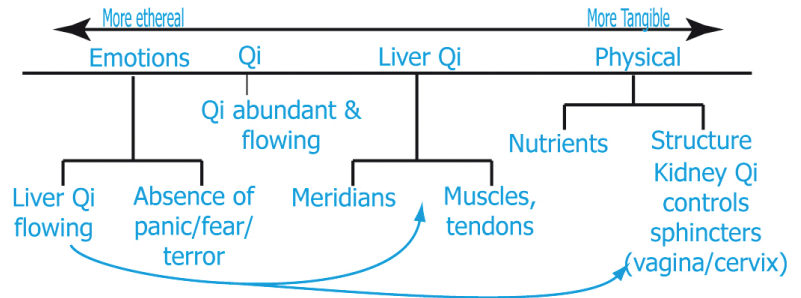
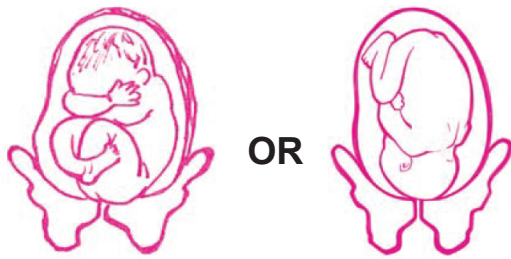


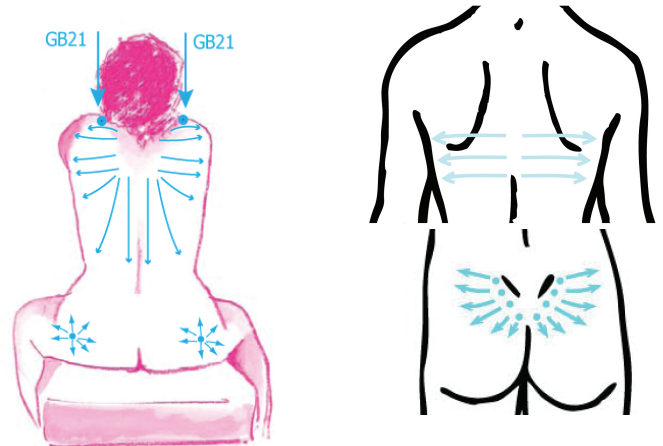
# Setting Up Easy Birthing

To be used in conjunction with other labour sheets in this series



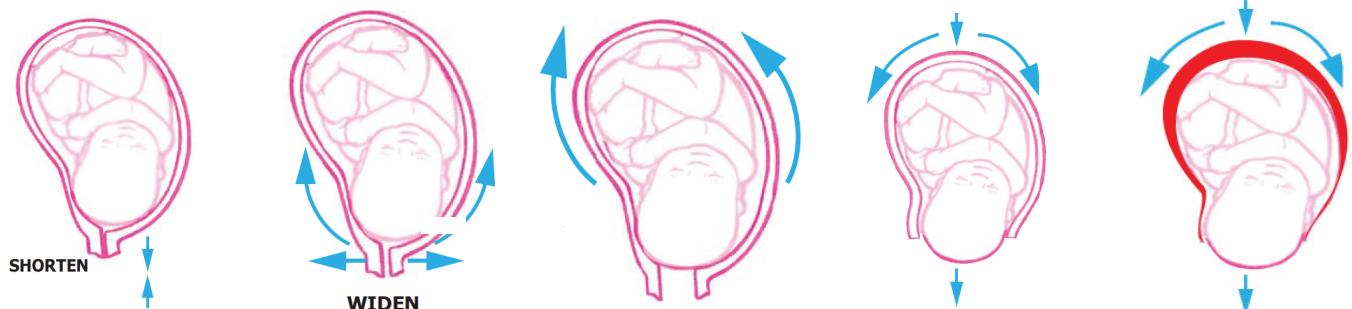
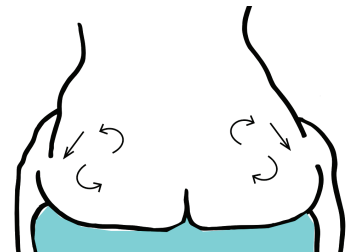
The state of mum's Liver Qi, as seen by the free-flowing ease with which her body is preparing to open can be greatly influenced with your loving hands.

If baby is comfortable presenting as breech, O.P., lateral lie or some other variation from normal, it likely means mum's ligaments, organs & physical structures need realigning into a different balance. This may be due to 1 or a combination of past falls, incidents, accidents, trauma, surgery &/or invasion of cold. Changing the state of local tension, regardless of the stage of the pregnancy, baby can, and will, move into a 'better spot' for easy birthing.



## Liver Qi in Birth

RESONANCE Spiritual	Emotional	Qi	Area of Influence	Meridian Flow	SUBSTANCE Physical organ
More ethereal					More Tangible
A sense of peace and order, ability to flow with the greater vision	Present in the present as it unfolds in every present, thus able to move as life dictates	Free flowing through all levels and all aspects of self	All blood circulation esp. to the head. Tendons, muscles & ligaments - elasticity or states of tension	Liver meridian flows through & around external genitals, uterus, abdomen & breasts	Liver (major chemical factory & detox centre)



## OPTIMUM BIRTHING PREREQUISITES

VIBRATION	More ethereal					More dense/solid		TANGIBLE
Absence of unconscious scripting	Belief that birthing is entirely natural & thus safe	Excited & ready for birthing/ motherhood	Ample Qi & Blood moving perfectly	Liver Yin & Blood well nourishing muscles & ligaments	Supple muscles	Structure clear & in correct position		

