

Confronting Fear

Birth is the strongest force a woman normally experiences. If there is harmony with this force, your body and mind will enter into a different state, one that surrenders totally to natural forces.

The face loses self-consciousness, it is a quiet state, gentle and profound. Sometimes I think the ease of a birth has to do with complete surrender to nature; an acceptance of being part of something greater than the individual self; like a beautiful spring, or the first heavy rains, or the sounds and rhythm of the sea.

Labour and birth are a matter of believing, trusting and listening to your instincts – a matter of getting close enough to yourself and to the information you are receiving from your body. You must rely on yourself. Unfold your inherent birth knowledge.

Use your own rhythm, get behind it and don't have your mind in any time dimension except the present.

Accept each contraction one at a time, just as you accept the sun rising each morning. Without question, one day at a time.

A factor in labour is the intense sensation. It is beyond the expectations of anyone who has never given birth. This intense sensation is simply a part of the whole, and when there is no fear, it simply is.

Osho

