Erica in the morning. I had never met Erica either, but she was kind of acting as the go between because you were getting annoyed with your phone. And I was trying to get information because I just didn't want to be here too early and just be sitting around watching you. And also, I think it's we're saying that when you're still trying to get to know someone too you're trying to gauge where they are in the process when you don't know them as well. And so yeah. Walking that fine line between you don't want to leave someone but you also don't want to sit and stare at them. But by, I think, 8:30 or 9:00 in the morning—I mean and Erica seemed to more like, "You should maybe come in,"—and I was like, "No. I'll come now. And I want to check this out for myself," because I couldn't get solid facts out of anyone. But for good reason. I mean you were in the zone.

EVE: I'm sorry. I was like—

MARYN: No. No. No. I mean and that was another clue. And even Erica and I were kind of discussing together, and we both agreed, "Eve doesn't seem like the kind of person,"—and no judgment on this. But that is overly dramatic or dramatic at all. So you were working hard, and you were really in it. They weren't the little piddly early labor contractions where people bake a cake and go out to the store. It was like—yeah.

EVE: And it was so—because I even had a book here. I was like, "Maybe I'll read that in labor." I printed off the pictures to color. I was like—

MARYN: That's awesome.

EVE: I had a coloring book. I was like, "I could color in labor."

MARYN: That's so funny.

EVE: Yeah. Right. I thought about that afterward. That was a joke that I really thought I was going to be able to do anything in labor.

MARYN: Well, how do you know? You don't know.

EVE: You don't know until—yeah. Yeah.

MARYN: You could have had a whole day before where you were coloring and baking cakes. You just didn't get that. That wasn't your story.

EVE: Not this time. Not this time around. Yeah. That is so funny. Yeah.

MARYN: That's really funny.

EVE: It was not—none of that.

MARYN: So I got here at 10:00 a.m. I think. Do you need something? I got here around—do you want me to turn the heat on?

EVE: No. You're fine.

MARYN: 10:00 a.m. And yeah. You were working. You were here on your bed and kind of hands and knees and totally going somewhere between contractions, but they weren't terribly long which is not to discredit the amount you were working. But just because it's an interesting fact. But it doesn't matter. Sometimes it doesn't matter. None of it matters. Anything we think matters because you were doing it very much so. At 10:00 a.m. I was like, "Oh, man. I'd better,"—

EVE: I didn't even realize you got here that early. It didn't feel like that.

MARYN: Well, yeah. You have no idea when you're in labor what time it is. I mean that's (cross talk).

EVE: I was not looking at the clock. And then I even remember at one point, I was like—I remember thinking to myself that, "The clock is over there." And I was like, "Don't look at it." I remember having a conversation with myself like, "Don't look at that clock." And I just remember—

MARYN: Wow. That's so smart.

EVE: - taking it just minute by minute and just contraction by contraction. I remember just breathing through it. I was saying all—everything. Like I said, I was still praying to everybody. I was praying to everybody and anybody and myself and just like, "Please. Just be with me. Just help this get by." And I just—it was really—it's a lot of motivational speaking and pep talking that you have to do on your behalf.

MARYN: Yeah. That's so true. I don't think people realize that, or maybe people are just different. But I've felt like that too. You need to come up with the things that you talk yourself out of or to or whatever. Yeah.

EVE: Yeah. And I just remember—yeah. Just—yeah. Just saying things like, “Yeah.” Well, thinking about too—like, “Okay. This is all the women before have done this. This is what women do. This is what I was meant to do.” All kinds of stuff like that. It’s just nonstop. You just got to talk to yourself really. So it’s—because sometimes it feels like it’s never ending. And then I just remember saying too like, “Okay. It’s just a day. Just get through this. You just get through this, and then you’re going to have your baby. And then she’s going to be here.” And I remember just picturing us together. I remember just picturing me holding her. Just picturing her coming out and just holding her and it just all being done. I just remember finding so much comfort in that just thought of, “This won’t be forever.” It’s just—just get through it. Because yeah. It’s completely—yeah. No pain medicine. No nothing. And then I thought—I remember the thought came to me like, “This was a joke that you thought you were going to be at the hospital and have a completely natural birth.”

MARYN: Right. In that moment, you realized—

EVE: I was like, “That would have been,”—because too I would have been stuck in a bed. First of all, I was completely naked the whole time. Just wandering around doing whatever I had to do on my hands and knees over here or over there just hanging off of something. Just working my hips. Just doing whatever I needed to do. Pacing and whatever. And you can’t do that at the hospital. And then too even they want you in the bed. You got to be in the gown and all this kind of stuff. And it’s just—it’s totally different. Then I had my music on. You can’t do that at the hospital. And all that kind of stuff. I mean it would have been completely different.

MARYN: Yeah. I know. It’s hard. I mean it’s harder.

EVE: And I had good, homemade food coming in even though it was hard to eat it. But hospital food—I wouldn’t have even been able to get the two bites in that I was doing. Hospital food is disgusting.

MARYN: Yeah. You were so instinctual. That’s the thing.

EVE: Like (crosstalk)—yeah.

MARYN: Yeah. Just the way you knew to move your body and what you needed in the environment and being naked. It’s all stuff that you kind of hope people will do because it means they’re really in it rather than it being a learned behavior or a thing they know intellectually. You just were so connected.

EVE: Well, it kind of is like—I think it is. It really is about just letting go of those fears and stuff. It really is. You do know what you’re doing. And we have really done this

before in past lives—in whatever. We've done it a million times. If you just let go and surrender to your body, it will know what to do. It's just actually doing that and getting out of your head. And that's why, too, sometimes it does make it easier when you have a midwife there or something to ask all the questions to because it's easier to get into that—you don't trust yourself so much sometimes when you don't have to because it's like, "Oh, I have somebody there that I can just ask them all the questions. I don't have to trust myself."

MARYN: Right. Totally.

EVE: But you have to let go of that and just trust yourself. You have to trust yourself.

MARYN: Yeah. It still comes back to you. Right. It's like no one—well, and I want to say too—

EVE: Because every person is different too. So you can't tell somebody how to move who—because—

MARYN: No. You definitely can't. But you—I mean you knew as long as I've known you, at least, that you were going to be the one to birth the baby. We had conversations about that just because sometimes that's—it's like a subliminal thing people miss especially with a first baby. And so they end up looking to someone more like, "What's next? Or should I push?" Or any of the things. But you just knew for you what you were doing and the support you needed. That's really magical.

EVE: Yeah. Yeah. It really—yeah. It was. Just the whole thing. Yeah. It just—you got to—yeah. I don't even know what else to say because it's really—it's—you just don't know that one until you know it. There's nothing more—there's really not. You can watch all the videos, read all the stories, and everything. But when you're in it, you could read all the stories you wanted while every—but it just—it's not the same because some people do—some people have it laying down even though it's a birth. They have it laying down. And even just (inaudible), my friend, she ended up having it—she had a home birth, and she ended up laying down. And the midwives held her feet up just like stirrup. Just as if she was in the hospital.

MARYN: Right.

EVE: And that's what worked for her.

MARYN: Right.

EVE: And I had mine basically in a squat and then standing up. And that's what worked for me. And some people like the water. And it's just—I thought I was going to be in the

water. I had the tub ready and everything. Just there waiting for me. And yeah. That was not happening. When it was actually there, it was not—the tub did not feel right. There was nothing about that water that I wanted. I was just like—

MARYN: Yeah. It is so individual.

EVE: Yeah. It's very—yeah. It's very different for every person and every baby.

MARYN: What about that last little bit? I think of just you saying—I think it was at 12:30. So I guess spoiler alert. You birthed the baby around 2:30 p.m. So around 12:30, you got super serious. And you were like, “Shut the door. And don't let anyone in or out.” Mind you. The door is pretty central in this really adorable trailer. And so I could totally see how you were so annoyed by—yeah. Just the door opening. And people coming in and out even when it was with whatever tea. But just that moment for you to be like, “I need to get really quiet.” And I thought that was really awesome too. Well, for you to know like, “Okay. Shit's getting real right now.”

EVE: Yeah. I was like—

MARYN: “Don't open the door.” I love it.

EVE: Oh my goodness. Yes. You want to eat something? Yes. Yeah. Well, because too, I just felt the intensity coming. And I'm not even—it was like—here. The first—it was like this—what? This slight tinge. I don't know a better word. What? What? What you want? Hmm? You just want to sit up. See the world. I just remember getting this slight tinge of regret just wash over me like there's no going back. You're already too far. You can't do anything about it now. Why did I do this?

MARYN: Totally.

EVE: Type thoughts. And that's—yeah. When I was like, “Okay. This is,”—I felt the intensity coming on. I was like, “Okay. This is only about to triple in intensity.” Yeah. I just kind of started feeling that. I was like, “This is—okay. This is getting more intense than it already is.” And that's when I look at—I started looking at Maryn. I was like, “This is crazy. I can't—this is really hard.” And I just remember Maryn just telling me—one of the things that really helped me is just like—she's just saying like, “But that's your baby you're feeling. And that's not pain. It's your baby.” And yeah. And that was really good. It kept helping me. So when I would go into the contractions, I would—then I started repeating. Like, “Okay. That's the baby. She's coming. The more intense the contraction the more it's just like okay. That means she's coming.” And that's what—it kind of got to the point too—because it was like you feel the—for me, personally, I felt the contraction when I was laying down. But then if I got up and

did—moved my hips around and moved around and walked and stuff like that, it tripled the contraction intensity. And I didn't want to do that because it was a lot—it was very intense.

MARYN: Yeah. It's a choice at some point.

EVE: Yeah. And then that's—I remember. And then that's what you said. You were like, "Okay. You can lay down and rest. That's good. But with the movement,"—you said, "The positioning. That's how the baby is going to come. And you were like it gets intense. But that intensity—that is what is going to birth your baby." That intensity is going to birth your baby. So I'm like, "Oh, lord. Okay. Yeah."

MARYN: But you totally stepped into it. And I mean pretty much everyone does. It's just at your own willingness to go there. I could see it.

EVE: You have to have go to a different—it's totally different. Because the intensity of the contractions, okay. But to actually go to the part where you're pushing and everything, that's a totally different intensity. And so yeah. I just remember looking at the floor, and I'm like—I just remember knowing. I was like, "Okay. That's where I'm going to have her." I'm like, "Okay. I'm about to do this on the floor." I just felt it getting so intense. I was like, "Okay. I'm about to be on the floor." And that's when I asked you like, "Can we put some stuff down on the floor?" And you did. And then I just remember okay. And then I just laid down. I just laid there. And I laid there for—I don't even know how long. And I was just giving myself a pep talk.

MARYN: You were so peaceful. Yeah.

EVE: Through the contractions. Yeah. I was laying there. I was breathing. Just giving myself a pep talk like, "Okay. You have to do,"—that's what I was doing.

MARYN: Yeah. Makes you wonder if that's what that phase is for. Because textbook wise, there is a lull before the baby comes out.

EVE: Yeah. It's pep talk time.

MARYN: That's pep talk. Yeah. That's what it's for. Now we know.

EVE: That's literally—yeah. I was just laying there. And then finally, I was like—I didn't not want to get up. And I was like, "Okay. Come on. You have to do this. You can't—there's no—you got to do it. You got to do it. You just got to get up and do it." And so then I did.

MARYN: Yeah. It's here or there.

EVE: And then I started doing it. And every time I'd go through the contractions, I would just be like, "Oh, I feel you. Okay. That's the baby I feel. It's coming."

MARYN: So you just knew—I mean no one told you when to push. You just instinctively knew (cross talk) body.

EVE: Yeah. Yeah. Yeah.

MARYN: Yeah. So beautiful.

EVE: And as long as it's—it's like as long as you don't—you just have to know. You just go into it. Just trust yourself going into it. Like I said, sometimes when somebody is standing there with experience—what's the matter?

MARYN: Right. It's easy to look to someone else. Does this look normal?

EVE: It's easy. Yeah. Yeah. Am I doing it right?

MARYN: Do I push now?

EVE: Does this sound—yeah. Yeah. Yeah.

MARYN: You never asked. You totally knew.

EVE: Yeah. But if you don't—yeah. Because you just—you'll know. You'll know. If you just let it, let it be. You'll know. And yeah. What's the matter? Do you want to try some milk? Do you want to try some milk?

MARYN: She's like, "This is almost my part of the story where I get to talk."

EVE: That's part of the rest of the story. It's your story from here on out. Mm-hmm.

MARYN: Yeah. I remember you just going into this beautiful squat. And I asked you, "Do you want anyone to come in? Do you want any of the ladies here? Or whatever." And you were like, "I'm doing this like this. Right now." So inspiring.

EVE: Yeah. And I just remember I just kept picturing myself. I think that's a big thing. Is those are probably the biggest tools I think is pep talk, motivational speaking, and just visualizing it happening. Just in what—the after math. Okay. This is afterward. We're going to be able to just lay in the bed, and I'm just going to hold her. And that's exactly what I did too. Right after she was born, 10 minutes later the placenta came. And then I just laid down for—it was like 2 ½ hours.

MARYN: Yeah. You knew.

EVE: I just laid there. We didn't do anything. Nothing else happened. I just held her, and we laid there.

MARYN: Yeah. That integration time. That's that—

EVE: And it felt so good.

MARYN: Yeah. Beyond words I'm sure.

EVE: Yeah. It felt so good to just be—it was such a sigh of relief. Just a breath of relief, and it was just so nice to meet her. And, oh my goodness, yeah.

MARYN: Yeah. She came out really fast too. I mean you were only just pushing instinctively for 15 minutes before she came out.

EVE: Oh my goodness.

MARYN: So made it look so easy. I mean I know it wasn't necessarily, but it sure looked just instinctual.

EVE: I just kept picturing her. And then I kept talking to her. When it was coming, I just—it just felt—I was just like, "Come on out. Come on. It's time." And in my head, I was like yelling at her. I was like, "Just get out." Just yelling at her in the most loving way.

MARYN: Get out. Get out.

EVE: "Come on. You have to come out now. That's it. You don't have a choice. I don't have a choice. We're doing this. Come out now." I remember too—and I was praying to her. I prayed to her just as much as I did anybody else. Just come on. Please just make this easy. I can't keep doing this. Just come on out, baby girl. I can't. And she did. She did. She listened. So I mean that's—you're connected.

MARYN: Sophia.

EVE: And she knew. She was like, "Okay. I can't keep doing this to mama. It's time. It's time."

MARYN: Yeah. Yeah. So gorgeous. So perfect. You are so healthy and beautiful and connected.

EVE: From the beginning, I just was with her with instinct. And that's—yeah. That's really—I did—just don't question things. I try not to question anything because it just starts with one question. And then that's—

MARYN: Spirals.

EVE: That's how anxiety happens.

MARYN: Yeah. Well, that's a really profound realization to share and to have for yourself. Wow. Well, thank you for being you and being so strong and powerful, and it's been such a privilege to know you and to witness you. It just gives me such joy that you've radiated this out in the universe. It's so powerful.

EVE: Well, thank you for letting me share.

MARYN: Oh, yeah. I'm so glad.

EVE: Yeah.

MARYN: So glad. Any last things you'd like to share?

EVE: I don't. I mean no. It's just that you don't know until you know. So it's just—

MARYN: I love that. I'm going to quote you. Eve says. Right. It's so true though. I mean there's an obsession.

EVE: I completely underestimated it.

MARYN: Yeah.

EVE: Completely. I was like, "Every woman does it." Oh my gosh. Then in it, "Every woman does this?"

MARYN: Yeah. It's humbling.

EVE: Whoa. This is how souls come to earth. Oh, it's not—it's no small matter. But it's totally, completely wonderful and worth it and beautiful process. But it is no small matter.

MARYN: That's really beautiful. Yeah. And you know already, just how the thoughts and emotions shift. You're six days postpartum. And you'll see for yourself just what comes in your own wisdom about all of it and none of it and mothering. It's like just the dance of it all. So this is where you are right now.

EVE: Yeah. Yeah. Yeah. And I'm just going to keep—I still pray to her and pray just whatever. That we work together. That we can work together just like when birthing. From here on out. Just in our life. We can just work together in everything that we do.

MARYN: Wow. You're off to a great start. You guys are doing so wonderful together. And nursing. And yeah. Maybe we'll do another chat some other time about new things that come in. But I really think that's an amazing story to share.

EVE: Well, that is good. That was a—yeah. Thank you. Thank you for letting me share.

MARYN: No. Thank you.

EVE: Thank you for everything because I could not have imagined this birth going any other way or being any other way. It's—

MARYN: It was meant to be.

EVE: It was. It was.

MARYN: Yeah. It was meant to be.

EVE: I could not have imagined—it was so perfect in every way. In every way. I can't write this in a book.

MARYN: You can't, but I always tell you you should write it. You're going to write a book now. I mean this birth is only part of it, I'm sure, but it's like it is. It's so divine. And looking out the window here on this beautiful piece of property and you getting to heal and rest for—I don't know how long. Then off to the next adventure. So well, lots of love. Thanks for sharing.

EVE: Thank you.

MARYN: Yeah. To be continued maybe one day. But thanks for listening, everyone. You can check out the indiebirth.org site for new stuff. Indiebirthmidwiferyschool.org as well. And have a great day.

(closing music)