

## A Lovely Meditation for pregnancy



Sit in a comfortable position, cross-legged on the floor or on your bed is ideal. Let your hands drop to the side or comfortably rest on your thighs. Place this meditation in front of you and slowly read it to yourself.

*{take a deep breath}*

My body is brilliantly strong and healthy.

I am perfectly nurturing a new human being.

My body is giving this little angel inside of me all of the things it needs to grow perfectly:

Nutrients, Blood, Oxygen, and Love.

*{take another deep breath and relax even more deeply with each out-breath}*

My body will continue to grow and nurture this baby as I eat nourishing foods, get plenty of rest and take regular time to relax, go for walks outside in the fresh air, and support my emotional health with joyful activities.

*{take another deep breath and imagine it moving all the way down to your toes and back out again}*

My physical appearance is beautiful because I am strong and healthy and I am carrying a tiny little person full of light and energy. I love my changing body. I'm a lovely being with glowing skin, clear eyes, strong muscles and bones, healthy teeth and silky hair.

*{take another deep breath and on your out-breath, imagine that you're releasing any tension in your body}*

I am enjoying this pregnancy immensely and have experienced very little discomfort. I drink plenty of clean water and I eat an abundance of fruits and vegetables. I eat whole grains and good quality protein so that I can continue to

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grow a baby that is healthy and can withstand labor and birth with ease.

*{take another deep breath and pause for a moment. breathe in and out several times before moving on}*

As my pregnancy progresses, I will honor my body's need to slow down and rest more. I will reduce stress for myself and my baby by taking naps, meditating often and engaging in pleasurable activities. I will let go of guilt for things left undone, especially household chores, and will instead remember that I will rarely, if ever, be doing work as important as the work I'm doing now to grow a human life.

*{take another pause. breathe for several minutes in a quiet and relaxed state and then close with the following:}*

Now, as I slowly end my meditation, I will keenly remember all of the sensations I'm feeling in this moment: peace, calm, confidence, love, comfort, strength. I will carry these feelings with me into the rest of my day, as I work and relax and play, and into the night, as I rest with ease and comfort.

*{try doing this meditation everyday. make it a routine. it will help greatly to reduce stress in your pregnancy and for your baby and will help prepare you for labor and birth.}*

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