

## Birthing Within Extra Ordinary Childbirth Preparation

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**Birthing Within Extra Ordinary Childbirth Preparation**

The second kind is modern knowing: being savvy about the medical and hospital culture and how to give birth within it. Birthing from within requires both these kinds of knowing. CHAPTER 2. Emptying Your Mind. The mind of the beginner is empty, free of the habits of the expert, ready to accept, to doubt, and open to all the possibilities.

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