

# Orgasmic Birth

*The Best-Kept Secret*



“It is possible to have an ecstatic birth – in fact, that is the best natural high that I know of. And these states of consciousness are best reached when a woman is fully aware and fully awake. Women don't have a way to know how their body works until they really try it out in birth. I think that women can be just completely surprised by the change in them from giving birth – you have something powerful in you – that fierce thing comes up – and I think babies need moms to have that fierceness – you feel like you can do anything.”

**Ina May Gaskin**

WORLD-RENOWNED MIDWIFE

*A documentary that examines the intimate nature of birth and the powerful role it plays in women's lives when they are permitted to experience it fully*