



Nikki Rhodes: Embodiment in the Perinatal Period



Nikki has a degree in childbirth education, psychology and ancient history. She has been a university lecturer in ancient Greek and Roman medicine where she specialized in issues surrounding women's health and sexuality in the ancient world. Explore Nikki's thoughts on the perinatal phase being an initiation into true embodiment and empowerment for women and hence ultimately for us as a species.

TOP EMBODIMENT TIP: Do not be afraid of coming home to yourself and getting really, really real with the ways in which you are avoiding doing so. Show up for You!

Medicalization and Intervention in the Perinatal Phase Increases:

- Cesarean rates and interventionist births are rising and rates of empowerment and a feeling of enhanced embodiment through birth are dwindling.
- Despite having greater access to knowledge than ever before, we are forgetting the importance of being our own specialist, our own intuitive nature as a species. This comes from a greater societal disconnect from our bodies.

Birth and the Perinatal Phase as an Initiation into Greater Embodiment:

- By age 24, Nikki had 3 children and had become committed to educating birth as an embodiment process. **“True enlightenment happens when we really embrace the incarnation that we are.”**
- Often, we come to the perinatal period, laden with societal (medical) pressures, bad sex education and what we see on tv. For example, lying on your back to give birth. It is much more natural to utilize gravity rather than birth a baby uphill. Intervention almost always leads to a woman lying on her back.

Tips for An Empowered Perinatal Phase:

- We need to learn to listen to our genitals, to trust our own bodily fluids and process. This is embodied birth.
- Women need to take radical self responsibility for giving themselves the education that perhaps was stolen from them.
- **Seek out a doula if you know that you go silent in the face of authority.**
- If a woman is part of the consultation process throughout her birth, no matter how it turns out, she will feel much more empowered about her birth as a whole.
- Get very honest with yourself about where you experience fear or resistance energetically and then immerse yourself in positive stories, literature, inspiration.

Resources:

- ❖ **Website:** nikkir.com



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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