

LIFE-CHANGING FEELINGS AND JOURNAL ENTRIES FROM THE BORN INTO
THIS CONFERENCE

BECOMING DOULA: MAKING MEANING OF MY MOSAIC

MOLLY MCCONNELL

I believe in radical transformative
love.

I believe in Reproductive Justice.

I believe in healing through
birthwork.

I believe in vulnerability as courage.

I believe women's and non-binary
individuals' pain.

I believe women's and non-binary
individuals' strength.

I believe in transforming harmful
systems.

I believe in holding hands and eye
contact.

I believe in rebirth.

I believe that all birthing people
should have doula support.

I believe that all people should be able
to birth the way they want.

I believe in holding space.

I believe in community.

Journal Entry 06/0619

How I was born into this

I suppose what brought me to this opportunity was a need to find where I can fit, dream, support and care for others in my profession. I really wanted a place where all that I've worked towards, all of my new knowledge and skills could be given and applied in a real life, really beautiful and sometimes traumatic space. Some of my earliest memories are of laying on my mother's chest, feeling the rise and fall of her breaths, noting the constellations of freckles on her neck and arms, while we watch "a baby story" on TLC—a show that followed the birth stories of families across the US. I have also known that I want to have children—all my life. So much so that I have struggled to find myself attached to any full-time career because of my desire to be a stay-at-home mom. Being a doula is where my heart is, but it's also a place of great doubt and fear. I hope that through this 9 month training, I will be able to not only gain the medical/specific knowledge about birth but also the tools that will be hands-on/helpful for parents. I am really hoping to feel prepared as I take these next steps into my new life. I also hope that I am able to bring insight, inspiration, inclusivity, and deep-in-your-soul powerful care to the birthworld.

I was born into this space because of a search for where I belong.

Healing 06/07/19

For so long, I have wanted to heal--myself and others. How do I embody that love through which I was born, have learned, and hope to embody?

My hands, those that held hers will hold theirs. Only this time, instead of saying goodbye to life they will be helping to say hello.

How many untied ends within me will find one another when I hold space, when I love endlessly, when I help bring life earth-side?

If what I believe is true, the connective force between us all will be my true work on this earth. Trees send their livelihoods to others in times of trouble through miles and miles of fungal highways--no matter the species. It is written in migratory birds' DNA to fly in a certain pattern together. Dandelions, when their life in this season ends as the wind blows their seeds, will be the start of a whole field of dandelions beyond themselves. What will be my impact as I support people through the means through which love, life, and humanity is created? What will my power in this birth space be?

Reminders 06/08/19

Reproductive Justice is about action,
not study. I am bringing to life, to
reality, the subjects of my study, the
passions I have found, and my
feminist philosophies.

Thank you so much for this opportunity. I cannot imagine how I would have been able to do this without the support of mosaic. It just seems like one of those universe/signs reminding me that Southwestern was the best choice for me.



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