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The Gift of the Mother-Baby Connection

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To say that pregnancy is a powerful time is an understatement. So many levels of energy are coming together to create another life, and both beings—mother and child—are interdependent in the process. All systems are alive as nature itself unfolds. The mother is allowing herself to be transformed, and it does not seem that she has to consciously do much to see her baby take form.

Or does she? In the October 4, 2010 issue of *Time* magazine, the cover article featured the new field of science called Fetal Origins. Scientists are now studying how infants in utero are affected by their environment, which first and foremost is that of their mother. Our toxic world is wreaking havoc with the health of the unborn. Levels of chemicals are harmful to us in general, and more harmful to newborns, considering their size and weight. One baby whose mom was an oncology nurse was found to have traces of chemotherapy drugs in her blood stream.

In her book, *Origins: How the Nine Months Before Birth Shape the Rest of Our Lives*, Annie Murphy Pau presents study after study of how our health templates are well established by the time we are born. In a perfect world, we could invite our pregnant moms to rest, decompress from stress, be taken care of, eat well and emit great biochemistry to their offspring. Since we live in a world that does not give much credence

to the power of creation, we have a dilemma. Most women leave themselves until last as far as self-care is concerned and usually push themselves to their limit. How can we support women to change their perspective, to see that they are investing in the health of their babies by de-stressing, relaxing and practicing “prenatal bonding,” which I explain in the following paragraph. It is evident that aside from genetics, we inherit familial patterns. Babies inherit maternal stress patterns. If the stress is constant, relentless without rest, the baby is infused with too much cortisol, and it can actually adversely affect their IQ.

Pregnant women need more support than ever!

An obstetrician in Hungary offered prenatal bonding sessions to 1200 pregnant women during his career in the 20th century. Dr. Jenő Raffai empowered his patients during their pregnancies to tune into their babies. He held weekly guided meditations where they blessed their wombs, they talked to their babies and then invited communication back from the babies. He infused them with confidence. Towards the end of the pregnancy, moms were invited to prepare their babies for labor, describing what would happen—most importantly, that they would separate, and the baby would individuate. Dr. Raffai treated both moms and babies as a part of the birthing team, and they had active participation during labor, as opposed to



being a passive object during a medical procedure. It makes a big difference when women are recognized as capable of birthing, and there is huge benefit for both the mom and baby to be empowered in the process of actively participating in that journey.

The results of his work are stunning: of the 1200 women, he delivered only three premature babies and had to do only three C-sections. Plus, none of the mothers experienced postpartum depression. None. It reveals that the bonding was *healing medicine* for both mother and child.

I mention this because working with a mother by offering Healing Touch treatments has great rewards. It is an honor and a privilege to help them deepen their connection to their baby, to *remember* who they are. It clarifies the highest order of their life right now. Once they connect to themselves, they realize that self-care is an investment that will give their baby the best start in life.

One question that I get asked so often by practitioners is, "What do I *do* with the baby during the treatment?" The answer is, "Who are you going to be during the healing session?" I remember when I assisted at a Healing Touch Level 4 class and I was looking forward to a treatment. My partner however, was having a mild panic attack because she was afraid of working on an instructor. I can tell you that did not feel good and I finally said something. I told her that I did not care what she thought she did not know. But that I did care that she was not centered and focused. Her anxiety was totally inappropriate at a time when she was supposed to be helping me.

Well, babies are the same way. They thrive on connectivity, especially energetically. If you are worried that you might hurt them, do not offer them Healing Touch. Work on your alignment first. Nonverbally or verbally introduce yourself to the baby and talk about what you are going to do.

As far as techniques go, I use the same ones I use when I am working on anyone. No technique is

contraindicated. I usually use Chakra Connection or Full Body Connection (Healing Touch techniques) to help the mother relax. I also check in with the babies, letting them know, on a heart level, that they are safe. I always invite the moms to communicate with their baby during the session.

As far as what techniques to do when. . . I am not big on handing out recipes. When following a recipe, there is a tendency to change your focus to mental processes, rather than trust the intuitive. There is so much more healing available when we *allow*, rather than falling into the trap of trying to fix someone, a condition or a symptom. Let go.

I had one mom who was having kidney issues and high blood pressure. Her doctor wanted to induce her to deliver at 28 weeks gestation. Luckily, her mother-in-law was a holistic nurse, and she knew the wisdom of healing and invested in Healing Touch weekly sessions. After each session, her creatinine level and blood pressure lowered to the point where they would postpone hospitalization. Each time, we both talked to the baby, out loud, to explain the situation and that they were both fine. Mom carried her sweet baby through 37 weeks and no one had to stay in the hospital after the birth. She learned to honor her body, to see that self-care was truly the ultimate investment in her infant's well-being.

I invite you to broaden your scope of what you think is possible in that mother-baby connection. It is absolutely the most amazing gift that helps to preserve humanity. €



Author Rita Kluny can be found at www.HealingTouchForBabies.com