

From the Waters Birth Stories

Hypnobirthing Story

Hi everyone!!

Our baby boy, Riley, was born on sept 27th. He came in weighing 6 pounds and 2 ounces. Although I wasn't the Hypnobirthing mama who was so relaxed that my surges came and went with out feeling any pain our birth experience was still wonderful.

It is no surprise that I wasn't able to reach that deep state of relaxation because I never really made it through self-hypnosis part of the Hypnobirthing CD without falling asleep.

But I did repeat the Hypnobirthing affirmations with Jessica Porter night after night and they honestly set the tone for our birth. Our baby was the perfect size for my body and little Riley really did know exactly what to do to get out - their wisdom is utterly amazing.

Okay, so for the fun part. We did most of the labor at home on the floor using counter pressure techniques that we learned from our doula Germaine and my breath to manage the intensity of my surges. At the height of my labor the surges were coming fast and furiously. I honestly wasn't sure that I was going to be able to manage. At my point of panic I was thinking if only I could get to the hospital I could get my hands on some fentanyl, fentanyl, fentanyl !(medication).

But my husband Martin and Germaine helped me hang in there and we stayed at home as long as we could. By the time we left for the hospital I, without even knowing I was truly doing it, began to breathe the baby down. I was laying on the back seat of Germaine's car with Martin kneeling on the floor beside me putting constant pressure on my hips as I repeated my mantra "breathe the baby down" and breathing straight into my uterus. It worked!

We checked in to the hospital at 2:25 pm and shortly thereafter found out that the baby was indeed "right there". The ob-gyn arrived just in time to ask for three more pushes and I delivered them pushing right into that ring of fire saying yes! yes! yes! with each push.

Of course I was completely unaware of it but Germaine said I had a smile on my face as I pushed the little guy out. It was 3:02 pm when Riley was born. We were literally in the delivery room for 25 minutes.

I am so grateful to Rachel Yellin & Britt Fohrman (hypnobirthing and yoga teachers) for making me aware that it takes the same energy to get the baby out as it takes to get the baby in. I called upon that energy and accepted the wisdom of it. In the end it made the experience a genuine pleasure. Words, affirmation, visualization and believing in our plan for a natural birth (despite delivering with practitioners who don't necessarily support natural birth) had a tremendous effect on our delivery.

I should also say that Rachel's continuous reminder that "its just yummy yummy you" really helped, as did Tigeress pose (we practiced it in Britts prenatal class), Hala's reminder to "breathe into the fire" during yoga class, our Doula's calming presence

and my sister and Cora's (friend) endless support. We had an amazing birth team, of course Martin was also part of that amazing team and many of you were major contributors just by being supportive.

Thanks for all the love and support!
Lots of love!!

--

A.R. Martin & Riley

