

Healthy Mother and Gentle Birth for a Peaceful Future

Lim, I.R.1

Keywords: healthy mother, gentle birth, midwifery

Abstract

Research has now shown us what grandmother midwives have always known, that there is an exact connection between women, birth, babies, families, peace, and the environment.

Birth trauma interferes with the connection between heart and mind. This connection is necessary for individuals to grow into caring citizens of earth who protect one another and our environment. Birth trauma is most often caused by the protocols of industrialized medicine interfering with the natural process of bonding mother and child.

Trauma at birth profoundly impairs our capacity to love, and it can take a lifetime to heal. My book, "After the Baby's' Birth," ("Dopo la nascita del bambino", Urra Edizioni ISBN: 88-503-2638-6) is an offering toward our planet's survival. We can only protect the future generations from trauma at birth and early childhood by protecting the mothers in pregnancy, birth, and postpartum. Each baby I receive into the world (and it is now nearly 500 per year) is a baby step toward world peace. Every mother and father who endeavors to gently bring a child into the light is a world peace pilgrim.

In the words of Alexander Langer, "Peace between humans and nature will be attained when we learn to live simply."

Preventing birth trauma and protecting breastfeeding are simple effective steps toward building balance on Earth, for when humans begin life with an intact capacity to love, we as a planet will find healing.

Thus, the preservation of our planet and world peace can and must be achieved in baby steps.

Assalamualaikum, Om Shanti, Blessings of Peace... Ibu Robin Lim

¹ Healthy Mother Earth Foundation, Yayasan Bumi Sehat Nyuh Kuning Village - PO Box 116 Ubud, Bali 80571- Indonesia, e-mail info@bumisehatbali.org
Internet: www.bumisehatbali.org and www.robinlimsupport.org/