

In my experience the more relaxed the mother is, the more likely she'll go into labour naturally and most importantly, when her baby is ready.

Because there is so much intervention during hospital births, women often feel like the midwife knows best. You give away your power. We're told that they know our bodies better than we do. You think 'they're monitoring me and my cervix so they'll know when I should push.' But actually if we were left to our own devices in a dimly lit and safe space surrounded with loving support, labour would progress just perfectly in most cases.

Clock-watching also puts immense pressure on women. We all labour in different ways in different times. Hospitals are on a timetable but if women were left to birth in their own time it would be such a different experience. We are ultimately mammals and mammals in the wild go somewhere dark and quiet and safe to give birth and that's exactly what we need as women. That's not always possible in hospitals. It's hugely important how we enter the world. Life begins at conception. Our time in the womb and our birth experience are powerful times where we are learning and communicating, so to create a more humanised, spiritual approach to birth is indeed very much needed not only for the mother throughout the whole of pregnancy, but also for the baby.

I think there is change happening for the better. In some ways, doctors are now realising that women in labour need to be left alone and it's

best not to intervene, this makes birth much safer. Certainly, we're lucky to have all of the medical knowledge available to use if we need it but ultimately, women contain all the power and strength within them to birth naturally.

Women are also starting to become more aware that they have choices. They often know that they want to be cared for and nurtured but they aren't always sure how to find that. Touch therapies are certainly a starting point and are becoming more and more popular.

We really need to start educating children about the natural process of birth and then we would be much more in control of our choices. The solution is within each of us.

The supreme authority is within the individual and is not outside of us. We have the full power over our own health and by being well informed about our choices in pregnancy and childbirth and feeling spiritually and physically prepared we can reclaim our power, and by doing this we can create a major shift that will heal the system. The more we become aware and conscious of who we really are and trust in our Self the healthier we get as we own our own soul, inner authority and experiences.

Once one woman is more informed and feels empowered to make her own decisions this ripples out as she shares her knowledge with other women. It will change and improve, I'm sure.