



MORNING STAR BIRTH CENTRE, AUROVILLE

“...Out of the paths of the morning star they came Into the little room of mortal life...” Sri Aurobindo, *Savitri*

Our Mission:

- To offer women safe, environmentally conscious and natural childbirth experiences at the heart of Auroville. Our Mission is to manifest the highest spiritual qualities and atmosphere during pregnancy, birth and the first year of life

Our Vision:

- To provide a natural, home-like environment for birth
- Offer informed decisions without judgment
- Create health partnerships with hospital back-up
- Offer immediate bonding and skin to skin contact
- Fully support breastfeeding
- Expanding knowledge for families, students, community
- Engage in the global dialogue, “Why birth matters to our planet”

BACKGROUND, Morning Star was born:

In December 2016 Paula Murphy, Midwife (CNM, MSN) conducted a research project in Auroville on women's health. Maternity findings include:

41% of women felt Auroville is not a welcoming place for pregnant women. •Two out of three women did not get spiritual education for pregnancy, birth and parenting based on writings of Mother and Sri Aurobindo. [1] [SEP] •Requests for a maternity home, more staff, midwives, doulas and obstetrician were made. •Requests for support of various kinds, more information on birth, sisterhood initiatives and emotional support and from a loved one, mother, sister, husband or friend. •Needing more help while the delivery was happening was expressed. •Many wished that the hospital was more calm and peaceful. •Desire for a less medicalized birth, fewer cesarean section operations, more natural birth environment, and more humane care in all ways was expressed.

Based on what the women of Auroville shared, it was obvious that Auroville has the need of a space dedicated specifically to childbirth. Another important foundation stone of this project is the words of Sri Aurobindo and The Mother who both wrote about the significance of spiritual aspiration during pregnancy. To hold that focused awareness throughout pregnancy, birth and the early years of life, allows the new soul to stay in touch with its source. The spiritual atmosphere of the birth center will support this vibration. Beauty throughout, nature invited in, gardens with walking paths for labor all will be elements of the Morning Star Birth Centre.

To date the Morning Star team has assisted births, taught classes, done home visits and supported breastfeeding. We are doing our best to manifest our vision and to meet the needs of our growing community.