

Chapter 1 : How to Meditate During Pregnancy | Benefits of Meditation While Pregnant

(If your mind wanders off, breathe deeper into your belly.) If a thought arises, let it float away, as if it were a cloud in the sky. Try doing this for five minutes each day, gradually adding more time each week.

Each day of pregnancy brought up different challenges. One day I would feel anxious about making sure I was eating the right foods or exercising in the safest way possible, and the next day I would feel stressed about my upcoming prenatal scan or whether or not I would be able to handle the pain of labor. Eventually all of this nervousness started to affect my mood, my sleep and my relationship with my partner. Below are the top 5 scientifically proven benefits of why women should meditate during pregnancy. The Science Behind Pregnancy Meditation Reduced Risk Factors When I became pregnant, my doctor never spoke to me about how stress could affect the health of my growing baby. Research shows that high levels of stress and anxiety increase risk factors during pregnancy, and by keeping stress levels low, you can give your baby a better environment in which to grow 1. Practicing regular meditation and mindfulness during pregnancy can significantly reduce stress 2 More Likely To Carry Full-term I never knew how important it was for the development of your baby to carry to term until I became pregnant myself. Knowing this, made me up my meditation practice in my third trimester, and encouraged me to share the benefits of meditations with a lot of my friends who were pregnant with twins and had a higher chance of delivering pre-term. Reduced Pain During Labor The pain and uncertainty of giving birth was without a doubt on my mind throughout my entire pregnancy. However, knowing that a study of a group of people who attended a four-day mindfulness meditation training found that they were able to decrease the intensity of a painful stimulus by 40 percent 4 helped me to have more confidence that meditation would support me during labor. Higher Quality Sleep One of the first things that made me realize how much my thoughts were affecting me was my inability to fall or stay asleep while pregnant. When I started meditating, I was shocked to see an almost immediate change in the quality of my sleep, but when I learned that studies have shown that individuals who practice meditation experience higher quality sleep than non-meditators 6 , I knew that meditation was playing a key role in me getting better rest at night. There are so many different forms of meditation out there but the one that really resonated with me throughout my pregnancy was Expectful. Their guided meditations are made specifically for pregnant women, are perfect for beginner or advanced meditators, and speak directly to what I was experiencing emotionally as a pregnant woman. However, what I truly loved aside from the fact that they are guided, was the variety of meditations that they offer. Their meditations are broken down by trimester, they offer sleep meditations, gratitude meditations, walking meditations and ones for relaxing or starting your day, which helped me to always have access to the meditation I truly needed in that moment. Glucocorticoids, stress, and fertility. *Minerva Endocrinologica*, 35 2 , Vieten C, Astin J. Effects of a mindfulness-based intervention during pregnancy on prenatal stress and mood: Results of a pilot study. *Meditation for preterm birth prevention: A randomized controlled trial in Udonthani, Thailand.. International Journal of Public Health Research*, 1 1 , Brain mechanisms supporting modulation of pain by mindfulness meditation. *Journal of Neuroscience*, 31 14 , Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65, " Meditation and its regulatory role on sleep. *Frontiers in Neurology*, 3 54 ,

Chapter 2 : Pregnancy Meditations | Helping Women to Be Calm & Relaxed During Their Pregnancy

"Meditations for Pregnancy: 36 Weekly Practices for Bonding with Your Unborn Baby:" Starting in the fifth week of pregnancy, this book tracks your milestones and provides guidance. It includes.

Wondering how you can incorporate some of those benefits into your own pregnancy? Here are her five tips for having a mindful pregnancy and early parenthood from Aimee Karr , who teaches yoga and meditation for pregnancy at her studio in Williamsburg, Brooklyn. Every month, a student in her second or third trimester will approach me and say something like: Pregnancy can be a great opportunity to take your time. Try to avoid over-scheduling and block off some time for yourself. Knowing and researching about the kind of birth you want is an important step to making conscious choices in your childbirth. What did help was my midwife telling those nurses that the journey ahead of me was about as far from my initial homebirth dream as it could be and that I had every right to feel disappointed in that moment. Then I made a conscious decision to let it go and choose to be present for the birth of my baby. Then maybe let it go. Many of my students have noted that the simple act of feeling the space between their eyebrows—a suggestion I often give in class—can help their whole face open and soften. Try this relaxing body scan: Start by bringing your awareness to the top of your head and feel the weight of your skull. Notice all the different muscles of your face. Feel the length of your neck and the weight of your arms. Notice the openness of your palms and the curl of your fingers. Follow your breath as it flows through your torso, filling your chest, ribcage, and belly. Imagine that you could breathe behind your baby, filling your lower back. Fill the sides and front of your belly, surrounding your baby as if you were wrapping your baby in a blanket of your breath. Imagine nourishing your baby with each inhalation and hugging your baby with each exhalation. Stay with the movement of your belly either from your baby or your breath for a short while. Then bring your attention to the weight of your hips and legs. See if each exhalation can help your body sink more deeply into your bed as your muscles let go. Let your practice adapt with your baby. Your mindfulness practice will inevitably change when your baby arrives, just as it has likely changed through your pregnancy. It might be a while before you can get back to your old routine, but taking time to do bits of practice everyday can make a huge difference in your energy level, your patience, and your ability to engage with your little one and others positively and mindfully.

Chapter 3 : Peaceful Pregnancy App

The relationship between mother and child begins the moment a woman learns she is pregnant. Meditations for Pregnancy is a beautiful tool for mothers-to-be to enhance that relationship, nurture their bodies through a healthy pregnancy, and focus their thoughts on a joyful birth experience.

View Larger Image Pregnancy Meditation Pregnant women have to cope with a number of emotional and physical challenges. Hormonal changes can lead to mood swings, increased appetite and nausea, to name but a few. Meditation during pregnancy helps mothers-to-be cope with these changes by fostering relaxation and re-centering. In addition to enhancing peace of mind, meditation helps reduce the stress that is often experienced by pregnant women while improving their concentration. Mindfulness also seems to increase positive emotions. In an article published in Parents Magazine , Ms. When you feel the baby moving, stop and come back to the present moment, if you can. Feel the baby in your belly, feel the breath as the belly rises and falls, and just be present with your baby. Here are a few of the benefits of practicing mindfulness when pregnant: A more positive outlook There are many things that pregnant women might feel anxious about: Pilot studies have shown that women who attend a Mindfulness-Based Childbirth and Parenting course tend to be more in touch with their bodies before and during labor and have lower rates of post-partum depression. Also, fear of labor and other common fears decreased significantly, helping reduce the stressors that can cause premature birth. Many work as long as they possibly can – right up until the water breaks in some cases. Meditation gives pregnant women much-needed space for self-care. Women who already have their own meditation practice will find that the continuity is vital to their well-being. For new meditators, guided meditation can be especially helpful since they can relax, follow the soothing voice, and naturally tune in to their breath and physical sensations as guided. Mindworks App offers reliable, accessible guided meditation sessions that nurture well-being and relaxation. In an article about mindful birthing in Pregnancy and Newborn Magazine , a mother explains that for her, one of the most helpful aspects of mindfulness meditation was noticing – and even enjoying – the gap between contractions. This allows them to inform their health care team and have the problem attended to in as timely a manner as possible. Meditation benefits the whole family Some pregnant women are on their own, while others are part of a partnership or family unit. When there are two parents, other kids, relatives or close friends who are actively involved in welcoming the unborn child into the world, making a point of meditating together can strengthen the connection in a very meaningful way. After all, in a partnership or family, joys and anxieties that affect one member will also impact the others. Light a candle, give voice to your wishes for health and harmony, and experience some mindful minutes with those you care about. At the end, join hands and share the love. For further reading, check out our blog on Meditation for Childbirth and Pregnancy. Mindworks Guided Meditation App.

Chapter 4 : How To Have A Meditation Practice While Pregnant - mindbodygreen

Meditation relaxes your mind and helps you cope effectively at the emotional level. It is also an excellent way to relax your body. It can help release the pressure on the spinal cord so that you feel more comfortable during the last phase of your pregnancy.

Conception and pregnancy can be challenging for your body as you do your best to create a healthy environment to grow a baby. Maintaining a peaceful and positive mindset can be difficult as you deal with morning sickness, aches and pains and the uncertainty of what giving birth will mean for you and what life might be like after when your new baby enters the world. Affirmations and meditation can play an enormous role in supporting you to be calm and empowered throughout the ups and downs of pregnancy. By actively encouraging your mind to focus on and create positive approaches to pregnancy, you are giving yourself and your baby the very best chance to enjoy a more relaxed and loving time as you grow together. Benefits of affirmations Affirmations are things that we say, think or feel about ourselves and our lives which we believe to be true. They can have very powerful effects on our lives in either positive or negative ways. With positive affirmations, you can shape your experience of life and opinions of yourself that empower you to be happy and successful. The affirmations in this app are designed to help you create an inspiring, loving and gentle approach towards yourself, your baby and your pregnancy. Use them every day to give yourself a new perspective or emotional support, especially when dealing with the challenges of being pregnant. You can read through the affirmations according to trimester or topic. You can also use the Daily Affirmation tool to set up a regular time everyday to reflect on an affirmation relevant to your trimester. Affirmation reminders Help yourself to stay calm and positive throughout your pregnancy by using the affirmation reminders. You can choose to receive affirmations based on your stage of pregnancy, how often you would like to receive them at what time of the day. Benefits of meditation Meditation during pregnancy is a great way to reduce stress, give your mind and body an opportunity to relax, refresh and to connect emotionally and spiritually with your baby. When you meditate, you can help yourself to let go of concerns and focus on the well being yourself and your baby. Regular meditation breaks can vastly improve your mental and emotional ability to deal with challenges and maintain confidence and inner peace. Everything flows more easily in your body when you are deeply relaxed. Meditation is known to lower your blood pressure, slow and deepen your breathing, release tension in muscles and organs and improve the quality of your sleep. The meditations in this app have been developed to address the common concerns and needs of women at various times during pregnancy and strengthen your connection with your baby. You can use these meditations whenever you feel stressed, tired or just open to enjoying a new, beautiful experience with your baby. Choose to listen to meditations with a selection of peaceful and inspiring ambient music with natural sounds including gently breaking waves, bird song, running water in a stream, pebbles being thrown into water, rustling grass in wind, breeze rustling leaves of trees, water fountain. Reviews "I really like this app. I was very much into relaxation and meditation when I was pregnant. I loved the meditation part, I felt that I really began to connect with the baby. Your app recreates this mediation and would be easy for people to do themselves after a busy day at work. I also used visualisation meditation during labour - your part about the forest beach walk was so similar to what I visualised every contraction. It was what got me through those 33 hours. It was the only thing that got me through it. If others can train themselves to do the same type of thing, it would certainly make labour easier. Also the breathing exercises we did in class similar to your Progressive muscle relaxation section and peaceful birth was important in getting the breathing right for labour and not panicking. Training yourself to breath properly and relax is an essential tool. They are all absolutely wonderful! I used the daily affirmations to keep me positive and I enjoyed focussing on my baby during the meditations.

Chapter 5 : Expectful | Guided Meditation For Fertility, Pregnancy, and Motherhood

Deep relaxation techniques, meditation and visualization can help you cope with a variety of physical and emotional

stresses during pregnancy, enabling you to relax and focus your concentration, reduce stress, lower your blood pressure and enhance your peace of mind.

Chapter 6 : Five Benefits of Meditation During Pregnancy | The Expectful Blog

Meditation allows your body to cope with stress more efficiently and helps prevent high-stress environments during pregnancy impacting the future functionality of a child's HPA axis. If you are pregnant or hoping to become pregnant, including a mindfulness meditation practice into your lifestyle is worth the effort for you and your baby.

Chapter 7 : Tapping Meditations for Pregnancy

Tapping Meditations for Pregnancy Release Your Fears and Anxiety Around Childbirth - A Guided Tapping Meditation. During pregnancy and even before you get pregnant you hear lots of different stories about childbirth.

Chapter 8 : Pregnancy and Meditation | What to Expect

In this guided meditation for pregnancy, we invite pregnant women to take time to relax and connect lovingly with the child they carry. This gentle pregnancy meditation can benefit all expectant.

Chapter 9 : Mindful Pregnancy - Mindful

Pregnancy Meditation. Pregnant women have to cope with a number of emotional and physical challenges. Hormonal changes can lead to mood swings, increased appetite and nausea, to name but a few.