



# Birthing From Within

By Sarah Juliusson, Island Mother

Will the nausea ever end? Is my baby healthy? Am I strong enough? Will we have the birth we want? Will I be a good parent? What about my career? Will this child ever sleep for more than 2 hours in a row?

The questions abound. By the time we give birth we have lived nine months of questions, most of which can only be answered through experience and time. Yet we reflect, ruminate, wonder, hope, and anguish over the unknown, longing for someone to look us in the eye and say with absolute certainty “everything will be fine.”

Along the way the lessons of pregnancy and birth help to guide us into the unknown. Pregnancy, above all else, is an exercise in profound surrender to our body’s changes and the needs of our growing baby. In birth, as one author wrote, “I am face to face with an enormous simplicity. The immediacy of my body’s functioning envelops me and I give in to the embrace and obey the demands of now.” Parenting, too, brings us to a place of mindful presence with our child, responding to what each moment asks of us.

A baby will be born and we will become parents; that much we do know about pregnancy, birth and parenthood, just not always in the ways we had anticipated. This is perhaps the core element of the Birthing From Within approach to childbirth preparation: supporting parents to develop their inner resources as they navigate the unknown. Giving birth from within is about ‘being’ rather than ‘knowing’, asking yourself what you need in this moment, right here, right now. When we are able to be fully present in what is, we are able to discover the inner resources we need to work through the unexpected, and even the undesired.

What do you need to know in order to give birth? Ultimately the answer is already inside of you. While the questions that run through our minds and hearts are certainly important, the key to navigating them can be found in how you choose to respond to each moment of your day. Often the answer is as simple as taking a deep breath, trusting yourself, listening within, and choosing to birth and parent from a place of love rather than fear. As quoted above, “give in to the embrace” and you will discover the simplicity that will guide you through the complexity of the unknown.



Birthing From Within prenatal classes are both informative & transformative—meeting the needs of your Heart and Mind in preparation for birth and parenthood.

[www.IslandMother.com](http://www.IslandMother.com)