



Video Transcript

Meditation To Connect to Your Baby In The Womb

Hello, beautiful beings. Thank you for joining me today. I'm Maria Marshall with Gaia Goddess, and in this meditation we will be connecting to your unborn child. This isn't something I did when I was pregnant with my three children and I wish that I had, so today I offer it with love for to both you and your baby.

We're going to call in the note of love with the mon right here, and we're going to start playing this and connecting to this note to connect you and your baby to love.

This meditation will lovingly guide you as you intentionally connect to your unborn child. You don't have to wait until your child is born to start bonding through love. You can start at any time. And this meditation will encourage you to begin bonding more deeply with your child as it grows within the nurturing and safe environment of your womb.

I suggest listening to the meditation while lying down. So pops this video as you prepare your space. Make sure to lie on a comfortable surface such as your bed or sofa. I recommend supporting your lower back with a bolster if available, or firm pillows under your knees, perhaps use a weighted blanket or cover to keep you warm.

A blanket and pillows around, or even on top of you can help you create the sensation of a cozy cocoon, much like the uterus that your baby is growing within. Let's begin by taking three deep breaths, relax and inhale.

Feel free to sigh on the exhale.

Ah, this signals relaxation to your body and mine.

On the next breath, imagine growing roots from the bottom of your feet or your sits bones, your pelvic bones, beautiful, sturdy, healthy roots of an oak tree. Visualize these roots and then send them all the way down to the center of the earth through your home, down into the rich and fertile soil. Through the many layers of bedrock.

And finally, down, down, down to the center of the earth, we are grounding and anchoring to Mother Earth, who is mother to all that lives and breathes on this planet. Wrap your roots around the center of the earth anchoring them and take a moment to connect to the love. Nurturance and support of Gaia mother earth,

feel held, supported, loved, and recognized. For the beautiful miracle you are growing within your body. No matter how natural and normal it may be to grow and nurture life, it is an honor and a very special journey. Take a moment to acknowledge yourself. Breathe in gratitude. For your body, your womb, the magic of creating life and Mother Earth.

Now, I'd like you to focus on your heart center. Place both your hands lovingly on your heart. And breathe in love for yourself. Ah, even if you don't connect to the intention of loving yourself, or perhaps this is the first time you ever even thought of it, send love to yourself.

You will be the healthy role model for your child by loving yourself and starting the meditation from a place of self love. As mothers, we need to pour from a full cup in order to fully guide, teach and love our children. We need to love ourselves. We can best connect and bond our children when we have connected to ourselves.

So begin by pouring love into yourself.

Take a deep breath and imagine the color pink pouring into your heart. Mm. Breathe this color and light and feel the love in your heart center. The love that you are. You are infinite love. Take three breaths in and allow this feeling of love to grow as you visualize the color pink becoming more. And more energetically vibrant.

Now see the color pink pulsating with the beat of your heart.

And while you see your heart hold in your awareness the heart. Within your womb, see that heart also beating with the color pink.

Both hearts are now beating as one with beautiful, loving color pink.

Breathe. As you hold this visualization in your mind's eye,

what does it feel like to beat as one, to breathe as one? To be one with your child, to be one with Gaia, and one with all that is. Feel that interconnectedness.

Breathe in love and connection and see yourself as an expression of love. That connects to all that is take in three more breaths.

And as you continue to breathe, focus on the beam of pink light, the color of love in your heart. Take a breath and energize this color and love.

Feel it growing in your beautiful heart and send down. Through your hands to your unborn child.

Know that your child is aware and can feel the energy of your thoughts, feelings, and emotions. Feel the love you have in your heart, your child, and see this color pink as love. Allow it to flow from your heart down past your shoulders, slowly through your arms. It is passing all the way from your upper arms to your forearms, arms past your wrists, through your hands, into your womb, into the uterus.

Into your baby

now, this beautiful and loving color, pink is flowing into the heart of your baby.

Listen to the note F laying on the mono and hum along so that your baby feel. It's a vibration of a love from your voice. F is the note of the heart Chakra

hum the note F several times.

Your baby can hear you humming. You are humming. Love all the way into its beating heart.

See the sound coming from your voice and heart, and traveling all the way into your child's heart. As you vocalize love, know that your baby is feeling it.

Now change the hum into the word love.

Words carry a vibration of energy as do notes and color. Everything you are listening to, singing or visualizing has the energy of love sing. Love into your baby's heart and send love with a color pink.

Take three more breaths and really sink into this experience of connection, bonding, and love with your child.

Think of something you want to tell your baby now. Feel it in your heart and you can say it out loud or send it as a loving message through your thoughts. Even thoughts have vibration and

can be felt and known by your child. Really feel the emotion behind your message. What do you want your baby to know and feel?

As you are learning, you don't have to wait until your baby is born to sing or speak to it. You can even read stories to your child in the womb. Who knows the story you read to your baby while in utero may end up being an all time favorite. Take three breaths to focus on your message and this healing of love behind it.

Now you get to receive a message from your baby.

You can gently whisper. What would you like me to know?

Your consciousness is merged with your child, and you have the ability to hear, feel, or sense communication when you slow down and connect to your child. Take a few breaths and trust you have this ability.

See the love. Your baby is chava from their heart to yours. Now completing this energetic loop of love, you are always giving and receiving each other

even though it seems. Like a mother's work is never done, and we are always giving, giving. We too receive from our children, love and joy and many blessings. Feel the love and joy your child is bringing and will continue to bring into your life.

Feel the love and joy you'll bring to your child.

Sit with this while you breathe and fill every cell of your body with pink, light and love.

Breathe that in. As you see a cocoon of pink light envelop your whole being. Including the being within your womb. Breathe and focus on your whole body. Bathed and pink light

breathe. And focus on the love you are.

Breathe and focus on the connection between you and your child.

Take three more breaths in, and as you do, enjoy this connection and the feeling of love. Within and around you.

Take a moment to tell your baby when you are ready, that you are coming out of this meditation, and anything else that comes to mind in this moment.

Thank your baby for its message, or maybe it's feeling it's sent to you. You may have experienced a flutter of your heart, a tear in the corner of your eye, some words or just a feeling whatever you felt was perfect.

After a few more breaths, we will be returning to conscious awareness.

Know that you can return to this meditation as often as you wish.

On your next breath in, start to wiggle your toes and fingers.

You may choose to let out a big sigh on the exhale or even a yawn.

You have taken this time to nurture both yourself and your child. However it is now time to come back fully into your body.

Feel the sensations of your body lying down. Feel the points that your body make. Contact with the surface you are lying on. Sense the gravity. If you can even do that, you may want to place your arms around yourself and gently rock yourself from side to side like you are rocking your baby in a cradle.

Next, maybe try lying to the side in a fetal position for a few moments as you come more and more back into this present moment.

Take as long as you wish. To remain in this blissful state of connection before opening your eyes and gently returning to your day.

Thank you to you and your baby for joining me in this meditation. May your journey together be filled with love, joy, and happiness.