HEALTHY BONES without DAIRY
Grieving My Mother
Mexico's Day of the Dead

There's something about Eckhart

Eve Ensler
Confessions of a Zen Monk
Reb Zalman on Aging
Laughter Yoga
POMAN IS GROUNDED SPIRITUALLY. IT GIVES HE A LOWER PRESSURE. SHE HAS RESOURCES PROVIDE HER WITH A LEVEL OF INNER PEACE AND HARMONY TO ALLAY HER FEAR.

Deepest grounded in faith needed little support from her. Normally, Vincent says, she played an active role during births—rubbing the woman’s back, looking into their eyes during contractions, measuring them as they were doing a good job. But women of spiritual faith turned inward for strength.

“They were really independent,” Vincent says. “They didn’t need me to be with them eyeball to eyeball. I pretty much sat and watched them do their thing, which was not my usual style.”

She remembers one devout Catholic who lit her holding rosary beads. Propped up on the bed, this mom-to-be rocked and hummed softly during contractions. Her hor rist bro— which lasted only a few hours—she gasped at the three-foot tall statue of the Virgin Mary in her room. “I felt I was in the palm of the Virgin Mary,” the mother explained to Vincent afterward. “She was protecting me.”

It is not a particular religious denomination that helps women have enjoyable, vaginal, and medication-free childbirths. Rather, it is the belief that their bodies are doing what they have been made to do and that they are connected to something higher—be that God, the spirit, the universe, or even an awareness of women in the past who have given birth before them.

“Spiritual practice gives you a sense of curiosity.” Fromberg explains, “and the sense that there are options to explore when you encounter pain, as opposed to clinging up against it or running away from it. We can soften in the light of pain, open, breathe into it. We have a relationship to the pain and see how the pain helps us have our baby.”

—Jennifer Margulis

Two Minutes with Eve Ensler

What do you think it is in you that calls forth your highest self when facing adversity?

Desperation, necessity, caring about something bigger than yourself, really smart friends who love you but don’t indulge your self-pity.

Do you have a practice that keeps you connected to your center?

Yes, I do yoga and chant regularly.

What has been the most satisfying moment for you as an advocate for women globally?

One Billion Rising [a worldwide protest of violence against women and girls held Feb. 14] was beyond anything we could have dreamed. It was global and local, fierce and joyous, holy and political. Women and men, one billion rising and dancing in 205 countries on the same day in solidarity, our feet on the earth, dancing up the will of the world to end violence against women. I am still dancing.

—Kalia Kelmenson

What is the body of the world?

Eve Ensler

In the Body of the World

Eve Ensler

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