



The TARA Approach for the Resolution of Shock and Trauma

PUNAHELE

Nourishing the Children of the Future

A Guide for the Birthing Community

Prepared by Stephanie Mines, Ph.D.



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**For a map of the body and short meridian treatments, as well as an overview of prenatal life and treatment, see the charts at the back of this handbook.*

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T A R A
TOOLS FOR AWAKENING
RESOURCES AND AWERNESS
2910 County Road 67#C
Boulder, CO 80303
(303)499-9990
www.Tara-Approach.org

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Introduction

***"A child's education begins one hundred days
before conception."***

—Oriental Proverb

It feels auspicious to me that I am beginning this treatment guide as we approach a new year. Almost thirty-two years ago, to the day, I began writing my first book, *Two Births*, about my initiatory experience of home birth and delivery. The people who I turned to for support at that time, Michel Odent and Suzanne Arms, are now my colleagues in a crusade to re-educate the general public about the beauty and power of natural childbirth and the magnitude of the mother-baby bond.

Now I have something specific to add. In over twenty-five years as a therapist, energy medicine practitioner, specialist in the resolution of shock and trauma, and teacher of all of the above, I am completely convinced that there is nothing more important than preventing shock and trauma for the children of the future. This guidebook is designed to show you how to do that. I dedicate it to the transformative energies that I invite into this coming year and all the years to come.

The legacy of suffering that I entered into when I was born has been a great teacher to me. It has directed me to seek the most potent healing systems possible for the recovery of Essential Self. More importantly, it instilled in me the dedication and perseverance to transmit the healing bounty to others. Energy medicine combined with an ability to ward off preventable shock and trauma equals empowerment. This gift is my New Year's present to the children of the future. I put it into the hands of all those in the birthing community who wish to serve these beings.

Stephanie Mines, Ph.D./December, 2003/Eldorado Springs,
Colorado

What Is Punahale? What Is the TARA Approach?

Punahale means “special one.” The Punahale child carries the best of the past (the traditions, gifts, rituals, songs, chants, values, awareness) into the future. Imagine if all children could be seen and treated as Punahale – from the moment of conception, and even before. This is the vision of the TARA Approach and the purpose of this guidebook. While Punahale is a Hawaiian word, I mean this guidebook and the Punahale program to serve children everywhere.

The TARA Approach is named for the Buddhist deity Tara, who is the embodiment of enlightened mercy and compassion in the female form. However, TARA is also an acronym for “tools for awakening resources and awarenesses.” This is the TARA Approach – a medicine bag of incredibly simple gifts that allows us to prevent and treat shock and trauma. The TARA Approach combines energy medicine with language, communication and expression to halt the damages that shock inflicts on the nervous system, the immune system, the brain and the spirit.

Permission to use the word “Punahale” has been granted by Kahu Lono Ho’ala, Kahuna Kapua A’o.



“Tara, Mother of all Buddhas of the past, present and future, is our own Mother also, with all the loving closeness that that implies.”

Overview

This guidebook contains TARA Approach treatment, with an emphasis on energy medicine. It begins with preparation for conception. Each stage in-utero is addressed, along with the immediate post-natal time. Treatment during labor and delivery is also included. The use of the material contained here requires an understanding of the energy medicine map of the body used in the TARA Approach, knowledge of the foundations of the TARA Approach, and training with a TARA Approach certified teacher. Consult our website at www.Tara-Approach.org for names of certified teachers in your area.

Jin Shin Tara is the name given to the energy medicine system we employ. Jin Shin Tara is based on the healing wisdom stream that originated in Japan but is closely related to all the great Oriental systems. Stephanie Mines, who developed the TARA Approach and the Punahele program, was an advanced student of Mary Iino Burmeister, the Master of Jin Shin Jyutsu. Mary brought Jin Shin from Japan where she was a direct student of Jiro Murai, who brought the system into contemporary consciousness. Jin Shin is the only meridian based system that focuses almost entirely on the use of the extraordinary meridians, or Rivers of Splendor. These meridians, or channels, form prenatally. For this reason Jin Shin is particularly appropriate for the treatment of prenatal life. For more information about the origins of this system and its broader applications, see *We Are All in Shock: How Overwhelming Experience Shatters You and What You Can Do About It*, by Stephanie Mines (Career/New Pages, 2003).

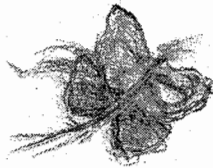
The treatments given here are in the form of energy medicine “flows.” In order to decode the “flows” you need a familiarity with Jin Shin Tara terminology, references and training in how to use subtle energy medicine. This includes the capacity to read pulse or to read energy in a way that you are comfortable with and trust. The treatments taught here are always beneficial. They can do no harm when used with the proper orientation and intention. These treatments are available to anyone. Midwives, doulas, parents, family members, family birthing unit staff, doctors and nurses are equally capable of using this potent but subtle intervention for the prevention of shock and trauma and the alleviation of symptoms of dis-ease, discomfort and pain.

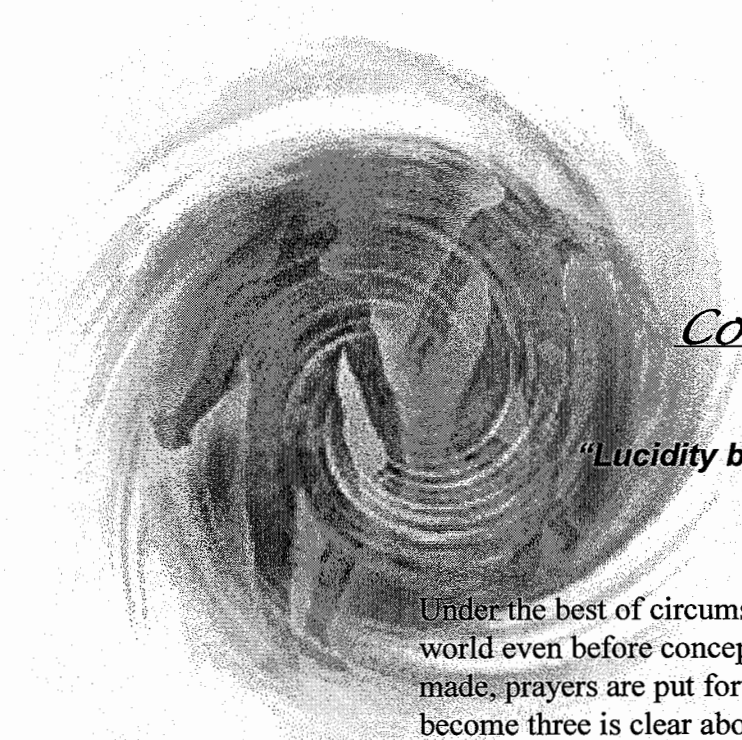
Assessing and identifying the threat of shock is another major component of this guidebook. Generally the guidebook aims to educate about how shock can be

detected, prevented and, when prevention is not possible, treated. The use of language and how to direct it toward the resolution of shock and trauma easily and effectively is another major theme. Please be aware that given the scope of these objectives, this guidebook cannot be totally comprehensive. Consider it a beginning, a foundation, and understand that to be truly effective additional training and study is necessary. The TARA Approach offers ongoing training. Check the website (www.Tara-Approach.org) or contact our office in Colorado at 303-499-9990 for information about classes.

In the TARA Approach we learn to perceive the earliest indicators of threat to the health of the developing fetus. We learn to determine if family dynamics are interfering with wellbeing and what we can say to alter potentially destructive patterns. We learn to give treatments to the mother that will reach the fetus and energetically support optimum growth. This guidebook contains information about what optimum growth means, particularly from a neurological standpoint. The entire family can learn these treatments so that the baby can experience the greatest amount of healing and support on a regular basis.

The Punahale guidebook is also a basic introduction to embryological and fetal development and organogenesis (the unfolding process of organ development) from the standpoint of pre and perinatal psychology. When the birthing community is attuned to the specific stages of in-utero development and the sequences of ever unfolding change and cellular evolution which is prenatal life, their support for the fetus is clear, precise and profoundly nourishing.





Conception

"Lucidity begins at conception."

—Thrangu Rinpoche

Under the best of circumstances, a child is invited into the world even before conception. Songs are sung, offerings are made, prayers are put forth, and the pair who desires to become three is clear about their willingness to expand their love, to make a place in their lives for the fruit of their union, and to provide for the manifestation of life that comes through them. Creating such a welcome is optimum and those who are considering parenthood can be encouraged to be devoted to this beckoning.

There are areas of the body that can be held to make the body more receptive to conception. In addition, there are treatments that further empower the energy fields that build this receptivity. Finally, there is a magnificent flow, aptly named the Fertility Flow, that clears the way for conception. The embodiment of new life is both physical and spiritual, so all the relevant bodies need attention.

The areas of the woman's body to treat for fertility are Points 2, 13 and 15. Points 2 and 15 can be held together to clear the pelvis. Points 15 and 6 can be held together to strengthen and balance reproductive function. Point 13, which is called The Mother, is the key for the entire journey of pregnancy. The 13 Flow, either the self-care or the treatment version, can and should be done throughout pregnancy.

For deeper inquiries into ongoing issues of infertility, I highly recommend the work of my friend Niravi Payne, founder of the Whole Person Fertility Program and author of *The Whole Person Fertility Program: A Revolutionary Mind-Body Process to Help You Conceive*. You can contact Niravi by visiting www.niravi.com or by calling her at 800-666-HEALTH.

For a man, the Kidney Meridian can be supported to increase health and nourish the Jing, the energetic source of sperm. This is done through all treatment of the Kidney Meridian, both quick releases and the complete treatment flow. The index finger can be held; Points 5 and 15 will send messages of vitality, and Point 23 can be held in conjunction with Point 25. The Spleen Flow will support Kidney function.

If the father-to-be does the Fertility Flow, which follows, on his partner, all the while inviting the spirit of their child to join them, the effect will be potent!

Fertility Flow (for the left side; reverse for right.)	
Order of Hand Position	Point or Area on the Body
R1 (first position of right hand)	lft 23
L1 (first position of left hand)	rt 8
L2	rt 16
L3	rt 24
L4	release all right toes, one at a time
R2	lft 26
L5	lft 23
L6	lft 24
R3	lft side of sacrum
R4	rt side of sacrm
L7	pubic bone
R5	11th thoracic vertebrae (about 2 inches above middle Point 23 on the spine)
L8	lft 1
L9	lft 2

For both partners, the flow to release Point #1 is useful since it clears the way for physical embodiment and the physical manifestation of one's visions.

Whatever allows past issues to be resolved, both within the relationship and within the families of the partners, supports the intention for conception.

When this clarity of intention is not possible, which is often the case, going through this process of preparation after conception is still extremely valuable.

During the pre-conception and conception periods, shock is most likely to occur due to unconsciousness and rejection. If there is a family member who does not want to invite the new spirit into manifestation or if conception occurs without consciousness, then shock is likely. It can be healed, however, with communication and awareness. The sooner communication and awareness occur, the less likely that shock to the energy bodies (and at later stages of development, to the nervous system) will become entrenched. Similarly, if the world surrounding the potential conceptus is a world in crisis, such as during a war period or an economic depression when scarcity is the mindset, then that overall ideation can and does impact the conceptus. Again, attending to the possibility of shock sooner rather than later allows the maximum healing to occur and the minimum damage.

Direct contact, through expression and touch, with the conceptus, the embryo and the fetus is the overall strategy for health. For some, it may take a while for intimate conversation to evolve. We have, unfortunately, been educated out of the belief that such spirit talk, being heart to heart with the invisible, is real and meaningful. But it is. The spirit you want to invite into your life, and later the conceptus that is changing so rapidly into an embryo, and then the embryo that is changing so rapidly into a fetus, needs, perhaps more than anyone else, the support of presence, contact, recognition and communication. Speak honestly, from the heart of who you really are, to this being in the process of becoming, and be an ally in the strenuous work of development. This will, unquestionably, lead to the ultimate nourishment of the children of the future.

The First Month

A Cautionary Note

Some points should be avoided during pregnancy and especially during the early months. If they are held at all they should be held very lightly. In fact, it is safe to say that all treatment can be done lightly throughout pregnancy. Pressing or pressure is not a requirement in the use of Jin Shin Tara and is completely unnecessary during pregnancy. The points to avoid or to touch with great sensitivity are: 1, 2, 5, 6, 8, 15, and 16. A good way to assure light touch is by palming the points rather than using fingertips. The use of Inju, or hand mudras, is a safe and effective way to treat key systems with gentle potency. A chart of Inju is available from the TARA Approach or from your local TARA Approach teacher.

Morning Sickness

There are a variety of flows that can be used to provide relief from morning sickness. These include:

- The Flow for Point 1
- Hold 14 and opposite 19, both sides
- Hold Point 18
- Hold the center of the palm, first one hand and then the other
- Stomach Meridian Flow
- Hold Points 11 and 25 on the same side, first right side and then left
- Hold Points 11 and 15, on the same side, first right side and then left
- Prayer Inju



The first month in-utero is critical from a variety of standpoints. There are many potential shocks that can occur and development is rapid, intricate and crucial. The first month is usually the time of Discovery, when mother acknowledges the presence of the new being. It is also a time when twin loss can occur quite easily, and without easy recognition. As soon as Discovery occurs, and even before, parents and family members can begin writing letters to the unborn. Keep these as the greatest treasury, the line of support, the inheritance of true love that will sustain your child forever.

The templates for survival that are established in the first month set the tone for sequential developments. See the section on “Developmental Stages of the Brain” to get a sense of how these sequences are interdependent. The treatments suggested here will support optimum health, but if suboptimal conditions occur, these same treatments can also restore health, thereby reopening windows of developmental opportunity.

In the first month myriad cells organize themselves into a human body with the beginnings of all its exquisitely specialized components. Here are some of the highlights of organogenesis in this first month:

- *The tiny heart will begin to beat
- *The brain will begin to specialize its functions
- *The kidneys prepare to produce urine
- *Sense organs are molded

The conceptus is now an embryo, which means “to teem within.” The teeming (and teaming) of cells in glorious purposeful migration builds both life and a life support system. The placenta and umbilical cord, through the cellular teamwork of mother and child, are erected during this time.

The brain, the nervous system and the skin all arise from the same cellular material in these formative moments. This illustrates how and why touch and sensation deposit their experience in the human memory bank, on a cellular and a neurological level.

To support the heart, where this life spirit originates from an energetic standpoint, we treat the Fire energies in the mother during the first month. This involves a focus on Points 13 and 22. The meridians that will benefit from our attention are those that we associate with Primordial Fire: the Pericardium (Diaphragm) and Triple Burner (Umbilicus). Primordial Fire is only named in the Jin Shin system. It represents the Fire of Essence or unique individuality. Use the flows given for these meridians, as well as holding the center of the palm of the hand and the center of the back of the hand. Prayer Inju, the coming together of all the fingers and palm in the prayer posture, is another expression of the Primordial Fire energies. The Heart Protector Inju is also a valuable treasure of practice during these early days of recognition (while holding the base of the little and ring fingers with the index and middle fingers of the opposite hand).

We encourage the mother to love and care for herself in order to enhance the security and wellbeing of her child. Addressing the obstacles to this self love is significant in the prevention of later shock. Teaching mom to hold areas on her own body builds energetic health. See the chart of self-care treatments for each month of pregnancy that is included in this guidebook. It is through the mother's self-care that her child will flourish. When the mother is relaxed and healthy, the child lives in an environment of abundance and security. Thus survival becomes a dance rather than a struggle.

Verbalizing the outcome, the celebration of the baby's arrival in the body, cannot be overdone. Acknowledging the magnitude of change that is the embryo's journey makes it easier, for both mother and child.

If twin loss is identified, communion with the survivor, acknowledging the loss, is essential. This can be done whenever the acknowledgement occurs, even years later. Treating the Air/Metal Element is always a key energy medicine approach to grief. Ceremony and ritual helps enormously to recognize the loss and allow it to find completion. Sukie Miller's book, *Finding Hope When a Child Dies* (Simon and Schuster, 1999) is a resource for suggestions on what rituals are appropriate.



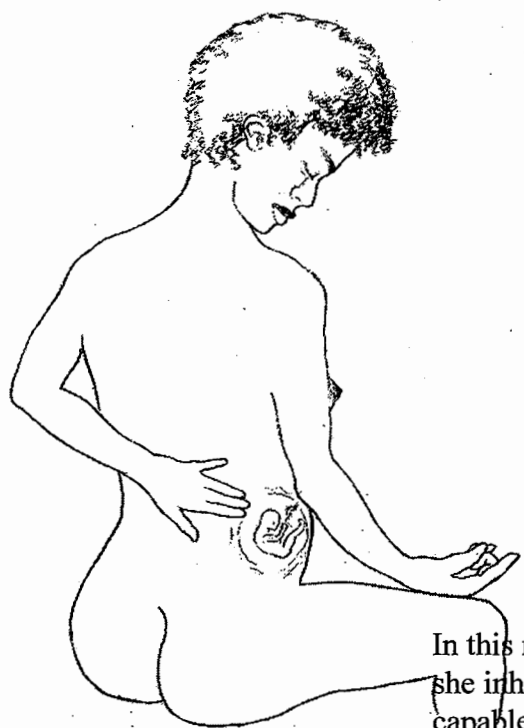
The Second Month

The second month marks the transition from embryo to fetus. Despite the fact that the fetus is only about one inch in height, it now has the foundations for all of its organs and structures. Everything is functional and these functions sustain the life of the fetus. Movement occurs – rippling undulations that express life through emergent muscular and nerve channels. These movements are vital for development.

“The development of movement has been found to be as orderly as the building of the body. Like the body’s structural development, prenatal movements unfold in a definite sequence and each movement has a defined form.” (Geraldine Lux Flanagan, *Beginning Life* (NY, DK Publishing, 1996).

The importance of fetal movement throughout pregnancy cannot be overstated. This movement is the creation of a lifetime structural blueprint. The way the baby lies in the uterus determines the ultimate pattern of the spine. Patterns of muscle, tendon and ligament behavior originate very early, and later development builds on this established structural foundation. The fetus responds to external influence, including emotional energy and environmental pollutants, through movement, a primary form of expression and communication. The embryo/fetus also responds through the secretion of fibers by connective tissue cells. Thus levels of density in skin and muscle are establishing themselves in the first two months. These remain throughout life and are often the cause of adult structural dysfunction.

From the standpoint of the TARA Approach and specifically the use of Jin Shin Tara, we continue to nourish the Fire Element in the second month, but now emphasizing the Fire of the Heart and Small Intestine Meridians. We are still supporting spirit, encouraging the unique individual to express and to continue to be unique through movement. Mom can hold Point 17, stabilizing the evolving nervous system. Points 24 and 26 will also help to create this stability. The flows for the Heart and Small Intestine Meridians can be done safely.



The Third Month

"Now she walks on water and is miracle."

—Anthony Thwaite, "To My Unborn Child"

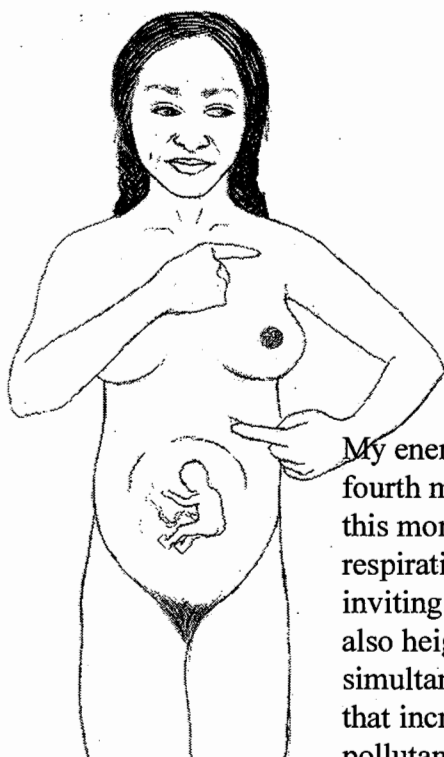
In this month the fetus finds the freedom of the watery space she inhabits and begins to move with true fluidity. The fetus is capable of rolling, flipping, somersaulting, swaying, stepping, opening her arms wide, stretching fully, yawning, folding and unfolding her hands, touching her own face, sucking her own fingers, and altogether behaving like a newborn.

In the one month interim, the fetus has gained considerable weight and height. The chest and abdomen make respiratory movements, sometimes accompanied by hiccups. The fetus drinks sips of amniotic fluid and urinates into a pool which is continually refreshed by new fluid.

The curled fetal position is not really sustained for any length of time during this stage of development. In fact, it does not establish itself until there is no other choice – when the baby is so big that extensive movement is impossible. Since this is a time of so much floating and diving, it is appropriate that we focus on the Water Element during the Third Month. The baby responds more and more to the external environment. Whatever the mother does, the baby feels. Sounds also are transmitted. The inner hearing apparatus is formed and sensitivity to sound is beginning. The swimming movements of this period maintain and fine-tune fetal development so it is extremely important that they occur without interference. All

early development is “anticipatory development” or learning for what will be essential at birth.

We support both movement and fluidity by putting our hands on the energetic pulse of the Water and the Wood Elements. Point #23, especially in conjunction with Point #25, supports Water. The middle finger supports Wood. The Kidney and Bladder Flows are valuable at this point, and the Third and Fourth Depth Flows can also be used. The language, or the communication, we direct toward the fetus supports movement exploration, and joins in it with delight. By articulating the awareness that the fetus moves in response to us and that the fetus is experiencing movement, we help eliminate feelings of isolation.

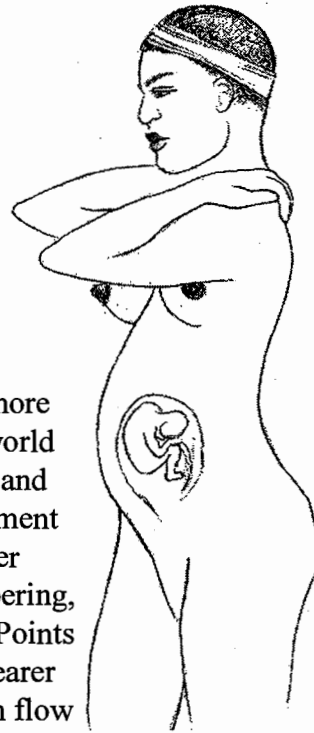


The Fourth Month

My energy medicine teacher, Mary Iino Burmeister, called the fourth month the time when “the spark of life” is ignited. In this month breathing increases, as does sight. We support respiration by holding Points 14 and 22, the ring finger, and by inviting the baby to receive the breath of life. Receptivity is also heightened by holding Point 7, left and right sides, simultaneously. We also support respiration by making sure that increased breath does not mean increased exposure to pollutants. The Air/Metal Element that rules respiration (and elimination) also rules relationship. In the fourth month, the beginning of the second trimester, the unborn’s relationships take on greater significance. They can be seen. They are inhaled. The world of the family becomes known to the child within, and the family can and should acknowledge this. Both the Lung and Large Intestine Meridians can be treated during this month, and advanced students can employ more advanced flows for respiration such as the Second Depth Flow, the Breathing Flow, and the Second Circumstantial Flow (taking care to avoid, palm or touch very lightly on Points 2 and 15).

The Fifth Month

Because the prenaté's activities are more obvious now, more exchange is likely between her and her family, and the world outside. Learning about the outside world through sight and sound is a source of ongoing stimulation. The Wood Element dominates, suggesting we treat the Liver and Gall Bladder Meridians that rule the head, thinking, learning, remembering, vision, and perception. The shortcut to these meridians, Points 11 and 3, when treated on the mother, allow her to be clearer in her own thinking. We can also utilize the Third Depth flow and the flow that releases Points 11 and 12. These are all designed to free the mind. Advanced students can use all the cranial flows, and those who are skilled at Cranial Sacral therapy can include it to great benefit.



Sensitivity to the baby's capacity to see and hear, even if both these skills are muted, suggests that we include the baby in our use of sound and sight. The shelter of the womb is not a soundproof chamber nor is it a room with a closed door. It is an environment in interaction with the one outside. Music levels, light levels, and talking directly to the baby will all be appreciated and will stimulate development. We can help the fetus sort out stimulation and organize appropriate responses through the treatment of the Small Intestine Meridian on the mother. Obviously, this is also of enormous benefit to the mother. The ongoing application of the flow for Point 13 and the Small Intestine Meridian flow throughout pregnancy allows the mother to feel centered and responsive to herself, her child, and the world around her. It cannot be repeated too often that when the mother takes care of herself, the fetus relaxes.



The Sixth Month

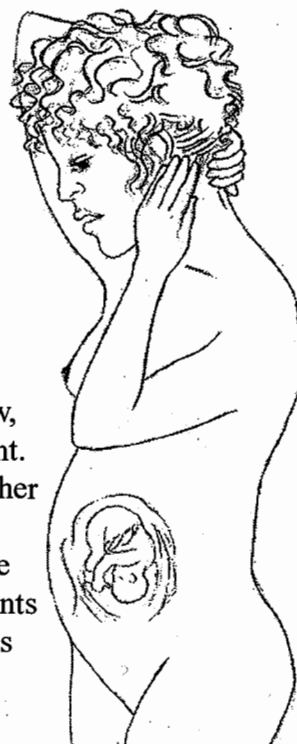
Hearing and seeing increase at the end of the second trimester, and so does the assimilation of what is heard and seen. The brain cortex is fully connected so the prenaté's learning accelerates, and the primary teacher is the experience of the nervous system. The Air/Metal Element, ruler of relationships, is once again dominant, but now it is at play in the life of a being deeply attuned, deeply dependent on relationship.

By focusing healing intent on Point #20 we stimulate an embodied sense of relationship. This point also protects us from the impacts of stress, to which the baby is very vulnerable now. Prenates respond to stress by becoming hyperactive, and Point 20 is calming and soothing. By holding Point #4, we strengthen the cognition that is deepening and flourishing as brain development takes center stage in the evolutionary drama. There is a special hormone flow, 11-12-4 and 3 that is especially useful at this time. This flow directly stimulates the ongoing production of progesterone, which means "hormone for pregnancy." This is the key hormone that educates the mother's body about attending to the needs of her baby. It is progesterone that assures biological hospitality. Far ahead of birth, progesterone interacts with other hormones to prepare the mother's breasts for producing milk. It promotes the mother's well being, and thereby assures the baby's.

Once again, in the sixth month, we can use the Lung and Large Intestine flows, the Second Depth flow, and all the flows that enhance crucial relationship building and the increased breathing movements that now go on for longer and longer periods of time.

The Seventh Month

In the first month of the last trimester, the prenat has just about enough room to straighten up. Her eyes are open now, and her seeing is greatly developed. Her hearing is excellent. She is a listening member of the family. In fact, hearing is her most developed skill. By continuing to strengthen the Air/Metal Element, and also the Wood Element, we support the baby's visual skills and her relational security. Holding Points 12 and 4 also nourish the intracranial development which is the focus of the entire last trimester.



Advanced students who can apply the cranial flows and/or Cranial Sacral treatment should do so throughout the final trimester. Stomach, Bladder and Gall Bladder Meridian flows also help prepare the brain for birth. Hearing is especially attuned during this time, and the family's sensitivity to this is encouraged. The baby's nervous and immune systems are stabilizing in the last trimester and energy medicine can support this. Use all the immune support flows (Kidney Flow, Bladder Flow, 23-25 Flow, Infection Warrior, hold the index finger, support the adrenals by palming them gently). Mom can also do the Kidney Strengthening Inju (press palms of index fingers together, other fingers folded and interlaced) daily.

This treatment theme pervades the last trimester. Strengthening brain development and immunity and providing relationship that invites the soon to be newborn into a family environment that is receptive and perceptive is the preparation for birth. Every effort should be made to meet these optimum conditions, but when that is not possible, then education about treatment and dialogue that can repair the

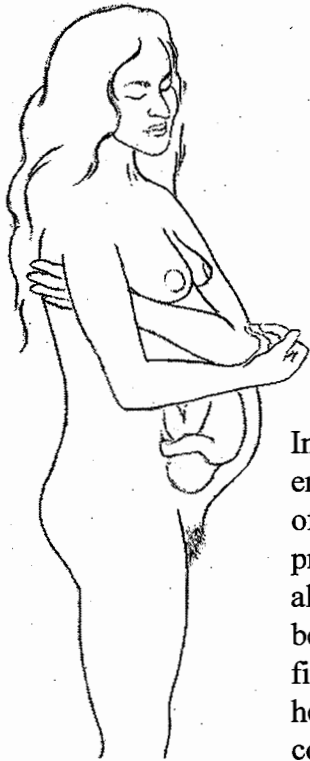
damage to spirit and body caused by shock as soon as possible is a great blessing (including after birth, even many years later).

For flows to relieve bloat, support the legs in carrying additional weight and finding balance and structural alignment, see Book III in the TARA Approach series. A quick release for bloat is holding one side of the sacrum with the opposite High 1. A simple way to support the legs is by palming the calves (placing the palms of the hands on the calves of mom's legs). Releasing the upper back also releases the legs, so opening the back door to the heart (Points 9 and 10, and/or High 19's) and releasing Points 3 and 11 on both sides helps the legs to let go. Obviously these are treatments that mom can receive, quite happily, since they are difficult or impossible to do as self-care.

The Eighth Month

Hearing, the primary sense of learning in the last trimester, is always supported by the Water Element. Air'/Metal strengthen the capacities for relationship, as has been reiterated throughout this guidebook. The Wood Element is the support system both for muscular and mental capacities. Use the treatments for the previous month. Find time for prenatal stimulation, which means responding to the prenat's movements with touch. This will enhance relational comfort for the entire family.

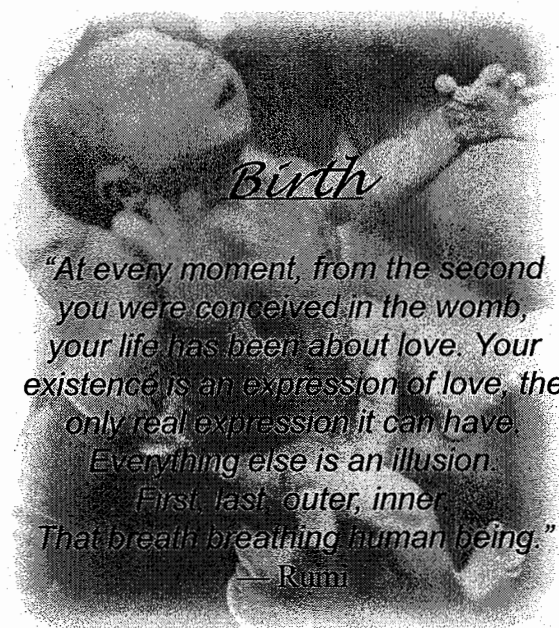




The Ninth Month

In the final month of the baby's in utero life, we maintain our emphasis on the Water Element. Immune strength in the form of antibodies are transferred from the placenta to the baby to prepare it for the world it is about to enter. The baby receives all the mother's immunity to diseases, including those she has been vaccinated against, and this immunity is sustained for the first six months of the newborn's life. The baby finds her way herself, using her own reflexes, to the cervix, the site of her conception, where she becomes "engaged" in a posture that secures that she can "push off" like a swimmer from the pool's edge. At this point the mother's body lightens, or drops, and she, and everyone who is paying attention, knows that birth is imminent. When the placenta can no longer nourish the baby, the hormonal signal is given to arouse birth.

Nothing is more important at this juncture than the mother's attunement to her child, because they will labor together. Frequently this attunement is experienced by the mother as her attunement to herself, her honoring of her own body sensations and instincts. This, precisely, is what the birthing community around her must support and encourage. She is the voice of the child within; she is the voice and the body of birth.



The mother's opening and expansion to allow birth is supported by holding the outer thigh, Point High 1, laterally, in conjunction with Point 2, on both sides of the body. This simple flow can be done, on both sides simultaneously, if labor is delayed at any time. All admonitions about "dangerous" points are released at this juncture, as those are the very ones that will both stimulate labor and help move it along.

The Low 8's are particularly potent in stimulating labor. Holding the sacrum with Low 8 is another option as is holding both the sacrum and the coccyx.

Palming the calves and cradling the ankles can be done throughout labor, whenever possible. Holding Point 24 with opposite Point 26 will stop trembling and agitation. Holding the coccyx with the center back of the knee and then the coccyx with the little toe will soften contractions. Holding Point 20, on both sides, will allow mom to let go of pain and surrender to her body as bearer of life. Holding Point 15 with the same side Point 2 will both soften and widen the pelvic floor and bring joy into the journey. Holding Point 4, on the right and left sides, will strengthen the Liver Meridian, ruler of muscular power.

Holding Point 16 with the same side Point 5, on both sides, close to the heel, will lessen pain and encourage muscular capacity. The mother's structural integrity is sustained by holding both ring toes, whenever possible. Releasing all the toes will bring harmony and integrity. Placing the palms of the hands on the crown of the mother's head will support the balance of her cranial structures while she is pushing.

Post - Natal Teatment of Mother and Child

When the baby is born, the First Depth flow should be done immediately. This consists of holding the 9/10 area (behind the shoulder blade) with the opposite 2. This harmonizes the Earth Element, making digestion easy. Palming the baby's calves will provide comfort after the arduous journey. Of course, the primary energy medicine is the bonding between mother and baby, and between father and baby, and between siblings and baby. This closeness and contact is the most important energy medicine for all. If treatment can be incorporated into this bonding, all the better.

The cranial treatments for both mother and baby provide wonderful relief from the pressurized conditions of birth. Cranial Sacral treatment, needless to say, is another approach to this relief. Holding 4's and 20's is a simple route to cranial treatment.

To prevent hemorrhoids for mom, release Point 8 and, if necessary, pressure can be applied from Point 8, through low 8 to Point 16. Additional help can be found by holding Point 25 (right side) with the coccyx, and then Point 25 (right side) with right Point 8.

If breast milk requires stimulation, the Spleen Meridian can be treated. Points which encourage this flow include High 19 with opposite High 1, Low 8 with same side 16, the Third Depth flow, and Point 17. The 13 Flow is central for all aspects of mothering.

Mom should receive a complete treatment as soon as possible after delivery. Post-partum depression can be headed off by the use of the Lung Flow, the Second Depth Flow, the Flow for Point 15, holding middle 13 and both 7's, and the Main Central Vertical Flow.

The time and space to become acquainted and to fall completely in love is the most satisfying food for the new family.

*"Another wave and I push
until I
gush out an ocean of water,
a silvery blue fish,
a swimming animal that sings and screams,
and is suddenly a Being among us,
another friend among us,
a newborn soul from the universe of souls.
Welcome Welcome Welcome Welcome."*

—Stephanie Mines, Two Births



Developmental Stages of the Brain

All three brains develop in utero as a nested hierarchy in the order of their appearance in evolutionary history. Nature builds one brain on top of the other as humans evolve, so the lowest brain was the first one, and so on.

The first and oldest brain is the reptilian brain. It consists of our sensory-motor system – the spinal cord, the body's vast network of nerve endings and their neural connections, and the primary neural system in the heart. It begins its development in the first trimester of gestation. It is the brain of action and physical survival. The first brain registers present tense only.

The limbic and mammalian brain, shaped by feeling and relationship, forms in the second trimester of gestation. It computes both present and past. This emotional brain is also involved in memory. The amygdala records our earliest emotional and survival experiences and learning. The hippocampus develops much later (post-natally) to support general memory transfers to long-term memory. The emotional brain interacts with the temporal lobes and the right hemisphere of the neocortex. Dreaming, intuition and creativity are the result of this relationship.

The neocortex forms during the third trimester. The failure to develop this higher brain is the result of the failures in development or obstructions in evolution of the lower brains. It is the neocortex that modulates and regulates our behavior. When the reptilian brain dominates without the tempering of the neocortex, trouble brews for that person, his or her society, and the larger body of the living earth. However, when, through the healing process, the lower brains are calmed, they function in the service of the higher brain.

Immediately behind the ridge of the eyebrows lies the prefrontal cortex (the prefrontal lobes), the largest and most recent of brain additions. It plays a role in language development, interacting with the temporal lobes located on either side of the neocortex. The prefrontals evolve in two stages, the first of which is the immediate post-natal period. The second stage is during adolescence, at about age 15.

In the early period of prefrontal development, these lobes serve primarily to integrate the three brains. This lays the groundwork for the second prefrontal stage of development. It is because of the development of the prefrontal lobes that the three brains can interact.

All of these developments are made possible only if nurturing is received in thorough and consistent stimulating doses. The two primary avenues for this nurturing are eye contact and touch.

Without this stimulation, the prefrontals simply do not develop. Their cellular growth itself becomes compromised and faulty.

It is important to note that development occurs in stages that are like windows of opportunity. These windows open on schedule and while the windows never completely close, they can remain neglected and become sticky as nature goes on to open the next window. There is a pattern of neurological development and nature must honor the pattern. However, if the window is shut before development is complete, it may be possible to return to that window and open it later, but it will take a great deal of patience and attention to free up that window from its stuck, almost closed position.

What is needed to open a partially shut developmental window is the same kind of stimulation it should have received originally. Touch and attention are the most available avenues for this stimulation. We have to pay as much attention to ourselves as our caregivers should have paid to us during these developmental sequences. In fact, we probably have to pay more attention than that, channeling love infused touch into our connective tissue, flooding our heart (which is sometimes called the fourth brain) with nourishment.



CHART A. Map of the body.

- ONE— **Awakening** -Walk Your Talk
 HIGH ONE— **The Mover's Support** -Confident Legs
 TWO— **Wisdom** -Soft Focus Is True Seeing
 THREE— **Release and Receive** -Breathing From An Open Back
 FOUR— **Clear Consciousness** -Shamanic Gateway
 FIVE— **Fearless** -Self Support
 SIX— **Balance** -Androgeny-Center of Compassion
 SEVEN— **Peace** -Death and Rebirth
 EIGHT— **Alchemy** -Clarity
 LOW EIGHT— **The Dispeller** -The Purgative
 NINE— **Transition** -Anger Makes Space For Itself
 TEN— **Transformation** -Your Voice Tells Your Story
 ELEVEN— **Unloading** -Coming Out of Co-dependency
 TWELVE— **Surrender** -Acceptance of Body Truth
 THIRTEEN— **The Mother** -The Calm In The Storm
 FOURTEEN— **The Sustainer** -Nourishment and Assimilation
 FIFTEEN— **Wash Your Heart With Laughter** -Joy In Everything
 SIXTEEN— **The Foundation** -Muscular Joy

Jin Shin Tara

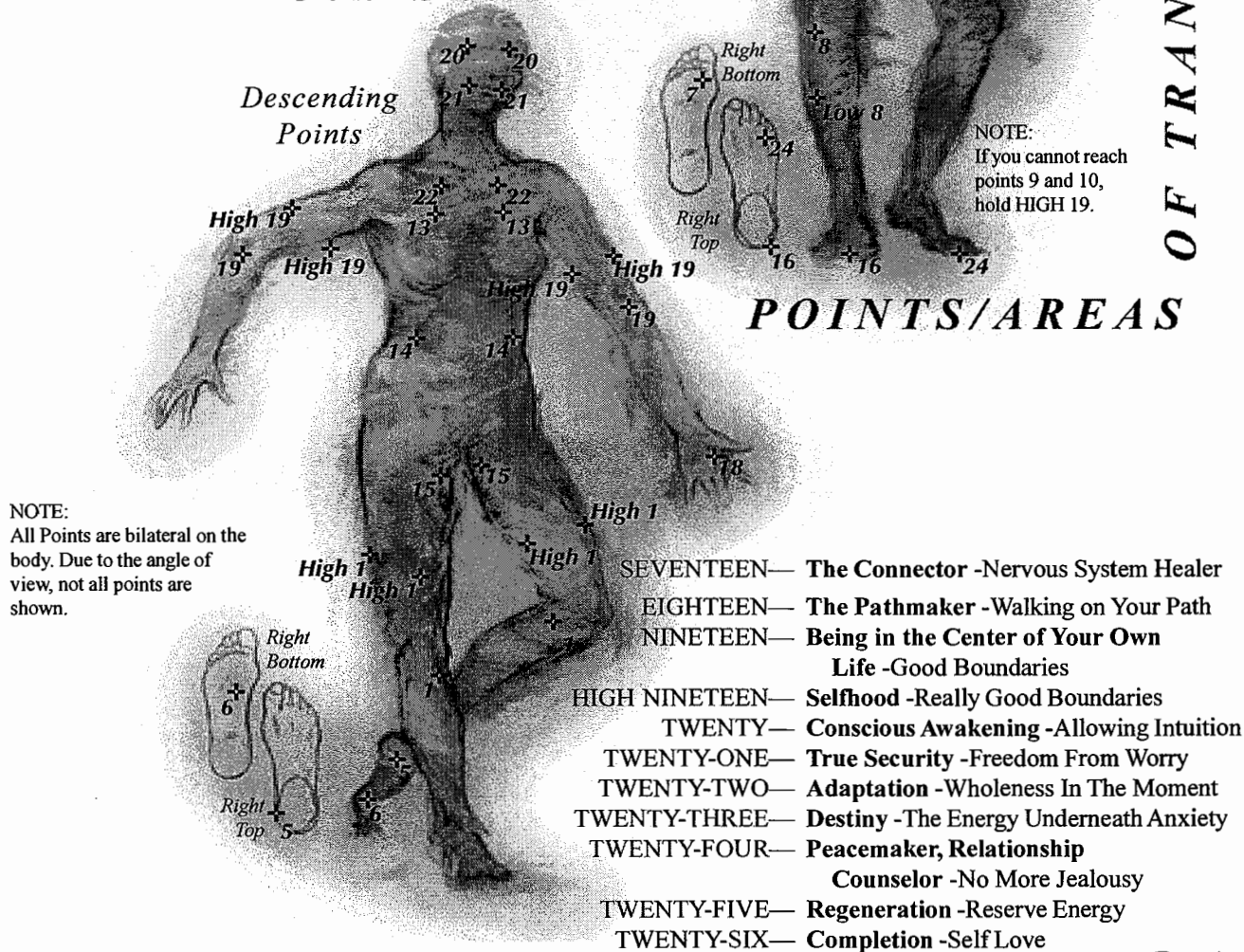


CHART B. Beginning end ending meridian points.



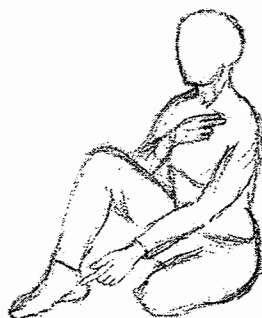
Lung Meridian
13/opposite 14



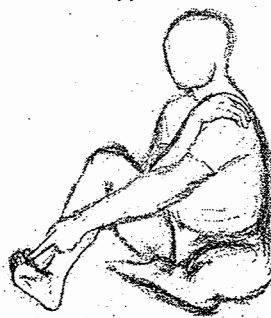
Large Intestine Meridian
11/opposite 22



Stomach Meridian
21/opposite middle toe



Spleen Meridian
5/opposite 22



Heart Meridian
11/opposite 7



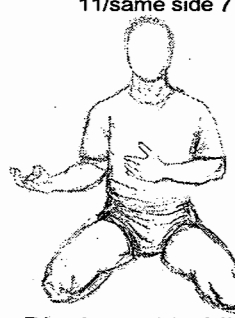
Small Intestine Meridian
11/same side 7



Bladder Meridian
3/same side 12



Kidney Meridian
12/opposite little toe



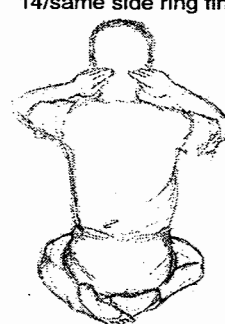
Diaphragm Meridian
14/same side ring finger



Umbilicus Meridian
20/same side meridian



Gall Bladder Meridian
12/same side 22



Liver Meridian
4/4

CHART C. Treatment of each month in utero.



CHART D. Hallmarks of the first environment.

