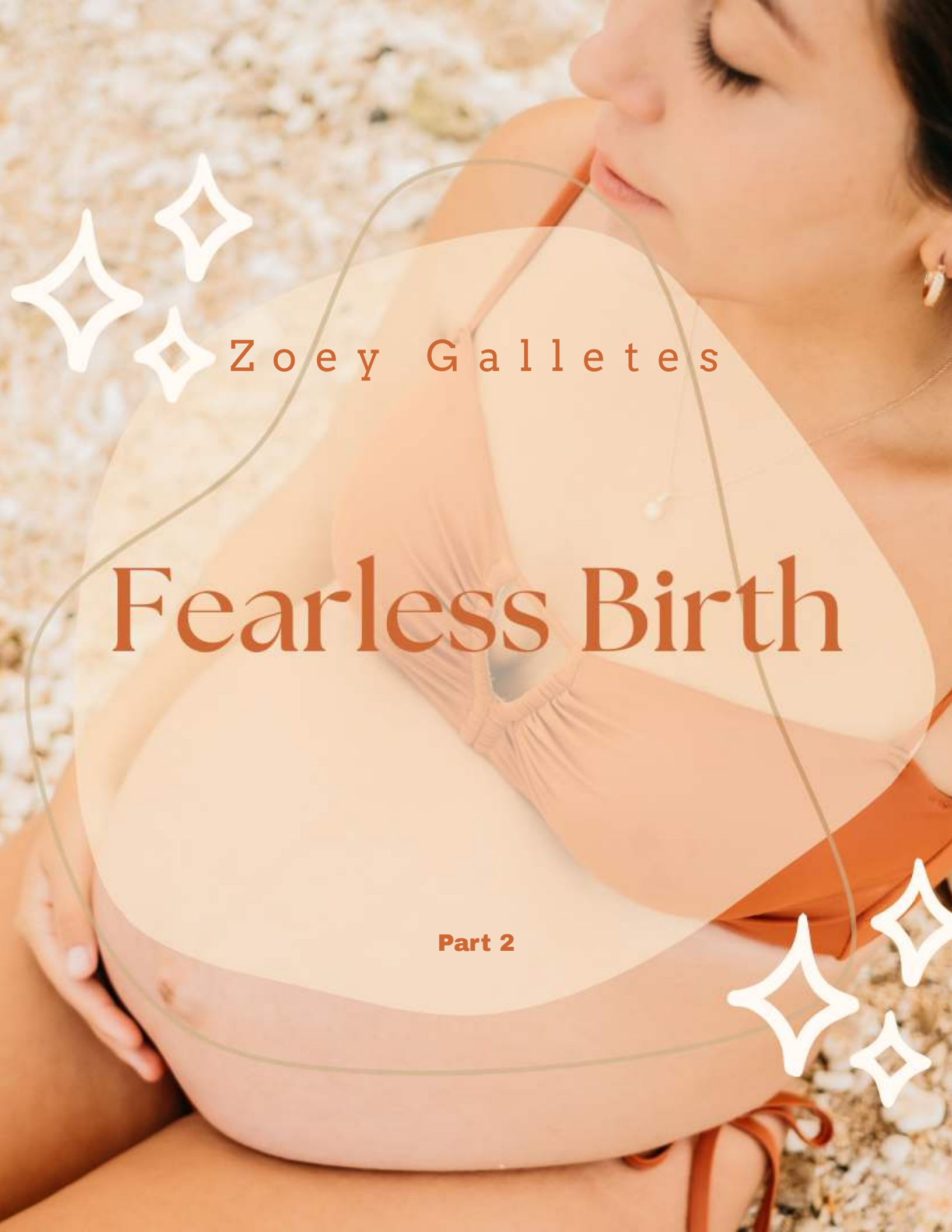

Zoey Galletes

Fearless Birth

Part 2

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📜 **Disclaimer:** This course is for educational and informational purposes only and is not intended to be medical advice. The content provided is based on personal experiences, research, and faith-based perspectives. By participating in this course, you acknowledge that you are responsible for your own health decisions.💖 Trust God, trust your body, and make informed choices for a safe and empowered birth experience!

Preparation

Mindset

Hey guys I'm going to go over what I believe is one of the most important things you must do to prepare yourself for birth, and the whole labor process.

So let's get started! Ok if I haven't mentioned it already in any of the other lessons (not sure if I did or not) but the most important thing I believe that one must prepare for labor and birth starts in your mind!

Like anything in life everything starts in your mind! Our perspective, perceptions, and actions all stem from our mindset!

If our mindset about pregnancy, labor and birth is full of fear, complaining, and victimhood, you may not enjoy the beautiful process that pregnancy, and birth is!

We must first renew our minds!

This makes me think of Romans 12:2 which says "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Yes I know that this verse has nothing to do with birth in context, however I believe this is just as applicable in this.

It's in the renewing of our mind that we are then transformed and able to step into and walk in the fullness that's available to us in every area of life.

Renewing your mind isn't a one time thing, it's not reciting mantras. It's active and something we must be consistent and diligent in.

When I was pregnant with my daughter it was a daily thing for me to renew my mind to see pregnancy and birth not with a medicalized mindset. To not view it from a victim mentally that just complains and petties oneself.

I'm saying all this because that was me! But I remained diligent, and I didn't get to this state of perfection but I can say I came out transformed!

So you might be wondering "Ok, I hear you zoey… but just show me practically how to change my mindset. Give me the formula to renew your mind."

Well there just isn't a formula or a step by step of "Do this and that and then voila your mind will now change in a moment."

But I can say there are things that you can do that will bring results!

3 Things I believe will help renew your mind is…

Praying

Not praying and asking for God to change your mind but praying and declaring what the word of God says over you! Praying and declaring who you are in Him and the promises that are yours in Him in birth!

2nd

Reading the word! You can't pray the word if you haven't read it.

3rd

Take thoughts captive. However old you are whether that is 23, 32, or 44. For the amount of years you have been alive on this earth is the amount of years your mind has been trained to think a certain way.

Some ways are not so good and others may have been great or transformed by God's word.

The Joy Within

Stages of Labor

I'm excited to get into this as we discuss the stages of labor! So let's get started.

There are 3 stages of labor. Early, Active, and transition. Birth follows that of course.

During early labor if you choose to time your contractions they will usually last 30-45 seconds long and can be 5 to 30 minutes apart.

A mistake that a lot of first time moms make (me having been one of them) is during this stage we get excited, maybe even nervous and therefore treat it like it's active labor.

This can lead to discouragement (if you expect to give birth within 30 minutes (not impossible)) and also exhaustion later on in labor.

During early labor I encourage you to just continue going about your day or if it's night sleep!

This is the stage where you kind of want to not obsess and be so focused on each surge. You want to listen to your body and rest as much as possible.

Early labor and typically with your first can be longer (hours long), however I know that's not the case for everyone.

Also during early labor you may lose your mucus plug. This isn't so for everyone. With my first I lost my mucus plug a few days before I gave birth whereas with my second I lost it right before she was born.

Active labor is next. Your contractions will grow consistent and intensify. You may find yourself becoming more focused during contractions.

I also want to note that there are so many variations of normal. There is no "One Size" that fits all in labor and birth. There's many times we hear "if you see this, feel this, etc." then "something is wrong!" Or "you need to see and do x, y, z" but I would disagree.

I'm not pretending that those things weren't true for some, it's just that there is no "One Size" fits all.

So with that being said let's continue. In active labor you may experience bloody show, which is simply having blood discharging from your vagina. This is due to dilation. This happened with my first but didn't with my second.

Now this is where "One Size" fits all doesn't exist. I've heard another woman's story where she was experiencing a bloody show. But it was a few gushes of blood that happened over a period of time. When she notified her midwife they rushed to her because they said something was not right.

However, that wasn't the case. She and her baby were fine and she gave birth and had a healthy baby and was healthy herself.

Don't be so paranoid and afraid of every little thing. I truly believe that when we are in tune to the voice of God and the God given instincts that we have, we will truly have discernment when and if anything was to arise.

In active labor movement is key! Laying down flat on your back for 1 is not comfortable and can make surges feel more intense and also goes against gravity.

Gravity is your best friend in labor! There are so many different positions and movements you can try and do, but when you are in labor you truly will do what feels best for you! With both my babies I labored about 98% of the time just on my hands and knees swaying my hips side to side and rocking back and forth. I gave birth to my daughter on my hands and knees!

This was always the most comfortable for me and what I naturally just did without having to think.

The next phase of labor is Transition. This is the final phase of labor where your body is going into full bloom. Your cervix is dilating fully and effacing fully. Your baby is descending into the birth canal and meeting your baby is just around the corner.

In transition many women may begin to feel pressed meaning they may start to speak and think a little irrational. They could start to talk very sternly.

For example, when I was laboring in the hospital with my son I knew I was in transition before I was even checked. All of a sudden I had a few thoughts that said “How much longer?” “I just want this baby out!” “Can I keep going?” And I instantly recognized that I was in transition.

I also became so focused I wanted zero sound, no lights, and just knew what I wanted and didn't want and I wasn't afraid to make that known (still politely).

You may or may not experience this in transition. With my daughter I wasn't as intense as I was with my son.

Just know that you are literally just around the corner from meeting your baby! Your body was meant to endure and birth this beautiful child!

In transition you may also get nauseous and even throw up. I experienced this only with my second, and that's how I knew I was in transition.

You may also begin to shake/shiver. This is because during transition your body is spiked with adrenaline to give you that last bit of energy to birth your baby!

And then birth is to follow!

Remember there are so many variations of normal. My two births were similar yet different in a lot of ways. My second was very very easy. It was peaceful, it was enjoyable.

That could definitely be because it wasn't my first time but also because during my whole pregnancy I worked on renewing my mind that labor and birth doesn't have to be painful, tiring, and laborious. It can be blissful, easy, pain free, and heck fun!

In the end it all starts in your mind! How you think, your body follows! You can prepare and think labor and birth will be painful, hard, tiring, and it may just be that for you.

But if you renew your mind with God's word, unlearning the indoctrination of the medicalized view of birth and understanding and knowing how beautiful God has designed our bodies to birth. Then I believe you can experience birth in its fullness!

I hope you guys enjoy this lesson!

The Dance of Labor

I believe it is one of the things that many women don't know about, and therefore experience very hard, and painful labor and births.

If your taking notes I want you to write "Let Go"

Repeat after me "Let go"

This is key and so important in labor! We must learn to let go! We must learn to yield and surrender.

Isn't this true within life itself.

In labor as things begin to progress and intensify, you may find yourself resisting. You may not even be aware that you are resisting.

I remember with my first, 2 or 3 hours into active labor (I was in active labor for 5 hours total) it was painful. Like really really painful.

It was until my husband was holding me during a contraction and he whispered in my ear “Breathe, relax, calm down and just breathe” and man did that change everything.

I then let go. I dropped my shoulders immediately, began to focus on my breathing and 2 hours later our son was born! The rest of my labor was not painful, it was so much easier. I even fell asleep at one point for sometime on my knees as I was leaning against the back of the hospital bed.

My husband said he was wondering why I was so quiet for some time.

All I had to do was let go, but I didn’t realize I was resisting prior.

This is why I believe my labor was so easy and enjoyable with my daughter because from the beginning I fully surrender to every wave, every surge and contraction.

How do you know you're resisting you may ask? Well there’s a few physical signs.

When getting a contraction you may start to shrug your shoulders towards your ears. If you find yourself doing this immediately drop your shoulders and relax.

You may begin to scrunch your face and mouth. You want to make sure your face is relaxed and floppy. Your mouth should almost be droopy and open. I've heard that your mouth and cervix/down below are connected. So while in labor if you're scrunching your mouth, that is being mirrored below. But for your baby to arrive you must be fully open..

You may begin to curl your toes. Again if you find yourself doing this, immediately relax your toes.

Truly to prevent doing all three of these things you must learn to just ride each contraction, each wave.

Close your eyes right now, I want you to imagine swimming in the ocean. You see a wave begin to form. It seemed small at first but kind of looks bigger.

Instead of panicking and trying to rush out the water (which could actually get you more hurt/ pounded by the wave) instead you allow it to take you to the shore and you ride it.

You can open your eyes. That is how it is with every contraction. Every contraction is like a wave. It starts off with mild sensations but begins to increase in intensity. And then slowly it fades and you rest until the next.

When a contraction starts to come, instead of "bracing yourself" and already saying within your mind "no, no!" which will lead to you resisting.

But as you begin to feel that wave start to come, drop your shoulders, relax your face, breathe and say “I’m riding this wave!”

Let go! There is no escaping this beautiful process that brings you and your baby together on the earth. It truly saddens me to see so many women who have been robbed to experience labor and birth the way that we were made to. Fully present and in the moment! Tuned into what is taking place!

Instead what's encouraged and what we’ve been groomed to want is a numbing of the whole experience because “Why would you want to feel that if you could feel nothing?” And because I guess we weren't perfectly and beautifully made to birth our babies?!

It’s all possible because God said so!

I hope you have gotten a lot out of this lesson!

Oxytocin: A mindset & atmosphere of Love

In this lesson I’m going to share about Oxytocin.

So let’s get started. If you don’t know already there is a hormone that your body produces called Oxytocin. Oxytocin is also known as the “Love Hormone”.

Oxytocin is produced when you feel safe and loved. Through big warm hugs, kissing, sex, and birth your body produces oxytocin.

The biggest enemy of Oxytocin (or let's call it love) is Fear. Isn't that something?

Fear will hinder oxytocin. Instead fear will produce adrenaline. Which can make labor feel very painful and can also hinder the progression of it unfolding effortlessly.

This is why prior to going into labor it's important to have already cultivated a mindset of love and not fear. In pregnancy I've learned that I can not ignore fears. I must confront them head on.

And I mean any true and genuine fears you may have, not just some random thoughts that may come to implant fear to you.

In doing so you slay all those "giants" (fear) and you then can step into Love!

I believe it's just as important to cultivate a mindset of love during labor as well as an atmosphere of love.

How do you cultivate an atmosphere of love you may ask? Well what are things that will make you feel open, safe and loved during labor and birth?

Will dim lights or no lights help? How about your husbands holding you, speaking life over you? Maybe it's not having your mom and sister, and the entire family there. But maybe it is.

That will differ for every person. But also don't become disillusioned thinking that if you don't have the perfect atmosphere and if one thing isn't exactly how you wanted it that it will entirely prevent you from birthing your child.

Your baby will come out no matter what, but I do believe it's important for you to be able to choose the atmosphere you want.

Now when you're in labor your body will produce oxytocin which then contracts your uterus. Which brings on contractions, which leads to your body fully opening up and birthing your precious baby!

This is why oxytocin is so important! This is why it's important to renew our minds towards pregnancy, labor and birth, face any fears, take them captive and step into a mindset of love! Having an atmosphere of love I believe is important too!

It's important to take time in your pregnancy to ask these questions "What do I want my atmosphere for labor and birth to be?"

"How can I communicate this to my husband/loved ones (if you want to) so that this would be guarded and honored when the time comes?"

When you know what you want you then can communicate it to whoever you need to. If you choose to give birth in a hospital you will have to at the best of your ability communicate that to your care provider verbally and in your birth plan.

If you also choose to give birth in the hospital, making sure your husband is fully knowledgeable of your desires and is ready to advocate for you is very important.

If choosing to give birth at home with a midwife making sure to communicate with her during pregnancy, as well as whatever team (if she has one) is important so that it is honored.

And if choosing to birth just you by yourself and your husband, then all that's needed is you to communicate to him and whoever else you choose to be there.

Birth

How do I know when it's time?

"How do I know when it's time? Meaning when do I know when it's the real deal when it comes to labor starting? I believe this is probably one of the most common questions or thoughts that we pregnant (most likely first time) mamas have.

So let's dive right in.

I know when I was pregnant with my first and I was coming to the end of my pregnancy this was one question I was constantly asking myself. “How do I know when it’s time? How will I know when I’m in labor?”

Now if you kind of think about it, it’s yes a serious question that many women have but it’s also a little bit funny.

It’s funny because, well… How do you know when you have to poop? How do you know when you have to pee?

Do we obsess each day whether or not we will know when we will have to pass a bowel movement, and “oh my goodness how will I know?”

That’s what makes it funny. You will definitely know! A woman who is intune with the Holy Spirit and her body will definitely know when labor is starting.

But of course there are practical things so you can say that could help indicate active labor is beginning/happening.

Truly however my focus isn’t to give you a list of “signs or symptoms” you may have or experience that will help you determine if you're going into labor. My focus is to help you mama learn to surrender and trust the birth process.

How to yield to the beautiful layers of labor and birth. I experienced the whole labor/contraction obsession with my first, praise God with my second I learned to surrender and that resulted in a beautiful, peaceful and joyful labor and birth.

I don't want you to obsess over real but silly questions. I don't want you to get tired out from obsessing over timing contractions.

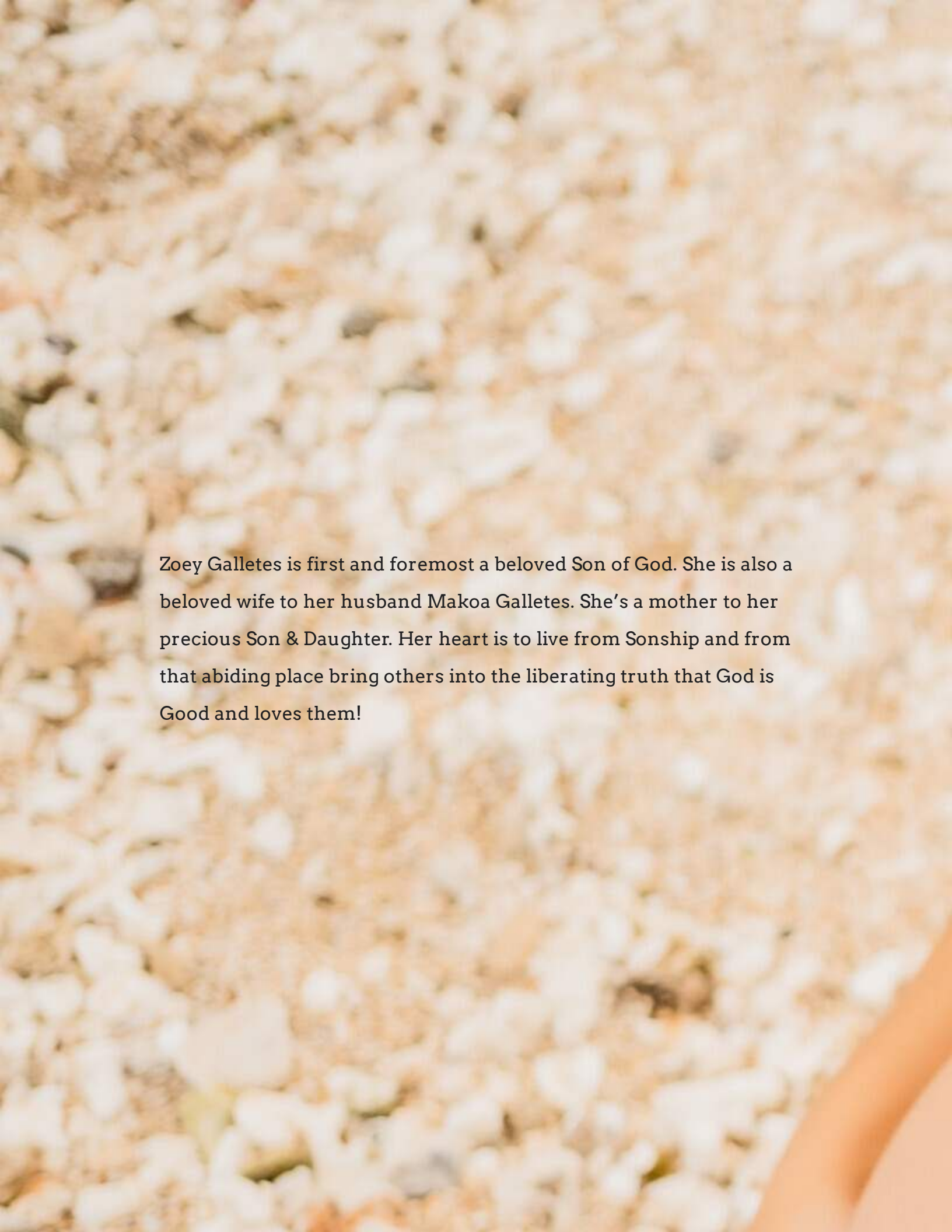
I want you mama to be filled with the peace of God, resting in his word and fully yielded to the moment!

Mama you will know! You will know if your water has broken or has begun to trickle! You will know if you're in active labor. You will know when you're in transition. You will know when your baby is descended into your birth Canal and begins to crown! You will know once your baby comes out!

You will know! I believe so deeply that it is important for me as a woman, and mama herself to encourage you and reassure you that you will know! You aren't powerless! Christ lives in you! He is your dunamis power!

So relax mama, go out for a walk in nature, go swim in the ocean, drink a smoothie, eat some cheese, make a lei, pray and read, go out and continue living life and know that you will know when labor has started!

I hope you are encouraged and empowered by this Bless you!



Zoey Galletes is first and foremost a beloved Son of God. She is also a beloved wife to her husband Makoa Galletes. She's a mother to her precious Son & Daughter. Her heart is to live from Sonship and from that abiding place bring others into the liberating truth that God is Good and loves them!