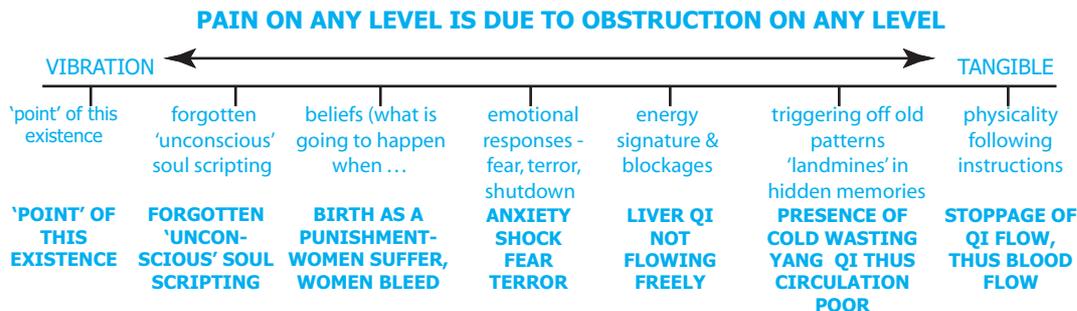


PAIN = OBSTRUCTION



Pain happens because something is not working properly. Something on some level is obstructing normal function. We feel pain as a message that requires action on our part. The degree of pain spurs us into doing something to change it - we don't like it, and we do whatever it takes to stop it.

If we follow the biomedical framework, we may consider it normal to experience radical period pain, migraines and other bodily warnings of imbalance. But pain is the result of something being awry/not working properly - the pain trying to act as a deterrent - stopping us from repeating the damaging action, or a course of behaviour. The presence of the pain, its severity and possibly its surprise value all mean something, and if we are not in labour, usually ensure that we find the cause of the pain, and resolve it.

We have as a culture become used to taking pain relievers rather than changing what creates our pain - adjusting our lives; our habits; our attitudes, trying to avoid pain altogether,

rather than listening to what the body is actually saying, is to really miss the point in labour.

Labour pain is instructive. If the body has sufficient nutrients, qi flow and structural elasticity, there quite possibly could be no serious sensations until half way through cervical dilation. **Pain and discomfort show up when the body's ability to open is restricted.** This is the key message in this book. If normal is consciously set up to happen, it will.

This is providing baby is in the right place - head down, is only the beginning - see pp 149, 170, 171, and visit www.spinningbabies.com. There is a great deal Mum can do to ensure she has an easy labour, as spelt out in the website above, and in "Sit Up and Take Notice" p 242.

We may see pain in labour as something that can be avoided by taking substances to block the sensations. But this is to miss why the pain is there - pain messages serve a very different role in labour. **They require Mum to change position, alter something - movement, action.**

PAIN RELIEF

Viewed from an energy perspective, the presence of pain can indicate of a blockage/obstruction of something, - energy/emotion/physical insufficiency of blood/oxygen supply/whatever, at some level.

If the obstructions are cleared, there is thus no need for the pain to exist, as it was just an indication of blockage. It does not hurt to poo. It should not hurt to menstruate. When it does, there is a problem with the circulation and production of energy and blood. Similarly, when pain exists in birth, besides the obvious discomfort of a large object squeezing its way through a narrow passage, there is something on some level that is obstructing clear passage. Remember Mum is naturally pumped full of endorphins at this point to dull these 'big' sensations.

Chinese classics teach that when the Shen is peaceful, the (perception of) pain is minute. **This means that if we take out the fear/terror component, the body is just the body, doing what the body must.** Sharing Mum's reality - retaining eye contact - being in her space, sharing each breath, actually being there, second after minute after hour - together - just as you were at baby's conception.

Being scared of pain, thinking that one's pain threshold is minute, wanting to not experience whatever birthing has to offer, is to expect (and probably encounter other) difficulties. Problem isn't resolved by sidestepping labour pain through the intervention of the magic option of the epidural, then onto the Caesarean - these all extract their own costs.

Dad can release the energy sludge that has stayed stagnant in Mum's pelvis, Mum's body and Mum's energy

fields, through regular loving massage and moxa work-outs (pp 88 - 99).

Mum can attend to her beliefs, stored memories and old emotional patterns through taking conscious action. Besides allowing the opening process Dad can do, she can use vibrational essences (www.roseofraphael.com), start journaling her perceptions, find meditation/visualisation and yoga classes, and birthing support groups, and look into any of the natural means to improve her body's resilience, suppleness and wellbeing.

Not allowing the Mum's body or baby to communicate with her, via her pain receptors - either through an epidural option or any other medicated numbing process is to consent to the probable cascade outlined on p 163.

Acupuncture point **Co 4**, strongly pressed with a thumb on top, and forefinger underneath, is a good stand-by if Mum finds herself having to fend for herself in labour - Dad steps out for whatever reason, or a vaginal examination is under way.

Lying on back is the worst position - it reduces the pelvic diameter, causes the very heavy swollen uterine weight to shut the circulation to baby down, and HENCE is very painful - pressing this will take the edge off it.

Don't stay there - especially if she has been medicated, and can not FEEL the trauma it creates (esp. for baby).

