



Video Transcript

Guided Meditation For Mothers-To-Be

Welcome to your 10 -minute Gaia goddess meditation for pregnancy. Please find a comfortable seat, and I want you to begin by congratulating yourself for making time for self. I want you to gently allow your eyes to close.

I want you to place one hand on your heart and one on your beautiful belly and baby i want you to feel your sit bones right and left left and right release any tension you feel in your hips around your hips allow the muscles of your belly to soften.

Visualize your vertebra stacking one atop the next. Travel up the spine to your shoulders and invite your shoulders to melt away from your ears.

Now bringing your attention to your jaw, just create some space at the roof of your mouth and the back of your throat.

Allow the lips to be together softly.

No need to hold on to anything at all.

Allow the temples and the forehead to soften.

And just take a deep Breath.

Visualize the breath filling your lungs,

filling your womb, your belly,

traveling so deeply that you pass that breath right on to your baby.

Take this time to connect to yourself.

Take this time to connect to your baby. life can be busy and sometimes if we're feeling good in that first and second trimester we can forget we are pregnant so let's just take a minute to say hi baby mommy's here we're here together

How are you feeling, Mommy?

What you're doing is pure magic.
Know that you are full of strength,
beauty, and you deserve stillness, rest,
peace, and calm.
Use this time during your pregnancy to prioritize checking in with yourself.
Extending grace and doing nothing at all.
Because in those moments of stillness and nothing, we receive.
We heal.
We refresh, we restore.
Remember, Mommy, if we don't feel our cup, we have nothing to pour.
So during this pregnancy and after your birth, prioritize pouring into yourself before
you pour into anyone else.
Place one hand on your right thigh, one hand on your left.
Visualize a color.
What comes to mind first.
Apply that color to your breath and take a deep inhale through your nose
And just take a gentle exhale and sigh out through the mouth.
We'll do that again. In through the nose, drawing the breath,
up the nostrils, down the throat, throughout the lungs,
belly and back,
all the way down to the tips of your toes. And when you're ready,
exhale.
Inhale, I am.
Exhale enough.
Inhale, I am.
Exhale, enough.
If you feel any muscles in your body begin to tense, send the breath to those
spots
and release any tension, be it physical,
mental, or emotional,
just let it go.
Know that when we let go,
we may feel vulnerable,
we may have fear of the unknown, but know that you cannot receive healing,
joy, love, and blessings if the door is closed.
So stay open to receive, Mama.
bring your attention back to your right foot and your left your
left sit bone and your right feel rooted and grounded
Then bring your attention to the crown.
Visualize your crown. Lengthen up through your crown as you lengthen.

Notice how you feel a little lighter,
a little longer.
Come back to your breath, inhale deeply,
exhale fully,
inhale in through the nose.
And I exhale out through the nose.
Keep the lips together. Keep them soft.
In through your nose.
And out.
Bring one hand back to your heart,
one hand to your womb.
Let these laying of hands signify love and and care.
As we bring our practice to a close,
I want you to gently open your eyes,
come back into the space, knowing that you are enough.
Continue to take moments for yourself,
to fill,
to receive,
and be ready to continue on your path as the birth queen that you are.
May the rest of your day be filled with love and light, signing off, Rachel.