

FROM THE GREAT MOTHER TO THE CHILD

Meaning, poetry and practice of motherhood and birth



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.

CONTENTS

Preface by André Van Lysebeth

Letter to parents 11

PART ONE

FROM THE SACRED OF LOVE AND SEXUALITY TO THE SACREDNESS OF BIRTH

Ch. 1 - LIFE MANIFESTS IN ME

1 - I am expecting a child

2 - "Who am I?": the oriental theory

3 - History of evolution: pregnancy, birth, growth

Ch. 2 - RESPONSIBLE PROCREATION: REVIEWING THE HISTORY OF LOVE AND SEXUALITY

Foreword to the birth project: love and sexuality well lived

- *Love*

4 - Matriarchal society: when the woman was the Goddess and the Great Mother

5 - The Great Invasions and Matriarchal Society: The Object Woman and the Birth of Power Religions

6 - Symbols and metamorphosis of 'primitive' religions

7 - The feeling of love in Dravidian matriarchal society and Tantrism: How we used to love

8 - Women's history: the history of love and sexuality

9 - Woman's sexual control goes all the way to childbirth: how to help the man?

10 - Love and the baby growing inside me

- *Sexuality*

11 - The serpent, the tree, the fruit: a curious correspondence with the Tantric initiatory ritual

12 - What the Chinese mean by "sexual control": a different approach to sexuality

13 - The lost Eden: a mistaken culture about love and sex that caused us pain and made us forget our nature

14 - Tantrism today in the experience of couples: anachronism or liberating experience?

15 - The couple's relationship: where, when, how, why?

16 - The mother-child relationship: a tantric experience

Ch. 3 - BIRTH

17 - "Giving birth with pain": cultural and environmental conditioning

18 - Pain

19 - Joy: mothers speak

SECOND PART

TOWARDS BIRTH

Foreword to the practical part

20 - The place and time of the practice

Ch. 1 - BREATHING

21 - Learning to breathe: basic principles

22 - Abdominal Breathing

23 - Costal Breathing

24 - Diaphragmatic Breathing

25 - Complete three-stage breathing

Ch. 2 - RELAXATION AND MENTAL IMAGES

26 - Relaxation with movements

27 - Relaxation on the Side

28 - The mental images

29 - Using and Practising Mental Images

Chap. 3 - IMAGING EXERCISES

30 - The Flower and Breathing into the Flower

31 - When and why to practise sighing breathing in the flower. What to do during the "thrusts"

32 - The Seagull

33 - The Tree

Ch. 4 - PRENATAL GYMNASTICS

34 - Why it is important to do gymnastics

35 - Prenatal Gymnastics

36 - Breathing and solar recharging exercise

37 - Active Meditation Exercise

PART THREE

THE BIRTH

Foreword

38 - The uterine contraction during "labour"

39 - Some practical advice - The "labour" positions with your partner - Relaxing massage

40 - Conception and intrauterine life: account of an experience

41 - Water and woman

42 - Birth, a sacred event

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

Bibliography

Acknowledgements