Mindfulness Meditation and Massage for Pregnancy

This practice takes only a few minutes. When you slow down and move into a state of calm and connection, you activate the healthy birth hormone, oxytocin. Practicing relaxation will help you access this state when the hour comes to birth your baby. The hand massage you learn is a tool you can use throughout your day to calm your body whenever you feel stressed.

“Take a breath and settle for this meditation and massage. A simple pause in your day. Close your eyes. Take another breath. Notice what you see with your eyes closed... observe the quality of light through your lids... the shades of darkness... Notice the weight of your lids over your eyes... the place where your lids meet... your lashes... the letting go of the many muscles that surround your eyes... the muscles above your eyes, beside your eyes, below your eyes.
With your eyes still closed, shift the focus of what you see. See how you hold your face, compose it. Observe the held areas. Like a detective, check your brow, the sides of your mouth, your jaw. No need to compose your face now. Let it go... every single muscle slack... soft... at rest.

Shift your focus again and see your baby inside. Moving in clear waters, eyes opening and closing, your baby studying shades of darkness and light, moving through watery translucence. Your baby’s face resting, at ease, like yours.

Imagine the sounds of your baby’s world... the pulsing and whooshing of your body... and muffled by water, the sounds beyond: language, laughter, birds, the sounds of the world into which your baby will be born. Imagine your baby listening... curious... .

Bring your awareness to your own sense of hearing. Tune in now to everything you hear. Listen. Listen to the sound that is farthest away... Find a sound close by. Deepen your breath and listen to the just-perceptible sounds of your own breath in and out... the hum of silence in between. Really listen. Notice yourself and your baby listening, quiet now, taking in this vast world of sound and silence.

Take one deep breath in and out. Observe how your body feels this breath, receives this breath.

Again, take one deep breath and imagine how your baby feels this breath, receives this breath.

Move your hands over your belly. Massage the muscles of your abdomen. Massage the muscle that is your uterus. Imagine how your baby perceives the warmth of your hands.

Then, with your eyes opened or closed, use your right thumb and massage your left palm, round and round, opening the cupping muscles of your palm.

“...It’s now 12 weeks on and Amelie is an amazing, happy and beautiful little baby. She has jumped up percentiles with her weight. I’m all healed and weirdly proud of my scar. We are still breastfeeding and Amelie is clearly thriving from it and I have no intention of stopping anytime soon. We have discovered the joys of baby-wearing and Amelie loves her sling. We still both stare at Amelie and can’t believe we’re lucky enough to have her. Being a mum is the best thing I’ve ever done, I truly love it.”

-Kelly

Toolkit for a Healthy Birth          mindfulbirthny.com

Pregnancy Relaxation
continued
Pregnancy Relaxation

With your right hand, firmly squeeze your left wrist and forearm, squeezing and releasing as you move towards your elbow. When you reach the bones of your left elbow, squeeze the muscles, tendons, ligaments around the joint. Continue squeezing the muscles of your upper arm, moving up to your shoulder. Squeeze the muscles, tendons and ligaments around your left shoulder. Press on your trapezius muscle on your upper back. Now bring your attention to your left hand and vigorously shake your left hand... shake shake shake... and then place both hands palms up on your thighs. Eyes closed, take a deep breath and notice how your hands feel different from each other.

Repeat on your other side. Use your left thumb now to massage your right palm, around and around. Squeeze your right forearm up to the elbow. Squeeze the muscles around your elbow. Continue squeezing and releasing the muscles of your right upper arm until you get to your shoulder. Squeeze the muscles, tendons and ligaments of your shoulder. Notice what your shoulder feels like. Press on the big trapezius muscle on your back. And now shake your right hand. Shake shake shake. Place both hands palms up on your lap and - eyes closed - take a breath. Again, notice your hands. Notice how your body feels. Observe how it feels to be pregnant in this moment... you and your baby breathing, seeing, listening, feeling.

To finish, pay attention to one breath. May you and your baby have a wonderful day.