

Natural childbirth encourages and supports conscious birthing. When mother and father work together to birth their baby, they are aligned and integrated physically, emotionally, mentally, spiritually and electro-magnetically. This alignment supports their baby to interface with them in the most coherent manner. Natural birth allows parents to be present moment by moment and receive their alert, conscious baby into their own hands as a highlight of a lifetime.



A kiss from dad, a cup of warm water, and the Great Mystery

Giving birth naturally is a healing and empowering experience. When we give birth naturally and powerfully, postpartum depression does not claim us as it can when a mother feels out of control. In a culture where there are so few ways to get in touch with the core of who we are, the few pathways available need to be embraced for all they are worth. When we work to give birth under our own steam, we claim birth in its totality. Our body and psyche's energies are in sync and intact and we are able to discover and remake parts of our self that may not be available to us any other way. A natural birth moves with the flow of nature and keeps many problems from happening.