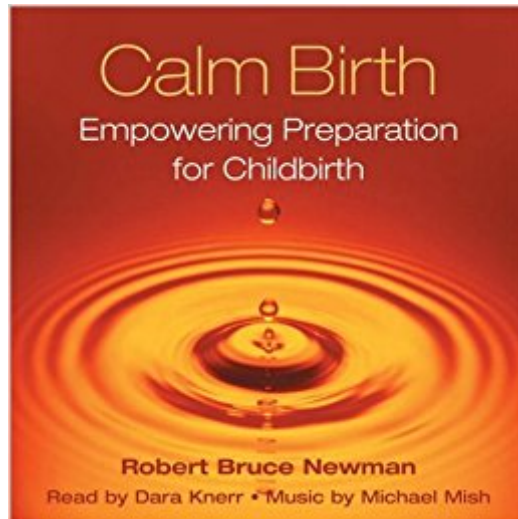




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# **Calm Birth: Empowering Preparation For Childbirth**



## Synopsis

Calm Birth is a safe, noninvasive, and drug-free childbirth method, based on meditation and mind/body medicine, which has been used in hospitals for more than 10 years. Supported by many highly respected childbirth specialists, including Jeannine Parvati Baker, Ina May Gaskin, and Ruth L. Miller, it encourages natural childbirth, but is effective even when medical interventions are necessary, as it helps heal the side effects of medications and invasive procedures. The three narrations on this CD guide mothers-to-be and new mothers through the main relaxation and meditation practices detailed in the author's book *Calm Birth: A New Method for Conscious Childbirth* • the practice of opening, womb breathing, and giving and receiving. An empowering alternative to the "medicalization of birth," the techniques allow women to channel their innate wisdom, ability, and energy, making the birth experience a truly blessed event.

1. Practice of Opening 22:15 minutes  
2. Womb Breathing 22:12 minutes  
3. Giving and Receiving 12:21 minutes

Calm Birth is a program of Medigrace, a nonprofit corporation.  
[www.CalmBirth.org](http://www.CalmBirth.org)

## Book Information

Audio CD

Publisher: North Atlantic Books; Unabridged edition (April 17, 2006)

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Product Dimensions: 5.6 x 0.4 x 4.9 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 3.4 out of 5 stars 6 customer reviews

Best Sellers Rank: #911,660 in Books (See Top 100 in Books) #215 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #419 in Books > Books on CD > Health, Mind & Body > General #795 in Books > Books on CD > Nonfiction

## Customer Reviews

"Calm Birth is a sublime gift to all of us. It contains the blueprint for reconnecting with birth wisdom on all levels. Reading though this book and doing the practices will transform the birth process and imprint a peaceful beginning on both mother and child. The positive impact of this on society can't be overestimated."-Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause* and *Women's Bodies, Women's Wisdom*

Calm Birth:

New Method of Conscious Childbirth successfully bridges ancient feminine healing wisdom and meditation to contemporary birth practices. "This book is a must for anyone interested in childbirth." - Barbara Findeisen, MFT, president of the Association for Prenatal and Perinatal Psychology and Health. From the Trade Paperback edition.

Robert Newman has been developing and implementing programs in the medical uses of meditation for the past fifteen years. He is the author of *Calm Birth: A New Method for Conscious Childbirth*, and *Calm Healing*.

I enjoyed this CD and the Book, and I used it every day for the last trimester. I would relax in the bath tub and listen to one or more of the meditations. I wanted to have a water birth so I thought sitting and relaxing in the tub would help...and it did!

Unlike the other reviews, I found this book and CD very helpful. I LOVE it! it helps me go into a deep spiritual prayer and meditation. It was a fast read. I read 60 pages in one sitting. This doesn't mean I understood everything, but you don't have to. Its focus is on meditation and calming in preparation for labor. It's also very holistic. It talks about prenatal and postnatal care and continuing the meditations even after you've had the baby. I plan to use this before, during and after labor. The book has a great section on how to actually do the meditations. You could probably just read that section if you wanted. I got the CD because I prefer guided meditations vs having to read it every time. My husband and I have practiced these meditations together and find it very rewarding and calming. It also helps him feel more connected to the pregnancy. If you want a detailed description of the actual biological process of birth and labor, you need to read another book. But I didn't get this one for that purpose. The title told me that it was a meditation book.

I have been reading many books on natural childbirth methods, and the common thread is to not fear pain and breathe deep slow breaths (no panting), and visualizations. This book's methods are based heavily on Buddhist meditation with some references to physics and natural energy fields of the body. Yes, I did say physics in a pregnancy book. The author writes this book like a published research paper and it can be VERY hard to read. For much of the book the author keeps throwing out different names and citing their research and tries to back up the methods up a little too much. It can be a bit overwhelming for a tired pregnant woman, especially if it overwhelms me now just doing research before I get pregnant with child number two. The actual methods, (there are three) are

confined to a much shorter part of the book, and I can see where the CD might be all you need if you have done much research. There is a small jab at Christianity and its ties with the downfall of women as healers in the beginning, so a sensitive religious reader may be offended. This book does not go into the biological process of birth to let you know exactly what is happening with your body. I feel that knowledge of childbirth is part of the empowerment to give birth naturally and should have been included. At the very end it gives childbirth stories, but is written in interview form and that too can be hard to read. Overall, if this was the only book you read I think you would be able to have a successful childbirth. BUT I recommend you read some other books first: Hypnobirthing by Marie Mongan is my favorite. ~ ~ HypnoBirthing: The Mongan Method: A natural approach to a safe, easier, more comfortable birthing (3rd Edition) ~ ~ It made me feel so empowered. Natural Childbirth the Bradley Way is very good too, but is a little negative and very outdated. ~ ~ Natural Childbirth the Bradley Way: Revised Edition

I found this book during my first pregnancy. I am an experienced meditator and yogi, and am actually familiar with the meditation techniques cited in this book. That is why I found the book to be so amazing! These practices have been cultivated over thousands of years as a science of health and spiritual growth. I can understand why it is not for everyone. However, I was able to use the three meditation scripts in the book to practice. This time around, I think I will try the CD.

This entire book is just one long, drawn out sales pitch. Very few actual techniques are discussed or explained. I found the commentary to be extremely judgemental to the point of being arrogant.

Not at all what I expected. A whole bunch of talking about trying to convince your mind to open your hips and what not. It was annoying to listen to.

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