

“Postpartum Blues”

A Clairvoyant’s View

After birth, many mothers feel blue or depressed. When medical professionals give this psychological state fancy names like “postpartum blues” and “postpartum depression,” the naming or medically classifying the negative feelings or destructive behaviors tends to dilute personal responsibility and associated guilt.

When a mother is feeling depressed after a baby’s birth, she may have specific reasons. However, the bottom-line is that she is selfishly thinking of herself and, usually, suppressing anger about her situation.

- A mother may be feeling badly with postpartum blues, nevertheless, her newborn baby is bound to be feeling worse. A mother who is depressed after her baby is born is likely to be suppressing negative intentions, thoughts, and feelings in relation to her baby. Her suppressed negative attitudes and feelings are very clear to her truth-seeing newborn who knows painfully well how his or her mother is thinking and feeling.

- The arrival of a new baby demands that both parents engage in “selfless giving.” That is “no strings attached giving” or “giving without getting in return.” To the extent that a mother refuses to give unselfishly, she will not be a nurturing mother.

- Some mothers feel that they wish they were dead, or feel “too tired” to take care of a baby. They tell themselves that all the effort and pain they have already put into their baby during the pregnancy was “enough.”

- Many mothers are resentful and angry because their partners are free to do what they want, while they are tied to their baby. Many may think their new baby has ruined their lives, and on and on.

- Thoughts and feelings are clues to the quality of their subconscious psychic interactions with their newborns. Women suffering postpartum blues or depression are telling their babies that they are too much trouble, and that, essentially, they are not wanted. They are literally bombarding their newborns with resentful and angry energies. Their babies are receiving their mothers’ messages in loud, clear, and emotionally painful ways.

- A mother’s thoughts consist of the “energy of pictures” that her baby sees and understands. Her feelings consist of “emotional energies” that have a distinct quality determined by the intention, thought, and intensity associated with the particular feeling.

- Mothers often dismiss their negative thoughts and feelings as not being “real” or as having “no consequence.” However, in fact, there serious consequences for baby and mother.

- Typically, medical professionals present postpartum blues in a way that makes it appear that the mother has no personal responsibility for her mental and emotional state. The symptoms of postpartum blues are “selfish reactions” that relate to a lack of sincere willingness to care for a new baby.

- If a mother were to juxtapose postpartum blues symptoms with a job situation, she would probably be willing to see that she felt the way she did because she did not want to do what was before her to do.

- Postpartum blues can leave a woman feeling ashamed, guilty, and isolated. Ashamed, guilty, and isolated are definite clues to a woman’s destructive choices. Shame, guilt, and isolation are caused by wrong reactive choices not by a “chemical” or “hormonal” imbalance.

- A mother may not consciously relate to her negative feelings and insist, “*This is not me,*” because she strongly does not want to admit to having unloving and destructive subconscious intentions, thoughts, feelings and actions.

Destructive choices, whether made consciously or subconsciously, pollute and deteriorate a person’s inner life experience. Every negative choice brings a person further into pain and misery. It is only when we decide to acknowledge, scrutinize, and change personal negative intentions, thoughts, feelings, and drives that our experience will improve.

When we become parents and decide to change personal negatives, then, the day-to-day experience of our babies will improve as well. []

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