

## Sawyer Fir Williams Birth Story

By Amanda Moxley

**Sawyer was due to arrive** on December 20<sup>th</sup> 2008. I mistakenly hoped and assumed he would come early since most births in my family had come early. Every day the week before the 20<sup>th</sup>, I'd wake up excited in anticipation that today could be the day. This was not a good idea. I felt like a kid waiting for Santa Claus to come and he never showed up or like an adult trapped in a foreign airport waiting for my plane but there was no telling when that would be!

**Saturday the 20<sup>th</sup> came and went.** Sunday I woke up needing some major mental clarity and went to Birkam yoga which I practiced all of my pregnancy. (A note on Bikram yoga prenatal series: I attribute my easy pregnancy and delivery to the meditative practice of yoga.) At yoga, a student gave me a number of a prenatal massage practitioner who could assist in spurring on labor. Later on Sunday, John and I ate Indian food, shopped at Baby's-R-Us and went to a James Bond movie. Later, Julie came over and ran my "bars." An energy healing meditative session.

**Monday morning I woke** up ready and refreshed for a great day of positivity. I had chosen to give up my attachment to when my baby would arrive and I was living in the present. I went to Karen for an awesome prenatal massage where she worked all of the acupressure massage points to stimulate labor. She recommended that I use Clary Sage essential oil as well. I drove home, made dinner and John and I enjoyed a night together watching a movie.



Tuesday morning, **December 23<sup>rd</sup> 2008 I woke up (still pregnant)** used the restroom and saw the "bloody show." Melissa (our midwife) phoned to schedule a prenatal for the week. I told her about the bloody show and the mucus plug being released the Friday before and that I was feeling menstrual period like cramps. I was excited thinking that today could be the

day. Melissa said she'd come over around 11:30. In the meantime, I phoned my mom, who advised me to take my mind off of the cramps. I went downstairs to my office to check my email and play on the computer.

**I was shoveling the walks when Melissa arrived.** The menstrual like cramps were increasing. I started timing them. She checked me and I was dilated to a one and half. She said we may have a baby tonight or we may not. She coached me on how to breathe through the contractions, how to relax my body, and face when they hit. Melissa asked if she should stay. I said, "I'm ok for now, I'll call you when the time is right."

**I called Johnn to come home and he didn't answer his cell!** I called Snowbird Ski Patrol dispatch and they radioed him to call his wife. Johnn called home and was on his way. He said he skied an epic powder run in the Cirque, got in the car and drove down the canyon home.

**Johnn arrived home around 1pm.** My contractions (or I'd rather call them expansions because my body (cervix) was working hard to expand) were increasing in intensity. I felt like I had tunnel vision. I couldn't hear and I couldn't see. My body would go from really hot and sweaty to chilly and freezing. Johnn put a fire on for me and got into action setting up the inflatable tub in our bedroom and filling it with warm water. I sat on the yoga ball which gave me tremendous relief, swaying my hips, relaxing my jaw and visualizing a ripple of water expanding like when you throw a pebble in a still lake and it creates round ripples. This is what I envisioned my cervix doing. My mantra was, "I relax, open and receive." I'd been practicing this mantra for weeks in my yoga practice so it was already engrained in my subconscious.

**The hours flew by, the expansions intensified.** I got on my knees with my arms and upper body being supported on the ottoman next to the fire. Johnn pressed on my hips and sacrum, I breathed deeply. Johnn called the Midwives around 3:30. They arrived around 4:00. Melissa pressed her delicate hands on my hips and soothed me. I got in the tub which instantly relieved my body and mind. Melissa checked me and I was dilated to a nine and half! Wow! I had done all of the opening on my own and now it was time to push!



**Melissa and Jess coached** me on how

to breathe and bear down and use the expansions to bring my baby down and out. Johnn called my mom and sister Sam. They arrived around 5ish to assist in the birth. Mom and Sam held my hands, rubbed my head and soothed me. Johnn was hanging over the bottom of the tub ready to catch our baby. Jess was on my right and Melissa was at the bottom of the tub. The sun was setting. The room was cozy and the lighting soft and gentle. I remember looking at the clock at 4:44 and knowing that my angels and baby's angels were there.



**Mother Nature is kind.** The expansions

were intense when they came but then when they subsided I was able to rest, recover, breathe and feel happy. The expansions and rests were similar to waves crashing on the beach and then slowly running back out to sea. Most of the pushing time, I laid on my right or left side and when it was time to push I'd roll onto my back and bring my legs up to my chest and bear down. Sometimes I was on my knees and would go on all fours and push really hard. My favorite position for pushing was when I held onto Johnn's forearms while sitting on my knees. In between expansions, I remember kissing him. I wanted to kiss my hubby during labor like I'd read in Ina May's books of birth's on the farm. At one point during a push I remember thinking that I wasn't giving it my best. I felt like I was holding back and I realized that I was scared because if I kept it up I'd birth my baby and my life would forever change. I realized this fear and was kind of amazed that this deep into it I was still afraid of how my life would transform and there was no turning

back. So I sucked it up, faced my fear, and pushed even harder than ever in order to get my baby down and out.



**Sawyer's head was out of** my body for some time and I felt it with my hand. It was so weird! I pushed and then his whole body came out. Johnn caught him and immediately handed him to me. I held him, he wailed, our eyes locked in what seems like a long lost soul reunion. Johnn was crying deep tears of joy! After what felt like 20 minutes, we looked to see if our baby was a boy or a girl. It's a boy!

**In time, Sawyer** and I got out of the tub with the help of Jess and Sam. My legs have never been so shaky. I lay on the bed with my legs shaking like Elvis and began to nurse Sawyer. I delivered the placenta and held my baby in sweet bliss!



Sawyer Fir Williams

Born December 23, 2008 at 6:16 PM

8 pounds 13 ounces

And 21 inches long!