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Welcome Song to a Newborn

What I know about birth:

It's a leap of faith.
it's the ultimate let-go—
or is that death?

You move through the narrow passageway.
Resistance creates tone.
Pressure defines your body:
squeeze – release
Breathing the waters that will become your
life-blood:
Squeeze – release.
Heartbeat ripples the liquid you float in
the liquid flowing through you
pulsing the rhythms of life on land.

Your mother's heartbeat
grounds you in this body.
Your mother's heartbeat tethers you to
the planet.
You will not float away.

At home you are born at home you are
conceived at home,
you are always at home.
And you are birthed human.
Not snake, rat, pelican or spider.

Your mother's heartbeat sings:

Welcome to this world
Welcome to your fantastic body
Welcome to fingers, tongue, eyes and nostrils
Ears, skin
Welcome to tears, laughter, anger, love
Every nuance of feeling you can explore, express.

Life beat, life breath, you can
return to center pulse
at any moment you
can return home.
You are home
You are the joy that lives in the nucleus
of each cell in your body

You are the joy that birthed this world.

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[doi: 10.1624/105812408X299010]

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