

2. SACRAL MASSAGE/PELVIC OPENING

A lot of the problems we feel are related to storing a lot of tension in our structures. Whilst working out how to alleviate and sidestep labour pain in late pregnancy, I have discovered a great way to help each other — and wonderful for anyone. All of us can find some oil, even if it is the edible kind from the fridge, and spend a few minutes massaging our friends/ lovers.

Pain *happens* because normal flow is absent, (could be from pain anywhere and about any level of distress). We store it— and almost every woman I have treated has a bottom full of pain when I attend to it. What to do? Move it. Why? Everything will flow better — and this means all headaches, neck pain, shoulder tension, lower back and any sciatica, any stress related and structural tensions also melt. Looking at the companion eBook - [Practical Stress Solutions](#) - it is easy to see that we can get totally tied into being in our 'story' - forgetting that our shell/armour is prickly and needs settling/undoing at times - what better time than prior to a newborn arriving?

This then leads to an easy flow throughout all the areas that the 'tension' is gathered — the nerve flow from the vertebrae does get pinched/trapped when tension starts clogging us up. Instead of reaching for antidepressants - it could be as simple as touch.

POSITIONING

Straddling a chair is a great place to start as it opens up the pelvis. Even when very late in pregnancy, (woman on the left had 8 pound twins on board), this is comfortable, and if pregnant, helps keep baby in the optimal position for birthing.



Using pillows, it is easy to create a soft place to lean into.

Make sure that there are no breezes, as it is a very vulnerable position. Keeping her feet warm so no chills come up through the feet is an important part of keeping her warm.



MOXA (CAN BE FOUND IN MOST CHINESE SHOPS AND ACUPUNCTURISTS)

I have found that starting to open the area up using moxa to loosen and warm, is less painful and more effective. Moxa is usually found in a roll similar in appearance to a cigar. It is lit at one end – it does not flame, but smoulders. To use, hold the lit end about a centimetre away from the skin; the heat penetrates and feels wonderful. By moving the stick up the back, it helps move the energy through a major energy meridian /channel, allowing all the structures around the heated area to relax.

This is particularly helpful in late pregnancy to help relax mum and the entire abdominal load/structure, or when anyone is feeling tired/weak/vulnerable/achy. Use the real moxa - not smokeless as it just doesn't do the same thing. It is NOT the heat but the herbal vibration and ensuing healing that is needed here - so shortcutting with a heat lamp is NOT indicated.



Woman is kept warm, moxa is held away from breathing in the fumes. Person helping should be steady, with a finger on the skin as a 'spacer' so as not to accidentally touch the lit end on/burn the skin.

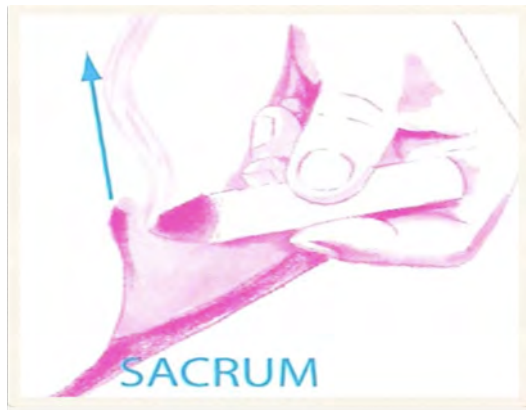
When using moxa outside, make certain she is protected from any breeze. You are doing this to get rid of cold and to open to relax the tissues and the body, so it is highly important to be temperature savvy as the pores will open, allowing more cold into the body which will only cause problems. Cold entry causes pain as it allows contraction and stagnation of circulation to follow. I tend to hold up a towel and pop it under their armpit, and use it as a draught stopper with my left hand.

It is important to drink water (fluids— not cold) before starting, and during the treatment if necessary and after treatment. Light the moxa and begin. Initially move SLOWLY UP the spine from about where you can, to waist level. Move from the bottom of the butt cleft to the middle of the body. The following diagram shows the path and direction of movement.

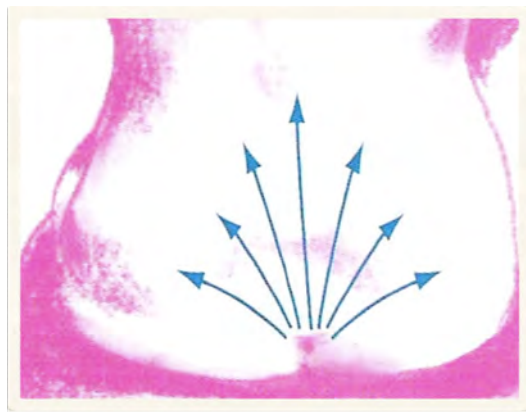
This is done very **slowly**. Ensure that you have a finger or thumb touching her body as a guide and as a spacer, so there is no possibility of you or her coughing, or moving unintentionally and having the moxa connect with the skin.

It is easy to get into a meditative space of stillness.

Keep an eye on the time, as this is just the beginning.



The moxa stick is held about a centimetre away from the skin, and using a finger or two as a spacer, I slowly work up the spine, and return to go UP the spine only — not up and down.



After a few minutes — and this is gauged by her reaction — start the sacral fanning technique. This was developed initially for the pre-birth work I was teaching dads, but in clinic I found that it was so useful at relaxation and allowing all back upsets to resolve, that I use it now with everything. It is helpful in most compromised circulation (pain and discomfort) cases, and also great for lower limb swelling or pain in extremities and any menstrual irregularities, especially pain.

People often report feeling sensations like warm water running down their legs. It is amazingly calming, and when pregnant, allows the uterus and mum to relax.

Most come out of this really loose - it is a great idea to possibly have a snack before starting, as otherwise feeling 'out of it' may result.