

Are you ready to discover the best-kept secret, and unlock your potential for orgasmic pleasure in childbirth? Are you asking how is that even possible? Why is all we hear about childbirth pain and fear and fear of pain?

It's important to understand that when we moved birth from home to hospital in the early to mid 1900's, while we have received many life saving benefits from our advances in technology, we also lost a great body of traditional knowledge. Alone behind hospital doors and separated from family, women were stripped of their clothes and the traditions and practices that brought comfort to women for thousands of years prior. Women were literally *put to bed, put down, and stripped of their identity and power* with hospital gowns, wheel chairs and technology. Pain and fear have been the cultural norm, growing stronger in media images ever since. You can reclaim your childbirth and find a balance, one that honors the traditions from the past, incorporates comfort measures that can move childbirth from pain to pleasure as well as determine when and if technology can benefit you and/or your baby.

When you understand the physiology, the hormones of childbirth and the similarities they have to our sensuality and sexuality. You will have the keys to unlock your pleasure and make childbirth safer and easier. With this new look, you will balance the benefits of technology with the benefit of your own body's pleasure hormones and in doing so create a gentle, sacred, ecstatic and orgasmic birth experience.

“ Simply being OPEN to the possibility that birth (or moments of it) can be pleasurable. So many women can't even cross the line of being open to this idea. True support and feeling safe is key, and within that, being open to experimenting with ideas that might feel foreign to many. Ex: kissing during labor.” - [Alisa Blackwood](#)

1 Let Labor Begin on its Own

[Lamaze Healthy Birth Practices](#) gives us great information and research on why allowing labor to begin on its own is so important! Lamaze International recommends that you neither choose induction nor agree to be induced unless there is a true medical reason. A “large” or even “very large” baby is not a medical reason for induction. Letting your body go into labor on its own almost always is the best way for you to know that your baby is healthy enough to be born. Spontaneous labor also increases the likelihood that you can experience the other healthy birth practices identified by Lamaze International that lead to a safe and healthy birth— especially freedom of movement and no routine interventions.

2 Be in Charge of Your Choices

Experiencing natural contractions, produced by your own body's oxytocin, increases your freedom to respond to your contractions by moving around, changing positions, and trying the tub or shower. Interfering with or replacing the natural hormones that orchestrate labor, birth, breastfeeding, and maternal attachment may have consequences that we do not yet understand. So take the time to ask questions- it's your right!

3 Address and Release your Fears

Fear prolongs or stops labor. When you are afraid you produce adrenaline and cortisol, stress hormones that slow and impede the release of oxytocin, the hormone of love that we need to birth our baby's with ease. Fear is the elephant in the room that must be addressed. We all have fear of childbirth and some fear is healthy, but we must find healthy ways to release it in labor to have labor proceed as safely and easy as possible. List your fears, or if you are willing sit with a paper and some colored pencils, pastels and crayons. Draw images of your fears, give them form and once identified then you can begin to release them and replace each one with strength, confidence and support.

4 Choose a Language of Pleasure

Begin by taking an inventory of the messages you have been given about your body and birth. Strengthen the messages and intentions you hold about your body. Create a new language for birth that includes words and phrases that encourage opening, pleasure, release, bliss and sacredness such as; riding the waves, releasing into the sensations, opening, hugging your baby into the world. Create your list of words that will redefine how you feel about your body and birth.

Ride the wave, hug your baby into the world, surges.... What are words for the sensations of labor and birth that help you move from pain to pleasure?

5 Sing

Singing changes our mood and changes the feeling in the room for all who enter. I have been collecting birth stories recently where women have sung in labor and tell of the amazing comfort it provided as well as the sacred feeling they felt when they and others joined them in singing their baby into the world. I love the CD Birth and Circle Songs collected and sung by the doulas of Austria. What is the first song you would like your baby to hear? Do you know birth songs? Opening songs? Whether you sing it or have set lists ready to play in labor, including the music you like will actually help you release endorphins your pleasure hormones.

6 Dance

Belly Dancing was historically birth preparation. Think about moving your hips, circling, spiraling, moving to some drumming or as I teach JourneyDance® moving and feeling your body, your love and the life within, dancing your dreams, releasing your fears and connecting with all the elements and power within that will transform you into the birthing Goddess nature intended. If you are still wondering if this is for you? Try to take a ring off our finger when you can only pull it straight off over your knuckle. Could you do it? Not me! Now try wiggling the ring, some hand lotion and here it comes. Think of your baby. When you birth where you feel safe, loved, supported, your vagina will soften, and moisten, with some dancing, swaying your hips, your baby can find it way, like your ring that needed the gentle movements to slide over your knuckle.

7

Birth Ambiance

Three key elements for birth are being where you feel safe, private and undisturbed. What do these words mean to you? Where and with whom can you give birth and meet these three essential criteria?

No animal will birth where it does not feel safe. Birth where and with whom you feel safe. “The energy that gets the baby in – gets the baby out.” Ina May Gaskin. The same elements of privacy are needed to birth a baby as to make a baby. I call it creating your birth ambiance, an environment of privacy. Soft lights, electric candles, aromatherapy, music, what would help you to create a sensuous environment?

8

Continuous Support

Add a Doula to your birth circle- [studies show](#) that women feel more secure and cared for when they have a doula at their birth. We will talk more about this in our class as I have been a doula at hundreds of births and taught doulas around the world. Doulas are reconnecting the circle of support at birth that women have had since the beginning of time. I will share not only the research, but why women change birth and even the best most loving men can't speed labor like another woman can. Still wondering why? Think about how when women live together their cycles often come together. So you have knowledge of women affecting each other's hormones. Now wait to you hear the new research and consider why this might be even more true to keep birth safe and satisfying.

9 Affirmations: I love the new Birth Goddesses Oracle Cards I received from doula Willma Andreja Kolen of Slovenia, they connect us with our divine wisdom as we prepare to labor through the sacred gateway of birth. I love the affirmations, the images and the messages that guide us to connect with our intuition, power, body, baby and find safety, pleasure and strength in childbirth. Create a list of 5 birth affirmation. I will share some of my favorites with you in our call.

10

Intimacy

Birth is sensual! The more you can move thru the first 10 tips, the more you can open yourself to the sensuality of birth– kissing, caressing, nipple stimulation. As many say, “the biggest sex organ is between our ears” so we need to allow our minds to be free to experience all that is possible in birth. All the above will enhance the flow of oxytocin, the hormone of love, that will facilitate a safer, easier and more pleasurable birth. I am working on some new oxytocin enhancers so stay tuned and join my weekly dose of pleasure at www.debrapascalibonaro.com to be the first to know when they are available.

Wishing you lots of love and oxytocin!

Debra Pascal-Bonaro

***You deserve to give birth with
Dignity, Love and Pleasure!***

