YouTube  Must Watch Videos

<https://youtu.be/UnpKBIJuPHM>

<https://youtu.be/LRUxqyzk9EE>

<https://youtu.be/zj_d7fSyV8k>

<https://youtu.be/3c7bMQgyndM>

<https://youtu.be/SQ0M44XVfTk> interview

<https://youtu.be/S9LO1Vb54yk> Ina may

<https://youtu.be/v536xaNBMh4> news

External focus yet calm <https://youtu.be/VMmMV8k6E5c>

<https://youtu.be/As2MCa1Tl8g>

1979 old video before research on extreme importance of skin to skin for warmth of baby, but GREAT for intact perineum programming.  <https://youtu.be/aAF5n3GBkPA>

<https://m.youtube.com/watch?v=4bqqagF16HU>

Coley the midwife's birth <https://m.youtube.com/watch?v=W1E_V6jlE38>

Simplifying meditation

<https://www.facebook.com/HuffingtonPost/videos/10154053656801130/>