

**PARTNERS IN PERINATAL HEALTH CONFERENCE  
MAY 20, 2009**

“Human Values in Birth”

**Cathy Daub, PT, CCE(BWI), CD(BWI), CD(DONA), MAM**  
President, Birth Works International

**Objectives:**

Upon completion, participants will be able to:

- Identify the five primary human values of Truth, Right Action, Peace, Love, and Nonviolence.
- Relate Human Values to the childbirth experience and to life.

## Outline

### I. Goals of Childbirth Education

- a. To know that birth is instinctive and therefore does not need to be taught
- b. To empower women and help them have more trust and faith in their body knowledge that already knows how to give birth
- c. To provide both an academic and emotional preparation for birth
- d. To build self-confidence through the practice of human values

### II. Definition of Resonance and Entrainment

### III. Education versus Educare

- a. Worldly education – that which is seen
- b. Human Values education - that which is not seen but is felt
- c. Both education and educare are necessary for birth preparation

### IV. Five Primary Human Values

#### A. Truth:

1. Infallible truth exists in all three periods of time i.e. the past, present, and future
2. Temporary vs eternal Truth

#### B. Right Action:

1. Is action based on Truth
2. Results in harmony of thought word, deed
3. Builds confidence and character

#### C. Peace

1. That which is experienced when Right Action is based on Truth
2. State of equanimity, steadiness of mind, clarity of thought
3. Activates the calm and connection system of the body
4. Helps labor to progress

#### D. Love

1. The foundation of all values
2. Comes from the heart
3. Influences every action to make it Right Action
4. Is Truth itself
5. Helps laboring woman to have confidence in body

#### E. Nonviolence

1. Sees all as one
2. Feels the brotherhood of man
3. Means causing no harm physically or emotionally
4. Remembering to have words that come from the heart

### V. The Physiology of Human Values

- A. Physical and Behavioral aspects of key hormones of birth
- B. The HPA Axis and its relation to stress
- C. Prenatal programming
- D. Primal Health Research
- E. Hormones needed for labor to progress
- F. The role of the Prefrontal Cortex in birth

- G. The deep limbic system and birth
- H. Skin-to-skin contact of mothers and babies – sensory integration and fetal brain development
- I. Short vs long-term stress and effects on the mother and baby

#### V. Application of Human Values to birth

##### A. Truth:

1. The knowledge of how to give birth is inside every woman
2. Does not need to be learned
3. Builds trust and Faith

##### B. Right Action:

1. Head, Heart, Hands: Useful in any decision making.
2. Ensures decisions that are made with compassion

##### C. Peace

1. Experienced when mind is quiet and there is no inner conflict
2. Decreases energy expenditure
3. Increases clarity of thought
4. Is the sign of wisdom
5. When the body is relaxed, contractions more effective

##### D. Love

1. Present in the heart
2. As thought is Truth, As feeling is Peace, As understanding is

##### Nonviolence

3. Is the true Self (not ego)
4. Is present in the absence of Fear
5. Oxytocin is the hormone of love. Levels of oxytocin are high in birthing women

##### E. Nonviolence

1. Words are positive and do not cause any harm
2. Respect for the human body, taking in only that which is good through the five senses
3. Means only saying or doing something you would want to have said or done to you.

#### VI. The five D's of Duty, Devotion, Discipline, Determination, and Discrimination

A. Duty: Means carrying out Right Action without expecting reward in return

B. Devotion: Means all actions are infused with Love

C. Discipline: Means establishing boundaries appropriate for the situation

D. Determination: Means believing in the outcome and not giving up until the goal is met

E. Discrimination: Putting the 3 H's of Head, heart, Hands into practice. Using the conscience to be conscious of the consciousness to know right from wrong.

F. Application to pregnancy, birth, and parenting

#### VII. Interconnection of the five elements, senses, and values

Five elements: Earth, Water, Fire, Air, Ether (Space)

Five Senses: Seeing, Hearing, Tasting, Touching, Smelling

The Five Values: Truth, Right Action, Peace, Love, Nonviolence

A. Leads to an understanding of the Self

B. Helps maintain focus during the work of labor

- C. When realized, permeates the labor room with respect and helps a woman in labor to feel safe
- D. All is Reaction, Resound, Reflection: senses are neutral

VIII. Values build upon each other;

- A. When Truth is lost, there is no Right Action
- B. When Right Action is lost, there is no Peace
- C. When Peace is lost, there cannot be an expression of Love
- D. When Love is lost, there is more likely to be Violence

VIII Life Application of Human Values

- A. Problem solving in the workplace or home
- B. Human values – the solution for obstacles in birth and life

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