

## WHY DO ANYTHING?

I believe that the role of an acupuncturist is to ensure energy flows as the blueprint intended, restoring and supplementing as required. It is life respecting and affirming. However, this may be outside your normal mode of being with your bodies, as our culture's biomedical approach is disease or illness orientated.

This means that unless something is obviously and seriously wrong, it is considered to be unworthy of attention. This is due in part to there being a lack of tools in the medical kit, and to the dominant paradigm being not centred around well living.

Rather than wait for problems resulting from minor movements from perfect functioning to register on the medical scales, (pp 6, 9) it is possible to intercept the small messages the body gives out, reinterpreting them as the warnings that they are, and adjusting the imbalances, instead of trying to cope with the consequences of the eventual breakdowns.

This would be much like taking the family car in for regular checkups/tuneups rather than waiting for mechanical dramas. We realise that with cars, if a little rattle starts, there is something needing eventual attention. If we ignore the small, intermittent noises, maybe turning the music up, so we can't hear them, there are usually more expensive and problems of greater consequence, than had we paid attention when the first warning sounded.

Blockages in the energy fields in the form of emotional and climatic and traumatic Stuck Qi and Blood can be seen as the different 'problems' reveal themselves, in pregnancy, labour and beyond. This is not as nature intended, but a result of the life the person has lead, without general maintenance, tune-ups or service checks. We do not treat our cars with the neglect and misuse we suffer unto our bodies.

During Mum's life she probably has had occasions where she has treated her body/been treated less than respectfully, and possibly in the self image/sexual area she has sustained some fairly major hits - even if it is just the contraceptive tinkering that does such a good job of stopping junior coming before being 'needed', but creating in the meantime massive shifts in the balance of her levels of Qi and Blood, and thus all aspects of her being and behaviour (pp 32, 44).

If she has used chemical contraceptive measures to delay baby's arrival till now, or particularly if she has needed reproductive technology to assist in becoming pregnant, the accumulation on every level of stored emotional and energy obstructions, plus the chemical residues need shifting. This ensures optimal ability of her body to automatically move from one stage of the hormonal opera to another.

Most assume once pregnancy is achieved, the game is 'won'. As many discover, becoming pregnant 'so easily' often allows an equally easy loss - either miscarriage or eventual less than perfect outcome. After conscious preparation for conception, the next stage is to ensure that Mum is in the best condition all through the pregnancy, when baby is being actually MADE.

Performing the various preparation techniques, possibly prioritizing them before more mundane domestic duties is to **really change the relationship she has with herself, and thus the one she has with you. This is likely to bond you both together far more than you can currently imagine. Thinking that you are doing this for her is to totally miss the point.**

**If she has a less than natural physiological birth, all of your life is likely to be altered forever** - far more than just the disruption of having a baby, and all that entails.