

MEDITATIONS FOR PREGANCY

These guided meditations were created by Dr. Adrienne Ross (who is the voice you hear) and Dr. Karen Buhler. Adrienne is a family doctor and a very experienced and respected Mindfulness Meditation teacher who has been sharing this practice for over ... years in Canada and internationally. Dr. Karen Buhler is a family doctor who practices maternity care. She created these audio files to help others find a simple way to use meditation to bring more health and wellness to their pregnancies. These meditations are all 15 minutes and can be helpful for anyone, whether new to meditation or experienced. Feel free to download and use them and share with others.

BODY SCAN FOR PREGNANCY is a guided exploration that helps you bring attention and relaxation to your body. It is the simplest and probably the best tool for dealing with stress, worry, anxiety, poor sleep, and physical discomforts. Doing this meditation regularly helps strengthen your ability to relax and rest, and connect with the baby you are carrying. It is also very helpful for use in labour.

LOVING-KINDNESS MEDITATION FOR PREGNANCY is designed to open the heart and mind to a place of wellbeing and ease. In this practice, you will be invited to repeat phrases silently and direct them to yourself and others. The words are a powerful way to bring kindness, compassion, joy, peace, and balance both for yourself and for others including your baby.

HEALING MEDITATION is a mediation that helps you to discover and gather your own healing energy and direct it towards yourself and the baby. Becoming aware of your ability to heal yourself can strengthen well-being, ease, and good health. This meditation practice is good for all people and is especially helpful after difficult or traumatic experiences.

MEDITATION FOR PREGNANCY is a simple mindfulness practice for anyone who wants to begin to learn about Mindfulness Meditation. Daily practice of this simple technique will reduce stress and enhance health.

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