

Hunyuan Birth Class Outline

Class 1

Introduction to Hunyuan Birth

What is the purpose of pregnancy and birth?

- Life passes from previous generations through us to future generations that live on after us
- “The great energy of nature is called Life, and is apparent everywhere; it is most strikingly displayed in giving life to man.” (Cormack, January 1842, p. 201)

What do the Ancients have to teach us in modern times?

- Though science continues to discover more and more about the physical and physiological body, true principles of birth are unchanged, thus we already have all the knowledge we need within
- “...customs and culture are not truth and only Heaven’s principle penetrates everything and is timeless.” (Seidman & Jaensch, 2013, p. 74)

Yin & Yang introduction

- Heaven & Earth, Fire & Water trigrams
- “As soon as Heaven & Earth start to separate, the three solid lines (Heaven/Qian) become pregnant with a broken line in the middle, giving birth to the Li (fire) trigram.” (Seidman & Jaensch, 2013, p. 62)

Hunyuan principle of Unification and Separation

- Life vs living
- Continuous cycle of life carried on through generations

Six spheres role in gestation and birth and in Unification and Separation

- Conception, formation, growth, orientation, emergence, birth
- Yin Yang open & close
- Yin-pivot role in fetal development

Focus on fetal development in 3rd trimester

Strategies to increase Unification in preparation for labor

- Sleep, diet, breathing, exercise, emotional health, meditation, qi gong
- Xinfu (Heart Method) techniques
- Contemplations from classical texts

Class 2

Two circles

- Inner fire emotions circle & outer water physical circle
- Heart Center

Closer inspection of Heart Center

- Dao Heart & Human Heart
- Creation of emotions

Emotions role in birth

- Anger, joy, sadness, fear
- Effect of positive and negative over-emotion in birth

Recharging instruments in birth

- Substances and information entering through senses can help or hinder labor

Courage and Generosity

- Understanding Generosity's purpose in birth, giving birth is giving life
- Increasing Courage in the birth process

Birth beliefs

- Birth is a matter of the Heart, not head
- Clarifying external and internal
- Finding core beliefs about birth from Heart Center
- Using strong Center to avoid negative influence of others

Deeper into Xinfra

- Xinfra to strengthen Center and increase unification
- Contemplation from classical texts
- Qigong & Meditation

Day 3

Stages of labor

- Deeper look at six spheres in labor
- Four stages of labor-early & active labor, pushing, bonding, placenta

Separation and Unification in Labor & Birth

- Maintaining Unification during strong Separation
- Understanding a contraction-Separation and Unification in a contraction
- Understanding transition and pushing-Complete Separation
- Understanding pain of labor
- Focus on third and fourth stages of birth-bonding & placenta

Emotions and the stages of birth

Timing of labor

- How to avoid rushing labor
- “Another benefit of realizing the Way within is that those who do so can avoid the disasters associated with acting before the correct moment in time.” (Major, Queen, Meyer, & Roth, 2010, p. 45)
- Impact of words on Center
- Xinfra importance in birth

Newborn

- The importance of birth for the newborn
- Inducing the dichotomy of life, Separation and Unification in the newborn
- Recharging instruments in the newborn
- Feeding the newborn

Postpartum recovery

- Unification and Separation roles in recovery
- Supporting Unification during the early months
- Nourishing Center to maintain emotional balance
- “This Center is the origin of our life, or rather it is through the pureness of Heaven’s decree that we have the lives we live. We are given all the elements of our body from our parents and so it is that we are born. In reality, their gift is the upright principle of Heaven (Dao Heart), and so we are born.” (Seidman & Jaensch, 2013, pp. 70-71)

Works Cited

Cormack, J. R. (January 1842). Abridged version of A Treatise of Midwifery. A New Edition published in the Fifth Year of Taou Kwong (1825). *The London and Edinburgh Monthly Journal of Medical Science* , p. 200-203.

Major, J. S., Queen, S. A., Meyer, A. S., & Roth, H. D. (2010). *The Huainanzi: Liu An, King of Huainan: A Guide to the Theory and Practice of Government in Early Han China*. New York: Columbia University Press.

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