Visioning Safe, Satisfying and Pleasurable Birth: Meeting at the Italian Ministry of Health

June 19, 2014

The bright full moon, the Italian landscape, the smell of Jasmine in the air , family, friends, fresh zucchini flowers, fresh mozzarella, tomatoes, pasta, the food and hospitality of Italy are providing me with time for reconnection and reflection. When I received Dr. Eve Agee’s visualization exercise (she is one of our upcoming experts in our Virtual Orgasmic Birth Conference (link) I was in the perfect place to deepen my commitment to Every MotherBaby’s Right to a Safe, Satisfying and Pleasurable Birth Experience and to vision all I hope to create these next few months as we are working on our new Pain to Power: Orgasmic Birth Online Childbirth Experience ( link)! An Orgasmic life is preparation for an Orgasmic Birth!

[Dr. Agee](http://eveagee.com) wrote: “Make some space where you will be undisturbed. Close your eyes and breathe deeply.  Start to imagine how your life would look and feel if everything you desire for this year comes true.  Allow yourself to release all resistance and go ahead and feel this fully. Continue to breathe deeply as you picture every area of your life coming together beautifully over the next six months.

What does this look or feel like for you?  Witness how you feel as you envision your dreams coming true and observe the feelings and emotions that emerge with gentle kindness.

Go ahead and imagine your future self at the end of this year. Notice how your future self feels or looks as you do this visualization. Who do you become as your desires come to life? Ask your future self for any words of wisdom about how to make this happen with delight and ease.

Do this meditation as long as you want.  After you’ve completed the visualization, journal about how you feel and what it would be like to manifest your dreams this year with more fun and love than ever before. Write down action steps you want to take and any important insights that come to you!

As always, do this exercise with lightness and tenderness, honoring your sacred essence.”

If you are pregnant or planning a pregnancy, I encourage you to do this exercise visioning yourself giving birth with dignity, respect, power and pleasure. What does that look like, and feel like? Where are you? Who is with you? What elements can you bring to your birth when you vision a gentle, peaceful, blissful, orgasmic birth?

With my vision and the passion of Italy in my heart, I was honored to be invited to have an important meeting at the offices of the Ministry of Health in Rome with ***dott. ssa Serena Battilomo, Director within the Ministry of Health for Prevention*** along with attorney ***A***lessandra Battisti and Elena Skoko the Italian representatives for [Human Rights in Childbirth](http://humanrightsinchildbirth.com) , It always interest me that in a country like Italy so many women have come to believe that cesarean birth is safer and easier than a vaginal birth, when science shows us that neither of these are true for MotherBaby. In the area where my family is from in the South of Italy in some cities the caesarean rate is over 70%. Just today I heard of a friend of our family who had a cesarean 10 years ago and her scar opened and made is necessary for her to have another surgery. We are not talking enough about the long-term risks of major abdominal surgery. Childbirth Connection’s [What Every Pregnant Women Needs to Know about Cesarean Section](http://www.childbirthconnection.org/article.asp?ck=10168) tells of the many risks both short term and long term with cesarean birth. While a life saving procedure when needed far too many women are taking on extra harms when the decision to have a cesarean is not for medical necessity but instead due to the fear of childbirth that is becoming epidemic proportions from both providers and women making for a sea of technology that gives a false sense of security while putting a generation of MotherBaby’s at risk not only physically but we are learning far too often emotionally. It’s time to invest in providing education and listening to women and men’s fears about childbirth and together visioning a healthy maternity care system with options that provide comfort, ease, respect and yes pleasure and love, as I know this is possible!

While at the Ministry talking about the [International MotherBaby Childbirth Initiative](http://www.imbci.org), [Doulas](http://www.dona.org) and the value of [delayed cord clamping](http://www.debrapascalibonaro.com/infant-rights-birth-ibu-robin-lim/) , even our recent [ACOG Guidelines to Reduce Cesarean Birth](http://www.acog.org/Resources_And_Publications/Obstetric_Care_Consensus_Series/Safe_Prevention_of_the_Primary_Cesarean_Delivery) it became clear we all want the same things. I know with years of experience as a birthing woman, childbirth educator, doula and in the unique role I have been blessed to travel the world and see birth and listen to women, midwives, physicians, ministers of health and more that we all desire safe, healthy birth, but in some places we have lost the path to get there and need a gentle reminder of the way to unlock our own potential and power.

It is time to bring together a Human Rights framework with quality care and a caring heart. I smile as Alessandria and Elena eloquently bring these points together as the Italian language fills my soul with pleasure and the possibilities that lie ahead from this important meeting.

The next day we enjoyed being in the audience of the annual Award’s for Women of Italy along with my cousin Bianca, Alessandra and Elena, I enjoyed hearing the many ways that women are leading with a feminine vision and power that I know we can bring to childbirth too!

Another blog: The language of Birth- Know your Rights!

 <http://birthmonopoly.com/allowed/>



The language we use and how we feel about our choices changes who has the power.

Use a language of power and you will find power in all your choices!

As an Advisor to both [Human Rights in Childbirth](http://www.humanrightsinchildbirth.com) and part of the [White Ribbon Alliance’s Respectful Care Initiative](http://whiteribbonalliance.org/rmc-blogs/guide/) I wanted to write to you today and ask you- Do you know your rights in childbirth?

Below are just a few from the [Rights of the Childbearing Woman](http://www.childbirthconnection.org/article.asp?ck=10084&ClickedLink=0&area=27) from Childbirth Connection.

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| Every woman and infant has the right to receive care that is consistent With current scientific evidence about benefits and risks.Practices that have been found to be safe and beneficial should be used when indicated. Harmful, ineffective or unnecessary practices should be avoided.  |
| Every woman has the right to choose a midwife or a physician as her maternity care provider. Both caregivers skilled in normal childbearing and caregivers skilledin complications are needed to ensure quality care for all. |
| Every woman has the right to choose her birth setting from the full range of safe options available in her community, on the basis of complete, objective information about benefits, risks and costs of these options.

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| Every woman has the right to accept or refuse procedures, drugs, tests and treatments, and to have her choices honored. She has the right to change her mind

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| Every woman has the right to receive maternity care that is appropriate to her cultural and religious background, and to receive information in a language in which she can communicate. |
| Every woman has the right to have family members and friends of her choice present during all aspects of her maternity care. |
| Every woman has the right to receive continuous social, emotional and physicalsupport during labor and birth from a caregiver who has been trainedin labor support. |
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|  Every woman has the right to freedom of movement during labor, unencumbered by tubes, wires or other apparatus. She also has the right to give birth in the position of her choice.Too often women take a submissive role in childbirth, feeling as a guest in a hospitalRather than a woman in a sacred act of bringing life into the world, deserving to Be honored, respected and cared for as a birthing Goddess.As I love to say “ Stand and Deliver don’t take it laying down! By staying upright, eye to eye with your caregiver you will more confidently trustYour inner wisdom and together with your caregivers make the best, informed decisions For You and Your baby. You have a choice! You deserve to have every choice explained to youWith the time to consider all your options. It is a time to look at the way a women are cared for in childbirth, understanding respectful care is a basic human right!What do you consider are your Human Rights in Childbirth?Take time to consider the birth stories you have heard, do they allHonor and Respect women’s bodies and choices? If not, why aren’t we talking about this? Here are some simple questions to consider1. Do you feel respected by your caregiver?
2. Can you ask your caregiver to explain all the risks and benefits of each option?
3. Do you have the option to do nothing and to explore alternatives?
4. Would you accept this care in another other time of you life?

How are you feeling as you answer these questions? Let these feelings guide you. Birth is a day you will never forget. It is day that you deserve to do your way. You should feeling supported and nurtured. Free to share your feelings and to know you will be respected. How would you feel if you were birthing in your home? Would you demand more dignity? You deserve to be respected where ever you choose to give birth.I often find that women are very good consumers of health care servicesWhen they are ill. Traveling to other caregivers, asking questions to understand all their options, yet in childbirth many women literally lay down and turn their bodies and their babies over to a system that often is not offering you a full range of options. Many of our typical birth practicesare Not supported by research. In fact many are listed as harmful and yet We do them everyday. In any other time, having someone do unecesarray Surgery on you would be seen as a violation, why have we come to accept this overuse in childbirth.I hope you will consider your rights in childbirth and trust your mother’s intuition to choose whereAnd with whom you will give birth so that you always feel like a birthing Goddess, honored, respectedAnd loved. |
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