

# THE GREATEST PREGNANCY *Ever*

## Beginner's Meditation Guide for Pregnancy

### **Why Meditate?**

- During meditation you send comfort hormones to your baby
- Helps you reduce stress
- Increases production of DHEA, the essential pregnancy hormone
- Helps you sleep better
- Releases endorphins into your system, making you FEEL better
- Lowers heart rate and blood pressure
- Increases creativity and feelings of empathy

*The question is not really why meditate, but instead why wouldn't you meditate???*

### **How to Meditate**

Meditation does not need to have many rules. It is simple, though initially will involve conscious effort. With frequent practice, it will begin to become second nature. Sit where you can be warm and comfortable and have at least 5-10 minutes to yourself. You don't have to sit cross-legged or even on the floor, but that is a commonly used meditation position. During pregnancy, as your belly gets larger, it may feel more comfortable to place a folded towel or mat under your bottom. You can also lie down if you need to, just get comfortable.

Once your body is comfortable, allow your spine to lengthen, feel yourself sitting taller. If you lie down, feel your body stretching out. If you wish, rest your hands on your knees or you can place one hand over the heart and one hand over the navel (this is a common pregnancy meditation posture as it helps you connect your heart and your baby).

Once comfortable, just breathe. For a few minutes simply become aware of your breath. Don't try to change it, just notice it. Allow thoughts to enter your mind, but instead of reacting to them just let them go. It is very difficult to have a clear mind when you begin to meditate. Becoming aware of your thoughts and simply observing them (instead of reacting emotionally to them) allows your mind to become calm.

Begin to slow your breath, pausing between each inhale and ex-hale. Focus your mind on feeling love and gratitude, even if you can only feel grateful for the smallest of things. Stay in this meditative space as long as you can.

Go ahead, start today. The benefits start immediately!

This handout has been generously provided by the authors of  
***The Greatest Pregnancy Ever***, Laurel Wilson & Tracy Wilson Peters.  
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