

Preface

At the beginning of the year 2005 the whole humanity was shaken violently by the dreadful pictures of an unleashed ocean destroying life. In this time, Birgit Baader is tipping the balance the other way. She nourishes our imagination by associating water with love, serenity, security, creativity and the emergence of life.

Human mammals are like the ocean. Sometimes they are under the influence of the hormones of rage and aggressiveness. Sometimes they are under the influence of the hormones of love, serenity and procreation. It seems that there is a time for both of these two ways of being. Let us translate this to the language of the physiologist: there is an antagonism between adrenalin and ocytocin. Adrenalin is the hormone released by mammals in case of emergency, especially when they are scared or feel observed or have cold. Ocytocin simultaneously is an essential hormone for birth *and* the basic type of the love hormones. When a mammal secretes adrenalin it can not secrete ocytocin at the same time.

To understand this antagonism and this alternation is to understand the basic needs of a woman who gives birth. A woman who gives birth needs to feel safe and protected without feeling observed and she has to be at a place which is sufficiently warm and cosy. To understand this antagonism also means to understand the origin and the reason of the existence of a midwife as a maternal figure: in an ideal world, our mother is the prototype of someone with whom we feel safe and secure without feeling observed or being judged. We understand that the task of a midwife is above all to protect the woman from everyone who secretes adrenalin, as the secretion of adrenalin is highly contagious.

To understand this antagonism finally leads us to the understanding of the multiple and magic powers of water as an universal symbol of motherhood.

Let's wish that by transmitting her important message through text and images, Birgit Baader is able to contribute to the healing of a frightened humanity and to the genesis of a new humanity.

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