



Video Transcript

New Mother Empowerment Embrace Your Journey with Love and Healing

Welcome. My name is Rachel and I am happy for you.

In this short time together, I just want you to put your hands on your wound and thank your body for creating life for making this world that much more magical and abundant. not to you.

So try to just breathe and rub your wound and take one hand to your heart and rub your heart and breathe and inhale and expand your pelvic floor and your belly. Soften your hips, your glutes, your jaw, your forehead. Soften your fingers and your toes and just maybe even begin to sway from side to side.

If you're a paper airplane kind of gal, you can put that negative energy, that horrible memory on that paper airplane, and just let it fly away.

You don't have to push it out or shove it down.

You don't have to stuff it away and lock and throw away the key. Take the key.

Open your mind to that memory. Open your heart.

But instead of focusing on the pain, focus on the gift of the growth.

Despite a traumatic component of your birth experience, you became a mommy for the first time, for the second, for the third, perhaps for the eighth.

Life is a gift, it's precious, and so are you.

Your baby isn't the only precious piece of your birth experience you are.

Your baby would not be here without you, birth queen.

In this moment, as you release and identify that trauma, that negativity,
that pain that was inflicted upon you at such a beautiful and vulnerable time,
you have the power to release,
to let go of anything that doesn't serve you. Mind, body,
spirit. You have the power to heal you. You have the power to enact boundaries.
to lock in that yummy energy and to open the windows in the doors to release any
negativity. All pain, all trauma, disappointments,
heartache.
Don't free to just give yourself a hug. If it feels more comfortable to curl into
pall on your bed.
how you want a mother, birth how you want a birth,
this thing called life is yours to live, yours to create, yours to navigate.
Take a deep inhale and I want you to visualize a
purple light. Purple for royal, purple for you, birth queen.
And as you inhale, allow that breath to fill your body, your brain.
nose, filling the belly, the ribs, the back, filling the legs,
the ankles down to the toes. And exhale, engage your core, blow that ear out,
soft jaw,
soft neck, soft shoulders.
And this next time, just imagine you're in a bubble, surrounded by yummy purple,
magical, energetic light.
filling your cup, your goblet. Remember, mommy, you can't pour,
pour, pour, pour, pour from an empty cup.
And guess what? You're a queen, so you've got a big old goblet. So I mean, the
bigger that cup, the more filling you need to do in order to pour,
pour, pour.
Find your breath.
soften your body and
just tell yourself I am not my pain I am not my trauma those things in my life
that I endure
Come back to your breath.
Allow the breath to drop deeply in your body. Don't force it.
Just be.
Soften.
Surrender.
be accepting of whatever comes up,
soften into it, surrender.
I want you to think of that baby that you gave birth to.
Hold your baby in your mind's eye.
commit to one or two things on that list that you need for you to do for
yourself, starting today or tomorrow. And then I want you to have the courage to
ask someone to address one of your needs, to fulfill one of your needs.
Say, hey, I think you could really help me with something I need.

And let that be a practice of
staying full of releasing and choosing joy i'm sending you so much love today and
always thank you for making time to pour into you have a beautiful day and
hopefully i'll spend time with you again soon.
Bye -bye.