

## Let Your Monkey Do It



Let's say you want some advice that might help you give birth, wherever that might be. My shortest answer is: Let your monkey do it. (By the way, this advice works for any physical pursuit that can be short-circuited by the mind, whether it is white-water rafting, dancing well, platform diving, or giving birth.)

Letting the primate in you do the work of labor is a short way of saying not to let your over-busy mind interfere with the ancient wisdom of your body. To give an idea of what I mean, here are some things monkeys and apes don't do in labor that many women do - that interfere with labor:

-  Monkeys don't think of technology as necessary to birth-giving.
-  Monkeys don't obsess about their bodies being inadequate.
-  Monkeys don't blame their condition on anyone else.
-  Monkeys don't do math about their dilation to speculate how long labor might take. (A typical mind sequence might be: It has taken me eight hours to get to five centimeters. That means it will take me eight more hours to get to ten or full dilation.)
-  Monkeys in labor get into the position that feels best, not the one they're told to assume.
-  Monkeys aren't self-conscious about making noise, farting or pooping during labor. All queens, duchesses, and movie stars poop - every day, if they're healthy.

How can you "let your monkey do it" in a hospital? I believe that it helps to mentally prepare to be a little wild while you are there. Try to behave as much as possible as you would in your own bedroom. Be willing to be unconventional if that might help your labor along.

Taken from the book  
"Ina May's Guide to Childbirth"  
by Ina May Gaskin - 2003 Edition

