



## Pregnancy and Birth

It is now time to use your Yoga to yoke you to the Infinite! This ancient science that uplifts the spirit and heals mind and body is essentially all about connectedness and union and relationship and never is this truer than during pregnancy when two lives are joined in every sense possible. Having a child is a beautiful kind of alchemy and what this soul brings to you and what you bring to this soul transforms you both for all time. Having a child is a living prayer and simply amazing grace and your power as a woman to form another life within your body is almost too vast to comprehend.

Our job as parents is to raise our consciousness not only about pregnancy and delivery and parenting but also about our own lives. Our duty is to give our children what they need in their lives so they always remember who they are - spiritual beings born to have a human experience. Each child and each birth is as unique as a snowflake.. no one is exactly like another.. and since the beginnings of time woman have watched the waxing and waning of the moon.. they have not reads books on birthing.. been given a due date but above all they knew how they felt.

Each person on earth is the manifestation of eons of successful birthing.. and this ancient knowledge is in every woman's bones and stored in our very cells... there is a saying.. "As a woman lives so she shall birth".. so if you are living in good health, calmness, radiance and joy, then this is the atmosphere into which your baby shall be born and grow.

### We have 5 initiatives

1. For our mums to have a happy healthy baby.
2. For them to be as active and present participants as possible.
3. For them to enjoy the process of bringing a new soul into the world.
4. To support, encourage and nourish our mums and bubs so they can reach their full potential.
5. To encourage them to believe in their own and their babies innate divinity and perfection. Preparing for your life as a mother is like going through the heat of a forge.. Tempering the steel of your mind and strengthening your spirit... Seize the force of creation within you and never look back! The First Trimester... is an opening to your mind, emotions, intuition and a deeper knowledge of yourself. Only let good vibrations go toward the energy it takes to grow a soul... please avoid any energy that is negative.. ie jealous, worried etc.. these first 3 months are like preparing the ground before the garden is planted. (Some Masters teach that the soul takes 120 days before entering into the foetus.. eg. natural law states we build the house first with foundations, wood etc.. then enter it.. not move the furniture in



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first and God works in the same way). Useful in cases of abortion / miscarriage... if helpful.. also the belief that the soul chooses its own timing and will reappear when the time is right..

Use this first trimester to strengthen the 3 foundation of your life to prepare for the seismic shift of a child being born... and each subsequent birth gives you the opportunity to grow in your love and wisdom. In some ways this first trimester presents the biggest challenge because it requires an adjustment to your psyche... your definition of self changes from 'I' to 'We'... to have a child is to undergo transformation. This is not an understanding you can 'think' your way into, you cannot birth intellectually. You birth sensually, intuitively, primally and spiritually! You can't cram it at the end it takes 9 months to unfold your consciousness.

Think of your pregnancy of a partnership between mother and child that takes almost 10 months to build. Birth is a miraculous doorway that opens to your own mental, emotional and intuitive growth and a deeper knowledge, appreciation and love of our own bodies and ourselves... You are required to be disciplined to act in a way that nourishes you to surrender to a process that is greater than your individual self. You can give to the soul who chose you, the gift of being as great as you can be so you can shepherd him or her through this lifetime. You as a parent are part of a specific divine plan.. Souls don't just randomly reincarnate.. so relax and remember always that a soul can never fail in its path to perfect realization... because to succeed the soul will come back as many times as necessary to fulfill its spiritual mission.

Many faiths teach that the souls choose their parents for reasons such as past life experiences, or perhaps the parents can provide an environment conducive to the soul achieving its overall mission. Parents teach by example.. and this process is about what you bring to the soul and what the soul brings to you... One concept is that souls enter in a cluster.. like a constellation of stars... it is said that we, as souls, make a contract before reincarnating regarding how, when, where we will come back to our very specific parents.. whether through natural birth, adoption, in vitro or surrogacy...each of us brings the other in.. Though the soul is pure and complete, there is a subtle body, an energy force that carries the karma of the previous lives.. Your soul comes back with a destiny, a path to walk this lifetime, and you bring the gifts you have acquired... all of which is called Karma.. 'As you sow, so shall you reap" As a mother, you can purify this Karma and thus change the destiny of this child within.. by living with compassion and awareness which is your innate nature as a woman and a mother. There is a story of a queen in India.. who fell pregnant and on the 125th day got very sick and was told she had attracted the soul of a demon.. who would wreak havoc on the kingdom and make her life a living hell.. Her Guru advised her that all was not lost and from that day forward to meditate on the name of God and go out among her people and serve them selflessly, and practice the



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teachings of the ancient ways. So the queen left her palace and went into the streets, cooking meals, washing dishes and feeding the poor. Her baby boy was born smiling, with his hands pressed peacefully into Yogic mudra and an impression at his 3rd eye... he grew up to be a saint. The womb is where another human being, through her knowingness and compassion can help change and uplift the destiny of that soul inside her. This is our gift on the planet.. the way we can change the world and bring peace to the planet.! Buddhas arrive in baby costumes.. Baby Yoga reminds me everyday! Pregnancy is the time we need to become the kind of mother who has the intuitiveness to see who her baby really is and what he/she needs... The journey to becoming that sort of mother begins even before conception.. learn to meditate.. and when pregnancy comes, it will allow you to create a space amid the tests and the technology and all the things swirling about you.. much more delightful than zeroing in only on the medical finite planes of pregnancy! From this space you connect with your own inner wisdom. Meditation teaches us to watch the thousands of thoughts created by our mind and not judge or be attached to one... just as we are too fixed on one drop of water as we observe the peaceful flow of a river. With practice.. you will arrive at a clear and serene space inside you where you can begin to know your true nature. Pregnancy is a living prayer.. If you give up on your child.. they are lost.. If you are fearful.. they will learn also to be fearful.. If you are joyful, strong and loving.. so shall they be.. Whenever your heart pours into prayer.. every heartbeat creates a miracle.. See the miracle all around you and realize it is a living Prayer. Concentrate and project your prayers outward... Yogi Bhajan says they are a telephone call through the universal exchange... "If the current is strong.. though the distance is long.. they will be heard at the other end.. Help will come !"

A mothers prayers holds the sacred space for her child.. a mothers prayers holds the world... nothing is more profound or powerful... like the little bird who went through the bush fire.. hiding its tiny chicks safe under her wings as she burnt... saving them instead of flying away herself. A soul chooses the mother in whose womb it will grow and be nurtured Yogi Bhajan says "from the beginning of life till its end.. it is only the mother who can vibrate for her child and change his/her destiny... only her prayers are like an arc beam wiping out and rewriting her child's destiny... Once you give birth to a child.. give them the highest gift.. your prayers" Think of your pregnancy as a gift to free you in the largest sense by revealing your true nature... allowing you to know and love yourself.. allowing your radiance to shine through to the outside, allowing your compassion to grow for yourself and others.. to experience the vastness of who you are and what you are capable of. Everyone on the planet was born through the womb of a woman.. one sperm, one egg, and a woman who carried them in her body.. the cells dividing and redividing.. it is extraordinary.. a miracle. Your baby is created in the only viable place in your body.. the center, the point from where your chi, or life energy, radiates. The navel represents the 3rd chakra which includes the fundamental element of commitment.. your baby feeds on



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this energy and is sustained by it, becoming the sun, the centre of the universe, the centre of their mothers.. its perfect!.. If it doesn't feel like this to you.. get back in touch... even if its for the first time with your feelings, yourself, your body.. you will be able to rely on that self knowledge for the rest of your days. When we hear about classes for 'Preparation for childbirth'.. it makes birth sound predictable and controllable... yet the fact is birth is unpredictable and resists all our best laid plans to control it. We can however begin to cultivate a balanced state of being. Yoga and Meditation keep your body aligned, keeps you strong physically and mentally and balances your brain, your circulatory system, and your hormones.. it allows your spirit to rise.. With Yoga you can develop a sense of equanimity that takes you not only through your pregnancy but also into the next chapter of your life.. Mothering.! Often the first trimester is like an Abyss.. that stretch of time.. sometimes spent in sickness, exhaustion and maybe confusion. Sickness because your nauseated and woozy as if your in a small boat in a rough sea and cant get off.. exhaustion because the changes in your body are so big, confusion because the sensation is disorientating and you think it will never end.. Luckily not everyone experiences these symptoms but if you do they are very challenging. As in planting, the seed is very far beneath the soil right now. No sunlight needed yet.. just water and time... it feels like everything is happening so deep inside.. its like being in a twilight zone... sometimes you don't feel like yourself anymore.. or like your future as a mother.. its an in-between land waiting for the hidden seed to pop out of the darkness into the light.

For many women this time is more difficult than giving birth... sick, out of control, anxious.. its like having a pinball machine playing inside you 24 hours a day... This is when you need to come together with other women.. take time out to relax, get back to the rhythm of nature, laugh, tend to yourself, move, exercise...you will feel happy, recharged! Don't ever think just because you are pregnant you will automatically experience feeling bad.. just adjust your diet.. move.. there are ways through almost everything in pregnancy so that you may flow and grow.. Try Ginger Tea to regulate the wild flux of hormones in the early stages... it also supports your nervous system and cleanses your liver. Chop some ginger root.. an inch.. then boil in a cup of water for 5 minutes.. you can add lemon, honey or soy milk if you wish... Remember.. its only temporary.. the 1st 3 months of pregnancy are like being a gopher burrowed underground in your own little world.. Usually around the 3rd, 4th month the sun begins to shine down the hole your in and the world looks a little brighter!.. One day you will look out of the hole, sniff the air and say.. wow there is a world out here after all!! Use Gratitude to help you.. instead of 'why me.. it isn't fair! To ' What a privilege this child chose me..' you will feel instantly better! Learn to love and embrace every comfort and discomfort!.. everything, because tomorrow it will be gone! The drop in your blood glucose levels plus the added work your body is doing can make you irritable, fatigued and emotional plus your sense of smell is heightened.. so beware different smells that upset you. eg coffee etc. Yoga recommends that you eat every



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two hours, preferably a little bit of protein and vege or fruit...but whatever you can keep down.. not worrying about what you should be doing...don't get caught up with the 'shoulds'.. baby is getting what it needs from your body and its ok.. you will regain yourself. Eat as many whole, organic, live foods as you can... the 2 hourly snacks will stabilize your glucose levels... let your man prepare the food for you whatever appeals to you especially if your cranky and sick! Remember the family that eats together stays together.. Scientists teach us that when we sit and eat together we look into each others eyes and this actually stimulates the release of the love hormone.. oxytocin.. the same hormone that contracts the uterus during birth, that gives us the feeling of falling in love, that even bonds the mother to her baby. Make a commitment to never leave the house without a healthy snack of goodies.. nuts, fruit, crackers.. lots of protein and fresh water.. in a nice little cloth bag etc.. Walk for half an hour as you press the thumbs to the fingertips in order.. index, middle, ring and pinkee.. each mudra provides specific benefits.. Thumb to index finger is gyan mudra.. for knowledge. To middle finger is shuni for wisdom, intelligence and patience. To ring finger surya and is for vitality To pinkee is bhudi is for ability to communicate well... verbally chant.. Sa, Ta, Na, Ma. Try doing it every day, as walking balances the brain, hormones, glandular and nervous systems. Try for 5 miles a day.. but don't overdo.. if it makes you too tired and you need to sleep for more than 2 hours after reassess. BREATH IS THE KISS OF GOD. As you breathe and as you move, so will your baby throughout his or her life. Think about baby ducks.. they walk just like their mothers.. The Life force is called Prana and it comes to you through your breath. Pranayama directs this current of vital energy to light your body to its most luminous. Allowing yourself to take enough breath is the 1st thing you need to do but the last thing we remember., Breath relaxes!.. it gives you clarity, cool headedness.. because it brings oxygen and nitrogen to the brain cells and pumps spinal fluid to the brain. It prevents build up of toxins in the lungs and as the lung capacity expands, your pituitary gland, regulator of hormones in the body.. becomes stimulated...slow it down.. make it even.. get in touch with your natural breath... with right now.. your breath is a path that leads you to a visualisation or mantra.. to let your spirit do what it is naturally drawn to do... follow it to your meditative mind.. all expansive, calm, all seeing.. not the mental mind, bean counter mind, that keeps schedules, makes judgments and gets scared!! Use your breath.. it is the axis between our earthly selves and the subtle transcendental realms. YOUR SOUL LONGS TO DRAW YOU INTO LOVE FOR YOURSELF. WHEN YOU ENTER YOUR SOULS AFFECTIONS. THE TORMENT IN YOUR LIFE CEASES. Place your left hand over your right hand and put them to your heart.. shut your eyes and look up to 3rd eye.. and repeat for 3 minutes everyday. Happy am I, Healthy am I, Holy am I.. this releases doubts about your ability to be an amazing mother and makes you feel centered and strong. It does not matter if a previous pregnancy hasn't ended in a happy birth as even the painful experiences carry the seeds of what will eventually with time bloom into something lovely,. Everything we go through is



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something our souls need for their development. All our experiences.. even the ones we would prefer to forget help to make us the people we are meant to be. So don't spend time punishing yourself.. Instead of creating a dark world for yourself with no power.. opt for a life of truth and light of heart. Misery is always an option but know that you can choose the positive option.. a living practice is deciding to be positive over and over again and pregnancy is the ideal place to see the quality of the conversation you have with yourself. KNOW THE MOTHER THAT YOU MAY KNOW THE CHILD... Quan Yin. Buddhist Goddess of Compassion. Your unborn baby will carry your fears into their lifetime. What makes us today is what happened in the womb and in the first 3 to 5 years of our life. Yogi Bhanjan believes that for each month of pregnancy you will relive on a deep emotional level your own time in the womb. Ask your mum if you can and tell your happy birth stories of your own children to them as they grow. If unfortunately, you do not have good or loving experiences of family.. even though you may feel justified in your anger and sorrow... holding onto it only serves to weaken you. It robs us of the psychic energy we require to create new better experiences. Remember Time does not Heal all Wounds.. but Love does.. try this meditation \*Sit in Sukhasana and raise right arm up in front of you at 60% \*Bring your left arm behind you in 60% so the 2 arms form a straight 60% line front and back. \*Keep elbows straight and point index fingers allowing thumbs to lock down the other fingers. \*Close your eyes and look down as if looking through the centre of your chin. \*Breathe slowly and deeply for 1 minute (gradually building to 3 minutes). \* Now extend your pinkie finger on both hands with your index fingers. Eyes remain focused at the chin for 1 minute. (building to 3 minutes.) \*Finally extend all fingers and tighten the muscles of your body while you stretch the arms out to infinity for another minute (building to 3). \*Inhale as deeply as you can, then exhale slowly and evenly... repeat this breath twice more and your finished. If things are getting tough... No matter what is going on in your life and how tough things get.. Look up and see that the sky is still in the heavens and the ground is beneath your feet.. Live one breath at a time and solutions will present themselves..

Trust!! Let go of the feeling that you need to control everything...

Namaste!