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Commentary: A Personal Perspective on Abortion By Melinda H. Connor

When I was in high school in the 1970's, one of my friends in home room that morning came in and did not look good. She was paper white. My friend Kathy and I asked her what was wrong and she replied, "Nothing, do not talk too loud, please!" Then she took a deep breath, fell out of her chair, and proceeded to hemorrhage all over the floor. She had had a backroom abortion the night before and that morning died in front of me as she bled out.

Whether you support abortion or not, a woman's right to a safe abortion is not a choice that anyone should make but the woman and her physician. It is a medical choice.

At the same time she died, a person in my environment was raping me regularly. I had no way to get away and was so desperately embarrassed I said nothing. So I was at real risk of the same issue and I was terrified after my friend's death.

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A few years later, when married, I became pregnant. I lost the baby. At that time I did not know that I had a leutal phase deficiency and I would lose one baby after another. The challenge was that although the baby had died, the tissue did not clear. I developed an infection and if I had not had access to a D&C I would have died. I too hemorrhaged. Fortunately, I was able to get the help I needed.

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Then I got divorced and got involved with a lovely person whom I was never going to marry. We took precautions but I still got pregnant and this one was viable. But I did not have a stable housing situation. I had not finished my education. I did not have

stable income. It would have been irresponsible for me to give birth to this person. So I talked with them. I was aware of who they were. I was aware of how wonderful they were. I explained the situation and asked that they come back in again and pick me as a mother when I could take care of them. I gave the little one a blessing and felt them leave.

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I married again and after several miscarriages was finally able to get pregnant and carry to term. I spend much of 7 of the 9 months in bed and every moment was worth it. I have an amazing daughter, who is a joy in my life every single day. I watched her soul enter her body when she took her first breath. It was an amazing and wonderful mystic experience. I got to watch her soul pick us as parents. I would go on to lose three more babies. But she is here and a gift.

I am trained as a clinical psychologist and have walked beside other women while they were making the choice of what is right for them. I have walked beside husbands and wives in agony after a miscarriage of a much-wanted child. I have walked beside teenagers who had been raped by family members. I have walked beside youngsters who made choices they were really not ready to make, not thinking through the consequences.

So I have had a range of experiences. As such I feel I have a right, by virtue of experience, to say:

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Bio:

Melinda H. Connor, D.D., Ph.D., AMP, FAM, EHP-C did her undergraduate work at Harvard University and Wellesley College, her master's degrees at University of San Francisco and American Military University, and her doctorate in Clinical Psychology at California Coast University. After a one year rotation in Neuropsychology, she became a NIH T-32 post doctoral fellow at the Program in Integrative Medicine at the University of Arizona under Dr. Andrew Weil and Dr. Iris Bell. Mentored by Dr. Gary Schwartz at the Laboratory for Advances in Consciousness and Health, Dr. Connor then went on to found her own research laboratory and holistic health practice at Earthsongs Holistic Consulting. Winner of prestigious awards for her research including recognition by the State of California Legislative Assembly and the World Congress on Qigong, she is the Board Chair for the National Alliance of Energy Practitioners and the author of ten books. Email: melinda_connor@mindspring.com

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