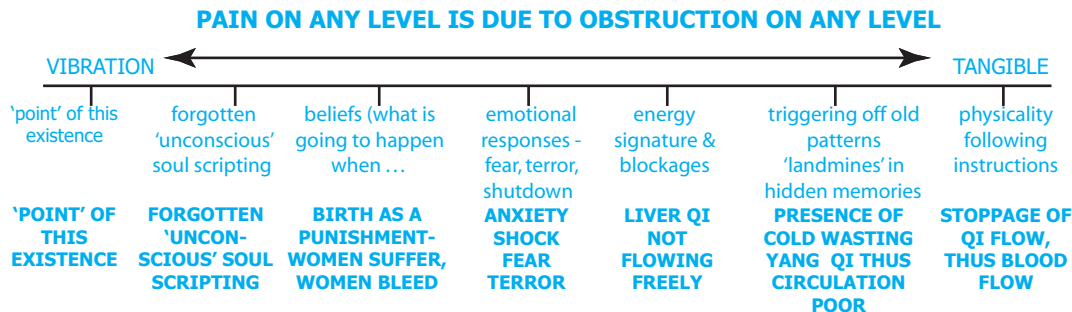


PAIN = OBSTRUCTION



Pain happens because something is not working properly. Something on some level is obstructing normal function. We feel pain as a message that requires action on our part. The degree of pain spurs us into doing something to change it - we don't like it, and we do whatever it takes to stop it.

If we follow the biomedical framework, we may consider it normal to experience radical period pain, migraines and other bodily warnings of imbalance. But pain is the result of something being awry/not working properly - the pain trying to act as a deterrent - stopping us from repeating the damaging action, or a course of behaviour. The presence of the pain, its severity and possibly its surprise value all mean something, and if we are not in labour, usually ensure that we find the cause of the pain, and resolve it.

We have as a culture become used to taking pain relievers rather than changing what creates our pain - adjusting our lives; our habits; our attitudes, trying to avoid pain altogether,

rather than listening to what the body is actually saying, is to really miss the point in labour.

Labour pain is instructive. If the body has sufficient nutrients, qi flow and structural elasticity, there quite possibly could be no serious sensations until half way through cervical dilation. **Pain and discomfort show up when the body's ability to open is restricted.** This is the key message in this book. If normal is consciously set up to happen, it will.

This is providing baby is in the right place - head down, is only the beginning - see pp 149, 170, 171, and visit www.spinningbabies.com. There is a great deal Mum can do to ensure she has an easy labour, as spelt out in the website above, and in "Sit Up and Take Notice" p 242.

We may see pain in labour as something that can be avoided by taking substances to block the sensations. But this is to miss why the pain is there - pain messages serve a very different role in labour. **They require Mum to change position, alter something - movement, action.**