

35TH ANNUAL HOMEBIRTH AUSTRALIA CONFERENCE



DAY 1

Saturday 18th November 2023



GEORGINA KELLY

'Return to the Body - a radical and responsible act'

Midwives need to take radical responsibility and 'Return to the Body'. This is imperative as how midwives practice, and our state of being impacts how the woman feels, her level of safety, and thus, how her birth unfolds. Our nervous system 'talks' to her nervous system. What is imperative is to embody presence and deep listening. To do this, we need to do the deep inner work - to have a practice which can stabilise our nervous system, so we can attune to the woman and her experience and intelligence; so we have capacity to sit in the dark, to be with mystery and the chaos of birth; so we un-do our conditioning of perpetual 'doing', and just be responsive to what arises.

My background as a mindfulness practitioner and as a 2nd year student of Somatic Experiencing provides a map - how to work with our own stress, overwhelm and trauma so we can be in this optimal state, and avoid interfering with women's instincts. This can also support us in tapping into our own somatic wisdom and harness our co-regulating capabilities.

I'm a devotee of the Body, particularly the nervous system, the wandering vagal nerve, the gut, the yoni - the other, less valued brains of the body. We have been trained to shut down, to disconnect, to override, and to prize the analytical brain. To inhabit our bodies and claim our innate knowing is a radical act, and a responsible undertaking in supporting homebirthing women.

GeorGina's presentation will take place at 4:30pm on Saturday the 18th of November