

Transpersonal Experiences Among Women During Childbirths- After Effects

"It was terrible that no one wanted to listen to my experience, neither the medical staff, nor my husband. I didn't know if it was brain damaged or what else had happened to me. I only wish someone had listened and told me if the same experience had earlier affected any other women in childbirth. It had been enough if somebody just had been sitting down beside me for a little while, listening and then saying: 'Yes, it was a remarkable feeling!' But now they only discounted my attempt telling them, and said: 'Pooh, you can have such strange dreams under anaesthesia' and then rapidly disappeared."



Known ASC among Delivering Women

1. Maternity Blues
2. Psychosis: Pregnancy psychosis, Post partum psychosis, Lactation psychosis, (Schizophrenia)
3. Primary Maternal Preoccupation.

Winnicott:
"It gradually develops and becomes a state of heightened sensitivity during, and especially towards the end of the pregnancy. It lasts for a few weeks after the birth of the child. It is not easily remembered by mothers once they have recovered it. I would go further and say that the memory mothers have of this state, tends to become repressed."

Winnicott mentions this kind of forgetfulness as "fugues", like a mental fog.

4. Peak experiences. Abraham Maslow
"an ecstatic, transcendent state of mind beyond time and space, stronger than supreme happiness". Maslow also mentions childbirth as an example.

FROM MY 34 SWEDISH CASES (Complicated deliveries long ago):

+ ... Another woman delivered with Caesarean section, didn't get enough anesthesia but was awake all the time without possibility to move or talk. The pains made her leave her body, and she saw the whole procedure, also from the ceiling. She gave a detailed description of what happened. She heard how the staff was joking and how they cut her and took out her baby. She also saw that the girl got a superficial wound on her forehead by the surgical instrument, and how they wiped the blood. She floated higher up and saw a white light and in the light she saw her grandmother, who died ten years earlier. This grandmother gave her love and support, and said that she must go back to her daughter. The woman felt when they sewed her with 48 stings before she lost her consciousness. When she later woke, her first question was: 'Why did you do this towards my daughter?' The staff was amazed, but she felt like they left her alone. She had no one to talk to. Her daughter really had that scratch on her forehead...

+ 80 % of the women told about experiences of the Light and sometimes helping entities, who gave energy to give birth to the child. Some women, most often with big loss of blood, got what you in NDE research call an "universal experience": entering the light they felt like being a part of the Light "with unconditional love and all knowledge in the universe".

+ I listened to many other experiences, and one day I met a woman who had an OOB during a normal delivery. From above she saw how her son was born and the midwife said: "He has all ten fingers, and all ten toes." This mother told me that her experience of looking at the delivery was the most wonderful she had ever had in her life, and she even tried to get an OOB again, but failed. She later got another child but without that experience.

CONCLUSION: An expanded consciousness

+ The childbearing women I interviewed had no regression, no agony, no paranoia, no problems with the localization of their bodies, no loss of identity or reality during their ASC. They had clear understanding of what was going on, and could even see and hear better than usual.
+ The childbearing women were not mad or brain damaged but had experienced an expanded state of consciousness.

After Effects (Swedish material, deep experiences):

+ double feelings having the experience in mind: often positive emotions during the experiences - often fear afterwards: they can't understand the experience.
+ Inner confidence and spiritual strength, helping in other difficult situations of life
+ Spiritual awakening with existential questioning and searching for frames of reference.
+ Often no fear of death, often a belief of life after death.
+ Personal and Value Changes: humility, increased appreciation of life, more tolerance, more understanding, want to help others
+ Many women are afraid to get a new child.
+ Sometimes divorces

Transpersonal After Effects

+ Streams of energy in the body lasting from some weeks up to several years, or maybe permanently.
+ Refined and reinforced intuition, ability incorporating atmospheres of places and other persons, and transforming those frequencies into pictures or telepathy. Two women say:
"I can feel vibrations in my body and get like an electric shock", and
"I can feel the atmosphere around persons, read their thoughts, and see their auras, which is a completely new experience to me."
+ Electromagnetic influence.
+ OOB, even after the experience at childbirth.
+ Experiences of seeing dead persons.

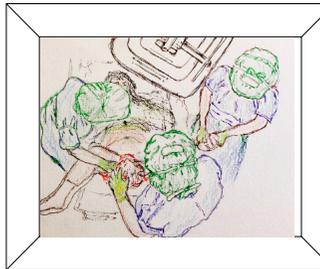
Spiritual Midwives

To be a *povitylha*, a Russian spiritual midwife of old time, you must be born a clairvoyant or receive the gift through deep transpersonal experiences during childbirth. She was seen as an intermediary between the world of the souls and this physical world: helping the soul in this transition, assisting in childbirth by following the birth process in a clairvoyant and healing way, working with the both dimensions on the same time. Throughout the labour she chanted incantations. During Viking time Scandinavia had similar spiritual midwives, but they were killed during the witch hunting in medieval time. In Russia, being an Orthodox country, a few still exist.



MY QUESTIONS:

1. What kind of experiences can you find at normal deliveries?
2. How often do these experiences occur at normal deliveries?
3. Could OOB etc be a part of Winnicott's ASC "Primary Maternal Preoccupation", which was forgotten some days after delivery? > Research in Russia



http://www.transpersonaljournal.com/pdf/vol4-issue2/kersti_wistrand.pdf

NORMAL DELIVERIES: interviews day 2-4 RESEARCH IN RUSSIA

Research in Ott – the Institute of Obstetrics and Gynecology - St. PETERSBURG conducted by Prof. Leonid Spivak and Prof. Dmitri Spivak, Human Brain Inst. 1992-2002.



Psychologist Kersti Wistrand, Initiator, Stockholm, Sweden



Professor Leonid Spivak



Professor Dmitri Spivak



Human Brain Institute



Ott Inst.

<http://altstates.net/en/hbi/wistrand-swedish-russian-nde-2012>

RESULT I:

1. Normal childbirth (1992-94): 202 mentally and physically healthy women, 17-30 years old. Interviewed 2nd - 4th day after delivery.

Result:
A: In childbirth: 34.5 % experienced an unusual state of mind, 9 % had an OOB, looking down from the ceiling and seeing what was going on "down there". The major background emotion was neutral. This period did not leave a strong trace in the memory.
B: On the 2nd (-4th) day after childbirth: 42 % - unusual state of mind. 5% OOB.
"Unusual state of mind" tended to be regarded by the subjects as inability to concentrate on outer tasks, and overwhelming preoccupation with childbirth/childcare issues.

+ Many women experienced "Unusual happiness" (Maslow's peak experience) which was profoundly different from ordinary happiness, and often compatible with polar feelings like grief.

+ 10% experienced a life panorama; 2.5 % experienced light; 16 % felt a "telepathic contact" with the child.

RESULT II:

2. 18 women delivered with caesareans, interviewed on the 4th day after delivery: 90 % OOB. (Control group normal deliveries : 7 %)

3. 37 healthy delivering women studied: experiences, duration of delivery, anaesthesia, loss of blood. **Correlation between depth of experience and loss of blood.**

4. 132 women: anaesthesia. 11 women who got ketamine (50-100 mg) during delivery, experienced difficulties in sleeping. **Anaesthesia was not correlated to the experiences.**

5. Bioelectrical correlates of Brain States related to alterations of Consciousness in giving birth (1998). 19 cases (all normal deliveries) were studied:

Preliminary study of EEG and ISEP (Infra slow electrical processes) demonstrates the existence of definite bioelectrical correlates of these alterations.

The ASC correlates to activation of right hemisphere and left frontal lobe.



Kersti Wistrand, Sweden. Psychologist, Pioneer and Researcher in NDEs. (ANDES) Coeditor of the first Swedish book on NDEs in 1982.

Interviewing around 100 Swedish NDE persons 1982 - 94, she also found 34 women with experiences during childbirths (most of them complicated). Having their experiences 4 - 20 years earlier, they could also tell about after effects.

Wanting to survey the transpersonal experiences during normal deliveries she brought the research over to Russia. kvistrand@gmail.com

Case Report

"I saw a rapid playback of my life. Suddenly I very clearly saw myself looking down from the ceiling of the room. I saw the doctors working in the room. I saw all the details, what they were doing, lasting for several minutes. It was very interesting and positive. Then I returned to my body. I never heard of anything like this before!"
(28 years old woman, first child. Interview on day three.)

CONCLUSIONS

Research in Russia shows: "There exists a gender specific altered state of consciousness related to giving birth, supported possibly by a special brain mechanism."

Although unique, this period did not leave a strong trace in the memory, and the women had a tendency to forget this experience after some days.

Thereby Winnicott's idea of Primary Maternal Preoccupation has been supported by experimental data for the first time.