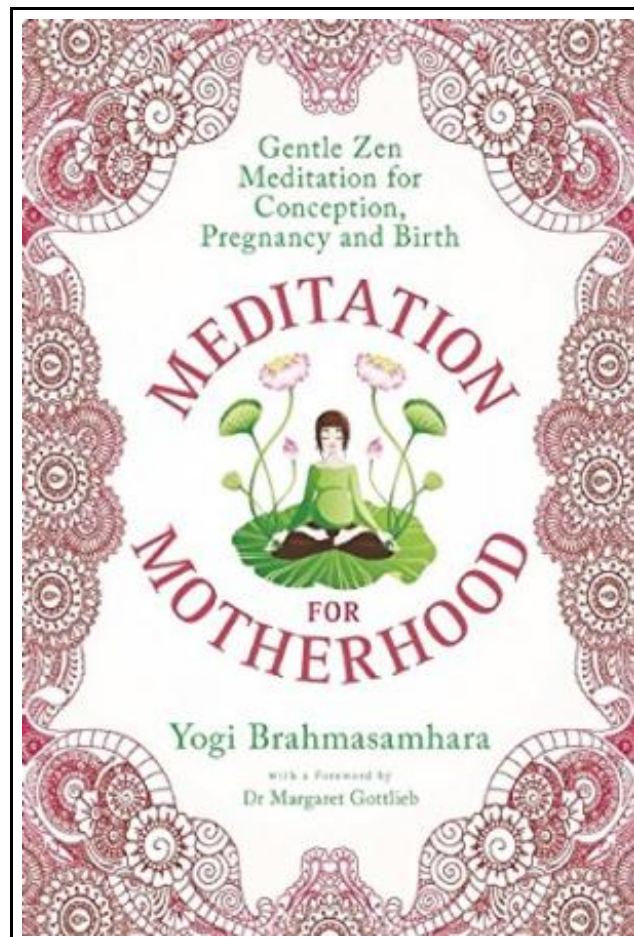


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Helios Press, United States, 2015. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Zen Meditation for Conception, Pregnancy, and Birth Inspiring practices of Zen meditation for mothers and mothers-to-be. In Meditation for Motherhood Yogi Brahmasamhara presents step-by-step guidance on authentic Zen meditation, the most powerful, natural, and deeply beneficial practice available to a woman during the phases of creating and nurturing her baby. This is a practical and thoughtful guide for those planning pregnancy and parents-to-be to use right through their pregnancy, a time of great emotional and physical change that can be both exciting and challenging. Yogi Brahmasamhara explains the value of meditation to enhance harmony and wellbeing physically, mentally, and spiritually at a time when many can be plagued by worries and insecurities around their pregnancy and the impending birth. With more than forty gentle and tailored exercises you will practice the ancient arts of: Patience to listen to yourself and your baby Letting go of tension, worry, and apprehension Damping down the mind babble Mindfulness, by deeply focusing on the present moment Embracing your inner wisdom when confronted by difficulties Above all, you will acquire the ability to take these skills with you wherever you go.



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