## FROM THE GREAT MOTHER TO THE CHILD

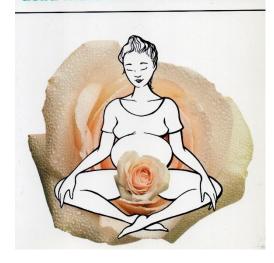
Meaning, poetry and practice of motherhood and birth

pabriella a. ferrari 

mediterranee

DALLA GRANDE MADRE
AL BAMBINO

significato, poesia e pratica
della maternita` e della nascita



This book aims to a better understanding and enrichment of the experiences of the mother-father-child triad. In clear and simple language, the human path from love to sexuality and from this to motherhood is shown, overcoming conditioning and clichés about sexuality and love. Thus, the author encourages the woman to 're-appropriate' the event of childbirth, currently managed by others.

A second part of the book begins with simple prenatal gymnastics (exercises), which can be practised immediately and on one's own; this is followed by bodily exercises of 'identification' and working with 'mental images'.

The third part emphasises the sacred and symbolic values of childbirth. Coming to birth is reconstructed in the form of a regression to conception, focusing on the themes of 'life beyond the threshold' and shared mother-child experiences. Labour and childbirth can

thus appear as 'initiatory trials', in which the mother and father are reborn with the child; the related spiritual and psychological times are also explored in depth.

The text is full of practical advice and enriched by two series of illustrations showing how the two partners can live this important experience together.

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Conclusion: Parma, 8 o'clock on a spring morning

Bibliography

Acknowledgements