

**❖ Topic #3: Pause—Choosing Your Life****Suggested reading for this gathering:**

- [\*The Birth Pause\*](#) – Mary Esther Malloy, M.A. (Pg 31)
- [\*Liminal Consciousness\*](#) – Jeanne Ohm, D.C. (Pg 4)
- [\*Faster Than the Speed of Life\*](#) – Nanice Ellis (Pg 58)
- [\*Grounding for Babies\*](#) – Amy Phoenix (Pg 38)

**Talking Points:**

In the article “The Birth Pause” Author Mary Esther Malloy, M.A. explains that the “birth pause” is where instead of a newborn baby being delivered to his mother’s chest the moment after birth the midwife gently guides the baby down to soft padding allowing for a birth pause.

In this article we learn that many midwives report the mother’s state in the seconds after birth as being stunned, bewilderment and shock. Because of the overwhelm for many mothers in the seconds that follow the birthing of their baby, the author points out the beauty of a birth pause to allow the mother to recover from this state.

Dr. Jeanne Ohm expresses in the article “Liminal Consciousness” that in this moment, this birth pause, which may only be seconds long, we silently celebrate a new beginning. That with the same ease and knowing that occurred effortlessly in the womb, when the mother has taken her pause she will reach for her baby, and together they will continue with an inherent trust in the process of life.

This example speaks to the importance of us choosing our life, and not allowing it to just be thrust upon us. In the same way that a mother encompasses her baby with an immense love and a calm internal knowing after a birth pause, such is true of all new beginnings.

In the article “Grounding for Babies” author Amy Phoenix talks about the importance of taking a moment to ground ourselves in order to transform stress and release feelings. She describes the importance of pausing to be in the moment, notice your feelings, and shift your state if necessary before moving on. This is more deeply explored in the article *Faster Than the Speed of Life* where life coach Nanice Ellis describes the importance of slowing down to get ahead. In this article she discusses her own stress and anxiety that led her to dread each overwhelming morning until at last she learned to stop and say, “Today, I don’t *HAVE* to do anything!” With the same essence behind a birth pause, she took a moment to breathe and shift her thoughts away from the stress of everything in life being thrown at her, and to instead connect with her life so she could *choose* to pick it up anew.

**Group Questions:**

1. What are some ways you've been able to stay calm when your baby/child is upset?
2. What are some ways you can allow yourself a space, a "pause", in these moments of overwhelm?
3. What are some ways that you can slow down to get ahead?
4. What are some of the ways that you may turn your stressing into blessing?
5. With all the demands of parenthood what things are getting in the way of your ability to take a pause?
6. How can you reframe things so that you are able to pause and step in with gratefulness and appreciation?

As you begin to assert your choices by affirming "today, I don't have to do anything" and taking a "birth pause" at each new beginning, others will begin to respect your choices as much as you do.

***\*If your group is interested in doing a meditation, you can open your Pathways magazine up to Pg. 39 and follow the steps listed to feel renewed in this grounding meditation.***