



Fathers at Birth: How to be the Mountain and the Warrior

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Written by Rose St John

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Saturday, 01 June 2019 00:00 - Last Updated Wednesday, 13 November 2019 14:40

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warrior. A warrior gathers all his energy into one stream, one focus, so he can perceive and respond to the environment of battle. He must remain attentive and available in vigil but he must also be prepared to serve and protect.

Seeing yourself as a warrior gives you a picture of the most important skills you need to respond to your partner and protect her. A laboring woman is vulnerable and needs to be protected. As a matter of fact, if the mother does not feel protected, her labor can shut down. My client Holly explained it well: In labor, I am in a much more vulnerable state, and not just physically. My perceptual net is more expanded. I am more sensitive to how my husband is doing. And I am more sensitive to everything going on around me. I need to tune out distractions and concentrate. I need more protection, and I need my husband to provide a buffer for me.

Your warrior presence provides a buffer of protection that liberates your partner from extraneous concerns. This is a great gift to your partner as it frees her to use her energy exclusively to open and give birth.

One way you provide a buffer for your partner is to operate as a warrior does, from a position of power. To do so, you need to unite your energies. Imagine being a charioteer traveling with a team of untrained horses running in random directions. The charioteer must use tremendous energy to manage the horses while he journeys. He risks getting sidetracked, distracted, agitated, exhausted, and lost.

Now imagine traveling to a destination as a charioteer who directs trained horses to move in

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Your mind is confused, distracted, anxious, or in turmoil

If you are distracted or disturbed, you distract and disturb your partner. If you are centered, it helps the mother to center, which greatly reduces anxiety and pain. Take refuge in the knowledge that the one element your partner needs is your centered, attentive presence. Your attentive presence is grounded in relaxation. And relaxation is grounded in alignment and fluid

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