

BIOKOINOS RESEARCH SEMINAR

EMBODIED EVOLUTION: EXPLORING THE BIRTH PROCESS AND THE METAPHYSICS OF BIRTHING CONSCIOUSNESS

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11/03/2024



11.00 - 13.00



Seminario 36
Facultad de Filosofía
Universitat Complutense de Madrid



Online Access:

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Meeting ID: 948 550 138 845 0

More information at:

<https://www.biokoinos.org/events>

Organization:

Prof. Stella Villarmeá

[Proyecto FILNAC Filosofía del Nacimiento](#) (UCM/CAM) (PHILBIRTH2)

[Proyecto Metafísica de la Biología](#) (Ministerio de Ciencia)

[Proyecto ENCRUSEX La Encrucijada del Cuerpo Sexuado](#) (UCM/CAM)

Birthing is undeniably a biological process, yet it encompasses psychological and social dimensions deeply intertwined with the cultural context. The concept of 'birthing consciousness,' a distinct and predominantly positive psycho-physical altered state experienced by women during natural childbirth, akin to other altered states of consciousness induced by decreased prefrontal cortex activity. Birthing consciousness exemplifies an adaptive pain-induced altered state associated with transient hypofrontality: Given the historical significance of successful natural childbirth for maternal and infant survival, the ability to access birthing consciousness likely contributed to their survival prior to obstetric interventions. Natural birth, characterized by intense pain, correlates with the brain's hypofrontality mechanism, which reduces pain and enhances other cognitive and phenomenological aspects, thus promoting optimal birth outcomes.



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Philosophy of Birth
A New Logos for Genos

