

Beautiful Pregnancy Imagery

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In this first beautiful pregnancy meditation, we will be using imagery to have a comfortable, healthy and relaxed pregnancy for both you and your baby. Listening to this recording in a quiet, comfortable place, daily, will help you achieve this. As in all of the Birth Relaxation Kit recordings, the idea is to let go of stress, and to simply observe your thoughts and images.

Remember, your mind is very powerful. Just relax and allow it to help you. Don't worry about whether you are doing things the right way. You will drift in and out of consciousness. Your subconscious is always working and absorbing suggestions and images. And the more you listen to this recording, the more easily you will be able to relax and absorb the positive suggestions. You may fall asleep, and even forget that you were listening to this or meditating. That's okay.

And by listening to this recording you will find a deep state of relaxation... One that you can return to easily and on command throughout your pregnancy...to alleviate any tension or fears...to know that you and your baby are healthy, physically, nutritionally and spiritually.

So, begin by finding a quiet and private place where you won't be interrupted for about 25 minutes. Turn off your phone and any other devices that may cause distraction. Tell anyone who needs to know that they should not interrupt you unless it is an emergency.

Now, get in a comfortable position, either sitting or lying down..... Loosen or adjust any tight clothing..... Get a pillow or blanket if it will help you get comfortable. Also, feel free to shift positions or move at any time if it will make you more comfortable.

As you continue to practice meditating with this recording, you will easily achieve a deeper and deeper state of relaxation for both your mind..... and your body. And if at any time you need to stop this meditation, you can do so by simply counting backwards from 3 to 1, and you will return to a fully conscious state, relaxed and refreshed.

And remember that you can shift your body at anytime, and still maintain a deep sense of relaxation. In fact, each movement you make will bring you even deeper. And each movement you feel your baby make will also bring you deeper.

Now... Allow your focus to move to your breathing.... Let yourself breathe easily and comfortably. Take a couple of slow, deep breaths..... Notice your breathing. As you inhale, imagine you are sending the warm energy of your breath to any tight or tense part of your body. As you exhale, really let go of thoughts and tensions of the day. Thoughts may pop into your mind. Simply let them flow where they may, and let them go with each exhalation. Breathing deeply and slowly allows your body to relax naturally. You can feel your in-breath warming and loosening any tightness in your muscles. And with each out-breath you let go of any tension or discomfort, and let your body sink deeper and deeper, into a peaceful state....

Now...Take a deep... and slow breath in through your nose...Hold it for a few seconds....Let the breath out slowly through your mouth, letting go of any thoughts or tension.....Again, take in a breath....slowly...through your nose, this time to the count of four.....And now let the breath out slowly through your mouth, to the count of eight. As you do this you will become more deeply.... relaxed. Breathing is a good example of an automatic process....Millions of automatic processes are happening in your body every moment of every day...your heart beating....your blood circulating....All happening without you ever having to know exactly how it happens....and in the same way, relaxation happens...You don't need to know how...But with each breath, you relax more... and more.....Again, take

a deep, slow breath through your nose to the count of four.....And now.... Breathe out slowly through your mouth to the count of eight....Letting your self sink deeper and deeper into a peaceful state....letting all thoughts float away.....Just continue breathing the same way...deeply and slowly....Sinking down...You may hear sounds in the background....But each time your hear them, they bring you deeper into a state of relaxation...

As you relax, you may even wonder if you are in a state of hypnosis from time to time...In fact, you are already in a hypnotic state...Deeply....and slowly....Breathing.....Deeply....and slowly.....Your body sinking... further and further.....

And as you continue, allow your breathing to become easy and comfortable, relaxing even more deeply, in mind....and body, with each breath. With each breath in, you fill yourself with light and energy....And as you breathe out, you release tension and discomfort, allowing yourself to relax.... deeper ...and deeper.....Deeper....and deeper...Until your breath just happens naturally, without any thoughts...or concerns...

And now, as you relax, I want you to affirm to yourself that your mind is completely open....And as I make suggestions, you may see... feel... or experience images in whatever way you like. There is no right or wrong way to experience images or suggestions... Trust your inner mind, because it always knows just what you need.

And realize how powerful your mind is. What it expects to happen *will* determine what you experience. What your mind expects to happen will create outcomes. In other words... as you expect to have a comfortable and healthy pregnancy and childbirth... you will have it. So, expect an even deeper relaxation... from the top of your head... all the way to your toes. You know that will happen...and it will happen that way...Complete comfort and relaxation... a beautiful pregnancy.

Now, I want you to focus your attention on your eyelids. As you relax, your eyelids become soft...and heavy. If your eyes are not already close,

gently let them do so now...With each exhalation, your eyelids drift lazily down.....Lazily down...softly closing, as you relax deeper.... and deeper. And as you go deeper and deeper, I want you to imagine a bright light that emerges at the top of your head.

Observe the warmth you feel from that light...as it travels now to your forehead...passing over your eyes...down to your shoulders, and going over your entire body, down to your feet, as you inhale... so peaceful...

With each breath out you release more tension...Going deeper...as you see or feel the light filling your entire being with brightness... and warmth, and deepening your state of relaxation...loosening your shoulders and neck...Flowing through your upper back and chest...Down your spinal cord...releasing tension in your lower back....Moving effortlessly through your arms and legs...releasing more tension in your hands and feet...Every... muscle.... and cell in your body is getting filled with the warm.... light...and is more deeply relaxed...Further... further down. This is a protective light...And it helps you feel calm...safe...and peaceful...So deeply relaxed...and comfortable.

And as this light passes over every muscle... organ... and cell in your body, it fills your body with everything that you... and your baby... need to be healthy and comfortable. You are providing all of the nutrients... all of the warmth...all of the love that your baby needs to thrive and grow... Each time this beautiful light scans your body...it radiates total health, comfort and relaxation. You are provided with everything you and your baby need.

And now, affirm to yourself that you... and your baby...are provided with the best nutrition...care...rest...and love...To have a safe, comfortable and beautiful pregnancy...

Keeping this deep feeling of relaxation and calm, direct this energy to your baby. Allow that energy and light to completely fill you with relaxation and peace....Complete...peace...Relaxation...for both you and your baby, as you share this powerful energy that fills you both...So relaxed...so comfortable.

As you relax, you may notice how your attention and energy is drawn inward, where the beautiful secrets of new life reside...And in this inward place, your mind and body are comforted with the knowledge that each beat of your heart brings strength and nourishment to this new being growing inside you...Each beat of your heart brings everything your baby needs...

Now to deepen this comfortable state of relaxation, imagine yourself at the top of a staircase that has ten steps going down from where you stand...This can be a staircase you have seen before, or one you have just created. Let it be whatever kind of staircase you choose...Take some time to observe it...Notice what the stairs are made of...how wide or narrow...how steep or shallow...What do they feel like under your feet?

Now, begin to descend the staircase one step at a time, counting backwards from 10 to 1 with each step. As you descend, allow yourself to feel more deeply relaxed. Your staircase will help you reach an even deeper... more peaceful state for both your mind and body, with each step down...Ten...<>...nine...More comfortably relaxed in your your neck, all the way down to your lower back...<>...Eight...Deeper and deeper...Seven...Now more deeply relaxed in your stomach and hips<>...Six...Easy and slowly...Five...With nothing to bother...nothing to worry...Four...Deeper, for both you and your baby...more... and more relaxed...three...No need to think about how deeply... or how comfortably...Letting go...<>...Two...and One...At the bottom of the staircase, more deeply relaxed in both mind... and body...

Imagine yourself now in a very beautiful... peaceful place...A special place, where you feel safe...this might be somewhere you've visited before or somewhere you make up in your imagination...It could be in nature...Or in your own room...Just let the image of the place come to you...It really doesn't matter what kind of place you imagine, as long as it is peaceful... and safe ...to you...Let this be a special inner place for you...A place where

you feel secure and at peace with your surroundings...A place where you have loving...and peaceful thoughts...A place where you are completely comfortable...at ease...confident and relaxed...Maybe this is a place you had been to before in your life...Or a place you read about...or just dreamed of...

Now, as you explore this beautiful place, notice your baby with you...Perhaps you are carrying your baby...Or maybe your baby is right beside you...Perhaps even, you and your baby are floating together in your beautiful...special place.....But notice how peaceful your baby is...Notice the warmth and comfort you and your baby provide for each other...You and your baby are surrounded by complete safety...security...comfort...and peace...In your special...beautiful place.

Let yourself explore your special place as if you were there now...Notice what you see there...What sounds do you hear, or aromas do you smell?...Notice especially what it feels like to be there, and immerse yourself in the feelings of peacefulness... and security...And as you and your baby explore this special inner place, find a spot that feels particularly good to be in...a spot where you and your baby feel especially calm...centered...and at ease...Let yourself become comfortable and centered in this spot...This spot is where you feel a deep sense of peacefulness...A place of healing...A place you can explore and use your imagination to its best effect...

Take some time to relax into the deep feelings of peacefulness...Take as much time as you need...Notice how you feel emotionally in this safe...protected place...(longer pause).....

Know in your heart that you can visit this place at any time during your pregnancy....And when you visit this... special place, you and your baby become instantly... and completely...relaxed...So comfortable and peaceful in mind... and body...Whenever you think about your baby...or the birth of

your baby, you can easily visit this special place to become instantly...and completely...relaxed.

Know that anytime you feel tension or stress, you can instantly relax by going to your special... safe place. Each time you go to your safe and peaceful place, you...and your baby...are more comfortable.... and relaxed...Deeper... and deeper...

Now, as you let the image of your special place fade away, know that each time you listen to this recording, you will reach a deeper state of relaxation, easier, faster and deeper each time...For you...and your baby...

Now it's time to prepare yourself to come up to a fully awake state. Remember that you can always return to your safe and special place, anytime you choose...A place of calm, peace and serenity...for you...and your baby... A place that is always with you...

You will return to your waking state--carrying this inner calm and relaxation with you--by recalling the staircase you imagined...Picture yourself at the bottom of that staircase...With ten steps...With each step you climb, you will become more and more awake and alert...When you reach the top of the stairs, let yourself become fully awake, refreshed and better than before...

...One...<>...Two...climbing up...becoming more awake...<>...Three...<>...Four...More awake still...Bringing with you a sense of peace...of relaxation...Five...<>...Six...More alert...Becoming more aware of your surroundings...<>...Seven...Anticipating the refreshed feeling you will carry with you when you reach the top...<>...Eight...<>...Nine...Your eyes feeling like they want to open...<>...Ten...At the top of the staircase and now fully awake. Open your eyes, now more relaxed, alert and refreshed...Stretch, smile, wiggle your fingers and toes...Notice how good you feel...