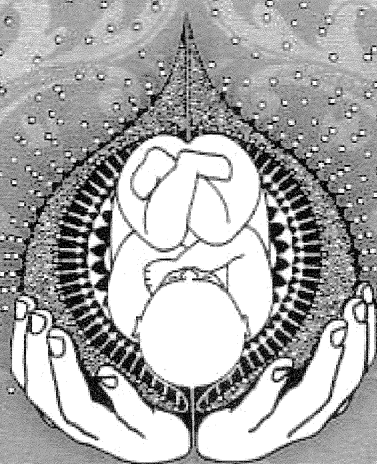


CONSCIOUS PREGNANCY

**A Kundalini Yoga guide to conception,
pregnancy and birth**



**Based on the Teachings of Yogi Bajan
Compiled by Tarn Taran Kaur Khalsa**

Conscious Pregnancy

The Gift of Giving Life®

**Conception through Birth:
Based on the Teachings of Yogi BhaJan**

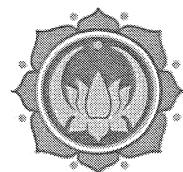
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USA



Kundalini Yoga Institute

Kundalini Yoga as taught by Yogi BhaJan™



3HO WOMEN
HEALTHY MINDS. HEARTS. HUMAN.

Conscious Pregnancy: The Gift of Giving Life ©

Kundalini Yoga as Taught by Yogi Bhajan™

Conception through Birth: Based on the Teachings of Yogi Bhajan
Compiled by Tarn Taran Kaur Khalsa

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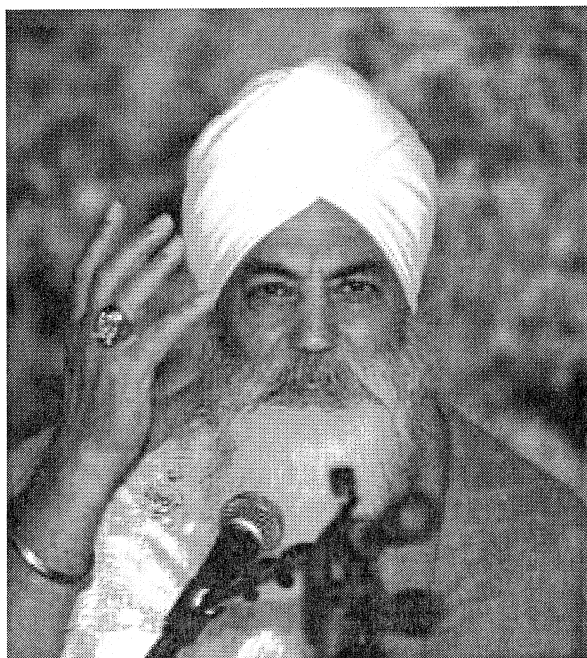
The exercises in this book are designed to be safe for most people provided the instructions are followed carefully. The benefits attributed to these exercises come from centuries - old yogic tradition. Results will vary due to physical differences and the correctness and frequency of practice.

The publishers and authors disclaim all liability in the connection with the use of the information in individual cases. As with all unsupervised exercise programs, your use of the instructions in this book is taken at your own risk. Nothing in this book is to be construed as medical advice. We advise all pregnant women to consult their healthcare professionals before practicing or utilizing any information in this book.

~ 3HO WOMEN

Dedication

To Yogi Bhajan



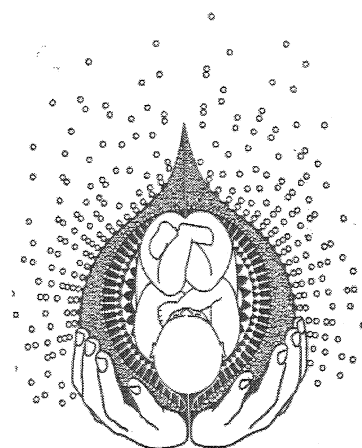
In dedication to our beloved teacher, Yogi Bhajan, the Master of Kundalini Yoga and White Tantric Yoga, who has tirelessly shared the ancient wisdom of Kundalini Yoga and Meditation, and their practical applications, internationally since 1969. He established 3HO Foundation (Happy, Healthy, Holy Organization) which shares the yogic teachings, trains yoga teachers, and hosts yogic events. Yogi Bhajan has offered a wide realm of yogic wisdom for women (during annual Women's Camps), men (during Man to Man © workshops), children, healing modalities, business excellence, and peace outreach. He has also developed and shared the science of Humanology.

Yogi Bhajan particularly championed for the power and grace of women, sharing an amazing wealth of yogic knowledge designed specifically for women. This vast array of ancient yogic know-how ranges from specific Kundalini Yoga and meditation techniques, to yogic recipes, beauty secrets, healing methodologies, and stress relief. Practical guidelines for relationships and communication, pregnancy, childbirth, and child rearing, as well as, the power of prayer, and strength of a business woman. Yogi Bhajan has inspired women of all ages and from all walks of life to access their inner strength and to live with dignity, courage, and character.

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intros Introduction

Sat Nam, dear friends,

The journey of pregnancy will transform forever your life, your identity, your reality, and your future. The impact of your hormones will reshape your body, scramble your emotions, and test your mind. Your entire being will prepare to receive a Soul within your own belly, to nurture this incarnating being, and to birth this young human out of your body. You are blessed with the incredible gift of giving life from your own body.

You embody the creative aspect of God. Your radiance and consciousness attracts a Soul. During the 40 weeks of pregnancy, you are the fountain of spirit to nurse the body and the character of your child. Everything you experience, see, hear, or expose yourself to plays a part in your child's development.

You long to be conscious and aware as a woman and a mother. You long to transform your radiance, develop a healthy lifestyle, and uplift your consciousness. You long to give to your child and your family inspiration, values, character, and an uplifting happy life. You and most women on this planet have this identical longing. You can do it.

You can release the abrasive patterns of your lineage and create a legacy of a loving family culture. You can create happy, secure, radiant, confident, and healthy children. It starts with you. Come into your own power and confidence. You will rebirth yourself as you birth your child. You are the holder of the future of your family's spirit.

You can alter your radiance and uplift your consciousness by meditation, humble prayer, and choosing to be deeply aware of your womanhood. "The Gift of Giving Life"© supports you on this precious journey of consciousness and transformation. Take this opportunity to live in your excellence.

The practical, yogic teachings of Kundalini Yoga are easy to incorporate into your life. "The Gift of Giving Life"© contains tips from over thirty years of experience, as well as the experience of thousands of 3HO women around the globe. Let us shape the future one birth at a time.

Since the first edition of "The Gift of Giving Life"© in 1983, hundreds of thousands of women have been inspired by these teachings of Yogi Bhajan in Europe, North, Central, and South America, Japan, and Africa. Kundalini Yoga holistically prepares your body, mind, and spirit. As you practice yoga and meditation, you may experience yourself becoming more relaxed, positive, and able to take on the challenges of life.

The purpose of "The Gift of Giving Life"© is to disseminate practical information and provide practical models that will help you increase your sense of self-worth and expand your spiritual awareness. The intention of this book is to provide support, inspiration, and useful yogic tools so that you can really do your best. You can find fulfillment and satisfaction while raising a family, as you experience your own Infinity.

Kundalini Yoga does not promise you a short, easy birth. It can offer you ways to deeply connect with yourself, as you breathe and relax during the process of birthing your child. Medical professionals worldwide recommend that their patients attend 3HO birthing courses. They have seen how this holistic, yogic approach empowers women, whether the birth is at home or in a large medical institution.

If you have never practiced Kundalini Yoga, as taught by Yogi Bhajan, log onto www.3ho.org to find a 3HO center near you and enroll in Kundalini Yoga classes. You will find that it is invaluable to receive your initial introduction to Kundalini Yoga through an instructor.

3HO WOMEN networks, inspires, and educates women worldwide. Log onto www.3ho.org to be connected with other dynamic women of spirit and grace.

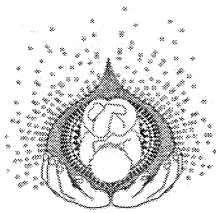
The spiritual path is like a winding road. The way is not always simple and easy. The secret is to keep up. Allow these yogic techniques to offer you inspiration, stability in times of stress, and oneness within yourself. We are learning to give and to live, guided by our spirit so that our children, their children, and generations to follow may ever live in the excellence of their spirit. Have fun and expand your greatness...just take each step one at a time. Sat Nam and Blessings.

Humbly,
Tarn Taran Kaur Khalsa

3ho women
3HO WOMEN
International Program Director
June 20, 2003

Chapter

1. Conscious Relationship



Happy, stable marriages continue to be the most reliable way to bring up happy, healthy, and holy children. For most people, starting a relationship is not difficult. The challenge is keeping the relationship uplifting and meaningful through the years. "Marriage is the most difficult of all yoga practices," says Yogi BhaJan. Every minute of the day, one needs to stretch, breathe, focus, and remain conscious. The institution of marriage challenges your total human caliber to befriend your own Soul, transforming all of life's adversities into blessings. This takes courage and creativity.

Commitment

A long term relationship is based on COMMITMENT. Commit + ment means that you must have "meant to commit". You have made a conscious decision to travel together through time and space, coping with all circumstances - living for each other, every day, with tolerance. Commitment is not based on emotion or commotion. Commitment is when both partners freely and totally understand their responsibilities, and both commit to fulfilling their part.

Whenever you need tolerance, call it to you. Do this experiment. Close your eyes and call on your tolerance. You will feel it come to you. Tolerance is a substance; it is an object. The hypothalamus can produce it, meditation can give it to you, but you have to call on it.

*Marriage is the
highest form of
yoga.*



'I need tolerance; tolerance come on. Tolerance, report!' If you can say 'Tolerance, tolerance, tolerance,' tolerance will be with you. If you call on a smile, a smile will be with you. Call on any facet of your life and it will come to you quite naturally.

Yogi Bhaian, Women's Camp, New Mexico, 1977.

Commitment to a relationship takes strength, as well as flexibility. Marriage is NOT a 50-50 agreement. Marriage is a 60-60 agreement, if not 70-70! Each person contributes more than ½ of the effort, which allows any blind spots to get covered. Commitment also requires accurate, non-violent verbalization of your feelings and perceptions, as well as actively listening to one's partner.

Feelings of Love

The feeling of being in love is fulfilling and enticing. It can even be addicting! The relationship chase becomes an obsession to experience the "love rush." This love rush or "honeymoon stage," is usually experienced no longer than six to twelve months, and then what?

True love and intimacy are based on a deep spiritual connection, understanding, and acceptance of each other. Yogi Bhaian teaches that, **Love is the act of selflessness within oneself. . . love is the ultimate state of human behavior where compassion prevails and kindness rules.**

Love is a power beyond the being, because the being is actually a part of the Infinite Being. Love grows through the conscious and conscientious effort of both partners.

It takes a person of extreme caliber to be able to evaluate the "beloved" while one is "in love." Love does make us blind, which has its pros and cons. The pros allow us to envision the potential of our beloved. The cons prevent us from being realistic about our potential partner's character and mental, financial, and spiritual limitations.

Polarity or Merger

Rebecca was attracted by his quiet nature. Thomas was intrigued by her free spirit. As the years passed, Rebecca complained that Thomas rarely expressed himself openly, and Thomas commented that Rebecca was flighty. They were shocked by who they had married. They talked and decided they were going to make their relationship work. They began to meditate, experiencing the depth in their own selves. They tolerated, forgave, and laughed at this cosmic joke: Rebecca was becoming quieter and more centered; Thomas was more socially expressive.

*If you call on a
smile,
a smile will be
with you.*



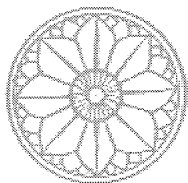
Relationship Fantasies

Our relationship models have been influenced by fairy tales, movies, media, and our own family experiences. It can be comfortable to fantasize about "our dream partner." This can be enjoyable for awhile, until we start speculating how to make a real, cozy, loving relationship a reality!

Both women and men fabricate an "image" of the perfect mate. We invent this person who will fulfill and transform us. We search and fantasize. We begin to believe that we need this person to feel whole and wonderful. We continue to search, one person after the other, looking for perfection outside of ourselves. This longing and the feeling of separation is a deeper play of the Soul, which goads us to seek out oneness and fulfillment in relationships. Relationships provide us opportunities to evolve, amalgamate, and grow personally.

The Ideal Image

A woman meets a man and she begins measuring him by her criteria of her "ideal man." She considers the situation. The man at the same time is measuring her by his criteria of an "ideal woman." He weighs the pros and cons of this woman, and decides, "Yes, she just about measures up." She is still considering his pros, cons, depth, projection, and then concludes, "Yes, he just about measures up, and I think that I can mold him to fit even better. However, it may take some work on my part."



Marriage

Marriage is the commitment of two diverse frequencies, entrusting each other to pull together through life's hard and even times, as they laugh, joke, love, and encourage each other. Marriage is an organized, clever, diplomatic hassle. Marriage joins two egos that test, stretch, and challenge each other, as time and space tests, stretches, and challenges them.

A relationship can manifest in three styles: 1) living at someone - partners exploit each other; 2) living with someone - partners join forces to inspire each other toward happiness; 3) living for someone - partners are willing to merge their material, mental, and spiritual strength to raise and elevate each other. The third type of relationship makes you immortal. The second makes you happy. And the first makes you miserable.

The question arises, 'What is an ideal marriage?' Ideal marriage is a way of life in which a husband and a wife compromise to face time and

space together for the security of their own life and their children. These days many marriages are dissolved between the age of 36 and 45. This is a period when marriage has become boring, and everybody wants to look to new values. You must be aware that actually nobody looks to new values and that there is no such thing as boredom.

Marriage is the institution which cannot get boring, because it is a continuous hassle against time and space. How can a thing become boring when you have to exert every minute of your life to keep it going?

Yogi Bhanjan, Women's Camp, New Mexico, 1976.

Test of Marriage

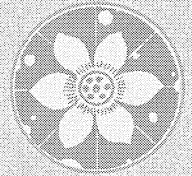
Now-a-days, we think of relationships lasting only during even times. "Irreconcilable differences" march hundreds of thousands of marriages into courts. When partners say they are not socially, structurally, or sexually compatible, mental imbalance is always the origin of the problem. Open communication about their mental backgrounds and expectations can reconcile the relationship when both partners are ready.

The Power of One

Marriage subtly interconnects the couple, so that when one person adjusts his or her frequency, the other will benefit indirectly. For example, a partner consciously works or meditates on a particular aspect of self, and a positive adjustment spontaneously occurs in the partner.

It can be comfortable to view our partner as someone other than who he or she is. At times our happiness seems to hinge on the expectation that our partner needs to change. Kind support and prayers can clarify and invigorate the process. Any change that actually does occur is a blessing. How can we truly comprehend what our partner needs in order to grow or change? Practice appreciating your partner's admirable qualities. Remember God is the Doer. Universal Will is directing your marriage play. Trust that the Universe will take care of you, and It will.

The best course for a human relationship is that each couple, when they get married, should take a vow to do their job and play their part right. Whether your parents and relatives approve of it or not, you should always be respectful to them. Every marriage can become successful if both partners play their part honestly. Now, it is not possible that in marriage dark days won't come. In reality, marriage is an institution where two individuals of opposite polarity decide to build a cozy



*Love
is the act of
selflessness
within oneself.*

environment which is called home. Then, through the thick and thin of all circumstances, they need to adjust their behavior. Without adjusting the behavior, no marriage is possible.

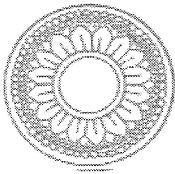
People feel that divorce is a way out when two people cannot live with each other. Why hang them together? But no divorce has ever solved the problem. Basically, divorce creates problems. If you divorce a man with 28 mistakes, and marry a man with 18 mistakes, you have only overcome 10. And then, after a couple of years of marriage, you'll find that the guy actually has 38.

Yogi Bhajan, Women's Camp, New Mexico, 1976.

Sacred Marriage

A Sacred Marriage is a given promise to a couple's highest essence and to each other, unto the last breath, through time and space, come what may. When this sacred dimension is missing, marriage becomes a sexual, physical, and emotional contract for temporary convenience.

A Sacred Marriage Contract has the potential to take you beyond the Earthly Marriage Contract. Yogi Bhajan says that marriage has the potential to be **a carriage to take you to Infinity**. Sacred marriage can offer amalgamation of two beings. If you put copper and zinc together, you'll end up with a new alloy - brass. It is neither copper nor zinc. In the institution of marriage, two people become totally intermingled. They lose their individual, defined selves, merging into a new "alloy," socially recognized as a married couple.



Orbit Commitment

When we begin a relationship, our longing for each other holds us in a common orbit of frequency. As partners process life, it is easy for the orbits to diverge. Time together, without the pressure and responsibilities of daily life, allow a couple to return to a common orbit and frequency. Throughout life, a marriage continually needs to be nourished and harmonized.

Sacred Marriage is a "sacred space," where the couple fulfills their destiny through service, understanding, and inspiration, supporting each other and vibrating as ONE SOUL.

They are not said to be husband and wife who merely sit together. Rather they alone are called husband and wife, who have one Soul in two bodies.

Guru Amar Das, *Siri Guru Granth Sahib*, Page 788.

A Man Loves A Woman

A man loves a woman because she inspires him. A man does not really love a woman because of sex, social skills, good cooking, or because she is a good mother. These qualities support his deeper longing. He loves her because she can take him out of mundane reality.

A man feels attracted to a woman who can give him what he is missing, or help him to develop different aspects of himself. He feels attracted to a woman because she can take him to a different level of experience. He wants her to put him into a state of being that removes the conflict he experiences and brings him to relaxation. He loves her because she can experience his expanded, Infinite Self, and give him the experience of eternity. This is the main foundation for a long-term love.

Yogi Tip

If under any grave circumstances you feel handicapped in a love relationship, do Long Deep Breathing for three minutes. Your power lies in the breath through which you live - The Breath of Life. The longer and deeper, the stronger your diaphragm will be and the better you will breathe. Long Deep Breathing will give you a lot of oxygen. Your glandular system will secrete, and the chemistry of your blood will be so good.

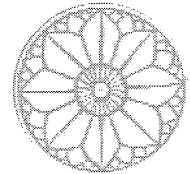
Yogi Bhaan, November 8, 1999.

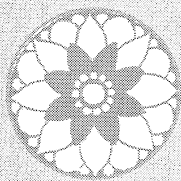
When a man really loves a woman, he will want her to develop herself and express her Infinity, because then she can inspire him to realms beyond his own dreams. When a man doesn't want a woman to develop her capacities, he desires her to remain within his personal, limited realm.

You must remember your wife is another human being. She has her identity, she has her own feelings, and she has her own mental process. You have your own mental process, and all you want out of her is the inspiration.

What you want from a woman is inspiration and companionship. You don't want anything more than that. What is sex? For ten dollars, you can go here in Hollywood; you can go and have your fun. Companionship, you can hire it.

You need something more. It is called "companionship of trust." You need somebody in your life you can deeply trust. Next to God, you trust your woman. You want to talk to her; you want to tell her everything. Some people can not even digest their food without telling the whole day to their wife. It is your need. It is most relaxing to a tired man to share with a woman all that he can share. For such people, life has to be very





*Communicate
for a better tomorrow,
not to spoil today.*

honest. Otherwise, if they live crooked, they can't share that duality. Your basic maturity is that you must provide your woman security. She will provide you with inspiration.

Yogi Bhaian, *Man to Man*, Part III.

Creative Force of the Woman

A woman manifests the Creative Force, and she intuitively adjusts, molds, and works on her man, her children, and her family. Through her projection and intention she can manifest any adjustments through her prayer, supportive communication, or by arguing, bitching, complaining, or fighting. The potential of a woman to transform the destiny of her man or her children is powerful. (See Pages 244 - 248 for specific mantras.) Tantrums and negative expression indicate an inability to express one's self. A woman will be more effective when she communicates directly and without judgment.

I know that if a woman can touch a male with love and prayer, the entire destiny will change. One touch. Here you have intercourse, you kiss, you hug, you do everything supernatural and natural, you go through everything, and still forty percent have uncommunicative relationships. I cannot understand it.

Yogi Bhaian, Women's Camp, New Mexico, 1983.

When a Man is Tested

If a man wants to keep the relationship going in peace, he needs to deliver or set very clear boundaries. If he is neglectful, his woman will test, confront, and challenge him to see if he will come through. A man needs to realize her challenge is a signal that his delivery is off.

A man cannot really provide a woman total fulfillment, in any realm of life. Her security cannot be found in her family or her home. She can discover her security only within herself, within her own Soul. She has to be independently self-dependent. A woman needs to know her virtues, her foundation, and know beyond the Unknown. She can cultivate this by affirming to herself, **I know the Unknown is known to me.**

Yogi Bhaian.

Testing the Man: *Samantha longs for Jonathan to provide her security. She tests him, questions him, and sets him up, to see if he will deliver. Jonathan longs to receive support from Samantha, so that he can feel good about himself and be supportive to Samantha's needs. Both sit in their corners, waiting for the other to "start," as the days and years pass by in longing.*

Compassionate Communication

Here are three keys to a successful and harmonious marriage that Guru Amar Das, the third Sikh Guru gave to his daughter. They are useful for all relationships. These phrases do not show submission. They activate a state of compassionate consciousness that can heal a conflict.

- **I am sorry.**

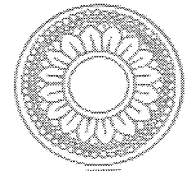
These words open up communication and compassion. In this state of consciousness, you are communicating to your partner that you care for his or her feelings, that they are real. You are confirming that you recognize his/her pain and take responsibility for your actions.

- **You're right.**

These words are a statement of humility. You are accepting the other person's opinions and truths as real and valid. You are showing respect for that person.

- **It is the Will of God.**

These words clear all blame and express the consciousness of surrender. In this state of consciousness, we recognize that the conflicts of life and marriage are brought to us through God's Will as lessons and opportunities to learn and grow together.



Power of Patience

Golden Silence is also a valuable relationship tool. When you do not react to irritating situations, you can consider more deeply the state of affairs, while projecting love and blessings. **Patience pays. And if we are not patient, we become the patient.** Yogi Bhajan

Universal Rules for Harmonious Communication

- You are communicating for a better tomorrow, not to spoil today.
- Whatever you are going to say is going to live forever. And you have to live through it. Therefore take care you don't have to live through the mud of your own communication.
- One wrong word said can do much more wrong than you can even imagine or even estimate.
- Words spoken are a chance for communication. Don't turn them into a war.
- When you communicate, you have to communicate again.
- Don't make the road rough.

Yogi Bhajan, *Sexuality: The Source of Life*, Spain, August 17, 1986.

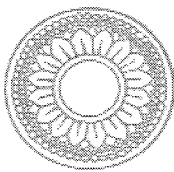
Pick Your Battles Wisely

Most arguments seem extremely significant...at the moment. It is easy to hold firm to your opinion to make a point, or to be right. Ask yourself, "Will this matter ten years from today?" Most arguments will not matter in the long run. Choose your battles wisely and strategically.

Mismanagement happens that two individuals get together, but they do not pull together. They do not merge, or become one unit. Individual ego remains alive and creates a spark that burns the "carts", breaks the unity, and separates the family.

Maintaining the Marriage

Personal spiritual practices can revitalize and recuperate a marriage. Kundalini Yoga, the householder's yoga, specifically balances the glands, strengthens the nervous system, and awakens the intuition, so that one can handle life's pressures, face intolerable situations, and maintain an even temper. Daily practice of yoga and meditation cleanses the body of toxins and the subconscious mind of haunting thoughts, allowing one to live in the present, rather than the past or future.



Polarity of Male and Female

The nature of the male and female is to be a polarity to each other. The differences between the two make life interesting and spark our growth. Study the "Polarity Play" without value judgment. Study the polarity of man and woman as a cosmic dance of creativity.

The male and female psyches function in unique ways causing each to perceive feelings, experiences, words, and even life very differently. Balancing the energies of the male and female psyches creates a wholeness and harmony in our homes, communities, and world.

Yogi Bhaian, *Sexuality: The Source of Life*, Spain, 1986.

Primal Nature of Man and Woman

Yogi Bhaian teaches that: The primal, or original cellular nature of the egg gives the female a very flowing attitude. However, she also is challenged by the fact that her mind has "six tracks." This aspect of a six-track mind has pros and cons.

On the pro side, she can handle many things at once, such as talking on the phone, cooking supper, chopping vegetables, feeding the baby, watching her son do his homework, and directing another to do a chore. On the con side, this over extension can heavily tax her nervous system and eventually force her to close down

her sensitive feelings. Nature gave her this gift so that she can serve, nurture, and care for her children, her husband, her home, and most importantly, herself.

Yogi Tip: Women's Support System

In order to daily regenerate your being, make a daily commitment to meditate for ½ hour and do one nice thing for yourself. Perhaps you choose a meditation from this book. Create a "Nurture My Soul List" and hang it up where you will notice it daily and often. Here are some ideas: walking, yoga, taking a bath, getting a massage or facial, taking a sauna, go swimming with girlfriends, or go biking along a river.

The male's primal nature is "zig zag," his mind has only one "track". Men's brains are specialized and compartmentalized to concentrate on one specific task at a time. Medical research has verified that a man is one-tracked. For example, when a man is reading, he is virtually deaf to any auditory input.

People are so insensitive they cannot differentiate. That is the main problem men have today, they don't differentiate. A wife is a wife. How do you spell wife? W-I-F-E, right?

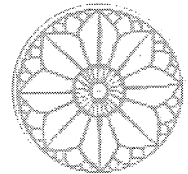
Wife is a combination of two words, why and if. "Why are you doing this?" "If you do that..." It is called why and if behavior. If you foolishly question this behavior, the answer will be, "Ji, I was just checking, nothing special." It does not mean she doubts you, it does not mean she's negative toward you, nor does it mean she's not relating to you. It doesn't mean anything. It's a normal procedure: why and if.

Yogi Bhajan, *Man to Man*, Part IV.

Because a woman can focus on many tracks, she is more capable of handling many ideas and thoughts at once. She can also integrate feelings, fantasies, and elaborations. Some of her ideas are serious and others are fantasies. Whatever category, she just enjoys generating ideas. The man tends to select one thought after zig-zagging and then leaps into action.

Ideas or Problems?

Imagine a couple sitting together in the living room. The woman might say, "We should paint the living room this summer." The woman is sorting through her priorities verbally. She perceives the action as an idea. The man, on the other hand, would begin to calculate how to achieve the project, how to manifest the idea into a reality. What weekend am I free? Where can I borrow a ladder? What color should

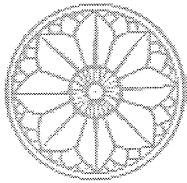


we choose? The woman is communicating ideas or suggestions. The man perceives this as a problem that needs to be figured out.

Women have an intuitive mind; men have an exploring mind. The mind of woman is very fertile; it thinks at three levels. What she is, what she can do, and what she possibly can be. However, when "she flirts, she is not alert," taking her into awkward situations. Man thinks at only one level: what he can do and where are the losses and gains. Man's thinking is very different from a woman's.

Cosmic Play of Male and Female

- When a woman is unhappy in her relationships, she can't concentrate on her work. When a man is unhappy at work, he can't focus on his relationships.
- Under stress, a woman sees talking with her man as a reward. Whereas, the man sees talking as interference in his problem solving process. She wants to talk and cuddle. He wants to watch sports to unwind from his work mode. Thus, a woman perceives that the relationship is more important to her than to him. Understanding the differences will take the pressure off you and your partner, and you will not judge each other so harshly.
- For woman, speaking is to build relationships and make friends, while men tend to talk to relate facts.
- Men see the telephone as a communication tool, while a woman uses it as a tool for bonding. A woman can feel unloved if she feels her husband isn't talking to her enough.
- Women who are commotional put a lot of stress on their nervous systems and devastate their health and glandular system. A man can handle rude and crude behavior, but a woman pays a heavy price for this.
- Whereas a man may use his crude and rude nature to get ahead, a woman would have more effectiveness using the sword of diplomacy and suggestion. A woman can understand deeply the psychology of man's ego and use it strategically, instead of trying to imitate man's nature in her attempt to be successful.
- A woman looks for a reason in all behavior and asks, "Why?" If the man does not answer, then she asks, "If..."



Relationship Transformation

What if your relationship needs transformation?

Step One, focus on your own inner stability and identity as a person.

Step Two, practice accepting the person as he or she is, and project positive thoughts. People cannot open up for change if they do not feel accepted. You are not condoning the weakness; rather accept and support the good parts (there must be some!). You may find that if you are accepting and supportive, your partner may become less defensive. Everyone wants to grow, and growth is easier in a relaxed and defenseless atmosphere.

Step Three, commit to listen to each other with open minds. Most likely, you will discover clues to transform your behavior and uplift each other. Communicate in a non-threatening manner. Ask what your partner wants. Explain what you want. Listen honestly to each other. No one is a mind reader! Be aware that subtle, non-verbal behavior can cause misunderstanding. Body posture or the atmosphere in the home can mean totally different things to each partner.

What are you really saying?

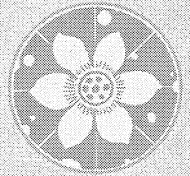
The husband walks into the house, and heads to the bedroom. He sits down on his bed, and puts his head in hands, and sighs loudly. His message: "I am tired. I'm asking for attention and to be elevated." She understands: "He's tired, leave him alone. My father used to sit like this. I remember if we made a peep, we would get hit." She quietly goes into the kitchen, leaving him sitting there frustrated.

Test of Human Caliber

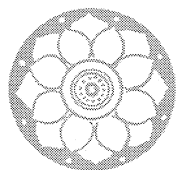
Marriage can transform you and teach you loyalty, grit, tolerance, self-restraint, and other priceless qualities. Marriage is a gift to illustrate areas of your life that require work. Marriage can make a celebration out of everyday life. Marriage is a blessing of transformation from limited to unlimited love.

The institution of marriage is a test of your total human caliber.
Yogi Bhaajan.

*The female has two separate identities:
the Mother and the Woman.*



*A women
should make every
effort to exchange
emotion for
devotion.*



Power Of Self Image

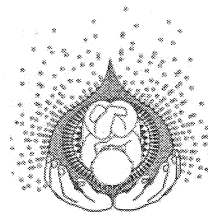
If you change the way, you see yourself,
 The scenery around you changes, too.
 If you change the thought of yourself,
 Heavens change around to cover you.
 There's no need to change boats
 To reach the other side.
 Change your direction -
 The shores move to comply.
 If you change your own mind
 And your self-image, too,
 All your loved ones will change their concept of you.
 When there's no longer talk of "self" and "me,"
 God is experienced, and you are free!
 Environments support every action you do,
 When you expand to include All within you.
 How can I welcome Thee into my heart?
 All people, now and forever,
 We'll never part.
 Heavens have changed;
 Concepts must change
 All your affairs; let God arrange.
 Yogi, when you're clear in your intention,
 There's no personal intervention.
 "Thou" - "me" - "us"
 Merged into One -
 "I" becomes "we," and "we" becomes Thee.
 Thee is forever - Victory begun.
 Outside mirrors the inside,
 As above, so below.
 Dimension, direction, extension, projection -
 Reflect God's light, make it so.
 All we see,
 A reflection of Thee:
 One in all
 Sparkling facets of Infinity.

Yogi Bhajan, Espanola, New Mexico, August 1992.

Chapter 2.

Conscious Parenting

Maintaining an uplifting marriage, while practicing conscious parenting, is a demanding task. It takes inner stability, grit, and awareness. It takes commitment to explore and define one's values. It requires that a couple agree or accept each other's values of life. Values of life frame and influence our actions. Harmonious concurrence is the key to a happy, supportive, and nurturing home, that transforms, educates, and touches each family member forever.



Use this chapter to stimulate discussion as you prepare for Conscious Parenting. In order to create trust and understanding, first understand the opinion of your partner, present your opinion, and then elevate each other. Open a space for development and change; do not push your opinions.

Dimensions of Conscious Parenting

1. Commitment

Both partners intentionally and fully commit to the relationship and parenting, knowing that they will be challenged and stretched beyond their limits to touch dimensions they never knew existed! The more you honorably put your whole energy into your commitment, the more you feel the experience of fulfillment. Call upon your inner strength and you will be carried through the challenges into the blessing. Worrying is a prayer in reverse. Prayer is connecting your mind with your inner, Infinite strength.

Without harmony,

everyone is

miserable.



This life is very bountiful and beautiful. It is very peaceful, it is very joyful. There is no place for misery on this earth. Then you will ask me: "Why are we miserable?" The answer is simple: without harmony, everybody is miserable.

That is why, first, you should create your relationship with your hierarchy. Hierarchy is your higher consciousness, and when you do not create a relationship with your hierarchy, how can you create a relationship with your surroundings? All this around you is a part of the creativity of the hierarchy. If you do not establish that relationship, neither you will be bountiful, nor will you be beautiful. Yogi Bhaian, Women's Camp, New Mexico, 1976.

2. Respect

Parenthood is an institution with defined principles and mutual agreement concerning the division of labor to care for a child. During pregnancy and breast feeding, roles are often delineated in traditional ways. The mother becomes the prime nurturer. The father becomes the prime provider. Later, as the child develops and stabilizes, the working arrangement can be adjusted according to the desires of the couple.

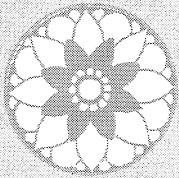
Mutual respect maintains harmony in a family. It can be easy to think that "my job is more difficult than my partner's duties." Keep in mind that you and your partner are in this together. Bestow each other with respect, encouragement, and understanding.

The father supports the environment so that the mother is able to feel secure to nurture and serve their child. The man is not the woman's security or her stability; he gives protection and supports an environment where financial, social, mental, and spiritual security and stability can manifest.

You know why there is no peace on this earth? Because woman is not respected. If he, who is born of a woman, does not learn to respect a woman, he will learn nothing. If a tree separates from its roots, how can it live? When you do not respect a woman, you lose the root of your own intelligence, of your own spirit, because woman is the spirit.

I have known it and practiced it. When a woman insults me or bugs me, I calm down; I experience tolerance and don't retaliate, because I have not yet paid the debt to my mother for carrying me those nine months. At that time, nothing else could carry me.

Though I may become the greatest god of all gods and the humblest of all, I cannot pay her back for turning her blood into milk to give me life. I cannot even imagine it. I may not get along with the obnoxiousness and with the nonsense of a woman, but I will not retaliate. That is the price. That is the fixed price I will pay. Yogi Bhaian, Women's Camp, New Mexico, 1977.



*If he,
who is born of a
woman,
does not learn
to respect a woman,
he will learn
nothing.*

Woman and Stress

The woman searches for an environment in which she does not have to fight for survival. When a woman has to defend herself at every situation, it affects her mentally and physically. When a woman is continually under stress, tension first accumulates in the ovaries. When a woman has a graceful, supportive atmosphere where she is not used, threatened, or degraded, her entire being functions in a more balanced way.

Secrets of a Divine Woman

A fundamental principle for every woman is to remember in the depth of her heart that she is a woman and she is creative. Through her creativity flows the Infinite Creativity. Practice this affirmation to replace the limited definition of yourself: "All things come from God and all things go to God."

What is G T D? The Greatest Thing of the Day: All things come from God and all things go to God. It is a gospel truth. Half of you know it. You should always speak it loud and clear. There should be no doubt in your mind. It is the ultimate truth. If you can meditate on this, it will take away all fear from you. If you can remember me for anything, let it be this.

Yogi Bhaian, Women's Camp, New Mexico, 1977.

3. Honor Higher Power

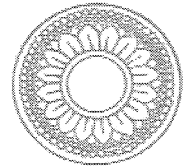
The woman and man both honor a neutral higher power. This power or energy is both inside and outside them. The woman can look to the man and know that she is protected, because he always has a "boss" who is stronger and more potent than he. Even when one of them makes mistakes, they can say: "It's God's Will. It's no one's fault."

We are not human beings here to have a spiritual experience, we are spiritual beings here to have a human experience. Yogi Bhaian.

4. Spiritual Recharging

Before you become parents, agree to inspire each other daily. Decide together what uplifts and awakens your Souls, whether it is practicing yoga together, meditation, contemplation, reading from sacred books, walking in meditative silence, or enjoying nature. Without this "spiritual recharging," parents can easily burn out under life's daily stresses.

The process of Kundalini Yoga saves time. Otherwise, it takes a long time to achieve an elevated state of consciousness. Kundalini Yoga was developed to push people faster, because it was considered that life was very short. Kundalini Yoga allows a normal householder to achieve a spiritual state of awareness.



The idea is to equip you with that kind of consciousness so that by your own virtue and grace as an individual you can channelize your energy and elevate your consciousness where all human beings are supposed to be involved. That is the idea. The idea is not to run a cult or a sect; the idea is to elevate human consciousness to the extent that each individual may have the chance to experience that state of consciousness.

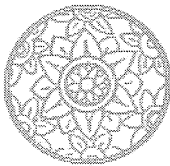
Yogi Bhajan, *Human Caliber*, August 29, 1977.

5. Financial Stability

Unstable finances create stress in a relationship. Many couples become parents without realistically discussing finances, or creating successful financial circumstances before conception or birth. A woman needs a protective and secure environment, especially during childbearing years. Tension can develop when the man does not fulfill his role at this sensitive time. Create a harmonious, financial vision together. If the woman spends liberally and the man is a compulsive saver, or vice versa, tensions will develop. A couple must come to a mutual agreement.

Why is this couple having problems?

The woman works until late pregnancy and returns to work immediately after birth. She is stressed with work and home responsibilities, along with breastfeeding and child raising. She is worrying about the rent and food money. This young father did not comprehend how expensive children would be. Now he is a father with so many new responsibilities. He feels overwhelmed. Within a few months, a crisis develops. The woman loses faith and trust in this man. She does not even trust him when he goes out of the house. "What is he doing!?" She becomes tense and irritable because she is struggling for survival. Tension builds. She is struggling to make ends meet. She closes down personally and sexually, and her communication becomes harsh.



6. Emotional Stability

Men realize that women are very changeable. When a woman becomes pregnant, however, she experiences even greater changes caused by her fluctuating hormones, which influence her metabolism and emotional and mental states. There is a life growing inside of her. She is in awe, wonder, and bliss. She also starts to realize her future responsibility, and she can begin to have doubts about being a mother. On other days, she is optimistic and confident. Then, the excitement of motherhood overwhelms her.

The father needs to be emotionally stable as his wife fluctuates. His encouraging inspiration reminds her to relate to her Infinite Self, which is her greatest support. However, his fears and expectation of fatherhood can haunt him: "Am I too passive, strict, or uncaring? Will I repeat my father's patterns? Can I handle the responsibilities?" Talk and share your concerns with other fathers. Integrate meditation and yoga into your life, so that you can be steady and stable.

So whether you are a man or a woman, whether you are argumentative or rational, whether you are withdrawn or aggressive, that's up to you. Nobody can tell you what to do. But if you want a happy life, you have to become a very simple, solid, neutral, well-mannered, and loving person. It is your manners which will decide you. If you act cheaply, cheap you will be. If you act priceless, Infinite you will be. This is a very simple formula of life, and it will never change for any reason. There's no shortcut to life.

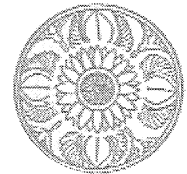
People who indulge into the lower chakras have never reached the heart chakra, and people who are stuck in the higher chakras, yet never reach the lower chakras are called spaced out. There has to be that balance. In this balance, you have to bounce in life with joy. And remember that your strength lies in your smiles and your songs.

Yogi Bhajan, Women's Camp, New Mexico, 1998.

7. Agreement in Child Raising

Discuss your concepts of child raising and family activities. Explore together your own childhood experiences. Here are some questions that may be helpful to use as you begin your exploration and transformation to a couple and to a family.

- How is your relationship with your mother and father? What are your feelings about each of them?
- How do you remember your father or your mother as you were growing up?
- What role did your family play in your life?
- What do you want from your own personal family now? What are your hopes and fears?



A child's foundation is more stable when a mother is prepared for pregnancy. However, if the conception is not planned, she can transform herself. It is never too late. Practice SAA TAA NAA MAA Meditation daily (Page 222).

One third of the possible IQ of a child, his potential health, his faculty of creativity, and his intelligence to deal with his personal security will be ruined if the mother is physically, mentally, and spiritually unprepared to conceive the child. It will be a loss of another 20% if the father is similarly unprepared.

Before it happens, the pregnancy should be totally, emotionally, characteristically, analytically, materially, physically, mentally, and spiritually discussed, planned, and noted down. Within the individual environments of capability of this responsibility, this planning should be absolutely detailed. It is very important; there is hardly any use of planning it afterwards. It is of some use, but it will be under very, very great pressure.

When a woman is pregnant, her metabolism and mental faculty go through tremendous changes. There is a life - within the life and it takes a lot of doing to

keep the outer life - the woman, and the inner life - the child, in a balanced state. It has been found that in 60% of all pregnancies the woman suffers physical and mental setbacks. This is quite a serious situation. It has been found that no matter how educated our society is, 40% of the children suffer setbacks by an unprepared pregnancy.

Normally there are tremendous changes that bring deficiency in the character of a child when a woman, who is not mentally prepared to handle pregnancy or married life, uses the pregnancy and the child to get away from responsibilities. This damages the child to the extent of making him insecure for up to 60% of the rest of his life.

Yogi Bajan, Women's Camp, Espanola, New Mexico, July 13, 1976.

8. Parent Education

Parenting classes inspire, educate, and introduce you to other new parents in your neighborhood. Parenting can confine you personally and socially, so meeting other new parents expands your social possibilities.

Discuss how this confinement could influence your lives:

- How does the woman see herself in the role of a mother? What support or activities would assist her as she is primarily focusing on child rearing?
- How does the man see himself in the role as father? Would he be willing to bathe the child or change the child's diaper? Would he be willing to care for the child on weekends or evenings?

Children are not futures which you buy and sell. Children are your living embodiment of your dignity, intelligence, and your consciousness. Your emotions and own fears are their worst enemy. Children do not need to go outside to get a snake bite.

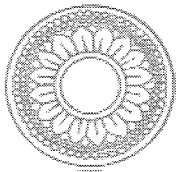
Your emotions and your marriage problems, your divorce problems, your child support, and your feelings, and your flirtations, and your corruptions are enough to cause the biggest damage to the innocence of the child and its psyche.

Remember children are your chance of liberation. They are a gift from God so you can serve the house of Guru forever. If you understand, you shall understand God at the last minute.

Yogi Bajan, International Khalsa Council, December 30, 1984.

9. Give Children Values

Parents ask how to teach values to their children. Establishing uplifting, human values means working on yourself, being conscious of yourself, and open for growth. When a husband and wife live a code of conduct based on high values and humane action, their children will learn these values and will be guided by them in their lives. It is not what church or temple you attend; it is how you live your life daily that teaches your child human values.



You can't teach a child to be obedient. A child has to know that his father is a very disciplined man. That's all. He must know it. If he knows that his father is not a disciplined man, you can never have a disciplined child. You can always judge the discipline of the parents from the children. If the mother is weak, they will be sneakers. If the father is disciplined, but the mother is not, you'll find the difference.

You can immediately tell from the child's behavior who is goofing. If the mother and the father are both alert to be parents, and they live their life as husband and wife in a very disciplined way, the children will automatically be disciplined. Father gets up at 3:30 AM; mother gets up at 3:30 AM; then maybe one day the child will know that at 3:30 AM he has to be only with God. These two guys are not going to take care of him. Yogi Bhajan, Women's Camp, New Mexico, 1977.

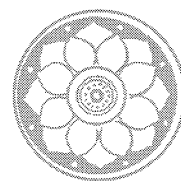
Establish your "family culture" now. What is important for you and your children? Envision with your partner the different aspects of your family's life: daily, weekly, seasonal activities, holidays, and celebrations. Discuss building your family culture and commit to support its establishment.

10. Conscious Living

Discuss with one another your thoughts and attitudes on health, diet, and conscious living. It is the regular activities of life, like eating, sleeping, bathing, and practicing yoga and meditation, which create our daily rhythm. Your child will learn by example how to care for his/her body; how, when, and what to eat; how to uplift the spirit; and the beauty of serving others.

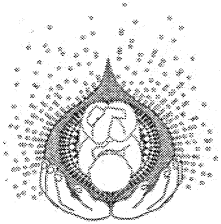
You cannot teach what you don't experience. You must live the values you want to give to your children. Why should woman have to tell a child to pray before every meal when she does not pray? Teaching by example and winning by service are sure fire methods.

Yogi Bhajan, Women's Camp, New Mexico, 1977.



Chapter

Conscious Conception



The foundation of a conscious conception is that a man and woman uplift, serve, and honor each other. They are physically healthy, mentally stable, and spiritually aware. An "attitude of gratitude" prevails in their life. Each breath and moment is dedicated to manifesting positive, uplifting energy on the earth. Their dedication to creating a peaceful and secure home keeps their hearts open, and offers peace and hope for the future. By the Will of the Creator their bodies and Souls are united, creating a body for a being who is a "giver, saint, or hero," who can help uplift the awareness on this planet and radiate dignity, divinity, and grace.

Man never learns anything outside. Any pregnant woman who wants to give birth to a child must understand that she can teach only when the child is in her total womb. It is the vibratory effect of the mental self and the circulative effect and impulse of the woman and feelings and what she goes through and the serum through the spine and the change of the gray matter in the brain and combination of the neutron patterns in the brain and the combination of the self and the beat of the heart. When the impulse of the breath combines together, that is the productive outcome of the imprint of the brain's child and the child's brain. If you have any other idea, you don't deserve to be a woman and don't ever get pregnant.

Yogi BhaJan, Women's Camp, New Mexico, 1989.

Yogic teachings encourage a woman to prepare herself in a holistic manner - body, mind, and spirit. Since she will be the vessel, her entire identity will be serving and nourishing the entire development of this being. The conception should be a conscious decision. Both parents agree to take responsibility for that child, no matter what happens. They continually review their situation and accept the challenge, which becomes a thousand-fold blessing in their life.

Discuss your projected future on all levels: spiritual, professional, and social. Consider the entire process of conceiving and then nurturing a child throughout your lives. It is not possible to control all factors. Let the thoughts in this chapter provoke and confront you in your concept of your role and responsibilities.

1. Uplift Your Spirit

Establishing spiritually uplifting activities in your life generates reserve resources and uplifting habits. When you face challenging circumstances, you can summon your inner strength for guidance, help, and stability. When you feel insecure, practice the affirmation: **God made me a woman. I am a woman to be.**

Now. Now. Now. Yogi Bhajan.

When the connection with your 'Hierarchy', your 'Infinite Self', is weak, you will expect and demand constancy and completion from your partner, as well as material things. These are finite and can not provide you long-lasting and stable security. When you try to find fulfillment in your child, you can become very protective and emotionally dependent, seeking to live your identity through the child, and exaggerating the child's dependence on you.

You can never be clear yourself if you do not know what you are doing. Therefore, it is required that before you start anything you must contact the Hierarchy of yourself. You must tune into yourself. Before you start any job, think about yourself. That is what thinking about ourselves and connecting with the Hierarchy is for. We say **SAT NAM, WAHE GURU, PEACE, SHALOM, GOD, anything.** We just utter some word to connect ourselves with the Hierarchy of our own consciousness.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

As you prepare for conscious conception, you can fortify your own radiance through uplifting activities. Daily practice of meditation, yoga, chanting, reading inspirational books, and listening to uplifting music can support your peace of mind. Everything you do affects both you and your unborn child. Spiritually enriching activities awaken a love and comfort in your child to seek them out later in life.

*During pregnancy,
a woman can give
her child any
destiny.*

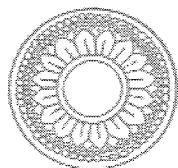


The meditations in this book can be practiced throughout pregnancy. A most effective meditation to release haunting, limiting patterns of the subconscious mind is SAA TAA NAA MAA (See Page 222). Practice this meditation daily for at least 40 consecutive days to receive the full effect. The effort that you make determines the results.

Woman has been given a special privilege by God, therefore she has a special responsibility. You cannot get anything if you do not give the same thing. You give a part of your Soul to get the Soul. Man does not do that. He only creates millions of spermatozoa. He is a seed; he is pollen. Pollen is carried through the air, bees carry it, air carries it, man carries it. Man is an instrument, a tool, so that woman can open up her Soul. All this "I love you," all this drama is preparation for that thing. This is totally, absolutely true.

Intercourse does not open the womb; either it can be opened mechanically, or through that instinct when the woman wants to give part of her Soul to receive a Soul. That is whenever a woman in sexual intercourse gets into the feeling when you can say, "*Wahe Guru!*"

("Wahe Guru" means the ecstasy of experiencing God.)



You understand the state I am referring to?? I know everybody has a different expression for it. That moment is the moment. It never happens to a male. You are all married, you all have husbands, you must know what I am talking about. It is not in the nature of a male.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

2. Healthy Living

If you are healthy, you can give birth to a healthier child, and you will feel better. After birth, you will recuperate faster and take more pleasure in your child. Your child will be healthier, happier, and more radiant. You are offering this blessed gift to the future of peace on this Earth.

Physical Examinations

You and your partner should have a complete physical examination by a medical professional, so that health problems can be cleared up at least three to six months before conception. You should also visit your dentist and have all necessary work completed.

Cleansing Diet

At least six months before conception, it is recommended that the couple follow a cleansing diet. Here is a simple 40-day yogic diet for women or men. Other cleansing diets or mono-diets may be used. (Consult your doctor before beginning any diet.)

The Green Diet

This is a rebuilding diet, known to alkalinize the body, clear skin problems, and cleanse the body, especially the liver. It is especially good to relieve a toxic mucous condition.

For 40 days, you eat only green food. If it is green, you can eat it. That means eating salads, steamed greens, avocados, olives, artichokes, etc. Mung beans and sprouts are good sources of protein. Any green fruit, such as green honeydew melon, green apples, and green grapes can be eaten. Do not mix fruits and vegetables at the same meal.

Once a week, if you feel the need for more protein, take a handful of nuts or one portion of grains. Keep this in moderation or you will get a stomach ache and defeat your purpose. You may drink YOGI TEA™. When you break this Green Diet, add fruits first, and then grains. Finally, introduce dairy products.

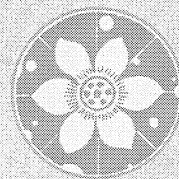
Physical Exercise

Now is the time to visit a chiropractor, osteopath, or physical therapist to correct your physical alignment. Your muscle tone, breathing, and posture need to be reviewed so that you will have fewer discomforts. Acquire a deeper awareness of your body, and its movements and functions. Practice relaxation during stressful situations. Develop a daily schedule of exercise, meditation, and taking fresh air. Massage your ovaries before you get out of bed. Massage the top of your ovaries as you breath deeply, relaxing and releasing any tension. A woman collects tension first in her ovaries.

Healthy Diet

Make adjustments in your diet, increasing fresh fruit, green leafy vegetables, steamed vegetables, whole grains, seeds, nuts, and dairy products. Herbal tea or YOGI TEA™ (Page 116) is recommended instead of black tea or coffee. Limit white sugar and white flour intake, because they weaken your nervous system and inhibit the absorption of Vitamin B and minerals. Introduce sucanat, unrefined sugar, maple syrup, or honey to replace processed sugar.

It is recommended that you and your husband increase your Vitamin E intake for a few months before conception. For a woman, Vitamin E assists the fertilized egg to remain attached to the wall of the uterus. For a man, Vitamin E increases the mobility and life of the sperm. Vitamin E foods are whole grains, wheat germ, green leafy vegetables, peas, beans, sesame seeds, sunflower seeds, and wheat germ oil. Vitamin E capsules may also be taken. Ask your medical professional for other pre-conception supplements for you and your husband.



*None of you
are here without
earning this life.*

Avoid Alcohol and Drugs

To eliminate risk to your child, avoid tobacco and smoking, alcohol, and drugs before conception. These substances destabilize your nervous system and can cause abnormal cellular growth in your child. Whatever your own personal history, make the decision to transform yourself in commitment to the next generation.

You have longitude and latitude. That is what the Earth is. You chose a longitude and latitude to be born, and you chose parents. Normally you ask a person, "Where were you born?" "Bakersfield." "I was born in Los Angeles." "I was born in Massachusetts." But the fact is you have chosen three things:

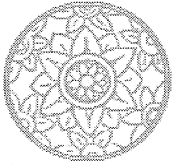
- The structure of the *tattvas* (elements of the body)
- The parents from whom you were born for whatever reason
- And the longitude and latitude where you were born.

The purpose of life now is to build an altitude and attitude. You have to look at everything now from height, from high above.

Yogi Bhaian, Women's Camp, New Mexico, 1986.

3. Financial

Evaluate your financial situation. Speak with family and friends who have children and write down a list of expenses. You may need to adjust your budget or your financial planning.



Discuss long and short-term items, such as

- Insurance coverage, deductible and actual payments for doctor, midwife, medical tests, delivery, and hospitalization.
- Medical emergencies.
- Necessary purchases for a newborn and toddler.
- Does remodeling of the home or a new home need to be considered?
- Are there funds available for someone to assist in the household after the birth?
- Can the father take his vacation during the time of birthing and postpartum?
- When does the mother need to return to work? Full or part-time?

4. Social Adjustments

Review your present social interests and activities. Are you are ready to adjust your social interests in order to give your child sufficient parental care during the first year, without resentment? Is the father also willing to adjust his social activities for the family? Research has found that women have less depression and emotional upsets if the father also limits his social activities during the child's early developmental phases. The father's support and contributions to child raising and household duties are invaluable.

It is extremely important that new parents have opportunities away from their child to sustain their relationship. In your social circle, are there other young parents who would be willing to exchange child care duties? Would family or friends be available to baby-sit regularly?

5. Environment

Discuss your environment. Is it conducive to raising a child? What adjustments are realistic for your financial situation?

Before conception, establish a rhythm and schedule, gracefully covering spiritual, household, family, professional, and personal duties. If your life before conception is disorderly or unmanageable, parental responsibilities and duties will accelerate and intensify everything, causing tension, which can be avoided. Organize yourself now!

None of you are here without earning this life. All association and all this is on your own axle. It is called your nucleus. All relationship is a gain or loss. You owe something, somebody is going to owe you something; you owe somebody from a past life; someone is going to give to you; someone is going to take something from you. It's give and take. Karma is sow and reap and all this nonsense. And it continues. All children born to you are karma. Period. They select the parents. They select the Soul. All marriages and relationships are karma. Everything which you relate to, any relationship, direct or indirect, is karma. Yogi Bajan, Women's Camp, New Mexico, 1983, Page 254.

Conception

Courting Time is essential to merge your frequencies. Seventy-two hours before intercourse, create a relaxed feeling between yourselves, and a cozy, loving environment in your home. Open up your hearts with fun, open communication, meditation, and prayer, so you will be full of joy and love. Be harmonious channels for a divine Soul. Consciously invite a divine Soul to your womb.

Create a graceful, fresh, and pure environment. It is a place of worship. Sheets are clean. Flowers, candles, aromatherapy scents, and soothing music can support the mood. When a woman is courted, she can more fully allow herself to open and give herself to her polarity in active love-worship. Their loving dedication to each other sparks their interest for and joy in each other.

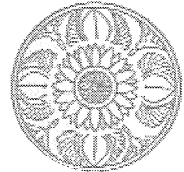
Question: Could you say something about the attitude you should bring into the bedroom?

Yogi Bajan: The attitude in the bedroom is the attitude of unison, the attitude of "I am for you, you are for me." Not expecting certain things. It is a common flow.

Yogi Bajan, *Man to Man*, Part III, Page 61-63.

A woman needs to feel relaxed to deeply open herself. She needs to feel that her partner will be steady and stable when she conceives, and that he will support and protect the family.

It is in his spermatozoa. To conquer is your basic natural faculty. But you forget the most beautiful aspect of it. That spermatozoan conquered the egg by entering it and becoming a part of it. It can never conquer the egg but must penetrate it.



The power to penetrate is the basic power, which makes you male. In the male and female relationship, you do the same thing your spermatozoan does. Nature gave you the power to penetrate and gave her the power to receive you and to relieve you of the power through which you desire to penetrate.

Therefore, there is a balance in the male/female relationship. You are motivated by your power to be hearty, to be projective, to be going in, and penetrating. Then you move. Then you are relieved. You call this ejaculation. If you look at that basic human act, you can understand your total personality.

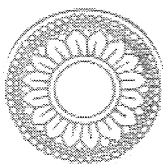
Yogi Bhaian, *Man to Man*, Part VI.

Impact on Aura and Soul

When a woman has intercourse, she opens up her Soul to receive. During every intercourse, her aura receives an indelible imprint from the male. The aura of the male holds the imprint of the female for only one moon cycle.

Man can suffer and conceive in consciousness; woman suffers and conceives in the physical. That is a big, big difference. When individual intercourse happens, male and female auras blend. It is the female's aura, not the male's, which gets the print. This is a very important basic law. Any relationship with a male goes deep into your Soul, because that is how you conceive a Soul. The male cannot conceive a Soul. Woman gives the Soul to get the Soul, part of the Soul is given to get the Soul. That is called the instinct of the mother.

Yogi Bhaian, *Women's Camp*, New Mexico, 1977.



There are thousands of Souls waiting to enter the electro-magnetic field of Earth to continue developing and working on themselves to fulfill their destiny. On the average, there are 125,000 Souls per square yard available at a given time. Yogi Bhaian.

The Cycle of Life

Everyone on this planet has been born and eventually will die. This "Cycle of Life" is inevitable blessing for us all to grow, create, and serve. However, we often get caught in the humdrum of daily life. We think that we are in control of this cycle, and that it is forever.

When we incarnate into the "Cycle of Life", we bring two bodies with us: the Soul body, and the subtle body. The Soul is our Infinite Essence. The subtle body encapsulates our Soul and carries the imprints of our life. We have eight additional bodies, which take their essence from our mother while we are in her womb.

Yogi Bhaian lists these Ten Bodies: 1) Soul Body, 2) Negative Mind, 3) Positive Mind, 4) Neutral Mind, 5) Physical Body, 6) Arc Line (halo which represents one's Infinite Identity), 7) Auric Body (make-up of emotional state), 8) Pranic Body (feeds the body prana or life force), 9) Subtle Body (carrier of developed and uncompleted experiences), and 10) Radiant Body (radiance of being). (For more

information about the ten bodies, read "Kundalini: The Flow of Eternal Power," by Shakti Parwha Kaur Khalsa.)

What is important to consider here is that we incarnate with two bodies and the other eight form from our mother. This is our base of being. And on the reverse side of the "Cycle of Life", when we die, the Soul leaves, encapsulated in the Subtle Body. And the other eight bodies return to the earth plane.

The Soul leaves this body in the Subtle Body. The Subtle Body is a capsule. The Soul cannot live in you without the Subtle Body. The Subtle Body is where the clarity of commitment is required. In every detailed subtlety of life, see that you do not betray the Dharma. (*Dharma = Spiritual Path*)

When the body dies, the Pranic Body leaves the Physical Body and the Mental Body - Positive, Negative, and Neutral Mind - tries to give a last lesson. That happens when you are in that coma. It tells you all, and then the job of the mental body is over. Then you have to go into the Subtle Body. The Pranic Body is gone, the Radiant Body leaves, and the body dies and disintegrates.

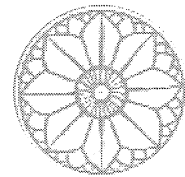
The Subtle Body and Soul leave as a unit and then go through a cylindrical experience. It is very calm, very cool, very quiet, and there is nothing wrong with it. Your Subtle Body and Soul reach a space where there is light - one side is dark, cozy, and warm and the other is like a bright, snowy path. On both sides, you will find your relatives whom you remember and revere. This place is called the magnetic field. That is where the attraction is.

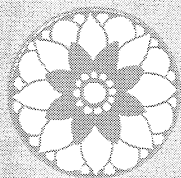
So if your Dharma (*path of life*) is with you and you have not lived in basic nonsense, you will choose the white, snowy path, or you can go into that hell on the other side. It is very unfortunate, because once you enter that door, coming out is impossible. That is the path the Soul has to travel.

There is also a situation in which the Soul does not leave the magnetic field of the Earth. Have you heard the bang of a supersonic plane breaking through the sound barrier? Each Soul has to cross that, and until it does, the Soul is earth-bound. That is called a karmic Soul, a Soul with karma. These Souls do not have a spiritual teacher, so for them there is no judgment. They have no guidance to enable them to progress. Some Souls do not leave the physical body. These are called spirits or ghosts, Souls that have denied the guidance.

Souls travel through layers of realms of consciousness. There are the first, second, and third blue ethers, in which Souls are conscious of God or Infinity. Then there is *chautapad*, the fourth blue ether, and then the fifth. If yogis leave the body to enter the fourth, they do not come back. Up to the third layer, it is safe. When these divine people of karma, spiritual teachers, leave their bodies, and their Souls travel to watch over their disciples, something happens in the transition.

Souls, which have left but which are condemned and captured by the magnetic field, approach the spiritual teacher. If at that time, these Souls are granted life again, then there are three possible kinds of life: the water kingdom, the animal





Sex is not a sin.

Sex can create

godly men.

kingdom, or the human kingdom. The problem is that if you are granted life in the water kingdom or the animal kingdom, then you somehow have to come in the magnetic field of a holy man to be blessed to be human. As a human, you have to be blessed to be liberated through a spiritual teacher.

Yogi Bhajan, Women's Camp, New Mexico, 1976.

SEX: The Holy of Holies

"Sex begins in the living room and ends in the bedroom," says Yogi Bhajan. When love, tenderness, and caring is already a daily life occurrence, a woman can more easily relax while making love. Her mental and emotional states lead her physical body; she is receptive for the union with her man.

Gentle and smooth movements between the couple and an attitude of purity and reverence for each other support the atmosphere of sacredness during love making. As they merge and move as one, their movement is conscious. They hold their thoughts on this moment with a mantra. They lock their energies together by pulling their pelvic muscles together and merge more into one. They honor each other during this precious blessing, as together they hold the intention to conceive an evolved Soul of purity and grace - a hero, giver, or saint.

Question: Can you explain how the character of a child is molded before he is born?

Yogi Bhajan: According to the simple law, a child can be molded with a concept of receiving a Soul. So every intercourse is done in a prayerful manner to receive a Soul. The first 120 days are prayerful days and after the 120th day when the Soul enters, the values are given mentally to the child. With the 40 days after birth we create intimacy of the magnetic fields and the contract between the mother and the child and the values. Then the values are confirmed. That is called molding.

Yogi Bhajan, Women's Camp, New Mexico, 1983, Page 37.

When the Soul enters the body on the 120th day just as we build a house and we inaugurate it and move it - then your spiritual side starts. Whatever spirit, strength, possible courage and grit you want to give to a child it is from the 120th day to the day of delivery that you can give it. When everything is out, and you cut the cord, the game is over.

After that, a female is a nurse, a guide, a guardian. The role of the mother is when the child is in the womb. When the child has his own identity, your role of mother is over.

Yogi Bhajan, Women's Camp, New Mexico, 1989, Page 29 - 30.

Question: In some of the ancient books, the act is called the "holy of holies." Why is that?

Yogi Bhajan: The act is the holy of holies. If it had not been performed, you would not be sitting in this room. It is your fundamental act. If it is performed totally, as it should be, it is very holy, meditative, and very excellent. It is a most beautiful thing. It is very, very calming. The idea of it, entering into that idea and getting into it, thinking about it, preparing for it and she preparing for it, and then having it. It's a lovey-dovey thing.

Yogi Bhajan, *Man to Man*, Part VI.

Sex is initiated by subtle notions. Sex starts in the imagination with mental fantasies and thought projections. True human intercourse is like a long, long love story. It ripens and develops slowly and gradually.

Five moon centers must be satisfied before the male penetrates the woman. Her first center is the hair on her head. Second is her lips, ears, and the back of the neck. Third is the breast area. Fourth is the navel area and the lower back. And fifth is the thighs. Then starts the great action of the clitoris, and then the inner membrane of the vagina.

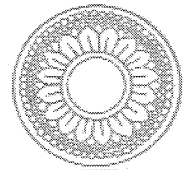
During process of "cohabitation," woman's lower colon, rectum, should be empty. If even after a bowel movement, the rectum is not clear, an enema should be taken.

To avoid vaginal infections, a woman must wipe herself following a bowel movement beginning in the front and moving if desired towards the anus. This should be followed with a warm water wash.

When you are worried or upset, you are not fit for sexual intercourse. Your ovaries will swell up and your fallopian tubes will start forming cysts. The membrane of the vagina also starts supporting bacterial growth because the pH is off. An acidophilus douche once a week is recommended. (*An aged homemade yogurt can be used.*) It is very essential for a woman to take a bath before intercourse. If there is any kind of odor, take a douche.

You must locate your own natal moon (*menstruation cycle*). On that day, the egg is released. It takes three days to come into the chamber. This and the fact that spermatozoa can live up to three days should affect you when you indulge in intercourse. If the mental environment, the financial, social, or other circumstances are not favorable towards pregnancy, to become pregnant is a sin. If you want to use the word "sin," use it for this purpose - otherwise there is nothing to sin.

Sex is not a sin. Sex can create godly men. Sex can create humanity. Everybody is born out of sex. There is nothing without sex; there is nothing in it. Sexual irregularities heavily damage your mental attitude. Eighty percent of woman's behavior is based on her sexual action. So don't misunderstand that you by nature can avoid this whole drama and feel it is great.



Every priest, every *pir*, every holy man, every guru, every swami, every yogi is born out of sexual intercourse and not out of test tubes yet. When you hear someone speaking negatively about sex, all he is doing is insulting his mother who had a good relationship with her husband.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

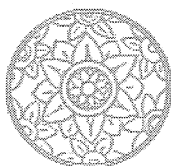
Basic Nature of Man: Sperm

The sperm carries the basic nature of man. Sperm are blasted with force out into the vagina, struggling, swimming. Sperm, which carry the male and female chromosomes, differ in shape and endurance. The sperm carrying the male chromosome is oval, swims faster, but has less endurance. The sperm carrying the female chromosome propels itself slower, but has more endurance. About a million spermatozoa propel themselves up the vagina into the cervix, through the cervix, into the uterus, and perhaps only ten to one-hundred sperm actually enter the fallopian tubes.

Yogi Tip For Men

If you want to keep going in your life, keep a glass of milk and sesame oil handy next to your bed. Take it after you have finished your sexual indulgence and activity.

Yogi Bhajan, *Man to Man*, Part VI.



Basic Nature of Woman: Egg

And what's happening with the egg? When it is ripe, the egg bursts out of an ovary and floats into the fallopian tubes. As it spirals and floats, it secretes the hormone, progesterone, which influences the woman emotionally, mentally, and physically. She will become more open and socially oriented. Her cervix will be softer and there will be more vaginal mucous.

Woman Attracts the Soul

The radiance and consciousness of the woman is the magnetic energy that attracts which Soul will be granted the gift of the human body. The subtle body of the incarnating Soul is attracted to, or one could say, electromagnetically "chooses," the vessel. The woman, the father, the longitude and latitude, and time and space, all play into this earth plane attraction.

When a mother is pregnant, the kind of Soul she can accept depends on her mental attitude. And then there is another beauty that within the realm of your belly, which is your pregnancy, you can totally transform the Soul. The Soul is pure and has nothing to do, but the subtle body carries the karma of the previous life. A mother can totally purify the subtle body.

Yogi Bhajan, Women's Camp, New Mexico, 1976.

The vibratory frequency of the woman has a momentous affect on the entering Soul. Her vibratory frequency can totally purify the subtle body of the new being. Because this Soul has been attracted to her frequency, when she uplifts her frequency, she can "erase" specific karmic limits, so the new being does NOT need to play them out. She consciously can utilize yoga, meditation, and prayers. Her transformation, before the 120th day of pregnancy, could also attract another Soul and a switch could happen.

Conception

The sperm swims in a zig-zag motion. They are one-pointed in their search for the egg, their polarity. When the sperm does meet an egg, it propels itself around the egg eight times before the egg wall can be penetrated. Eight is the number of Infinity. The sperm circles eight times around before merging into the ovum, creating the union of the two.

The cells rapidly divide, expanding in number and diversity, move into the uterus, and eventually attaching onto the uterine wall. Yogic technology teaches that during this initial growth period, the Soul has not yet entered the embryo. A fine connection exists between the growing cells and the Soul, which is waiting to enter a physical body.

Vision of the Soul

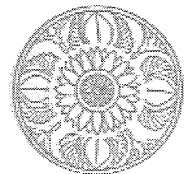
The Soul of a woman can be so sensitive during intercourse, she can physically see the Soul of the being who is incarnating. Other women see the Soul a few days after, when the conception occurs. Some women dream of their unborn child speaking with them, or walking hand and hand with them.

Occasionally a few days before the 120th day, women will see different Souls near them. One woman said that she was frightened when she saw these Souls. She had to sit-up in bed and chant to calm herself. These Souls were hovering around her longing to receive the gift of the body. After the 121st day of pregnancy, these Souls were gone except the one who entered the body in her womb.

Question: Is all creativity based on sexuality?

Yogi Bhaian: Yes. All creativity is based on your sexual potency and the direction of it. There are no two ways about it. That direction determines how you control your sex, how you control your temper. How you control your tempo, how you control yourself. How you control yourself affects how you control your environments; how you control your environments is how you project what your environments will be and what they will produce for you. That is the law of creativity. It is totally rhythmic and there is no gap in it.

Yogi Bhaian, *Man to Man*, Part VI.



Yogic Foods: Sexual Strength for Women & Men

Special Foods for Women

- **Almonds** - Soak overnight and peel the skin. Eat a handful with raisins daily for protein, Vitamin B, and energy.
- **Green Vegetables** - Eat a variety of green vegetables for chlorophyll and keeping the blood alkaline.
- **Fruit** - All fruits are beneficial for women, especially apricots, plums, peaches, persimmons, papayas, figs, pears, bananas, pomegranates, and oranges.
- **Persimmons** enhance a woman's sexual energy.
- **Apples** relax the ovaries.

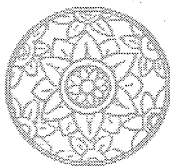
Special Foods for Men

- **Onions & garlic** - These two roots increase semen.
- **Pistachios** - Eat for endurance, strong nerves and increasing semen.
- **Sesame Seeds** increase virility and soothe the nerves.

Mango Lassi

Refreshing and nourishing for women and men.

1. Peel and slice 2 very ripe mangos.
2. Blend mango pieces with 2 cups homemade yogurt, 3 tbs. maple syrup or honey, 6 ice cubes at high speed until smooth. (If fresh mangos are not available, use frozen mango pieces.) Make 4 - 6 cups.



Date Milk

Here is delicious drink for men to enjoy after sexual activity. Date Milk restores general health, vigor and rejuvenation. This can be enjoyed by women, children, and is great for convalescents. To rejuvenate men after sexual activity, prepare and keep warm in a thermos next to bed.

1. Remove pits from 6 fresh dates and slice in half.
2. Add dates to 8 oz. milk (or milk substitute) and simmer on low heat for 20 minutes, stirring occasionally. Strain or blend until smooth. Makes 1 cup.

Sesame Ginger Milk

This recipe is nourishing to the nervous system and the male's sex organs, by replenishing his energy and seminal fluids. Best to drink within 45 minutes after sexual activity.

1. Warm 12 oz. milk. (Do NOT boil ginger in milk for this recipe!)
2. Pour milk into blender and add 2 tsp. fresh ginger (peeled and chopped) and blend well.
3. Turn off blender and add 1/4 cup raw sesame seeds, 2 tsp. honey or maple syrup. Blend on high until smooth and frothy. Makes 2 cups.

Almond Potency Drink

Almonds support the male's potency.

1. Soak 6 almonds overnight in water. In morning, peel the skins off. (Throw away the water.)
2. Blend the almonds with 1 cup milk, seeds from 3 cardamom pods (crushed), and 1/2 tsp. honey or maple syrup, until creamy. Makes 1 cup.

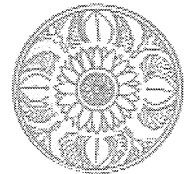
Potato Peels with Pistachios

This is a pure sex food from the yogis!

1. Wash organic potatoes well. Peel the potatoes, leaving about 1/8 inch of the white potato on the skin.
2. Steam potato skins until tender and place into blender or kitchen machine.
3. Add to potato skins, pistachios (without shell or skin) and honey to taste.

Question: When you say that a man does not have a right brain, does that mean that he has to develop intuition?

Yogi Bhajan: On the 120th day when movement starts, the Soul enters. Now the US Supreme Court says it entered the very first day, when the spermatozoa moves. The faculty is that on the 120th day the child becomes adjusted. But there is no gender. Between the sixth and the beginning of the seventh month, the male child goes through the acid bath, within the womb of the mother. The right brain becomes subjected to the left brain and the clitoris develops into a penis.

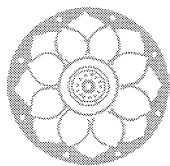


This is known for five thousand years. From that time onward the organ and the genes develop differently. The right brain is a balanced projection which woman intuitively has. Man has to develop it. That's the phenomena which nobody can solve today. Man initially is absolutely self-initiating and self-projecting. He must go and he must win. Winning is his faculty.

But the female has a balanced power. She sometimes wins by losing. The male child has to be developed in certain situations. Honor, courage, and consciousness are given by the mother along with the milk with little tales, little stories. That is where you develop a sense of nobility in a male child. Such children shall be successful economically, graceful socially, and perfect as human beings.

Yogi Bhajan, Women's Camp, New Mexico, 1989, Page 140.

Hormones also open the doors of the subconscious mind. You may dream more vividly or regularly. You will enter a realm of new feelings and thoughts. It is quite normal to begin to review or question everything in your life now. You are processing increased thoughts from your subconscious. Regular meditation will assist to dissolve confusing or haunting thoughts.



Besides the normal hormonal process affecting your subconscious, the Soul of your child can challenge you. Before the 120th day of pregnancy, the Soul has not entered the electromagnetic field of the Earth and is still a free agent. Often the unborn plays an active role in triggering and confronting the mother-to-be to make significant lifestyle changes.

Transformation of the Mother

As soon as a woman conceives, her body prepares for carrying a child. Hormonal changes affect the woman's metabolism and body, as well as her intuition and mind. Usually her entire frame of reference is altered and she may encounter a range of new experiences, such as sensitivity, awareness, or emotional turbulence.

Father and the Seed

As the mother is nurturing the seed in the womb, the father energetically shields the mother, with his Radiant Body, which adds to her strength and stability. That is why yogis recommend fathers to meditate and maintain a strong radiance, for his own stability, for the mother's equilibrium, and for his new responsibilities as a father.

The institution of woman is the fountain of spirit in which the future of the human being is nursed. And, if Almighty God ever chooses to take the form of a human being, he has to flow through the passage of a woman. Therefore, her dignity and her divinity qualify for the arrival of the spirit. Each woman who tunes to the Infinity of God creates God on earth. Throughout history, it is only the dignity and divinity of woman that has given saviors to mankind, which has given prophets to mankind, which has given great men to mankind.

Man has still not reached that point of universal level of dignity where he realizes that the first giver of life is God, and the second who nursed life, is the mother. Until the institution of mother does not reveal itself through the laws and by-laws of its institutional existence, it will never receive the honor.

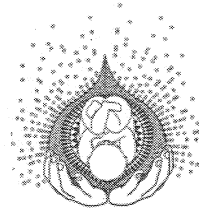
Yogi Bhajan, Women's Camp, New Mexico 1977.

Chapter 4.

Woman:

The Radiant Vessel

One hundred-twenty days after conception, yogic tradition honors a woman, as she becomes a mother. On the 120th day, the Creative Force grants full incarnation to the Soul, and the woman's navel point becomes active to nurse the child's Soul. Previously, the incarnating Soul was subtly linked to the growing cells in the womb. The woman is the vehicle for the Soul to incarnate; now she is mother. Mother is one who nurses. Yogic teaching counsels the couple to wait until the 120th day to socially announce their pregnancy.



During the first four months, accelerated hormones are pulsating through the woman, modifying her body, mind, and emotions. She often is more introverted, as she is processing the reality of motherhood, and the changes of her being. Another reason to delay the public announcement of the pregnancy is that women frequently miscarry during the first three months. The first trimester can be a very emotional, disturbing time for the woman. She can often deal more easily with this experience if she receives less emotional pressure from others.

You and Your Child

Before the 120th day, the incarnating Soul is still unaffected by the limitations and influences of the Earth. After the 120th day of pregnancy, until the navel cord is cut, the subconscious mind of your child is formed. While your child is in the womb, you are the vibratory receptor for your child. Everything you consciously experience, your

*Woman is the
channel
of the
creativity of
God.*

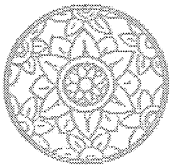


state of mind, your relationship to the world, and your rapport to your child, are all transmitted to your child and become the foundation of your child's subconscious, which is the root of his or her personality.

120th Day Celebration

On the 120th day of pregnancy, family and close friends are invited to rejoice. The celebration is to honor you and offer you loving support. Everyone gathers to meditate, chant, and reflect on the reality that a Soul is entering your womb. This celebration also offers an occasion for others to pray for your spiritual, mental, and physical well-being so that you may inspire, teach, and guide your child.

During the 120th Day Celebration, you sit on a decorated place of honor. Throughout the celebration, the community chants, and shares uplifting songs. Often someone will narrate an inspiring story. Your loved ones commit themselves to protect and support your surroundings with uplifting and meditative energies. Guests bring presents to personally honor you. They pledge to support and inspire you, so that you can relax, feel secure, and focus on your child growing within you. The celebration is cozy and often deeply moving for all. Everyone then shares a delicious, nutritious meal.



On the 120th day, we give our women a blessing and tell them to meditate more, and look toward God, so that they may have very calm, quiet, intelligent, self-creative children. One lady told me, "Well, I'm a working mother, I can't do it." I said, "Then when your son will be about nine years old, how much will 40 to 80 dollars per hour psychiatrist fee cost you? You better pay now or pay later, it comes to the same thing."

Yogi Bhaian, Women's Camp, New Mexico, 1979.

Cleansing of the Karmas

After the 120th day, you can cleanse the karmas of your child in your womb through your own transformation of consciousness. Your electromagnetic frequency attracted your child to you. While in your womb, from the 120th day until the navel cord is cut, the subconscious mind of your child is programmed, based on your behavior and awareness. When you transform yourself and adjust specific behavior or mental patterns while pregnant, your child benefits. Your child is freed from that karmic block; you have already adjusted the frequency. Mother transforms the karma.

Once there was a woman who was a queen mother. She was told that she had attracted the Soul of a demon, that the child would be born very disfigured, and that he was going to make hell for the kingdom and for her. Five days after the Soul had entered her, on her 125th day of pregnancy, she could feel even in five days, that everything was going bottoms up and inside out. It was very unsophisticated to tolerate, to adjust, and to feel.

So she went to the Raj Guru - there was no king who did not have a spiritual guide, a Guru. She went to him and she said, "Master, oh my teacher, can you be kind to me and bless me? What I have is what I have. What my karma is, my karma is."

And he looked around and said, "Oh my God! Lady, from today onward, meditate on the Name of God. Go and do menial jobs - and do them selflessly and servicefully, and practice the technology to attain God." She went out into poor places, cooked meals, became a cooking girl, served, washed dishes, and fed the poor. She was a queen.

There was no dearth of funds. But she needed to do menial jobs. She did that, and when the child was born, he had a smile and a yogic mudra - a dent in the third eye point. He was very saintly, very meditative. In this yogic posture, any Soul can be cleansed. It was very fortunate that this old science was worked out by men, saints, and sages, and we are able to discuss it now.

Yogi Bhajan, Women's Camp, New Mexico, 1980.

Fire of the Womb

At conception, you opened your Soul to receive a Soul. There is a subtle energetic exchange. Then, the creative force in your womb generates life force to attract an incarnating Soul. After the Soul enters your womb, this same warmth nourishes your child until birth.

Question: Can you explain the meaning of the "fire of the womb"?

Yogi Bhajan: The fire of the womb is that which creates the warmth and livelihood of the magnetic receptivity of the incoming of the Soul. Thus, after the Soul enters the womb, it nurses it to maturity without breath.

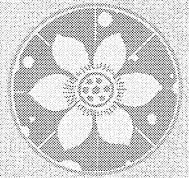
Yogi Bhajan, Women's Camp, New Mexico, 1978.

Womb Trauma

Imagine all the great advanced civilizations throughout time. Then imagine your mother, your grandmother, your great grandmother, and on further back in time. All of these individuals have been born out of the womb of a woman, who is the first teacher. The father is the second teacher. These first two teachers have a monumental impact on the child. When they are not prepared or educated to be parents, future generations are impacted. You can turn this around through your own transformation. Conscious parenting is a prayer into the future.

There's a perpetual trauma you receive in the womb and you carry it with you. It is not your mother's fault, neither is it your fault. It is the fault of not being trained to become a mother and not being trained to become a father.

Somewhere, sometime, the electric fuse goes off and you carry a perpetual birth blackout in your personality. Am I saying something serious? It is simple physics. It



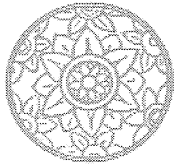
*Be straight,
simple
and
smiling.*

has nothing to do with you. That's why after 120 days, we want the woman not to work but to meditate, and we want the father to behave in a certain way. After a month or two, we want them to walk three to five miles together on a daily basis. And that is why, when the child is born, we want the mother not to leave the child for 40 days and to stay in one room welcoming the child, to give the child basic perpetual security, affection, love, and understanding.

Almighty God created you in His image and He created you the best He could. There's nothing wrong with you whatsoever. It's the highest insult and religious sacrilege to feel that you are born in sin. I'm not contradicting your faith, I'm not contradicting anything. No human being is born of a woman who wants to do wrong, who wants to be wrong, and who wants to be poor and miserable. But fact is, we all are. Why? We carry with us "baby blackout." That is where our neurons create their own thought form when we grow up as adults. It is called, "the basic idea."

Then when this anger comes, when we are so sad and sorry, when we are just attention seekers, when we are angry and we have our own formulas and our own agenda, we wear a mask. We play our games. We are never straight, simple, and smiling. Why? We carry in our personality our blackouts from the womb.

Yogi Bhajan, Los Angeles, CA, March 22, 1989.



Learning in the Womb

Educational research has shown that a child can learn very sophisticated information while in the womb. A child can also absorb music, extensive prayers, or foreign languages. A child in the womb is profoundly receptive to his/her environments.

Yogi Bhajan told this story from the Bhagavad Gita:

There was a war going on, and Arjun was engaged on a different front. The enemies, the evil forces, made out a chakra (*chakra = circle of energy*), and if that could not be broken, the entire army of Lord Krishna's side would have been vanquished. There was only one man, Arjun, who could break that formation, that chakra. They were very worried that Arjun would not come, or that by the time Arjun had come, the entire army would be gone. "What will Arjun do? It will be a sure defeat?"

But the son of Arjun said, "Mother, I know how to break the formation of the enemy." She said, "How do you know?" He said, "One night in your pregnancy you asked your husband, my father, a question: 'What is the formation which can destroy the enemy?' He said that it is the formation, which is today. You asked, 'How do you break it?' He explained to you how to break it and, after breaking, it how to come out of it. But mother, when he told you how to break it, you were awake; that I remember word by word, but after that you slept; I don't know a thing. I can go and break it, but I do not know if I can come back alive or not. I do not know because father might have talked about it, but you did not listen because you slept."

Krishna said, "You die or you live; it is the Will of God. You go and break them." Arjun's son successfully broke the enemy formation completely, but could not come back alive because she had not concentratedly heard it. That was in the time of the Gita.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

Child Raising Begins in the Womb

Your child's Soul is pure and radiant. While he/she is in your womb, you can purify the subtle body of your child, through your own transformation. As your child's subtle body becomes more transparent, the radiance of your child's Soul can shine.

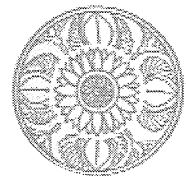
She works on herself. Remain meditative, unprovoked, and decent. She speaks true, lofty language and is godly.

Yogi Bhajan, Espanola, March 25, 2003.

Arrange your life to stabilize your inner peace and radiance. Organize time for yoga, meditations, reading inspirational books. Choose your friends wisely. Spend time with people who can uplift and inspire you. You have made a significant step already by reading, and practicing the yoga and meditations in this book. You are already on the "Way."

Therefore, those months she is required to be in circumstances which are very secure, respectable, and comfortable and in which she can have a lot of understanding around her. We always know how to raise the rose bush, but we have never tried to study how to raise our children. Our children are actually raised within those nine months of pregnancy and development. Those are very important days of life of the child.

Yogi Bhajan, *The Ancient Art of Self-Healing*.



Attitude of Gratitude

Practice an "attitude of gratitude." Be thankful for everything large or small that manifests in your life. Everything is a blessing. Develop gratitude for your most basic gift - your breath. Throughout your day, bring your awareness to your breath. This simple exercise can assist you to remain steady and relaxed.

Any woman who wants to seek happiness outside herself will always be frustrated. The entire universe, even God, if it had to take the shape of a human being, would come as woman. Woman is the channel of the creativity of God. She is the Female. Now, understand the word 'fe-male.' Male is included in it. 'Wo-man.' Man is included in this word. The idea you are trying to understand is a graceful, dignified woman is the most priceless angel on this living Earth.

Now, there are two ways to understand it. When woman leaves her gentle and firm nature, or her dignity and divinity, then Mother Nature does not relate to her. In other words, Mother Nature will always relate to divine woman. And all your wishes shall be fulfilled.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

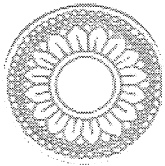
Sadhana: Spiritual Practice

Sadhana is the best way you can transform, cleanse, and uplift your whole being—body, mind, and Soul! Sadhana means daily personal spiritual practice. Sadhana consists of yoga, meditation, and prayers. Yoga strengthens and improves your body's health. (Your body is the temple of your Soul.) Meditation clarifies and focuses the direction of your mind and cleanses your subconscious. Prayers support and strengthen your connection to your Soul and to the Infinite; you become more receptive to be guided.

When you practice sadhana, you transform yourself. When you practice sadhana during pregnancy, your child benefits by your transformation. Your child personally experiences the rhythm and experience of sadhana.

The most opportune time to practice sadhana is 2 ½ hours before the sun rises. Before your neighborhood awakens, before your daily responsibilities press on you, before you plan the activities of your day, you start sadhana. During these *amrit vela* hours, the ethers are more receptive and open and you are less distracted with other activities.

*The greatest reward of doing sadhana is
that the person becomes incapable of being defeated.*



Inquire about the sadhana schedule at a nearby 3HO Kundalini Yoga Center (www.3ho.org). Yogi Bhajan explains that group sadhana has a magnified effect on your spiritual practice.

The greatest reward of doing sadhana is that the person becomes incapable of being defeated. Sadhana is a self-victory, and it is a victory over time and space. When you get up for sadhana, you defeat a part of yourself because you don't want to get up. Getting up is a victory over time, and doing it is a victory over space. That is what sadhana is.

Sadhana is only for you - it is a self-victory. And when you do sadhana in the *sangat* (community), you enrich yourself in multiple ways. First, the isolation, which can hit anybody and make them go totally crazy, is defeated. Secondly, when all of you meditate on God, the total effect of your sadhana becomes multiplied by the number of people who did it.

Sadhana is an answer to every misfortune, and who wants to see you in misfortune? Sadhana is not a matter of advantages and disadvantages. It is simply a means through which you can defeat all your miseries, misfortunes, and handicaps. It is a very personal thing, which does not relate to anybody except your self.

Yogi Bhajan, Women's Camp, New Mexico, 1981.

Sadhana supports you. Practice sadhana in openness and devotion; leave the guilt and pressure performance out! When a group or morning sadhana is not possible, arrange another time for your sadhana. Begin with yoga and a meditation. End your sadhana by reading and then contemplating inspirational words from *Peace Lagoon* or the *Siri Guru Granth Sahib*, the Bible, or other inspirational writings. Take a few minutes to reflect, uplift your spirit, and expand your being.

Uplift Your Spirit

Throughout the day pause for three minutes and consciously breathe long and deep. Add more quiet relaxing breaks, and meditations in your day. Allow your pregnancy to be a time to rejuvenate your spirit and uplift the destiny of your child. You will find that you will need to hassle less when you find time to experience your spirit. You will be covered.

Yogi Bhajan has described the secret fundamental criteria of a divine woman:

1. She always feels the presence of God. She always dedicates every action to God. She is the creativity of God.
2. Within every eight sentences, remember the Infinite.
3. Dress divine. Instead of gaudy apparel, wear Godly apparel.
4. Never go anywhere where you cannot be sure that your grace is protected.

*Almighty God created you in His image
and He created you the best He could.*

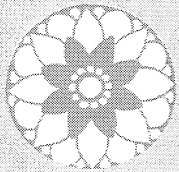
Rhythm of Life

Your daily rhythm during pregnancy influences your child's rhythms. When your daily rhythm is more regular, your child can have an easier time establishing a daily rhythm. If you nap regularly and have good sleeping habits, your child will have a much easier time establishing a sleep pattern.

A balanced, daily rhythm and an organized environment can help you to relax as a mother. Your child learns about the rhythm of this planet from your daily rhythm, the daily sun cycle, and the seasons of the year.

Connect with Other Women

Throughout pregnancy, get together with inspiring women to share, to encourage and to meditate together. Attend pregnancy yoga classes, invite other pregnant women or young mothers to share a meal or a walk together, or involve yourself with your church or temple. An uplifting and supportive community is invaluable during pregnancy, birthing, and child rearing.



*Your radiance of
your spirit can be
measured according
to how the name of
God vibrates within
you and without you.*

Awareness through Movement

Physical activity stimulates and gently rocks your child in the womb. Walking peacefully in nature is healthy and rejuvenating. Enjoy Mother Nature and her beauty as you walk through a park, forest, or nature path. Your movements massage your child's skin, which stimulates the brain and nervous system. Your movements also increase your child's body awareness, as well as increasing his learning abilities. A child whose mother is less physically active will generally be more passive to his/her environments.

Male Child and Acid Bath

The Soul is without gender. Each person travels the path of incarnation between the ethers and Earth for particular experiences. In order to discover specific lessons, we incarnate as a male and other times as a female. Each incarnation provides diverse experiences and education to transform our awareness. Because the Soul is neutral, the sex frame work of the physical body defines the lessons and challenges of the incarnation. During pregnancy the amniotic fluid becomes acidic. Yogic tradition calls this process *Acid Bath*.

As a female, when you go through the acid bath in the womb of the mother, you keep your left and right brain intact, and you get a clitoris. The male gets testicles and a penis and he loses the right part of his brain. The right side of his brain has become only subjective. It is a supportive brain. It is not complete. To compensate the loss of the brain, he developed his nature to become a conqueror, a hunter, and an ego maniac.

Yogi Bhajan, Women's Camp, New Mexico, 1976.

For ancient man, the predominance of the left hemisphere of the brain was beneficial for exploration of unknown lands, waging war, and protecting their families. Today the male is challenged to activate and create harmony between the right and left hemispheres of his brain.

Three Ways to Diminish the Effect of the Acid Bath

1) During pregnancy

The mother can practice "Initiate Your Child" (See Page 224..) daily during pregnancy. When she practices this meditation with purity of being, the frequency of her and her child are uplifted. She can practice this meditation whether the child is a boy or a girl. When the child is a boy, this practice will reduce the diminishing effect of the acid bath on the boy's right hemisphere. When the child is a girl, the meditation improves her intelligence and blessings.

2) Child Raising

During the boy's early years, the parents and community can inspire and guide him to Dharmic living, and encourage his sensitivity, compassion, and values. His mother can educate him about the female and the subtleties of life. His father

can educate him about being a male, and about his interaction with the female and the family. And he can learn from both his parents how the two energies of female and male can harmonize with each other. Art and music are helpful in this process.

3) Decision for the male himself

A male can apply himself to a spiritual path. Kundalini Yoga has a large collection of meditations that create harmony between the two hemispheres of the brain.

The Aquarian Teacher, Page 231.

Intimacy during Pregnancy

A woman yearns for intimacy and closeness during pregnancy. Your body is in radical transformation. You may be fluctuating between feelings of joy, weariness, isolation and a thousand other experiences. You long to feel loved and be loved. Share your feelings about your wonderful body - its beauty and its limits.

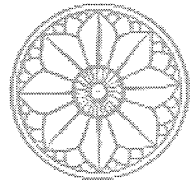
Intimacy and heartfelt tenderness can become more important for women than love making during pregnancy. Express your longing and listen to the needs of your partner. Be creative, try different ways to show your love and tenderness. Express love and tenderness through massage, cuddling, playing, open-hearted talking, and joking. Articulate what feels good and what feels uncomfortable. Alternative positions or oral sex can be options.

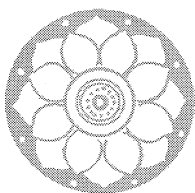
Take this moment of your relationship to enjoy the beauty of pregnancy. It is amazing how cozy and pleasant you can feel when your husband gently rubs your belly, while talking to your child. Communicate with the unborn child: talk, sing, and exchange rhythmic tapping with your child. Develop a relationship with your child in the womb. Begin cultivating the family unit.

Yogis and ancient sages recommend that a woman postpone vigorous sexual intercourse during pregnancy in order to spare the unborn child the intense sexual sensations. From the yogic view, the development of the child's body and the formation of the subconscious mind are the most significant periods of a human being's development.

Building the Psychic shield

The stability of the father plays a major role as your psychic shelter. His emotional stability, spiritual consistency, and commitment to sadhana (daily spiritual practice) encourages your yogic practices and supports your inner stability. You may find that daily meditating and chanting together enhances your intimate relationship, and defuses misunderstandings.





Question: Should there be sexual intercourse during pregnancy?

Yogi Bhajan: After the 120th day of pregnancy, it is a crime because the Soul has entered, and you should not hammer the Soul. Normally it takes one year after delivery for the vagina to take its normal shape and come to a normal polarity. It needs a rest of about a year. Normally there should be two years difference between one delivery and the next pregnancy.

Yogi Bhajan, Women's Camp, New Mexico, 1976.

Question: What practices can the man use during his wife's pregnancy to curb his sexual appetite?

Yogi Bhajan: Actually, the man has no real problem. He can feel as sexual or as celibate as he wants. You can use Breath of Fire to totally regulate your urgencies.

Yogi Bhajan, *Man to Man*, Part VI.

Adjusting Frequency

The yogic recommendation to limit sexual activity after the 120th day of pregnancy is based on the intent to create a meditative environment for the mother and unborn child. However, when either the wife or husband is not satisfied with the decision, openly talk about it. Leave out the guilt. Today some doctors even advise sex during pregnancy to help the couple relax, provided there are no complications or previous miscarriage history. Sex alone, however, cannot erase the tension in a relationship. Accept where you are and continue to develop trust, understanding, support, and cozy communication.

Yogi Tips For Adjusting Frequency:

For Father - Transforming Sexual Energy

- Practice Breath of Fire daily (11 - 31 minutes).
- Practice *Sat Kriya* daily. (See Page 216).
- Limit garlic, onions, and protein intake.
- Increase physical activity.
- Eat more raw vegetables and whole grains. Chew them well.

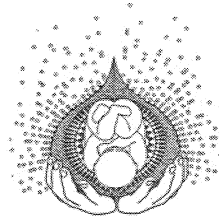
To Couples - Transforming Your Relationship

- Meditate together. Visualize protective energy around the child.
- Take long walks together with *Charan Jaap* (See Page 87).
- Give each other relaxing massages.
- Speak with your child; also sing and chant together.

Chapter

Transformation of Pregnancy

Pregnancy grants you an intimate blessing to co-create with the Creative Force. The *Adi Shakti*, the primal creative power of the Universe, is infinitely expansive, manifesting throughout the entire Universe. At the same moment, this Force is manifesting within you, inside your belly, creating a complex human body where a Soul will reside. What a blessing to be in the succession of women who have created and nurtured the human race! Yogis say that a conscious birthing woman can transform and purify her entire being so deeply that she is rebirthed by her radiance.



There is nothing with God but the womb of the mother. It is the highest state of consciousness which can give the foundation and the polarity of constructiveness. It is achieved through the pure vibrations of the mother. You women don't know. Your vibrations can create the whole Universe, including God. You need not be God. You are the God creator.

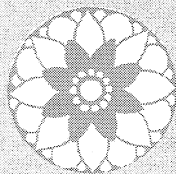
In the polarity of things, when the essentiality of constructive self in consciousness is considered into the total metabolism of this Universe of cosmic consciousness, woman has the authenticity of purity, creativity, and divinity.

It is in her womb that Guru Nanak was constructed to be. It is in her womb that Buddha was made to be. It is in her womb that Abraham was created as Hazarat. It is in her womb that Moses learned to sacrifice. It is in her milk that the purity and sacrifice of life is constructed.

Yogi Bhajan, Women's Camp, 1979.

*A woman's
vibrations
can create the
whole universe.*





*A mother
is not God,
she is the
Grace of God.*

An innate knowledge guides the growth of your body and your child. You don't think, "At twelve weeks the fingers and toes will be formed. Now the skin will form. The milk will be prepared at this time." This same intrinsic force also causes the stars and planets to rotate in their orbits for billions of years, seasons to change, flowers to open, or a bird to nest. Wow!

The experience of pregnancy is not just physical, mental, or emotional. Your entire being will be transformed. The subtle adjustment of your reality may amaze you. Acknowledge this as an incredible process. Honor yourself as your own day-to-day process is impacting your child for life.

Attitude of Gratitude

As you marvel at this indescribable scenario, you may become very receptive to the Creative Force, Nature, and all splendor of the entire Universe. You may experience an "attitude of gratitude" which can unlock your heart and Soul. Acknowledge your own self, your own grace, your own creative beauty. Take this opportunity to explore your depth and awaken deep peace and tranquility. Uncover fresh new strength and intuitive awareness within your own being. You will be amazed at the strength that is emerging from deep inside.

It is very essential for the woman to be very, very sensible because then only can she create in the child of tomorrow the very manifestation to be a very sensible person. Children do not learn in school. In schools and colleges, we learn to communicate our senses, to express our senses. Actually, what we learn comes from the mother and the father. And whatever we learn in the hand of mother and father goes a long way. If we learn wrong things at that time and if God is graceful and merciful, then the time will come that we can walk to the path to cut off the karma to living the life of Dharma.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

Women Isolated

Now is an extraordinary time to bond and share with other mothers, especially if they also are pregnant. In Western civilizations, most couples have been tucked away in small nuclear families, perhaps with a few close friends in the neighborhood.

Research has shown what when pregnant or nursing women are isolated without loving support, they feel lonely, insecure, or depressed. Support persons, who can give positive, uplifting, and practical advice, are essential for the well-being of the mother-to-be.

Women and Mother

If you do not have supportive family or friends nearby, extend yourself to find pregnancy yoga classes, pregnancy activity classes, young parent groups, or

similar activities. If you cannot find any supportive activities, start something yourself! Hang up a sign at the health food store, library, supermarket, or post office. Reach out and find other young parents with similar family values.

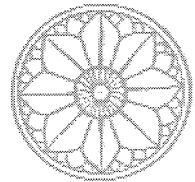
Mentally, a mother and a woman are two separate identities. As a mother, you are supposed to sacrifice, tolerate, be very patient, be very thoughtful of others, and understand all the pros and cons of any situation. As a woman you have to give nothing; you have to protect yourself first and you need not tolerate any nonsense. Woman must be able to ascertain what the correct relationship is at any given time.

A woman can become negative; a mother cannot. A woman can betray; a mother cannot. The Soul of an individual and the consciousness of God join together, to create a mother. A woman can be neurotic, sadistic, and sexually unfulfilled. She can hallucinate and be guilty, but a mother cannot. The worst thing a mother can do is to use her children for herself.

Adjusting Frequency

Pregnancy transforms you. Pregnancy also adjusts your frequency. You feel that your thoughts are yanking you in a hundred directions. The hormones and the active intervention of your unborn child unchain your subconscious. Now is a most opportune time to adjust your entire being and the course of your life.

Evaluate your daily activities. You can easily overburden your nervous and glandular systems if you maintain your "super-woman" routine. Many emotional whirlwinds stem from excessive stress caused by weak nerves. Adjust your activities when you feel tired. Say "No, thank you" to social engagements or business responsibilities which will tax your emotional or physical strength. Make it a priority to integrate relaxation and uplifting activities into your life.



Yogi Tips for Strong Nerves

- Foods: Nutritional yeast, celery, olives, ginger, YOGI TEA™-Cinnamon Spice, wheat germ, whole grains, bananas.
- Think positive uplifting thoughts.
- Daily take daily walks in fresh air.
- Practice the Meditation for Strong Nerves (Page 229).
- Avoid: Cigarettes (also second hand smoke), alcohol, processed white flour, sugar, caffeine drinks, chocolate.

Navel Radar

One inch below your umbilicus sits a bundle of 72,000 nerve endings. This is called the "Navel Point." Your Navel Point also generates the life force, which nurtures your child in the womb. During the fifth month of pregnancy, your belly-button (navel) will begin to protrude and these 72,000 nerves become more

exposed. As your navel protrudes, you may notice that you are more sensitive. This navel radar awakens your awareness to your environment so that you can shelter and protect yourself and your unborn child.

Mother, the First Teacher

Your child first learns from your state of consciousness while in the womb. You are also the primary teacher for your child after birth. You can have the creativity and strength to serve this responsibility by you remembering to tune into your Hierarchy. You will receive the clarity to fulfill duty.

Jesu was Jesus' real name. Jesu asked Mary, whose divine name was Miriam, if Joseph was his father. She told Jesu, "Your father lives in the heavens." This Jesu wanted to know, and knew when he was so little. During the entire life of that individual, the Heavenly Father was his father.

So, what I am trying to say is, whatever the mother once puts in the head of the child, that remains alive, come what may. Miriam (Mary) never graduated from the University of Nazareth. Was she a graduate? Did she receive a doctorate? Did she have a PhD? Was she a beautiful actress or dancer? Was she in charge of a casino in Las Vegas? Well, what was Mary? *(Audience replies: A mother.)* A very, very divine mother who could create her son to be a Christ, who was pure.

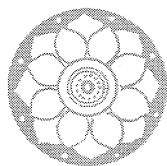
Yogi Bajan, Women's Camp, New Mexico, 1977.

The flip-side is that your child was attracted to you, with your developed and under-developed qualities, to learn and to be guided. You may not know why, but that is not essential. What is important is that you accept your duty to give your best - yourself, not things - to your child. How? Let yourself blossom into a strong, graceful, and loving mother. Honor yourself each day as you consciously and lovingly share your best with your child.

The purest thing in the world is the heart of the mother, the heart-chakra, the center of the mother. It is the purest thing in the world. It can move God. It can move the Universe. It can cause an effect beyond limitation. The heart of the mother is the greatest power of Infinity ever given to any finite being.

There are certain things which can be considered the most superior things: prayer of the mother, prayer of the beloved (I wish it should say wife, but it is not written in the scriptures, so I cannot alter them), prayer of the self, and prayer of the spiritual teacher. These are four prayers which can alter and change the destiny.

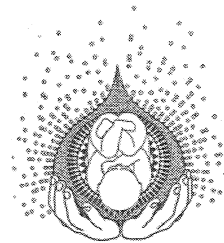
Yogi Bajan, Women's Camp New Mexico, 1977.



Chapter

Kundalini Yoga, The Yoga of Awareness

Yoga comes from the word "yoke" - "to join together" or "unite." Yoga is the union of the individual's unit consciousness with the Infinite Consciousness. A yogi is a person who has merged her or his self into the Infinite Consciousness.



Kundalini Yoga, as taught by Yogi Bhaajan, is the fastest way to establish an aligned relationship of your body, mind, and Soul. Kundalini Yoga awakens your creative potential and expands your consciousness with elevated virtues, knowing the truth, and living in full awareness.

Kundalini Yoga is best learned first hand from a qualified Kundalini Yoga teacher, because you can experience personal guidance for the entire experience of postures, meditation, chanting, and life style support. Yogi Bhaajan specifically created Kundalini Research Institute (KRI) to maintain the purity of his teachings and certify Kundalini Yoga teachers around the globe. You can log onto www.3ho.org to find a KRI certified Kundalini Yoga teacher near you.

Yoga for Pregnancy and Birthing

Kundalini Yoga prepares you for conscious birthing. When you practice the positions, relax as many muscles as possible. When you find positions to be challenging, concentrate on keeping a rhythmic breathing pattern. This is great practice to help you flow with birthing contractions.

*Keep your
nervous system
strong and
your being
radiant.*

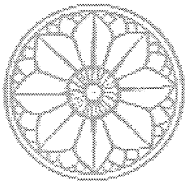


Kundalini Yoga for Pregnancy provides effective and useful yogic tools to:

- Remain meditative, unprovoked, and decent throughout pregnancy, elevating both you and your unborn child.
- Care for your body so you can better enjoy the pregnancy journey.
- Maintain and develop your flexibility and strength to be set for birthing.
- Prepare your mind and body for birthing.
- Improve your relations with your partner.

During birthing, you can relax and better handle your contractions when you have a grip on your mind. Later, as you face parenting challenges, you can remain calm and conscious. When fear takes over your mind, you tense up and experience pain. Conscious practice of yoga and meditation trains your mind to focus and builds your nervous system so that you can handle stressful situations. Kundalini Yoga uses positive affirmations and mantras, which help to adjust your internal dialogue to support your self.

Kundalini Yoga accelerates the alignment of our bodies because it utilizes conscious breathing and mindful focus during the practice of the yogic positions. Breath and focus are used to train the mind to control its frequencies.



What is my spirit? My spirit is my spirit; it must flow through me. It is my strength. It must hold me through thick and thin. From where does my strength come? Not from my muscles. Do not misunderstand. Some people are very skinny and very strong. Some are very fat and they are just like a guava. Strength of spirit, strength of the Soul, does not come from the body.

The nervous system is attached to the cosmic system through the astral body. You extend nine feet beyond your physical body, nine feet each side of yourself. So your Soul is totally attached to being a woman.

Yogi Bhaan, Women's Camp, New Mexico, 1977.

Trinity of the Self

We are a trinity of body, mind, and Soul. The word "Soul" refers here to the Infinite Self or our True Self. The Infinite Self is the part of us that is without boundaries, neutral, and at peace. Each part of this trinity influences and assists us in our development and evolution here on Earth.

When you cut off your mind from the Universe and take a thought and block your intellect and close yourself, then the entire Universe radiates back on the unit. It is called 'cosmic search reaction'. It's a term.

Any mind which does not radiate out, the cosmic research unit radiates on him, and when the cosmic energy radiates, the polarity changes and the negativity disappears. Then light erupts, darkness leaves, happiness comes, unhappiness leaves, easiness comes, and dis-easiness is lost, universality comes, and ego leaves.

Yogi Bhaan, *Beads of Truth* #17, 1973.

Processing Thought Impulses

The mind is powerful, expansive, with its own momentum. The mind exists as a servant to the Soul; however, most times the mind is the master! How does the mind function? The mind releases one thousand thought impulses per blink of an eye. Out of all these thoughts, one is brought to your conscious mind and elicits a feeling. This feeling triggers a desire that can lead us into action to reach the object.

Our mind processes thought impulses through these phases:

Thought - Feeling - Desire - Action - Object.

Our experiences and awareness impact each phase of this process. We do have options to move out of our reactive, programmed response and make conscious choices. There are a wide variety of yogic techniques which assist to adjust these "automatic patterns."

To have feelings is okay. To have desire is okay. But when you have commotion and neurosis and start being psychotic and all that, that is where you go wrong. Feelings can be controlled by your intelligence. Emotions can be controlled by your consciousness, but your psychotic nature and neurotic nature and drama and trauma cannot be controlled. It will destroy you.

Yogi Bhaan, Women's Camp, New Mexico, 1989.

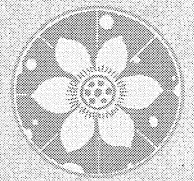
Thought Process

How does the mind determine what reaction it will have to a thought? The mind has an evaluation system of three parts: Negative Mind, Positive Mind, and Neutral Mind. These three, unique parts of the mind assist us to process information as we are making decisions. Each aspect of the mind is essential to our decision process.

The process begins with the Negative Mind, our survival mechanism. "What does that mean for me? Can I really do that? Remember how you failed last time?" The Negative Mind is a contracting energy, which is not bad or evil.

Next process comes from the Positive Mind, the voice of optimism, "Yes, it is possible. You can do it. The Positive Mind is a manifestation of expanding energy.

The third process is the Neutral Mind, which weighs and evaluates the workings of both the Negative and Positive Minds. The Neutral Mind is our meditative mind. It is awakened, strengthened, and developed by meditation. As one meditates and clears subconscious conflicts, the neutral mind has assessed the depth and height of the situation.



Getting up for

Sadhana

is self-victory!

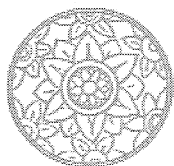
Internal Mind Dialogue

Your mother calls from New York; she wants you to come and visit. During the time when you are deciding, your mind is processing.

- First, the Negative Mind pops up. *"Oh no, I better not go...she'll say I'm careless, or naive because I want a home birth. It will be so crowded in her house. I will never rest."*
- Positive Mind chimes in, *"But it would be nice to see her, she has some good advice. You can also visit your sister and her family."*
- Negative Mind again retorts, *"If you go, it will be such a stress. You won't have a good time crammed in the small apartment."*
- Positive Mind replies, *"You could meet your four month-old niece. You could also visit your friend, Becky."*
- And in the end the Neutral Mind could say, *"Yes, it will perhaps be hard, but I know who I am. I will take care of myself and rest. I will call Becky and stay at her home. I have evaluated the situation consciously in relation to the birth, and with all facts, it is a wise decision. I will keep my identity as a graceful woman through all situations."*

Training Your Mind

It is to your advantage that the pregnancy is nine months long. Practicing Kundalini Yoga and Meditation can train your mind to handle input from your Negative Mind, and Positive Mind, and finally process using the elevated energy of your Neutral Mind. Utilize this opportunity to practice meditation and begin to train the mind so that you can have more clarity during birthing and parenting.



Yogi Tip To Focus The Mind

Yogis focus their minds by using a mantra throughout the day or as they practice a yoga position. Kundalini Yoga recommends inhaling and vibrating SAT which means Truth, and exhaling as you vibrate NAM which means name or identity. Repeat SAT NAM anytime throughout the day to center or calm yourself. (SAT NAM rhymes with 'but mom.')

Subconscious Mind Patterns

Negative or limiting experiences from our past can haunt and prevent us from experiencing trust, expansion, and happiness. Past experiences enter into our present, and limit our future happiness. We can adjust these mental patterns by using Kundalini Yoga and meditations. Specifically during pregnancy when your subconscious is opened, you may notice your mind haunting you. *Kirtan Kriya* (or SAA TAA NAA MAA meditation) is an excellent meditation to practice to cleanse the subconscious mind patterns. You can practice it throughout pregnancy to affect the destiny of your child as well. (See Page 222.)

*The practice of meditation trains the mind
so it can become useful.*

We Do Not Really Think!

The mind alone cannot creatively process. When you have a problem or need new information and try to "think" intensively, you probably will be frustrated. The mind is a program of experiences; "thinking" as we "think" thinking is, is not possible. We are just re-playing what has been programmed in our minds. Whatever program is entered, that determines the thought.

However, when you relax and clear your mind of confusion, usually an answer will manifest. That is our Intuitive Self answering the call. Actually, answers are always available for our questions or calls. We just need to quiet the mind so we can hear!

The problem is, you scatter your mind. Nobody makes you do it. This is the constitution of the mind. It can focus itself, or it can scatter itself. Its focus is infinite, its scatter is infinite. The mind has no limit. That is the beauty of the mental power. At one time, it can just beam on one wave length, and at the same time, it can beam on millions of wave lengths. When you are scattered you are afraid, you have no confidence, you do not know what righteousness is, and you do not know your own power. When you are scattered you do not see the life, because you are stuck to it. You are insecure and you mess up. Yogi Bajan, *Beads of Truth*, Women's Camp, New Mexico, 1973.

It is very difficult to tune into your intuition if the mind is jumping around. Too much static blocks the channels. It becomes impossible for our intuitive self to make the connection with the Infinite Self.

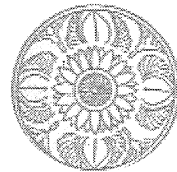
When you are rational you do not let the inner reason which is conflicting come to crisis. Remember, a woman who does not allow inner conflict to come to crisis is generally successful. But what does a neurotic woman do? She will wind her husband up. She will wind her neighbors up. She'll wind other people up. Mostly, the problem with woman is that she will take the inner conflict and project it onto some male or some female, somebody else. The inner conflict is being expressed by an outer body, not by herself.

Yogi Bajan, Women's Camp, New Mexico, 1987.

Monkey Mind

We can use the analogy of the "Monkey Mind" when describing the static of the mind. Imagine that a car is our physical body. The driver is our Soul. Our mind is a monkey who is in the passenger seat.

We are driving through life, in a car, with this monkey. The monkey is so untrained he jumps around continually. He never sits still. We are driving and trying to keep our eyes on our destination. However, this monkey keeps disturbing us. He's jumping all over us. It is difficult for us to concentrate on driving. Sometimes we get tired and let the monkey help us drive. Oh, no! We make detours or get into accidents. Do we have to let the monkey jump around and control the drive? No! We can enjoy our journey more when we train the

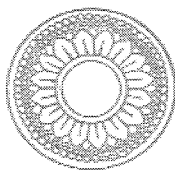


monkey to do certain things. We can train that monkey to watch for road signs. We can train that monkey to hold a sandwich. We can train that monkey to let us know when a gas station is near. He's there as helper for us; he's not the driver. Our Soul is the driver. The mind is a helper.

Sometimes you may feel that you have your own mind. No, you don't have your own mind. When you say, "I want my own mind, I want to have my own mind," you don't have your own mind; you have your own frustration. Your own mind is the mind that is a gift of God to you. "I want to do MY thing." No, you can't do your own thing. You will destroy yourself.

Your mind will lead you to your destruction. Why? Because the mind has been given to you to create equilibrium, to create harmony, to create peace, and to go to God. You are trying to create a mind of your own to do something of the Earth. You are trying to make yourself earthbound. The mind was given to you to make you God-bound. This is a polarity. If you have your mind, then, your mind shall make you earthbound. When you become earthbound, you suffer; it is certain that you will suffer. Actually, God gave you the gift of mind to make you God-bound. Your mind is not your mind; it is God's GIFT to you to recognize, to reconcile, to harmonize with His creation.

Yogi Bhaajan, Women's Camp, New Mexico, 1977.



Meditation Practice

Kundalini Yoga uses a wide variety of meditation techniques to help focus the mind and cleanse the subconscious. Many people think, that when you sit for meditation, you will automatically calm your mind. Because your mind is continually producing those 1,000 thoughts every 1/10 of a second, you "practice" meditation. When you sit to meditate and focus inward, you become very aware of what is going on in the background of your mind.

You will most likely experience distracting, haunting, or irritating thoughts. Bring your mind back to the mantra or other points of focus. Do not focus on or react to these thoughts. Let them be processed by the mantra. Be patient, even if you have only a minute or two of deeply focused meditation.

Neither is the mind-in-concentration under your control, nor is it under your control when it is in its scattered form. Usually the mind is not in the control of the being, even though it was given him for his work. What happened is that the being fell under the control of the mind. The king has become the puppet of the slave! Now the mind says, "I run you." and if you say, "Well, I don't care if you run me or not; you were given to me, so stay, hold yourself, listen to me, mind!"

If you do this two or three times, at first this monkey of a mind will not work. After a little while, when he sees your will is very strong and you are very adamant, he will work. But this requires self-realized faith.

Yogi Bhaajan, *Beads of Truth*, #17, 1973.

Japa Meditation

Kundalini Yoga for Pregnancy often recommends *Japa Meditation* because chanting creates a sound current around and within the mother and child. Chanting also is great for expanding the lungs and opening the heart.

Japa is the repetition of any Infinite vibration or mantra. ("Man" means mind. "Tra" means to tune the vibration.) As the vibration or mantra is repeated over and over again, psychic heat, or *Tapa*, is generated. We can compare this psychic heat with a familiar physical phenomenon, such as rubbing the hands together. As the hands are rubbed together, heat is generated. The psychic heat is generated with *Japa*, which burns your distracting thoughts.

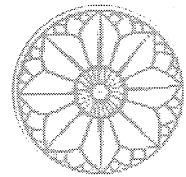
Yogi Tip To Stop A Negative Thought

When your mind is stuck in a recurring negative thought pattern, inhale deeply and chant in monotone five times on one breath: *EK ONG KAR, SAT GUR PRASAD, SAT GUR PRASAD, EK ONG KAR*.

Preparing for Kundalini Yoga and Meditation

Guidelines for practicing Kundalini Yoga and Meditation:

- **Location:** Choose a place where your mind can easily come to peace. Indoors, the room should be clean, simple, orderly, and quiet. Your body should be comfortably warm and the room well-ventilated. Outdoors, find a quiet place where you are at ease, and where you will not be disturbed.
- **Create a Sacred Space:** It can help to create a sacred altar space with flowers and candles. Sit on a natural fiber blanket, sheepskin, or padded mat. Do not sit on the bare floor. If you cannot sit on the floor, sit on a chair with both feet flat on the ground.
- **Clothes:** Wear comfortable, natural fiber clothing. It is recommended to cover your head with a natural fiber material for both yoga and meditation.
- **Meditation blanket:** Cover your spine with a natural fiber blanket or shawl while meditating and relaxing. Use this blanket or shawl only for yoga and meditation in order to preserve its meditative vibration. You can get into the frequency of meditation just by putting on the shawl.
- **Feet:** Your feet should be clean and free of socks and shoes in order to receive the full energy produced by the exercises. The soles of your feet have 72,000 nerve endings, which are very receptive to subtle energies when uncovered.
- **Stomach Empty:** Meditate when your stomach is not full. During pregnancy, you may require a snack or a juice one-half hour before yoga or meditation. Eat lightly.
- **Tune In:** Tune in with *ONG NAMO* (See Page 65).
- **Timer:** A kitchen timer is helpful in timing yoga exercises and meditations.
- **Procedure:** Practicing one of the pregnancy yoga sets in this book can assist you to prepare for meditation. Relax after yoga. Then sit with a straight, aligned spine. Your neck should also be straight. Follow instructions for the meditation.



Intuition works when there is no fear involved, no attachment involved, no lust involved. First, the subconscious mind has to be a clear channel and then the conscious mind perceives what is coming from the intuition. We all have that power, because every mind is part of the Universal Mind.

How much can it attract the beam of the Universal Consciousness into its nook, into its orbit, that decides the totality of the being. Why do we meditate? Why do we chant the Holy Nam? Why do we chant the mantra? Just to concentrate and beam out so we will get a clear signal back. It gives us intuition.

Yogi Bhajan, *Beads of Truth*, # 17, 1973.

So Kio Manda Akheesai

In a woman, we are conceived, and from a woman, we are born.

With a woman, man is betrothed and married.

*With a woman, man enjoys friendship, and through a woman,
the path of life is created.*

When one woman has passed away, man seeks another woman.

To the woman man is bound.

Why call that one bad from whom kings are born?

From a woman, woman is born.

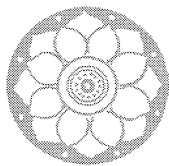
Without a woman, there can be none.

Nanak, only the One True Lord is beyond a woman.

*The mouth which ever praises the Lord is fortunate
and that woman is dyed with radiance.*

Nanak, those faces shall be bright in that court of the True Lord.

~ Guru Arjan - Fifth Channel of Light.



Chapter

Kundalini Yoga Basics For Pregnancy

The physical focus of Kundalini Yoga for pregnancy works to:

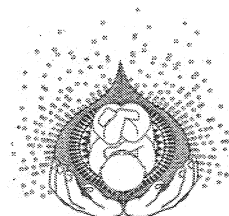
- Stretch your body and support your relaxation.
- Align your body to handle the additional weight of your womb and breasts.
- Improve your breathing (the lungs and diaphragm are essential for birthing).
- Strengthen your pelvic floor.

Kindly refer to Page 59 for Guidelines for practicing Kundalini Yoga and Meditation

Basic Yogic Sitting Pose: Easy Pose (*Sukhasana*)

You probably sat on the floor in Easy Pose as a child. If you have not sat in Easy Pose recently, your groin, pelvis, and lower back may be stiff. Easy Pose stretches the muscles of your buttocks, pelvis and the inner thighs, allowing you to curve your lower spine and open your legs easier as you birth your child. Easy Pose also opens your hip joints and stretches your pelvic floor muscles.

Practicing Easy Pose regularly will improve your yoga and your posture. Sit in Easy Pose throughout the day; for example, ten minutes while you are watching TV, ten minutes while you are sewing buttons, or three minutes while you are talking on the phone.



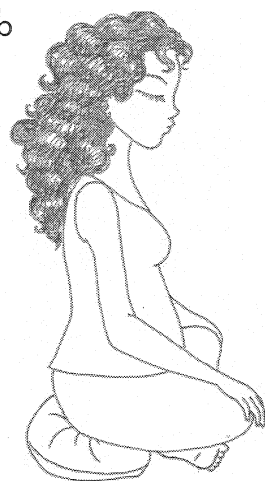
*Your breath
is the your
blessing of life.*



a



b



Easy Pose: How?

Position: Sit on the floor and stretch both legs out in front of you. Bend your right leg and place your right foot under the left knee. Bend the left leg and place the left foot under the right knee (a). (A more advanced variation is to place the left foot on top of the right thigh for women. For men the position is to place the right foot on top of the left thigh.)

When you sit in Easy Pose, make sure that your lower spine rolls forward, that your upper spine is aligned straight. Here are some tips to help you practice Easy Pose:

1. Imagine that a cord is attached to the top of your head, pulling your head up out of your torso. Tuck in your chin slightly, so that your neck vertebrae are aligned.
2. Stretch your spine up straight.
3. Tuck your tailbone under.
4. Shoulders are relaxed and pulled slightly back.
5. Relax and breathe slowly as you maintain the position.

Yogi Tip: Use A Cushion

If you have pain in your lower back, knees, legs or ankles when you sit in Easy Pose, try placing a small cushion or a folded blanket to raise your buttock about six to eight inches (b). Make sure both hips are level.

Increase Your Yogic Results

As you are practicing Kundalini Yoga, kindly include the following during each exercise.

- **Breath:** Maintain a long and deep breath as you are practicing yoga. (See Chapter 8.)
- **Refreshing Breath:** Before and after each exercise, kriya or meditation, inhale and exhale deeply. This will assist you to focus your mind and release any tension. Practicing Refreshing Breath prepares you for the breathing you will use during birth.
- **Third Eye Point:** During most yoga positions, close your eyes and look up at the point between your eye brows - the Third Eye Point. Focusing at your "Third Eye" pressures your optic nerves, which indirectly stimulates your pituitary gland, awakening your intuition, and centering your energies.
- **SAT NAM:** Meditate with each breath. With each inhale, repeat in your mind: **SAT**. SAT means Truth. With each exhale, repeat in your mind: **NAM**. Nam means name or identity. SAT NAM rhymes with "but mom".
- **Relax:** During each position and meditation, maintain an inner mental state of relaxation, as well as a physical state of relaxation. After each position, relax for a few minutes in Easy Pose or on your side. (See Chapter 9.)

Tuning In to Center Yourself

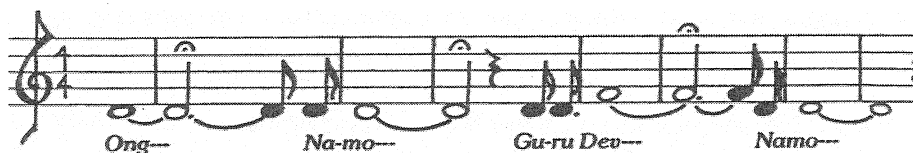
Begin every Kundalini Yoga and Meditation practice by chanting the mantra: *ONG NAMO, GURU DEV NAMO*. "Tuning in" assists you to align yourself with the frequency of the Infinite Self and quiet your mind. This mantra is "God's telephone number." Chanting *ONG NAMO* opens your heart and connects you with the subtle body of Yogi Bhajan and the "Golden Chain" of the past Masters of Kundalini Yoga. Chant it three times to cover your past, present, and future. You may chant it several times if you wish.

Position: Sit in Easy Pose. Press your palms firmly against each other in front of your chest. The sides of your thumbs press on the center of the sternum, which activates your "Mind Nerve," calming your mind. Tips of the fingers are pointing up at a slight angle forward. The forearms are parallel to the floor (c).

Close your eyes and focus at the Third Eye Point. Inhale and exhale a few times before starting. To begin, inhale deeply and chant on one breath: *ONG NAMO GURU DEV NAMO*. Repeat two more times. Inhale and exhale. Relax.

Mantra: *ONG NAMO GURU DEV NAMO*

When you chant this mantra, *ONG NAMO GURU DEV NAMO*, let it vibrate in your being: "I call upon the Infinite Creator who created me. I call upon the Divine Giver of wisdom."



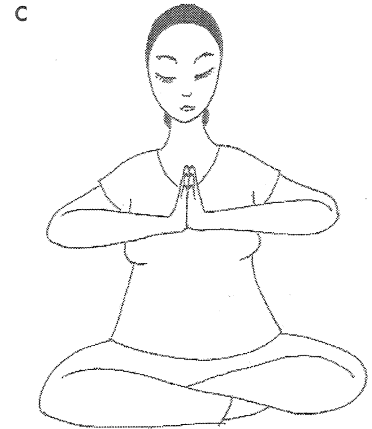
ONG means the Infinite Creative Energy in manifestation.

NAMO means reverent greetings; to call upon.

GURU is the giver of wisdom. *GURU* is the technology which takes one from darkness (GU) to light (RU).

DEV means divine or transparent.

NAMO means reverent greetings; to call upon.

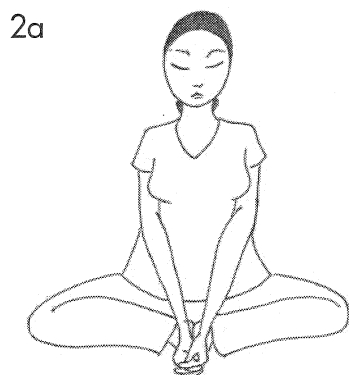
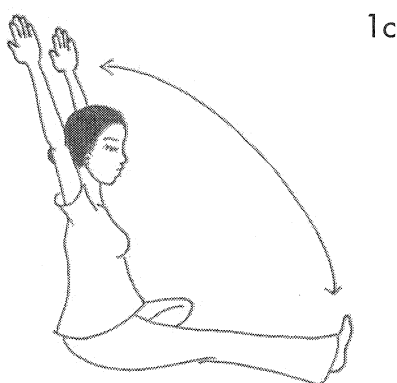
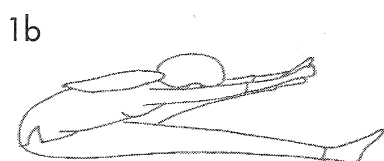
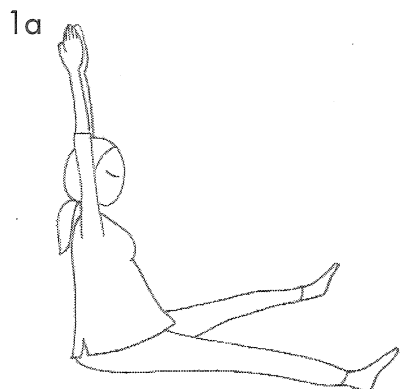


Basic Pregnancy Yoga Positions

The next few Pages contain the most important positions for pregnant women to practice daily. You will find a variety of Kundalini Yoga sets in Chapter 22 for pregnancy, birthing, and to improve your general health and well-being.

Guidelines for Practicing Kundalini Yoga Positions:

1. Acquaint yourself with the directions.
2. Unless other directions are given, begin practicing each exercise for 1- 3 minutes.



3. Inhale and exhale deeply (Refreshing Breath) at least once before beginning the position.
4. Breathe long and deep while practicing the position.
5. Unless other directions are given, focus at your Third Eye.
6. Stay inside your body. Feel the stretch, the movement, and the energy adjusting.
7. To end, inhale deeply and hold for a few seconds, while concentrating at your Third Eye. Exhale fully.
8. Deeply inhale and exhale, once or twice (Refreshing Breath).

Yogi Tip: Refreshing Breath

The Refreshing Breath is used in Kundalini Yoga for Pregnancy to train a mother-to-be to work with her contractions. The Refreshing Breath is practiced immediately before and after a yogic position. During birthing, the Refreshing Breath delivers extra oxygen to the child before and after a contraction (See Page 138).

1. Life Nerve Stretch

Description: Your Life Nerve runs up the back of your leg behind your knee. The Life Nerve Stretch limbers the muscles of the back of your legs and lower back. The position affects your courage and endurance. When your Life Nerve is tight, you may notice that you are high strung and anxious.

Position: Sit on the floor. Stretch both legs out straight in front of you about two feet apart. With the palms of your hands together, stretch your arms above your head, hugging your ears. Inhale with your back straight (1a). Exhale and keeping your spine straight, bend forward from your lower spine and hips, with your arms still hugging your ears. Stretch forward to touch your toes (1b). Allow your stomach to fall in between your legs. Continue for 1 - 3 minutes. Move gracefully with the rhythm of your breath.

Try Advanced Variation of Life Nerve Stretch

- Stretch out your right leg, bring the sole of your left foot next to your right thigh near your groin. Stretch your arms over your head and inhale. Exhale as you bend forward from your lower spine towards your right foot, move from your hip joint, not your waist. Inhale as you straighten your spine (1c). Continue for 1 - 3 minutes. Change legs and continue for 1 - 3 minutes.

2. Sex Nerve Stretch or Butterfly

Note: If your cervix is soft or opened before term, DO NOT practice Butterfly.

Description: This exercise accelerates the stretch you get with Easy Pose. It elongates the "sex nerve" which runs from the pubic bone inside your leg down to your ankle. Sex Nerve Stretch balances your sexual energy and stimulates your vital force. It also prepares you to relax with your legs spread open for birth. It rotates your hip joints, stretches your thighs, lower spine, and pelvic floor.

Position: Sit on a firm, level surface. Place the soles of the feet together. Bring your heels close to your pelvic floor. Align your spine and tuck in your chin. Interlock your fingers and place them over your toes. Gently begin bouncing your knees up and down to the floor. Try bringing your heels closer to your pelvic floor, as you become more flexible. Keep your thighs, pelvic, and hip area relaxed. Breathe long and deep. Continue for 1 - 3 minutes.

Try these more advanced Butterfly variations:

- While the soles of your feet are together, place your hands on the floor in front or behind you (2b). Lift your buttocks off the floor and bounce up and down on the sides of your feet. 1 - 3 minutes.
- Rock side to side with the soles of your feet together. 1 - 3 minutes.
- Place your hands on your knees with the soles of your feet together. Inhale and relax thighs up. Exhale and stretch your knees closer to the floor. Continue for 1 - 3 minutes.

3. Cat and Cow

Description: Yogis have noted that a rigid spine indicates a rigid attitude. Cat and Cow, one of many Spinal Flex positions, assists your flexibility, which will make you feel younger and more energetic. The increased weight of your unborn baby and your enlarging breasts can stress your back. Maintaining a flexible spine, practicing good posture, and conscious breathing can minimize discomfort.

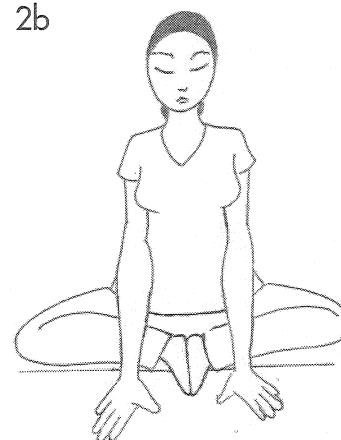
Position: Come onto your hands and knees. Place your knees and legs hip-width apart, and your hands and arms shoulder width apart. Inhale in "Cow," as you stretch up your head, slightly lower your spine. Avoid extreme sway back. Exhale in "Cat," as you bring your chin onto your chest, stretching up your vertebrae between your shoulder blades and tucking under your tailbone. Remain aware of your diaphragm, as it rises under your ribs with the exhale. Continue synchronizing the movement with your breathing for 1 - 3 minutes.

4. Spinal Twist

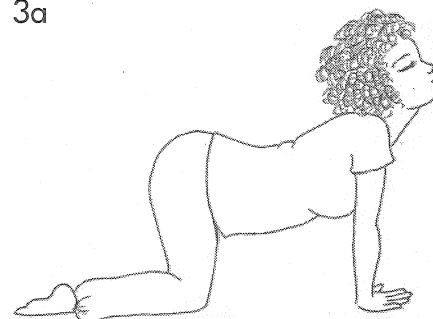
Description: Spinal Twists assists your back muscles to be more flexible. You can practice occasionally throughout the day to relax and energize yourself.

Position: Place your hands on your shoulders, with your fingers in front, and your thumbs in the back. Inhale and rotate your upper body and head to the left. Exhale and rotate to the right. Continue gently rotating left to right, right to left. Coordinate the movement from the center of your body. Keep your arms parallel to the ground with your chin pulled in. Move fluidly with a full, deep breath. Continue for 1 - 3 minutes.

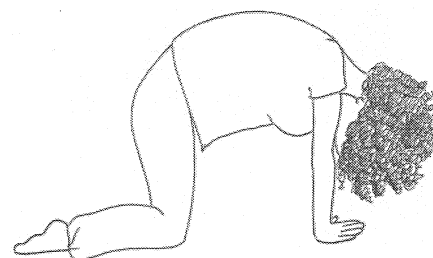
2b



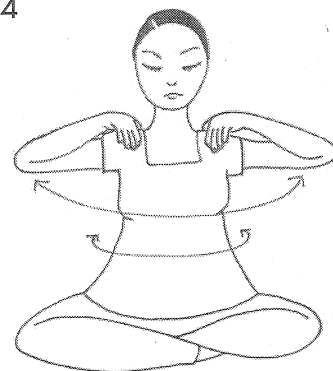
3a



3b



4



5a



5. Squat

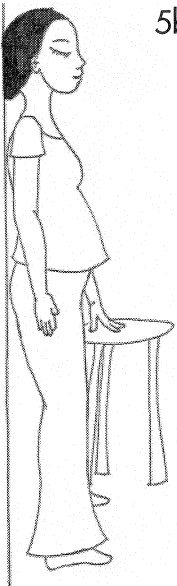
Note: If your cervix is soft or opened before term, DO NOT practice the Squat.

Description: This position is essential for birth preparation. Women from other countries, who live in natural environments, squat for hours. They cook, sew, care for the children, and wash clothes while squatting.

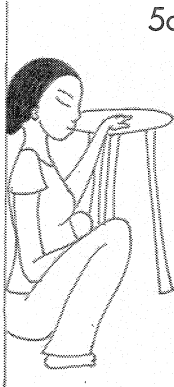
Position: Stand with your legs spread wider than shoulder width. Bend your knees and squat down (5a). Keep your feet flat on the floor, which is the resting position. During Active Birthing, you can balance your weight on the balls of the feet.

Begin practicing squatting about one minute, four or five times daily. Slowly increase the time to 15 minutes. Practice squats often to prepare for birthing. It is a very unfamiliar position for many Western women and practice is essential.

5b



5c



Try These Easier Variations of the Squat

- Lean your back against a wall with your legs and feet spread wide (5b). Slowly lower your weight into a squat, while keeping your back pressed against the wall (5c).
- Hold onto a chair or table with your legs and feet spread wide. Slowly squat as you continue to hold onto the chair or table.

Squatting During Birthing

Squatting opens your pelvis at least 1.5 cm more than sitting or laying, which provides more room for birthing your child. Squatting also increases circulation and amplifies the stretch in your perineum. Your thighs are also strengthened and your hip joints rotate in a position effective for birthing.

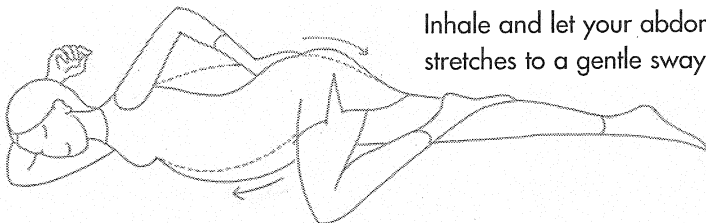
You can use the squat during the Opening Phase of birthing only if your child's head is engaged. If the head is not engaged, the position creates a sharp angle that inhibits the descent of your child's head. During birthing, squat with the weight on the balls of your feet. Squatting is excellent during the Active Birthing Phase.

6. Pelvic Tilting

Description: Your pelvis slightly moves as you inhale and exhale. Pelvic Tilting accentuates this movement, releasing tension in your lower back and pelvis.

Position: Lie on your left side with your left leg almost straight (6a). The right leg is bent so that your right ankle is resting on your left leg and your right knee is resting on the floor. Your head is supported by your bent arm or a pillow. Your right hand is placed on your lower spine.

6a

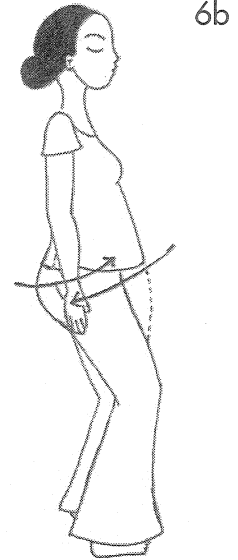


Inhale and let your abdomen fall out of your pelvis while your lower spine stretches to a gentle sway back. Exhale and roll the pelvis back (create a "C" with

your spine), bringing your uterus deep into the abdominal cavity. Your tailbone is tucked under now. Slowly continue for 1 - 3 minutes. Stay aware of the movement of your vertebra and pelvis. Change to the right side and continue for 1 - 3 minutes.

Pelvic Tilt Variations

- **Passive Pelvic Rock:** Relax on your side, as in Active Pelvic Rock, except your partner gently rocks your pelvis forward and backwards, placing his hands on your tailbone and hip.
- **Standing Tilt:** Stand with your legs slightly apart, and bend your knees a little bit (6b). Slightly lean forward and rest your hands on a counter, table, or back of a chair. Rock your pelvis in coordination with your breath. End with your tailbone rolled under and the uterus sitting in the pelvic cavity.



7. Pelvic Floor

Description: Throughout our entire life, our pelvic floor muscles hold all our internal organs up inside our body (7a). A woman can strengthen these muscles when she creates a habit of stopping the flow of urine, at least 5 times, every time she urinates. One of the first noticeable signs of a weak pelvic floor is the inability to hold back urine (7b).

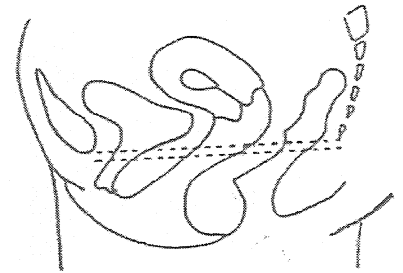
During pregnancy, your pelvic floor has the extra burden of supporting the additional weight of your unborn child. To meet this challenge, practice stopping the urine flow and perform a combination of the following pelvic floor exercises, for at least 200-300 repetitions daily.

Position: Sit in a comfortable position with your spine straight. Contract your pelvic floor muscles in an independent rhythm to your breathing. Allow your breath to relax as you practice. Place your hands on your abdomen, as you tense your pelvic floor muscles. Your thighs or buttocks should remain relaxed.

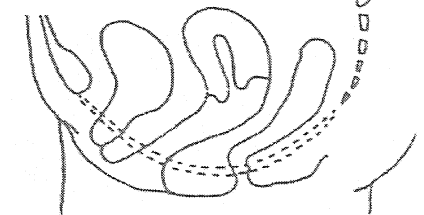
Practice all variations daily, 50 - 100 times each:

- **Slow:** Tighten your pelvic floor muscles and hold for three seconds and release.
- **Fast:** Tighten and release your pelvic floor as fast as you can.
- **Water up:** Pull up your pelvic floor muscles high, as if you were trying to suck water up into your vagina. You can use your lower abdominal muscles. Relax and push out the muscles, as if you were releasing the water.
- **Elevator:** Imagine your pelvic floor is an elevator. Slowly start to tighten the muscles moving higher up with the elevator. Then slowly move down and release to the basement. Very effective to train your pelvic floor muscles to release your child's head during crowning.
- **Advanced training:** Alternate between the muscles around your urethra, vagina, and anus. (It is possible)
- **Buttock bones:** Sitting in Easy Pose, contract your internal pelvic muscles to pull together your *sit bones* (the tips of your pelvis which you sit on).

7a



7b



Basic Yoga For Breast Area

During pregnancy, as your breasts become heavier, you may be challenged to maintain good posture. Yogi Bhajan recommends that pregnant women strengthen their chest and breasts areas by practicing the following arm positions. He specifically said that the chest and breast areas relate to the lungs. Healthy lungs provide you with strength for birthing.

The following breast area positions are also helpful during lactation, in order to increase circulation to your breasts and minimize tense shoulders. You can experience shoulder tension from the increased weight of your breasts or while feeding for a long time in one position. Be careful to choose a relaxed position and support yourself and your baby with pillows. Practice these exercises often so you can enjoy breastfeeding. Women have found that their milk production and release of milk functions better when their breast area and shoulder muscles are relaxed.

Besides the following yoga positions, you can swim, lift weights, or row to give your breast area extra exercise. Strong chest muscles and a supportive bra can prevent your breast ligaments from becoming over-stretched.

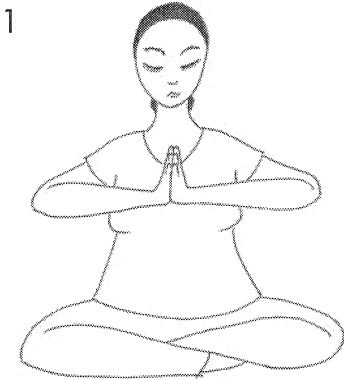
Yogi Tip To Increase One's Electromagnetic Field

All yoga positions using the arms work on building the electromagnetic field, which is our protective energy field.

1. Active Prayer Pose.

Description: Active Prayer Pose strengthens and improves the circulation to your upper chest area.

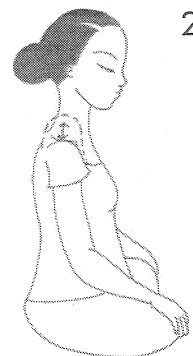
Position: Sit with a straight spine. Bring your palms together in Prayer Pose with your forearms parallel to the ground (1). Push as hard as you can as you breathe long, deep, and powerfully. Push the hands against each other so that they shake. You should feel a tension in the upper part of the breast area. Continue for 1 - 3 minutes. Relax.



2. Shoulder Lifts

Description: Shoulder Lifts keep the shoulders and upper chest area relaxed and improve concentration. Great exercise to release the world from your shoulders.

Position: Sit with a straight spine. Inhale and raise both your shoulders up to your ears. Exhale and relax your shoulders down (2). Your breath can be rapid and full, or meditative and slow. Continue for 1 - 3 minutes. Relax.



3. Shoulder Circles

Description: Practicing supports circulation to chest and breast area.

Position: Sit with a straight spine. Bend your elbows, keeping your hands relaxed. Rotate your shoulders in large circles forward. Inhale when your shoulders are up. Exhale when your shoulders are relaxed down (3). Continue for 1 - 3 minutes. Relax. Change direction: rotate your shoulders in large circles backwards for 1 - 3 minutes. Relax.



4. Aura Sweep

Description: This movement builds up your aura as well as your nervous system. Practice Aura Sweep with a powerful and deep breath.

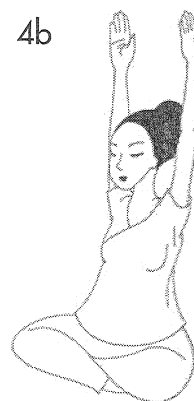
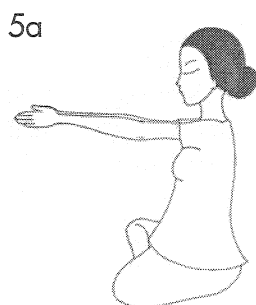
Position: Sit with a straight spine. Your arms are straight, with the palms facing down (4a). Inhale, and raise your arms up to hug your ears with your palms facing each other (4b). Exhale and lower your arms to your sides. Continue for 3 - 11 minutes. Alternate the tempo from slow to rapid.



5. Heart Center Activator

Description: Maintain your awareness of the energy radiating out from your heart center. Coordinate a powerful breath with a strong movement of the arms.

Position: Sit with a straight spine. Your arms are straight and your hands facing each other (5a). Inhale, stretch your arms out to sides (5b). Exhale, bring your palms together (5a). During this exercise, keep your arms straight and parallel to the ground. Continue for 3 - 11 minutes.



6



6. Conquer Pain

Description: This will train your body to conquer pain, which can help you meet the challenge of birthing. The first three minutes will be tolerable. Then the totality of you will be challenged. Focus on your breath. Remain relaxed. You have to win.

Position: Sit in Easy Pose with your spine straight and your chin in and chest out. Split your fingers so that the Jupiter (pointer) and Saturn (middle) fingers are together and the Sun (ring) and Mercury (small) fingers are together. Stretch your arms straight out to the sides, parallel to the ground. Your left palm faces down and your right palm faces up (6). Inhale deeply and powerfully through your mouth, as though you are drinking the air. Exhale powerfully through your nose. Breathe slowly so that you breathe only three times per minute. Keep your arms straight and armpits stretched open.

Begin with one minute and increase to 11 minutes. To finish: Inhale deeply through your mouth, hold your breath for 15 seconds, stretch your arms out to the sides, and stretch your spine upwards. Exhale through your nose. Repeat this inhale and exhale cycle two more times.

Yogi Tip: Challenging Arm Exercises

Challenging arm exercises and meditation are an excellent preparation for birthing. Begin with a Refreshing Breath and breathe deeply, inhaling SAT, and exhaling NAM. Continue, as you focus on your Third Eye Point. Relax your arms and entire body. Center yourself as you breathe consciously. End with a Refreshing Breath.

Challenging Arm Exercises give you the experience of your own strength and capacity to endure. You may find yourself confronting fear and challenging your perception of pain. The keys to utilizing this experience for birthing are to concentrate on your breath, focus on your Third Eye, relax, and focus your mind on the mantra and the breath, as your eyes focus on your Third Eye Point.

Mudra: Your Energy Map

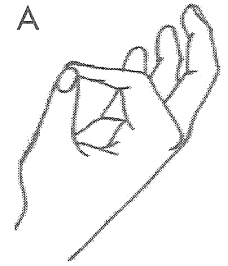
Your hands contain an energy map of your consciousness and health. Yogis use different hand positions, or mudras, to direct energy throughout the body and brain. The following examples show the most common mudras used in Kundalini Yoga practice. The first four mudras connect the thumb, which represent the ego, with different fingers.

Yogi Tip For Mudra Use

Creatively integrate these mudras in your daily life. Try nonchalantly using one of the first four mudras during challenging times for extra support and energy. Add a mudra to your walking routine for extra benefits.

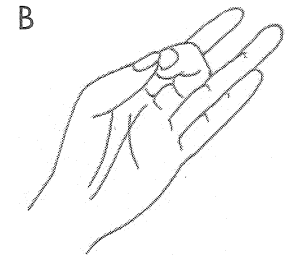
Gyan Mudra (Seal of Knowledge)

Description: Activates your inner knowledge (represented by the index, or Jupiter finger). Most often used during meditations. Use Gyan Mudra when you need knowledge and calmness.
Position: Create a circle with your thumb and index finger touching (connect with Jupiter). Other fingers are straight (A).



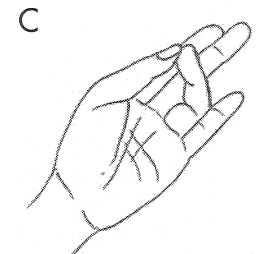
Shuni Mudra (Seal of Patience)

Description: Activates your patience (represented by the middle finger, or Saturn finger). Use Shuni Mudra when you need tolerance and endurance, with yourself, your family, or children.
Position: Create a circle with your thumb and middle finger touching (connects with Saturn). Other fingers are straight (B).



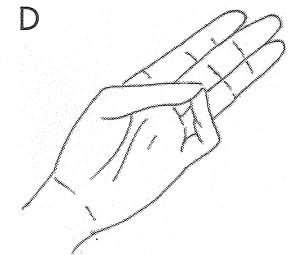
Surya Mudra (Seal of the Energy)

Description: Activates the powerful energy of the Sun (represented by the ring finger). Use Surya Mudra when you need strength, health, and power to keep up.
Position: Create a circle with your thumb and ring finger touching (connects with the Sun). Other fingers are straight (C).



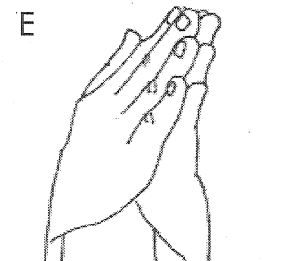
Buddhi Mudra

Description: Opens your communication and psychic energies (represented by the small finger, or Mercury finger). Use Buddhi Mudra to speak more consciously and listen more attentively.
Position: Create a circle with your thumb and small finger touching (Mercury). Other fingers are straight (D).



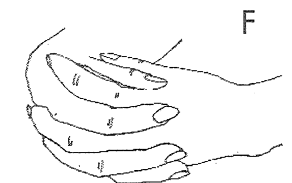
Prayer Pose

Description: Prayer Pose balances the left and right sides of your body and mind. The pressure on the center of the sternum calms your mind.
Position: Sit in Easy Pose. Press your palms firmly against each other in front of your chest. The sides of your thumbs press on the center of your sternum, calming your mind. Tips of your fingers are pointing up at a slight angle forward. Your forearms are parallel to the floor (E).



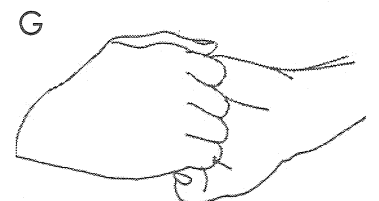
Venus Lock

Description: This mudra is often used in yoga postures and meditations. Venus Lock channelizes one's sexual energies and improves concentration. When you are tense, place your hands in Venus Lock to relax, and breathe long and deep.
Position: Interlace the fingers of both hands, beginning with the left thumb on top, right small finger on bottom. The right thumb presses in the webbing between the left index finger and left thumb. The left thumb presses on the fleshy base of the right thumb (F). The thumbs do not cross. (Reverse the entire sequence of interlock for men.)



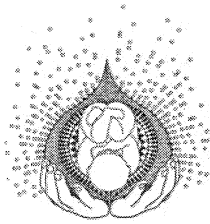
Bear Grip

Description: Stimulates the heart and improves your focus.
Position: Left palm faces away from the chest with the thumb down. The right palm faces the chest with the thumb up. Curl your fingers and grip the fingers of the other hand. Pull the hands away from each other. (G)



Chapter

The Breath of Life



From the time you were born, you have been breathing. Day in and day out, your breath has been regulating your oxygen and carbon dioxide, and has cared for your total physical, mental, and emotional health and well-being. Deep, full breathing cleansed your blood and assisted in your speedy healing, both emotional and physical. It also activated your pituitary gland, which stimulated all of your endocrine functions, improving the functioning of your body.

A deep, relaxed breath leads to a relaxed mind, more vitality, and an increased feeling of internal security. Using specific breath patterns, you can adjust your emotional and mental state, which is crucial to handling the stress of daily life, birthing, and parenting.

These guiding principles will support your breathing practice:

- Wear loose clothes which do not inhibit your breathing.
- When practicing breathing exercises, sit with a straight spine and open chest, or lie down comfortably supported by pillows.
- Relax your face and body.
- Breathe through your nose, which filters, warms, and humidifies the air.
- Maintain a deep, full and rhythmic breathing pattern.
- Inhale, think SAT. Exhale, think NAM (See Page 62).

Breathing Basics

We will focus on three basic breathing patterns. You can apply any pattern throughout your day, during your yoga practice and as you birth your child. As your body adjusts to your enlarged uterus, you may notice that one or another breathing pattern is more comfortable. Tune into your own body and breathe fully and consciously.

These breathing patterns strengthen your diaphragm, a circular barrier of muscular tissue that separates your lungs from your abdominal cavity. During the Push Phase of birthing, a strong diaphragm is invaluable as you birth your child.

Practice breathing while comfortably lying down. If you are over six months pregnant, it is advisable to lie on your side with pillows supporting you. Relax all muscles of your body. Let your breath flow easily.

1. Simple, Natural Breathing

Watch infants, children, and relaxed energetic adults, breathe naturally. They maintain a high level of activity and adventure throughout the day. As you practice this breath, inhale and exhale through both nostrils, keeping your chest and ribs very relaxed.

Inhale: Inhale slowly into your belly, allowing your abdominal muscles to expand and relax out. A vacuum in your lungs is created, forcing more air automatically into your lungs.

Exhale: Begin the exhale by smoothly bringing your belly in and up, which will raise up your diaphragm and empty your lungs. Your ribs will narrow and your shoulders and chest will lower.

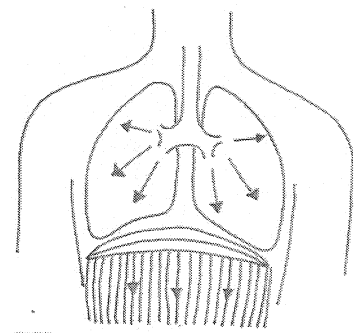
2. Long Deep Breathing: A Yogic Breath

Yogic Long Deep Breathing (LDB) uses the full capacity of your lungs, accelerating the effects of Simple, Natural Breathing. LDB has a multitude of benefits for maintaining and building your health; LDB energizes as well as calms, relaxes, and speeds up emotional and physical healing.

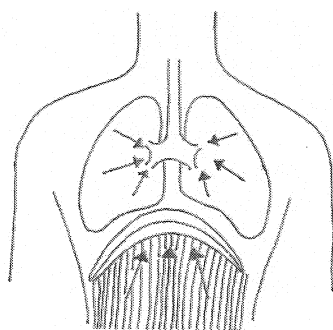
As you practice Long Deep Breathing, inhale, and exhale slowly through both nostrils. Keep your chest and ribs very relaxed, allowing your rib cage to move. Breathe rhythmically: Allow seven seconds for a complete inhalation. Hold for a short pause. Allow seven seconds for a complete exhalation. Hold briefly.

Inhale: Breathe a slow deep breath into your belly as you:

- Allow your abdomen to relax and expand, and your diaphragm to descend.
- Breathe to expand your chest.
- Let your shoulders and collarbone move as your lungs fill.



Inhale



Exhale

Exhale: Release the breath, beginning the exhale as you:

- Relax your shoulders and upper chest.
- Slowly empty your chest, as your diaphragm rises up and under your ribs.
- Pull in your abdomen to release the last air.

3. One Minute Breath

Yogi Bhan specifically recommended that pregnant women practice the One Minute Breath in order to strengthen the power of the lungs and diaphragm for birthing. Yogis also practice this breathing sequence to calm anxieties, fear and worry, open the intuition, and activate the entire brain.

Inhale: Breathe the air very slowly into the lungs for 20 seconds.

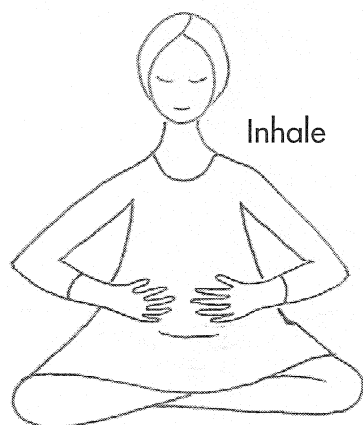
Hold: Suspend your breath, as you relax the chest and shoulders for 20 seconds.

Exhale: Release the breath very slowly for 20 seconds.

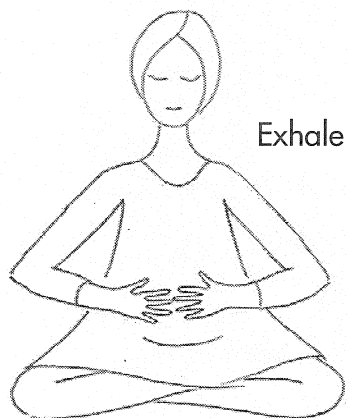
Continue this sequence for 7 - 11 minutes daily.

Check Your Breathing

You can check and see if you are breathing correctly by placing both hands on your abdomen, over your navel. The fingers of both hands are touching. When you inhale deeply, the fingertips should separate slightly. When you exhale, the fingertips should again touch. Feel how your ribs are expanding with each inhale, and contracting with each exhale.



Inhale



Exhale

Breathing for Birthing

During birthing, a simple, conscious breath is the most effective way to breathe. As you practice yoga now, you are preparing to handle the contractions of your uterus. As you birth your child, conscious breathing prepares you to merge with your body by:

- Creating a rhythmic focus, helping you to relax and meditate.
- Providing you with a sustainable source of energy.
- Activating your pituitary gland. This secretes Oxytocin, a hormone that stimulates your uterine contractions. Your pituitary also awakens your intuition providing you inner knowledge and guidance as you birth.
- Regulating your body's pH (acid-alkaline) balance, which affects your ability to handle stress and discomfort.
- Rewriting your past pain experiences. You are focused in the present and therefore, past experiences are less relevant.
- Influencing your parasympathetic nervous system which controls your horizontal uterus muscles (Page 132) and the opening of your cervix. When your uterine contractions become stronger and more intense, your breath will regulate itself to become faster and will move higher into your chest area.

The Power of Yogic Breathing

The following breathing techniques support your mental and emotional balance.

1. Left Nostril Breathing: Relax

Description: Left Nostril Breathing activates the *Ida* nerve ending in the left nostril, which relates to calmness and relaxation. Left nostril breathing is associated with the moon energy, which is changeable, feminine, yin, giving, and cool. Breathing through the left nostril for five minutes can calm you and lower your blood pressure.

Breath: Sit in Easy Pose. Close your right nostril with your right thumb, your other fingers are stretched straight up as antennas. Your left hand is in Gyan Mudra (Page 70) on your left knee. Close your eyes and concentrate at your Third Eye (Page 62). Begin to breathe long and deep only through your left nostril. Continue for 3 minutes.



2. Right Nostril Breathing: Active

Description: Right Nostril Breathing activates the *Pingala* nerve ending in the right nostril, which relates to alertness and activity. Right nostril breathing is associated with the sun energy, which is constant, masculine, yang, and hot. Breathing through the right nostril for five minutes can energize and raise your blood pressure.

Breath: Sit in Easy Pose. Close the left nostril with the left thumb; the other fingers are stretched straight up as antennas. The right hand is in Gyan Mudra (Page 70) on your right knee. Close your eyes and concentrate at your Third Eye (Page 62). Begin to breathe long and deep through your right nostril only. Continue for 3 minutes.



Yogi Tip To Regulate Your Energy

Throughout the day, we predominantly breathe through one nostril or the other. Your body regulates your energy and emotional states by switching your dominant nostril every 90 to 150 minutes. When you want to switch your energy, breathe through the nostril of your choice.



3. Alternative Nostril Breathing: Balance

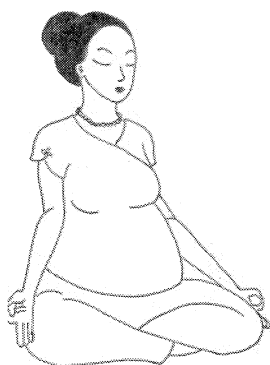
Description: Alternative Nostril Breathing creates a relaxed, harmonious feeling as it balances the left and right hemispheres of the brain. Practice before bed or when tense.

Breath: Sit in Easy Pose. Your left hand is in Gyan Mudra (Page 70) on your left knee. Close your eyes and focus at your Third Eye (Page 62). Breathe relaxed, deep, and full, as you practice the following sequence, for 3 - 5 minutes.

- Inhale through the left nostril (close your right nostril with your right thumb).
- Exhale through your right nostril (close your left nostril with your right index or ring finger).
- Inhale through your right nostril (keep your left nostril closed with your right index or ring finger).
- Exhale through your left nostril (close your right nostril with your right thumb).

4. Segment Breath 4:1

Description: Segment Breathing in 4:1 rhythm is an excellent pregnancy breath because it is uplifting, "clears your head," and energizes. Magnify the effect of this breath by adding a mantra: Inhale, think SAA TAA NAA MAA. Exhale, and think WAH-HE GURU (means indescribable wisdom).



Breath: Sit in Easy Pose. Relax your hands in Gyan Mudra on your knees. Close your eyes and focus at your Third Eye. Breath is broken into segments or "sniffs." Continue for 3 - 5 minutes.

- Inhale in four segments. Briefly pause.
- Exhale in one long segment. Briefly pause.

5. Sitali Breath: Cooling

Description: *Sitali* Breath, or *Sitali Pranayam*, cools and relaxes. It also "clears your head," lessens heartburn, and aids digestion. If your tongue tastes bitter when you practice *Sitali*, it is a sign of detoxification. Just continue.



Breath: Sit in Easy Pose. Relax your hands in Gyan Mudra on the knees. Close your eyes and concentrate at your Third Eye. Roll your tongue into a "V" with the tip just outside your lips. (If you cannot roll your tongue, stick the tip outside your mouth and curve it.) Breathe for 3 - 5 minutes.

- Inhale through your rolled tongue.
- Exhale through your nose.

Nobility

Noble is a virtue of the presence of God.
Greatest virtue that can be expressed.

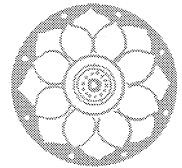
Noble through every one, whatever they may be.
Before the one God equality.

Noble is a virtue that affects every Soul,
As innocence affects the heart.
Woman has one virtue to be noble till death,
Living nobly is very blessed.
Living your Truth is happiness.

A noble woman gives birth to a noble life,
Noble children and surroundings be.
A noble woman looks and lives nobility, even if she lives in poverty.

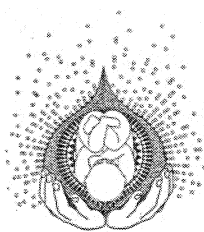
And like a mirror distorted when it is cracked,
Noble habits are a noble life.
Don't barter character values for benefits,
Noble one of God does not forget.

Waheguru Kaur



Chapter

Relaxation



Relaxation is an art and a science. The process of relaxation is only partly physical. On the subtle level, the mind holds the tension and the muscles carry it in a manifested form. When you practice yoga with a conscious full breath, and follow your practice with a deep relaxation, you can release your physical and mental tension.

During the first months of pregnancy, you can relax on your back with your limbs supported by pillows. Later, as your uterus enlarges, you will notice that relaxing on your side, supported by a pillow, is more comfortable. Cover yourself with a natural fiber blanket or shawl during relaxation.

Yogi Tip: Strengthen Your Nerves

Strengthening your nervous system can improve your ability to relax. The Meditation for Strong Nerves (Page 229) is an effective and simple yogic tool.

Art of Relaxation

Practice relaxation in a quiet and comfortable spot. It may be helpful to have someone slowly read this section to you. You could also record it in your own voice and play it back, followed by a few minutes of uplifting music.

We will break up the relaxation process into four parts:

- **Comfortable position**

Lie down comfortably. Support your limbs with pillows.

- **Limit external stimulation**

Close your eyes and be with yourself. Everything worthwhile is happening inside of you. Close your eyes and limit the bombardment of outside stimulation. Explore your inside beauty and the miracle of your child growing inside of you.

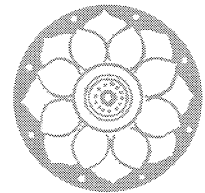
- **Breath,**

Begin to breathe deeper, more slowly, and more relaxed. Focus on the rhythm of your breath. Do not get involved with any thought. Let any thought flow out of your mind with your exhale. Continue to breathe more slowly and deeply.

- **Relax**

Instruct your body and mind to let go. Now begin to move through your body: acknowledge it, be thankful for it, and then let it relax. Begin with one foot. Feel each bone and muscle and then let go of the sensation of the foot. If the foot is tense or you have difficulty feeling the existence of the foot, inhale as you tighten the whole foot - every muscle - and tendon. Begin to relax the foot as you slowly exhale, consciously releasing any tension as the breath is escaping from your body. Let the foot lie passively relaxed. Breathe long and deep a few times and then become aware of your leg.

Follow the conscious relaxing process. Then feel your other foot and leg, repeating the process. Then become aware of each leg and each body part: feel your torso, your hands, your arms, your shoulders, your neck, your head, and your face. Your mouth is slightly open. Relax your lips and tongue. Your lower jaw hangs slightly down and your molars are separate



*When a woman is relaxed,
she is automatically intuitive.*

Yogi Tip: Relax Your Lip & Jaw

Your lips and jaw are connected energetically with your cervix and the pelvis. During relaxation, practice releasing tension from your mouth, lips, and jaw. During birthing, utilize this practice to actively support the birth process.

Relaxation Techniques

There are many relaxation variations. Here are a few visualizations that you can practice daily to deeply set your experience.

- **Healing Light**

Visualize healing energy and light with each inhale and consciously send it throughout your body. With each exhale, draw out and release any tension in your body.

- **Cleansing Waves**

Maintain a smooth rhythm of your breath. Whenever a thought emerges, imagine a wave of the purest, cleanest water moving the thought out to sea. When you inhale, let the waters rush throughout your body, down to the toes, down to the fingertips. As you exhale, feel the wave retreat back to the Infinite Sea. Release any thoughts and tension with your exhale.

- **Pendulum**

Imagine your breath swinging rhythmically inside and over your body. Its rhythm lets you relax and float in a state of peace.

Practice Body Awareness

As you practice relaxation, you will improve your own body awareness. You will also become more conscious of the being growing in your womb, feel his/her movements, and develop a deeper relationship with your child.

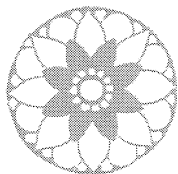
As you practice relaxation, it will become easier for you to handle daily stressful situations with grace. You are learning to observe yourself, look deeper into your own self, and become more aware of your inner feelings and thoughts. You are training yourself to feel comfortable inside your own self. You are acquainting yourself with your inner peace and strength, which will support you as you give birth and for the rest of your life.

A woman's tranquility, her grace, her peace, her calmness, her absolute mental meditation, her faith and love and kindness, her compassion for God, her gentleness, and her radiance is what gives strength to a nation in the second, third, and fourth generations.

Yogi Bhaajan, Women's Camp, New Mexico, 1989.

Relaxation During Birthing

Birthing is related to one's ability to relax and surrender to the process of birthing. A woman needs to prepare both her mind and the body before birth in order to deeply relax and surrender as she births her child. When there is tension, there is pain. As you relax your body, bring your breath into a tranquil rhythm. When you allow yourself to release any tension and merge with the process, birth becomes a transcendent experience.



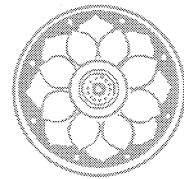
Mantras Assist Relaxation

Mantra is a word or phrase that connects your mind with your Higher Self (Page 62). Kundalini Yoga uses the Bij (Beej) Mantra, *SAT NAM*. *SAT* means truth. *NAM* means name or identity. This means "I call on my true identity or my true self". Our true self is the part of us that is Infinite. The part of us that is constant, always true, neutral, and expansive.

Practice mentally repeating *SAT NAM* as you practice Kundalini Yoga. Hold *SAT NAM* in your mind throughout your busy day: while you are washing dishes, waiting for a meeting to begin, riding your bicycle, or even waiting for the bus. Use *SAT NAM* to clear your mind and guide your actions. Program *SAT NAM* now as it is an invaluable tool to accompany you during birthing, as you breathe, relax, and center yourself.

The mind has to be given the medicine of thought. Higher thought is the medicine of the mind that allows it to help itself, cure itself. Otherwise the mind is a shattered piece of glass. That is why we do the *japa*. *Japa* is calling on 'SAT NAM, Truth is Thy Name.' *Japa* is calling on energy that is beyond us.

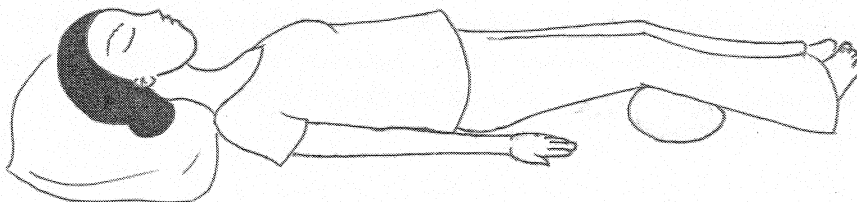
The moment we know and experience that there is something beyond us, we are connecting with God through the power of our thought wave. And, my dear friend, on this Earth there is nothing except God. The intellect will generate thought waves anyway. Why not beam these thought waves to God?
Yogi Bhajan, February 14, 1972.



Pregnancy Relaxation Positions

1. On the Back

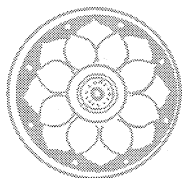
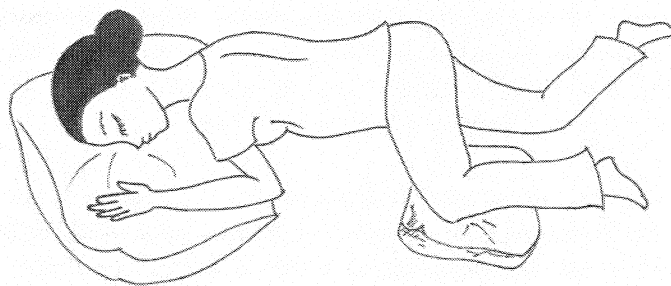
Slightly support your head and shoulders with thin pillows. Place a small pillow under your flexed knees. Let your legs and feet roll outward with your ankles uncrossed. Your joints, hands, and arms should be slightly bent and relaxed. Let your arms relax next to your body with your palms facing up.



Later in pregnancy, long periods of lying on your back should be avoided as the weight of the uterus can restrict major blood vessels that can inhibit your kidney function and can disturb your normal blood pressure.

2. Mother's Rest Position

Lie on one side. Support your head with a pillow or your bottom arm. Your top arm is also forward and slightly bent. Your spine is a relaxed C-curve, without twisting your vertebrae. Allow your abdomen to fall forward onto a pillow. Your upper leg is bent approximately 60 degrees at the knee and resting on a pillow. Your lower leg is only slightly bent. You may be more comfortable with a large pillow supporting your back. If you are leaning more forward on your side, place an extra pillow under your chest.



A woman cannot be happy, though she may have all the wealth, a beautiful banana-husband, zucchini-children and whatever else she may have, until and unless that woman shall continue to be a woman, fulfill herself to be a woman, think all the time to be a woman, and meditate to be a woman. There is nothing else in the world, which can make her happy.

First, a woman has to be a woman, then she must know what type of woman. There are two main types of women: woman in the spirit of the woman, and woman in the body of the woman. If you are a woman in the body of a woman, then you are garbage. You are phony, you are not real, you can fall apart in a couple of minutes.

Once you have the spirit of woman in you, nothing can touch you. The advantage of being a woman is living in the self, because the nature of the woman is the entire Universal Nature; the Mother Nature is at your beck and call. That is the advantage. The disadvantage? The disadvantage is that you always forget.

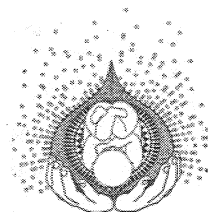
Yogi Bhanjan, Women's Camp, New Mexico, 1977.

Chapter

10.

Body Care

You can breeze through pregnancy if you give your body extra attention. Caring for your body now will make your pregnancy more comfortable, give you more resilience as you birth, and prepare you for an unproblematic recovery after birthing.



This chapter presents practical inspiration and specific Yogi Tips to sustain your well-being. Listen to your body carefully. Discuss with your medical professional before adjusting your lifestyle or using any information in this book.

Kundalini Yoga

Until the 120th day, most women can practice normal Kundalini Yoga exercises, including bandhas (energy locks) and powerful navel breathing, such as Breath of Fire, with the exception of women who previously have had miscarriages, or pregnant women with birth complications, such as weak cervix, bleeding, or cramping. If you are feeling uncomfortable with any normal Kundalini Yoga exercise or if you have not practiced Kundalini Yoga previously, then practice only the pregnancy yoga. After the 120th day, a woman needs to adjust her yoga practice; no heavy exercises, or inverted positions, also no Breath of Fire, mahabhand, or diaphragm locks. Remember to maintain a full and rhythmic breath as you practice Kundalini Yoga, in order to assist the elimination process of your muscles and lymph system.

*Once
you have the
spirit of woman
in you,
nothing can
touch you.*



Sports

You can continue practicing just about any sport that you have been enjoying before your pregnancy. Always listen to the needs of your body. However, beginning a new physically challenging sport during pregnancy should be avoided. Swimming is a great activity to assist you to relax because your body is supported by water. Check in your community for special water exercises or swim times for pregnant women.

THE WONDER OF WALKING

Get Out and Walk

Yogi Bhan emphasizes the extreme importance that a pregnant woman walk four to five miles daily, even if she does NO OTHER physical activity. If she cannot arrange to walk this distance, she should minimally walk 1,000 steps after each meal without fail!

Now we will tell you exactly what a woman is required to do to remain a wonder. Firstly, she is required to walk four miles a day, her structure is that way. The two big abdominal muscles, left and right, which hold your pregnancy, have to be ten times stronger than the male, otherwise you cannot hold the child. Normally, that is why in the seventh or eighth month you start delivering the baby.

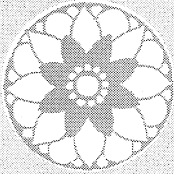
Your body is different from the male totally and absolutely. The male is like a beast of burden; he can carry a load, he can lift weights as a sport. These two muscles inside your abdominal cavity are supposed to be very strong. Under no circumstances, allow a possibility to have your pelvic bone split. Your muscles should be strong enough that if it splits, they can bring it back. When you deliver a baby, your pelvic bones go about four inches apart from each other. You just split apart.

Man doesn't have that capacity. If a man's pelvic bones separate by one inch, he has to have corrective surgery. Your back muscles and especially your lower back muscles should be very strong.

What makes them strong? Walking. That is why when you are pregnant and you have a baby, we ask you to walk five miles a day. We are not anxious to keep you out of the home. The idea is to make you understand that those big muscles are carrying and supporting the baby.

Yogi Bhan, Women's Camp, Espanola, New Mexico, July 21, 1976.

Walking nurtures you as it strengthens your abdominal and pelvic floor muscles and keeps your lower spine flexible. Walking massages your digestive organs, which are often compressed by your growing child.



Walking

is the best exercise

for a pregnant woman.

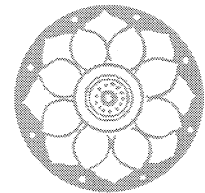
Walk with your hands free, allowing your arms to swing freely. Walk at your own pace, with a full and relaxed breath. Yogi Bhajan suggests that the husband accompany the mother-to-be daily. Walking together is a wonderful opportunity to exercise together and enjoy each other. Don't be shy to ask for accompaniment, especially if you are sensitive or feeling spaced out.

Yogi Tip: *Charan Jaap*

As the husband and the mother-to-be are walking together, they can practice *Charan Jaap*, which is meditating on a mantra in rhythm with each step. As you step with your left foot, meditate on *SAT NAM* (*SAT NAM* means Truth is my Identity). As you step with your right foot, meditate on *WAHE GURU* (*WAHE GURU* means Indescribable Wisdom). Create a rhythm of body, breath, and mantra.

We often see pregnant couples walking together around the block or in the park. It is more than exercise. Their movements are in harmony. They have carved time out of life to walk, meditate, and talk about building their family. It is a very special time. Yogis have noticed when women practice *Charan Jaap* during pregnancy their glands become balanced, and the child is calm and saintly. Yogi Bhajan, Women's Camp, New Mexico, July 13, 1994.

As you walk, be aware of your posture. Imagine an invisible thread attached from the top of your head to the heavens. Tuck under your buttocks, rock the lower part of the pelvis forward. Imagine walking on two adjacent parallel lines. Step softly and gracefully, first on the ball of your foot, rolling onto your foot. Your lower vertebrae can easily become aggravated, when you place your heel down first with a jolt. Avoid waddling as you stride; walk from the middle of your body.

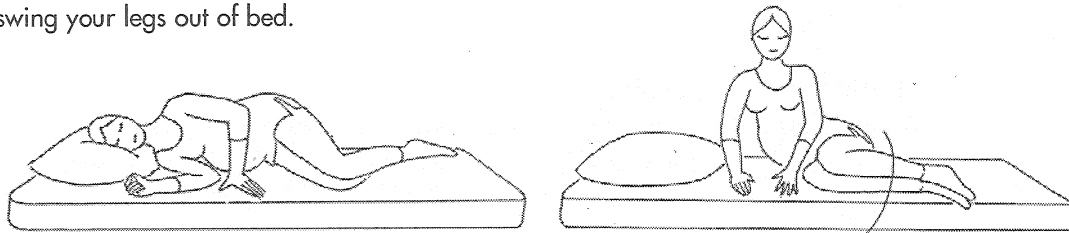


BODY ALIGNMENT

Get Out of Bed Safely & Save Your Belly

Your stomach, back, and legs will be less strained if your bed is minimally one foot off the floor. To avoid overexerting your abdominal muscles, get out of bed consciously. If you sit straight up, your abdominal muscles can get strained, making it more difficult to get them back in shape after the birth.

How to: First, roll onto your side. Bend your knees, and move to the side of your bed. Using your hands, push up your torso into a side sitting position, and then swing your legs out of bed.

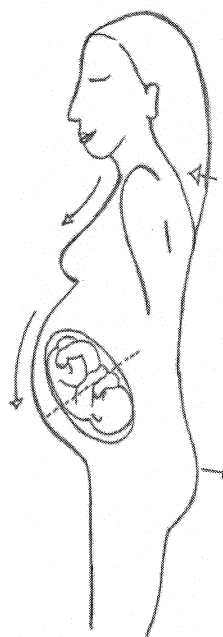


Posture

Correct posture gives a pregnant woman a balanced and graceful look. You will also feel more comfortable. Carry the weight of your child squarely in your pelvic cradle, sharing the weight between your front and back muscles. Your abdomen is slightly pulled in. Your tailbone and buttocks are tucked under slightly, averting a swayback.

Poor posture affects the health of both you and your child. It can influence the flow of nutrients and oxygen to the child. Your digestion and circulation are affected. Poor posture also can be the origin of tense muscles and emotional strain. A protruding belly distributes your belly weight to your back, often leading to lower back problems.

Incorrect Posture



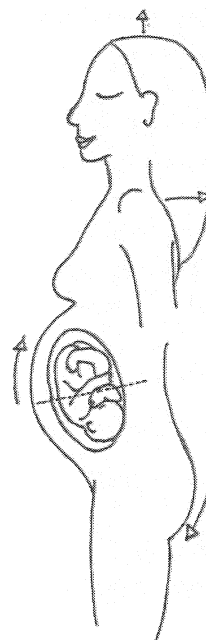
Head slumped forward
Chin stretched forward
Neck not straight

Shoulders slumped forward
Upper back stretched out
Breasts sag

Swayback
Child falls forward from pelvis
Abdominal muscles stretched
Back muscles stretched
Sciatic problems

Knees locked
Weight carried on outer areas of the foot
Walk on heels

Correct Posture



Head well-balanced
Chin slightly tucked in
Neck straight

Shoulders relaxed
Shoulders slightly rolled back
Breasts held up

Pull in abdominal muscles slightly
Tuck buttocks under
Roll pelvis forward
Child sinks deep into pelvis
Abdominal muscles & back carry weight

Knees slightly bent
Weight in center of foot
Walk on "paws"

Lower Back Support

Lower back discomfort, often an inconvenience during pregnancy or birthing, often has its origin from incorrect posture, constipation, or tension on the uterosacral ligament (caused from the forward pull of the growing uterus).

As your child grows, begin to sleep on a firm mattress on your side, arranging your spine in a C-curve, and supporting your back with large pillows. A large body pillow can also be comfortable. Avoid sleeping on your spine. If back problems continue, visit a chiropractor, or osteopath, and arrange for regular massages so you can enjoy this special time.

Yogi Tip: Pregnancy Back Comfort

- Avoid constipation: drink twelve glasses of water daily.
- Walk 1,000 steps after each meal. Every meal, every day!
- Eat fruit daily, preferable separate from other foods to limit gas.
- Get on all fours in the tub and let hot water shower splash on your back.
- Try Pregnancy Massage (Chapter 13).
- Tie a Pregnancy Cummerbund.

Pregnancy Cummerbund

In India, pregnant women often bind a cummerbund consisting of thin cotton material, five yards long and one and one half feet wide (material is folded lengthwise). Shorter variations are also used with beneficial results. Usually a cummerbund is only worn during pregnancy, when a woman has lower back discomforts. Tie it gently and firmly; never tight. Adjust the position of the cummerbund so it is around your belly and supporting your lower back, not under your belly.

During the first month after birth, a cummerbund can provide support when it is tied over your abdomen, supporting your internal organs...remember to continue practicing your pelvic floor exercises!

It is in the nature of the woman to hurt the small of the back, and therefore, to protect this area, a cummerbund is a must, not a belt, but a cummerbund. It has to be able to support the area from the lower rib to the pelvic bone (hip bone). Women who wear this can never grow old.

Yogi Bhajan, Women's Camp, New Mexico, 1978.

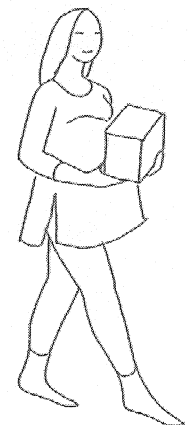
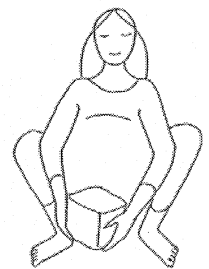
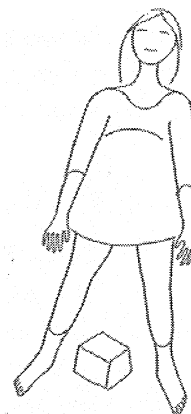
Conscious Bending

When you bend down to the floor, bend your knees, and lower yourself down into a squat. Do not bend forward from your waist! Keep your knees and legs relaxed and open. Hold your head straight. To get up, use the muscle strength in your thighs and not in your lower back.

If you are picking something up, bring the object close to your body before you rise. Remember to carry objects near your body to avoid straining your lower back.

Change Your Position Often

Throughout the day frequently change your position to activate your circulation. Avoid standing for long stretches of time. When you sit down, raise your feet up to relieve leg tension and support your circulation. Be conscious to balance your activities. Cut vegetables sitting down, and then get up to cook them. Or talk on the phone as you walk around, and then sit down to work on your computer or write letters.



NURTURE YOURSELF

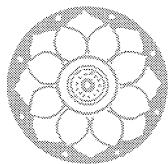
Sleep

A pregnant woman requires additional sleep. You need about eight full hours daily. Your best sleep comes before twelve midnight, so arrange your schedule so you get to bed early. Try adjusting your sleep pattern; you may feel more refreshed during the day. Create rest time each day: a one hour nap, plus two eleven minute relaxations. Often we found that children have a similar sleep and energy pattern as their mother had during pregnancy.

Mouth Care

A mixture of two parts potassium alum to one part sea salt is a simple, cheap, and healthy way to brush your teeth. This mixture detoxifies your mouth, improves circulation and condition of your gums, and cleans your teeth sparkling white. Strengthen your gums by daily massaging your gums with Tea Tree Oil.

After brushing your teeth, brush your tongue to clean toxins. Then, brush the root of your tongue until you gag, releasing mucous from your throat. Yogis call this "cleaning the monkey glands." It is normal if your eyes water. Yogis who practice this daily have fewer colds and their eyes are brighter.



Drink H₂O

Throughout the day, drink at least twelve glasses of pure water. Urinate when the call comes, to prevent waste products to be absorbed back into your blood. When your water balance is off, you can become emotional and mentally unclear.

WATER & WOMEN: BEST FRIENDS FOREVER

Hydrotherapy for Pregnancy

To produce healthy, sensory children, if there are no pregnancy complications, a pregnant woman can practice daily hydrotherapy in her shower.

(We advise all pregnant women to consult their healthcare professionals before practicing the following Hydrotherapy.)

For first 120 days of pregnancy

Massage your belly under cold water until you feel warm. The features and faculty of child will be very strong. He or she will have grit. Yogis call his "extra nurturing" because it supports a better blood supply.

From the 120th day until seven months

Massage belly under cold water for only 3 minutes. This produces disease free children.

From seven months until the delivery day

Shower with lukewarm water only. No cold water after seven months.

Bathing and Sauna

Bathing is very relaxing. You can bathe throughout the pregnancy and even while birthing. Make sure the water is not too hot as the blood vessels can become enlarged and you can feel dizzy and weak. Try a nice herbal scent or make a strong herb tea to add to your bath water.

Saunas should be discontinued during pregnancy. Danish midwives have found that if a woman often takes hot saunas, her placenta has a shorter span of healthy functioning because the blood supply to the uterus is decreased. This has caused a higher rate of premature births.

ENJOY LIFE

Dress Gracefully

Dress yourself gracefully and femininely to affirm your womanly nature. Choose loose fitting clothes so that your movements or breathing are not disturbed. For your energy and health, wear natural fiber clothing (cotton, linen, silk, or wool). Your skin can breathe better, plus it expands your aura. Try to choose white or light colors, as they can help you to be more flowing and relaxed.

Yogis have discovered that there are two things which can increase the size of one's aura: white clothing and cotton cloth. Therefore by wearing white cotton clothing from top to bottom, one's aura can increase up to three times.

Laugh, Sing, and Open Your Heart & Lungs

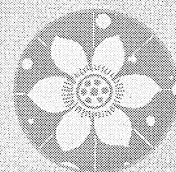
Begin laugh therapy today! Laughter is the simplest and cheapest way to enjoy life. Daily discover something that can stimulate a full belly laugh. Your child will laugh too, as your belly jumps and your heart opens.

Singing is another simple practice to open your heart center, as well as balancing your thyroid and releasing tension. Singing prepares you for birthing by opening your lungs and strengthening your diaphragm. Your child is comforted in your womb when you sing. When you sing the same song or chant during pregnancy, your child will be comforted after birth when you sing it. *SAA TAA NAA MAA* meditation (Page 222) or *GURU RAM DAS CHANT* (Page 234) are recommended, however, other mantras may be used.

Love for music is learned in the womb. Research has proven that if the mother listened to uplifting music during pregnancy, the child has a highly developed ability for rhythm and melody. Avoid loud music during pregnancy.

Chanting vibrates sounds within your being. The gong should only be played very lightly during pregnancy. Do not expose the child to heavy sounds. Even the mother and others should not talk loud.

Yogi Bhajan, Women's Camp, Espanola, New Mexico, April 5, 2003.



Guru Guru

Wahe Guru,

Guru Ram Das

Guru.

Let Dance Adjust Your Body

Enjoy dancing throughout pregnancy. It is great exercise, it's fun, and it gets you into your body. The most important thing is that the music not be loud and that you feel comfortable.

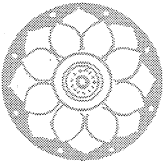
Belly dance originally was used to prepare a woman for birthing. Dancing is good for pregnant women, any kind of graceful dance. She needs to keep active and adjust her body. Remember that the music should be quiet and graceful.

Yogi Bhajan, Espanola, New Mexico, April 5, 2003.

Celestial Communication

When you need a simple and effective technique for healing your body, relaxing your brain, uplifting your Soul, and purifying your entire being, practice Celestial Communication. This meditative technique merges elevating music with graceful movements of your upper body. Yogi Bhajan describes it as **"When your body language joins the vibration of sound, then internal music is created."**

There are Celestial Communication movements for Kundalini Yoga mantras and songs; however, you can also create your own. Here are some guidelines. Sit in relaxed Easy Pose and tune into a graceful, flowing energy as you listen to the words and reflect on the meaning of a mantra or song. Then let your arms and upper body express it. Relax into the energy, smile, and rejoice.



SKIN CARE

To support your circulation and improve your skin, brush your skin daily with a natural bristle brush before your shower. After brushing, massage your whole body, especially your breasts (not your nipples), thighs, and abdomen with a cold pressed, unrefined vegetable oil (preferably organic), to keep your skin elastic, soft, and smooth. Sesame or almond oils are both recommended. Yogi Bhajan mentioned that sesame oil, a pure protein, can be mixed with essential oil fragrances of your choice (for example, rose, sandalwood, or gardenia).

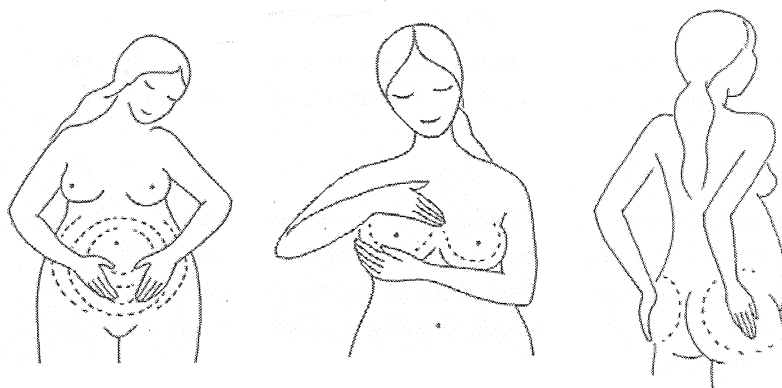
Yogi Tip For Skin Care

If you notice that your skin is dull and dry, try treating yourself to a Herbal Salt Scrub from Sunshine Spa. Vitamin E and a blend of Ayurvedic oils deeply moisturize your skin, as the pure sea salt exfoliates and soothes your skin. Sunshine Spa, a product inspired by Yogi Bhajan, is available at quality health food stores and at Ancient Healing Ways website, www.a-healing.com.

Stretch Mark Prevention

After the first trimester, begin massaging your breasts, stomach, and thighs with a few drops of wheat germ oil after bathing to prevent stretch marks. Massage using a circular motion, moving in both directions.

Massaging your body helps your skin absorb the oil deeper, assisting the prevention of stretch marks. The Vitamin E in the wheat germ oil transports more oxygen to your skin, assisting the repair during stretching and expanding. Continue massaging your abdomen, thighs, and breasts twice daily with almond oil, before your morning shower and again before bed.



Yogi Tip To Prevent Stretch Marks

To further aid the prevention of stretch marks and give a smooth glow to your skin, massage a mixture of yogurt (best homemade), lemon, and honey on your breasts, abdomen, and thighs once a week. Even better, take a bath in it! Warm your bathroom and then sit in the bathtub and massage this yogurt mixture on your whole body. It deeply cleanses the pores. Enjoy a warm shower after the yogurt massage, without using soap. You will feel fresh and heavenly!

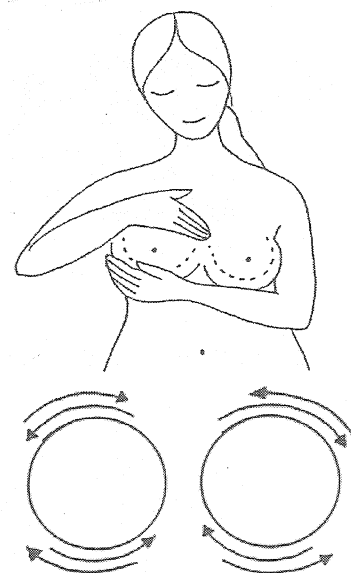
BREAST CARE

Massage your breasts daily in a circular direction using both hands when you are oiling your skin. Place one hand under your breast, moving in a half-circular motion under your breast from side to side. Your other hand is above your breast moving in the opposite direction from side to side. Massage each breast about five to six times.

Your breasts are supported by ligaments. Ligaments do not contract and expand like muscles; therefore, it is important that you provide support for your breasts, as well as exercise for the breast and chest area (See Pages 67 - 68). You can also lift light weights (two to five pounds) using a variety of positions to build the muscles of your chest during pregnancy. If your muscles surrounding your breasts are loose, your lymph glands are pressured.

It is by nature required that women should do exercises for the chest and breast. Woman needs this more than man. It is a natural requirement that women wear bras to hold those muscles that support the breasts because these muscles, if loose, can disturb her lymph gland area.

Yogi Bhajan, Women's Camp, New Mexico 1978.



Breast Massage

A bra helps to support the extra weight of your breasts. Wear a comfortable, correctly fitted bra, preferably cotton, during pregnancy and lactation. Cotton allows your skin to breathe. You will feel more comfortable.

Remember when you breast feed, bring your child's mouth to your nipple. Do not let your child pull your breast to his/her mouth. If necessary, place a pillow under your child to raise his/her head or body.

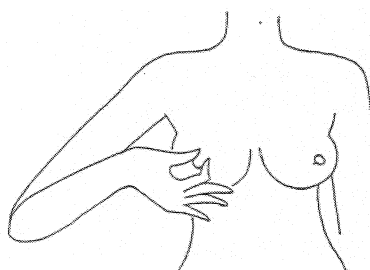
Yogi Tip For Breast Circulation

To stimulate the area above your breast, create a fist and firmly rub the area below your collarbone with your knuckles. Rub on each side for one minute.

Nipple Preparation

Breastfeeding should be a joy. However, women with very sensitive nipples feel it is torture. Around the fifth month, prepare your nipples for your child. Pinch, stretch, pull, and squeeze your nipples often during the day, using your thumb and index finger. You can occasionally rinse them with lemon juice or vinegar water to firm the skin.

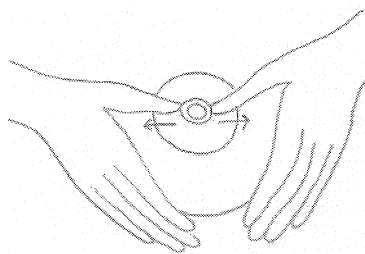
After your bath, rub your nipples well with a towel. If you can sit in a location, where you're secure and relaxed, sun and air on the nipples is also beneficial (See illustration at left). Do not use soap on your nipples because it dries out the skin. Avoid oiling your nipples routinely, as the skin may become too soft. If your nipples are dry and cracked, rub on a drop of St. John's Wort oil. Lanolin is also soothing and restoring, if you are not allergic to wool products.



Nipple Prep

Inverted Nipple & Breast Shield

If you have inverted nipples, you can definitely breast feed your child. Begin preparing an inverted nipple in the second trimester. Place your thumbs directly opposite each other on either side of your nipple and gently draw your thumbs away from the nipple. Repeat this stretching above and below your nipple a few times daily. You can continue to repeat before each feeding to encourage your nipple to come out.



Inverted Nipple

Ask your hospital, midwife, or doctor where you can purchase a breast shield. When you breast feed with a breast shield, your nipple is pulled out, making it easier for your child to nurse. After a few days, your nipple usually is pulled out sufficiently that the breast shield is not necessary. It is better not to use the breast shield for extended periods, as your child does not need to work at sucking, which limits your milk production.

PELVIC FLOOR HOLDS EVERYTHING UP

The pelvic floor, consisting of three layers of muscles, is one of the most important muscle groups in a woman's body. The first layer of these muscles resemble the numeral "8", wrapping around the urethra, vagina, and anus. These muscles are suspended, like a hammock, between your pelvic bones, attached in front to the pubis and in back to the coccyx, with minor attachments to the base of your pelvis.

As your child grows, the weight of your uterus puts extra strain on these pelvic floor muscles. When your pelvic floor muscle tone is weak, your bladder, uterus, and intestines can descend into your pelvis. This can result in a misplaced uterus, urinary problems, or a prolapsed rectum. Weak pelvic floor muscles indicate a lack of circulation, which can lead to back pain, varicose veins, or hemorrhoids.

Well-toned pelvic floor muscles are more elastic, allowing you to have more control of your bladder. Your pelvic floor is also more stretchable and resilient for birthing. Daily practice trains you to consciously contract and relax your pelvic floor muscles, preparing you to actively participate in releasing your child through your birth canal (See Page 67 for specific pelvic floor exercises).

Exercising the pelvic floor during pregnancy and immediately after birthing insures a speedy recovery of the pelvic floor by increasing the circulation and activating the muscles. To assist healing, pelvic floor training can be resumed immediately after an episiotomy. Kundalini Yoga exercises assist in the recuperation of the other two layers of the pelvic floor and may to be practiced 40 days after birthing.

Midwife Tip

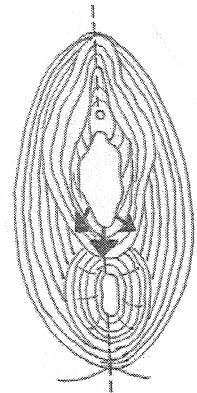
When you oil your body, also oil you pelvic floor with vegetable oil, especially the perineum. A soft perineum will stretch easier during birthing.

Pelvic Floor Muscles ID

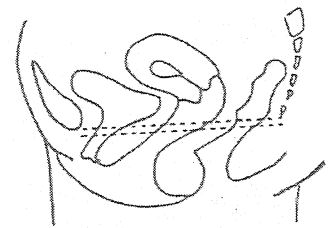
After a bath or shower and with clean hands, place your hands on your pelvic floor. Feel the placement of the bones with your legs open, then with your legs together, and then as you squat. Feel how, when your legs are open, your pelvis is in the most open position, allowing more space for the child to emerge.

To identify the muscles, when you urinate, spread your legs slightly. Begin the flow, and then stop the flow by squeezing together your pelvic floor muscles. Repeat this about 5-8 times for a few seconds each. Do not use your abdomen or thigh muscles. It may take practice but repeat every time you urinate. Girls and woman of all ages should practice this when they urinate. Teach it to your daughters at a young age.

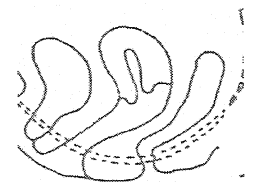
Another practice to identify your pelvic floor muscles: insert a clean finger into your vagina and then contract the muscles around it. This exercise can also be practiced during intercourse, usually with positive reinforcement.



Pelvic Floor Muscles

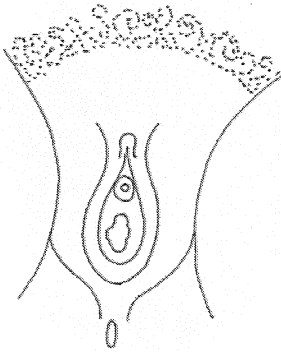


healthy pelvic floor



weak pelvic floor

You can exercise another segment of your pelvic floor when you imagine that you are pulling together your "sit bones" using your internal pelvic muscles. Alternate this practice with squeezing your lower pelvic floor muscles throughout pregnancy.



Pelvic Floor

Pelvic Floor Important for All

The practice and control of your pelvic floor muscles is important throughout life for everyone. Regularly exercising the pelvic floor can also be beneficial for men to lessen premature ejaculation. Older children who wet their beds can be taught these exercises with great benefits. Doctors have found that contracting the pelvic floor while urinating reduces the formation of bladder stones because the urine flows back discouraging settling of deposits. A life-long routine of pelvic floor training can prevent incontinence for almost everyone.

Improving the muscle tone of your pelvic floor increases your genital sensitivity, awakening your awareness during intercourse. After birthing, strong pelvic floor muscles replaces your uterus back up into your pelvis and elongates your vagina. A shortened or stretched vagina can cause discomfort or complications during intercourse.

Woman's value is not beauty, education, or success.

Her value is what future she produces.

It is like a tree.

If ego overtakes a woman,

she only remembers herself,

not her surroundings.

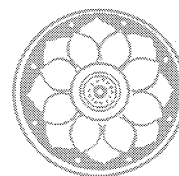
If anybody tells you "Life is going to be smooth, close your eyes, feel good, that's the holy man's way," forget it. That is the coward's way who dies many deaths a day.

Morning till evening the coward lies, the coward plays schemes, he maneuvers, he manipulates and he is scared of his own shadow. Those who live in the light of God, they face death. Death is inevitable. One day it comes to all. Those who do not know how to live with grace have never lived and they will die without the experience of a human life. This is especially true for a woman.

You sell yourself cheap and you will be trapped in your own tragedy. Let no one born of woman put a price on a woman. Make an attitude of pricelessness.

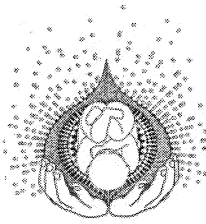
Beauty is not selling yourself and becoming priceless so that no one born of a woman can put a price on you. Beauty is not that you have price on your head. Then you are just a commodity, you are not a human.

Yogi Bhajan, Women's Camp, New Mexico, 1989, Page 140.



Chapter 11.

Pregnancy Comfort & Well Being



The ancient knowledge of Kundalini Yoga contains a wide realm of practical knowledge to sustain your body, mind, and spirit. This chapter contains information that can add comfort to your pregnancy. It is important, however, to carefully listen to your body and discuss any imbalances with your healthcare professional before implementing any information from this chapter.

Constipation

Constipation can be triggered by the diminishing peristalsis of your intestines due to the pressure of your enlarging uterus. Insufficient amount of water and lack of exercise or fiber may also aggravate bowel movements.

- Walk 4 - 5 miles daily (See Page 86).
- Drink 12 glasses of water daily.
- Relax and practice deep breathing for 10 minutes daily.
- Include more raw fruits and vegetables in your diet. Soak dried fruit (prunes, apricots, figs) in water over night and eat with yogurt in the morning.
- Eat whole grain cereals and breads. Discontinue processed grains and sugars.
- Try drinking water with your meals; and try NOT drinking water with your meals.
- Include in your diet: wheat bran, brewer's yeast, linseed (flaxseed).
- German midwife tip: Soak 2 - 5 prunes overnight in water with 1 tbsp. whole linseed (flaxseed) and 2 tbsp. bran. Eat this before breakfast.

High Blood Pressure

- Talk to your doctor about medical support.
- Limit salt intake.
- Drink 12 glasses of water daily.
- Garlic and onions are good but no spicy foods.
- Regular rest: 1/2 hour morning and afternoon.
- Practice 5 minutes of left nostril breathing twice daily.
- Walk in fresh air daily (See Page 84 & 85).

Low Blood Pressure

- Talk to your doctor about medical support.
- Drink 12 glasses of water daily.
- Drink Ginger Tea, YOGI TEA™-Cinnamon Spice.
- Walk in fresh air daily (See Page 86).
- Practice 5 minutes of right nostril breathing twice daily.
- Brush your skin each morning with natural brush, massage with natural oil, shower, and dry your skin briskly after bathing.

Painful Breasts

The milk glands or alveola grow larger and increase during pregnancy. This could cause discomfort. Usually this is only temporary.

- Massage the breasts daily.
- Apply cold, wet cloths to your breasts.

Heartburn

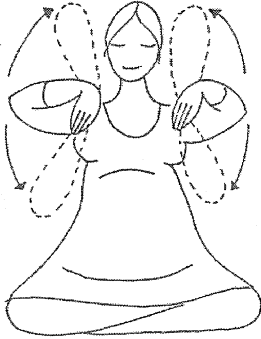
Heartburn can be disturbing during the last trimester. As your uterus grows, it displaces your stomach upward causing your stomach acids to be concentrated in the lower esophagus. Because your esophagus does not have the same mucous lining as your stomach, you feel "burning."

- Eat five or six small meals a day. Sit down to eat. Eat in a relaxed, unhurried, and peaceful manner. Chew your foods well.
- Limit fatty, fried, and spicy foods.
- Rest with head and upper body raised about four inches.
- No sweets. Limit honey intake.
- Wear clothes that are loose around the waist.
- Rest but do not lie down after a meal.
- Throughout the day breathe slowly, deeply and completely.
- Drink 12 glasses of water daily.
- German midwife tip: Dissolve 1 tbsp. healing clay in 1 cup water. Drink mixture immediately.
- Dutch midwife tip: Chew hazelnuts or dry oatmeal flakes throughout the day.
- Over-counter drugs may be harmful to your baby. Never take a medication without consulting your doctor.

*The moment a
woman touches her*

*Soul,
she becomes
fearless.*





Yogic exercises to ease heartburn

1. Rib Cage Opener: Sit relaxed in Easy Pose, hold your shoulders with your hands. Close your eyes. Inhale, and lift your elbows high. Exhale, and lower your elbows to your side. Continue for one to three minutes.
2. Sitali Pranayam (See Page 77).

Hemorrhoids

A tendency for constipation and the increased weight of your womb can induce hemorrhoids.

- See "Constipation" section above to avoid hard stools. It is important that your stools move daily!
- Practice pelvic floor exercises daily, at least 100 times.
- Every evening enjoy a chamomile sitz bath. Place five chamomile herbal tea bags in your bathtub as you are filling the tub. Fill your bath tub so the water reaches only your navel. You can practice pelvic floor exercises as you sit in this chamomile bath water for ten - fifteen minutes.
- When you release your stool, sit in crow pose on toilet, or raise your feet on a small bench. Do not hold your breath and push. Remember to relax your pelvic floor as you release stool.

Indigestion

- Before eating, sit down and relax. Take a few minutes to breathe long and deep. Do not walk around and eat.
- Chew food well.
- Drink fennel, peppermint, or chamomile teas.
- Food combinations can be incompatible. Eat raw foods first; do not combine fruits and vegetables.
- Chew a few cardamom pods and fennel seeds after your meals.

Leaking Urine

If you leak urine when you sneeze, cough, laugh, or cannot hold urine in, it indicates that your pelvic floor is weak.

- Do lots of pelvic floor exercises daily! (See Page 67).
- Walk daily in fresh air. Concentrate on good posture. Contract your pelvic floor and lower abdomen slightly.

Nausea and Vomiting

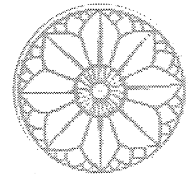
Some pregnant women (not all) experience nausea and vomiting, which occurs often during the first trimester. If you are having problems after the third month, consult your doctor.

- Yogi Tip: Massage your uterus and ovaries before you get out of bed.
- Eat high-protein snacks throughout the day.
- Before you get out of bed in the morning, eat a few crackers, a handful of dry cereal, or a piece of toast or dry bread. Place the food near your bed the night before so that it is readily available.
- Drink a glass of tomato juice or apricot juice with 1 tsp. nutritional yeast before you get out of bed and repeat throughout the day (Vitamin B).

- Get up slowly in the morning. Avoid sudden movements.
- Indian family tip: Eat lemon pickle chutney.
- Eat five or six small meals daily. Never go for long periods without food, even at night.
- RELAX. Refine your sense of humor. Remember it is only for a short time.
- Drink fluids, including soups, between meals.
- Eat alkaline foods, such as green vegetables.
- When you feel nauseated between meals, drink small sips of ginger tea, apple juice, grape juice, or mineral water.
- Avoid greasy and fried foods, including butter, margarine, mayonnaise, gravies, pie crusts, pastries, and french fries.
- When you cook, open windows or use the exhaust fan to remove odors.
- Maintain adequate intake of vitamins and minerals.
- Herbal teas: YOGI TEA™ Raspberry Leaf, or YOGI TEA™ Pregnancy Tea.

Nervous

- Discuss with your healthcare professional.
- Do aura expanding exercises (See Pages 71 and 212).
- Practice daily "Meditation for Strong Nerves" (See Page 229).
- Licorice root helps to calm nerves.
- Ginger root tea strengthens the nerves.
- Increase calcium and magnesium intake.
- Walk 4 - 5 miles daily.
- Avoid junk food, coffee, black tea, sugar, and chocolate.



Sleeplessness

German midwife sleeping brew: Mix dry herbal mixture consisting of 1 oz. of chamomile, 1 oz. of hops, 1/2 oz. of catnip, and 1 oz. valerian root. Pour 1 cup of boiling water over 1 tsp. of this herbal mixture. Cover and steep for 10 minutes. Strain and sweeten as desired.

Yogi Tip for a Good Sleep

1. Wash your feet in cold water before bed.
2. Dry them well.
3. Massage them with cold pressed vegetable oil. Ask your partner to help you.
4. Meditate. Let the day go and relax.
5. Lie down on your right side. Breathe consciously and deeply. Relax your body and be thankful for the day.

Swelling of Feet and Hands

During the last trimester, women often experience swelling of hands and feet because they retain body fluids and their uterus presses on pelvic veins and lymphatic vessels, which slow blood returning from the legs.

- Consult your healthcare professional.
- Lie down and relax a few times during the day with your limbs raised.
- Maintain good posture.
- Change your position frequently. Avoid sitting or standing for a long time.
- Never cross your knees or legs.

- Avoid tight garments that can cause pressure on any part of the body.
- Practice leg and arm exercises (See Chapter 7).
- Drink 12 glasses of water.
- Drink cranberry juice and grapefruit juice.
- Limit salty foods, no sauerkraut, no carbonated mineral water.

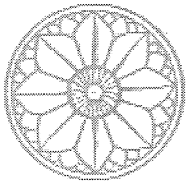
Tingling, Numbness, and Cramps in Limbs

If your heavy uterus disturbs your spinal alignment, consult a chiropractor or osteopath. If you have cramps in your limbs, talk to your healthcare professional concerning your calcium-magnesium intake.

- Maintain proper posture (no sway back).
- Practice yoga for the flexibility of the spine, especially the lower back and area between the shoulder blades (See Cat-Cow Position, Page 65).
- Lie down with your upper body slightly propped up.

Varicose Veins

- Discuss with your medical professional.
- Increase lecithin and Vitamin C and E foods and perhaps take supplements.
- Avoid clothing that can cause pressure on any part of the legs or hips (garters, underwear, knee-highs, nylons).
- Never cross your legs.
- Avoid sitting or standing for long periods, move often, changing weight from one foot to other, and rotate legs often while lying or sitting.
- Walk daily 4-5 miles.
- Take Vitamin C-complex with rutin.



X-rays

It is better to avoid x-rays during pregnancy, especially during the first four months. If it is necessary, shield your uterus. If you need minor dental work, try to avoid anesthesia. If you need anesthesia for extensive dental work, arrange your appointments in last trimester.

Ultra-sound

Avoid routine ultra-sound examinations at each checkup. The effect is not clearly known, but there is evidence that the nervous system of the child could be affected. Avoid ultra-sound examinations during the first three months.

If ultra-sound examinations are necessary, limit the amount and schedule around the 21st - 22nd week. Some doctors recommend that a scan be taken to determine placenta placement and to measure child's head size in comparison with mother's pelvic size. However, other less risky methods can be used.

Vaginal Exam

It is also unnecessary to have regular internal vaginal examinations. It has been found that frequent examinations can lead to stimulation of contractions or infections. If necessary, arrange exam before the 12th week and then after the 36th week.

No to Poisons

During pregnancy and lactation, avoid using nail polish and acetone nail polish remover, as your nails absorb the toxins and transfer them to your blood, and eventually to your child. For this same reason, discontinue hair dyes, hair perms, and anti-perspirants. Investigate at a health food store for alternative products.

Formula For Happiness

Commitment will give you character.

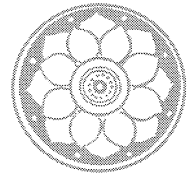
Character will give you dignity.

Dignity will give you divinity.

Divinity will give you grace. Grace will give give the
power to sacrifice.

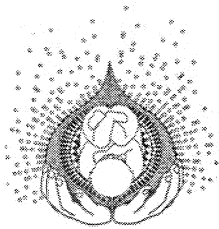
Power to sacrifice will you you achievement. And
then you will be happy.

Yogi BhaJan



Chapter 12.

Nutrition



Pregnancy is a time of incredible change and adjustment for your body. Your body continues to carry on its normal functions, and provides your growing child with physical and subtle energies, while maintaining a balance between these two needs. To eat for two does not entirely mean increasing the quantity. The quality of your diet is actually more important. It is very essential that you eat well for yourself and your child.

You can confirm the love you have for your child by taking care of yourself and creating good, healthy habits. When you eat a well-balanced, nutritious diet before conception, during pregnancy, and while breastfeeding, you have given your best to build a healthy foundation for your child. And a healthier child is a happier child...which makes you feel better, too.

Art of Food

Food preparation is an art. The ingredients, the method, the visual presentation, and the food combination are all important for maintaining good health and deep Soul fulfillment. Food prepared consciously uplifts your attitudes and mental state, by adding the subtle vibrations of love and care. You can heal yourself and your family when you prepare food in a positive mind set. Practice relaxation, singing, and deep breathing while you are cooking your meals and see if you notice a difference.

Enrich Your Food With Blessings

A peaceful attitude and an uplifting prayer can give that extra, indescribable touch to a nutritious meal. When the family is seated, a prayer of blessing and thanksgiving is a priceless habit. These few seconds can calm you down after a hectic day. Your breath relaxes and your stomach has a chance to unwind so adequate digestive juices can be available for digestion. This blessing time brings your family into the "present," in thankfulness, to share the Earth's bounties.

In our 3HO community, we sing *SAT NAM* three times aloud to bless the food. *SAT* is sung long and followed by a short *NAM*. Children love sound and are delighted to sing *SAT NAM*. If there are children in your household, they may enjoy saying a short prayer after *SAT NAM* is sung.

Regular Mealtimes

Regular meals sustain your body's health. You probably will feel better if you eat four or five small meals daily rather than two or three large ones. If you stick to a regular eating schedule, you can prevent skipping meals and avoid overeating at the next meal. Maintaining stable blood sugar is beneficial to your growing child.

Adjusting Your Diet

Doctors usually recommend that women not drastically change their diets during pregnancy. Therefore, it is essential that you consult your healthcare professional before integrating any dietary information from this book. Consult your medical professional before adjusting your diet.

Your fluctuating hormones, the subtle influence of your child, and your own awakened health awareness may inspire you to become more conscious about your eating habits. Medical research recently has shown that the mother's food, liquids, and the pollutants in her environment are transmitted to the child via the placenta in a very short time.

Here are some very basic pregnancy dietary and health guidelines:

- Eliminate junk foods. Sugar and fat are the biggest cause of weight gain and ill health.
- Sit down and eat healthy, balanced meals. Choose your foods wisely. Become more conscious about meal planning and preparation.
- Shop sensibly. Choose fresh, pranic foods, preferably organic.
- Eat 4-6 small meals daily. Highlight fresh or lightly steamed vegetables or fresh fruits for each meal.
- Daily drink 12 glasses of pure water.
- You can add a slice of lemon to alleviate dehydration.
- Drink at least two glasses of fresh fruit or vegetable juices daily. (A juicer may be a great health investment.) Limit mixing fruit and vegetable juices. Sip your juices slowly so that they can mix with your saliva which aids in their digestion.

A pregnant woman's

basic food should be

simple, pure, and

digestible.



- Avoid toxic environments and products: newly painted rooms, gasoline fumes, chemical household cleaning supplies, hair dyes, and dry cleaning solvents (air your clothes out before wearing).
- Consult your healthcare professional for your supplement program.

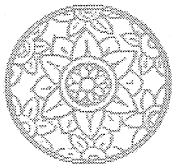
Shopping

Where you shop and what you buy influences what you eat. Make your shopping list at home and shop from it to prevent buying those "little extras." Another trick is to eat a wholesome meal before you grocery shop. Shop at inspiring places, which can encourage you to eat and prepare your food healthfully.

Perhaps you would enjoy joining a cooking class, trading recipes with friends, or experimenting from a new cookbook. Be a little adventurous to expand your food knowledge and health consciousness. Remember, your child will learn his/her food habits from you.

Organic Foods

Organic and fresh vegetables and fruits will give you the most food value. If possible, grow your own. There is a garden plot somewhere waiting to be given love and attention. Join a local food co-op to bring your food bill down without sacrificing nutritional value.



Water

Your body requires more fluids during pregnancy. Your blood volume will increase 1/3 by the ninth month to supply your child and your uterus. Your kidneys and intestines need extra fluid to support elimination. Most pregnant women need to drink 12 glasses of pure water daily. Place a beautiful glass filled with water on your desk, bed table, or kitchen counter to remind you to refresh yourself throughout the day. Herb or spice teas, soups, fruit, and juices are counted separately from the 12 glasses.

YOGIC DIET

The following Yogic Diet is lacto-vegetarian - a vegetarian diet that includes dairy. Choose fresh, unaltered, and unprocessed foods as the foundation of your diet. These foods contain the highest level of *Prana*, with the fullest nutritional value and more money value. Processed, canned, frozen, or chemically treated foods usually offer less for your health, at a higher price.

Fresh fruits, sprouts, fresh grated beets, or lightly steamed broccoli all have more nutritive value than convenience foods. When you eat foods unaltered or simply prepared from the vegetable, fruit, or grain groups, you are creating health for yourself, your child, and building good family eating habits.

Choose Variety

A well balanced Yogic Diet consists of a variety of foods from the four food groups: 1. **Vegetables**; 2. **Whole grains, beans, legumes, nuts, and seeds**; 3. **Fruits**; 4. **Dairy products**. Diversity of pranic, fresh, well-prepared foods offers you will a wide range of nutritional building blocks.

NOTICE: The portions listed for each food group is a guideline for the suggested units of that particular food group. Text in *italics* highlight food preparation ideas.

1. VEGETABLES

Vegetables are roots, shoots, fruits, and flowers of plants. They are an important source of minerals, protein, chlorophyll, and vitamins. Be adventurous and choose a variety of vegetables to get a full range of vitamins and minerals. Eat a wide assortment of raw and lightly steamed vegetables daily so you receive a full spectrum of nutrients.

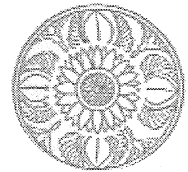
Choose organic root vegetables whenever possible because root vegetables absorb more soil pesticides than above ground vegetables.

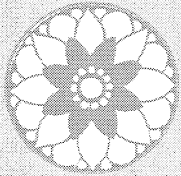
Enjoy at least 6 - 8 units from this group daily. For example, a glass of carrot juice, a spinach and lettuce salad with carrots, red pepper and cucumber, with baked squash or broccoli.

Vegetable juices Fresh pressed juices are a bonus. Carrot juice is high in Vitamin A. Use only organic, fresh carrots as carrots pull a wide variety of chemicals from the soil. Never drink pure red beet juice. The cleansing effect is so powerful that the liver can go into convulsions. Mix beet juice with apple or carrot juice (1:4), or dilute with water (1:3).

Dark green leafy vegetables Contain protein, Provitamin A, folic acid, chlorophyll, Vitamin C and E, calcium, riboflavin, and iron. The darker green the leaf is, the more minerals and vitamins are stored in the plant. Include 2-3 units daily for healthy blood.

- **Artichokes:** Liver support, Vitamin A. *Steam and enjoy with tofu pate.*
- **Beet Greens:** Blood builder. *Steam and add lemon juice or sauté with tofu.*
- **Broccoli:** High quantity of Vitamin C, chlorophyll, and iron. Anti-stress and antioxidant vegetable. *Steam slightly to get full nutritive value; enjoy with ghee and lemon juice.*
- **Collards, Kale, Swiss Chard:** High Vitamin A and C, iron, and calcium.
- **Daikon Radish:** Liver support. Eat small portions regularly.
- **Green Pepper:** Chlorophyll, Vitamin C. *Add to a veggie and tofu sauté.*
- **Fresh kitchen herbs:** Trace minerals, vitamins. Use basil varieties, dill, parsley, chives, mint, or lemon melissa. *Add to sauces, soups, or sandwiches.*
- **Spinach:** Vitamin E, folic acid. Enjoy raw to boost your iron. Good anti-stress vegetable. *Try a spinach salad with fresh parmesan.*





*Your diet
builds
your child's body.
Eat wisely.*

Yellow-orange-red vegetables Contain Vitamin A and C. The deeper the color, the more Vitamin A. Yellow-orange vegetables support the stretch ability of your muscles and tissues during pregnancy and birth. Include at least one unit.

- **Beets:** Liver support, rich in iron and Vitamin A. Organic is recommended. *Grate fresh or steamed beets for salad or in a wrap. Beet soup with a little ginger is energizing.*
- **Carrots:** Vitamin A. Choose organic carrots to limit pesticide intake. The humble carrot is infinitely versatile. *Raw in salads or stand alone sticks; steamed; baked with tofu, onions, and potatoes; in soups; carrot juice.*
- **Pumpkin:** High in Vitamin A, potassium, calcium. *Go beyond pumpkin pie! Try pumpkin in soups, sautés, or steamed.*
- **Red Pepper:** High Vitamin C. *Raw in salads or sandwiches. Add to steams.*
- **Squash:** Easily digestible, Vitamin A. *Steam or sauté and enjoy with couscous. Sauté ginger, garlic, and onions, then add peeled squash and water, for a great soup. Make a Squash Pasta Sauce: saute onions, black pepper, add cooked squash, water, cashews, and some rosemary and salt.*
- **Sweet Potatoes:** Vitamin A. *Steam, sauté, or bake.*

Trinity Roots The respected roots are ginger, garlic, and onions. Enjoy during pregnancy; however, limit eating garlic and onions (especially raw) during lactation because your child may have digestive discomfort.

- **Garlic:** Lowers blood pressure. Eating benefits gastrointestinal discomforts; stimulates and increases semen. Essential for healthy nerves and sexual potency. *Go beyond garlic bread. Add to salad dressings, soups, and sautés. Roast garlic in oven and serve with bread and olive oil.*
- **Ginger:** Raises blood pressure and strengthens the nervous system, allowing the nerves to carry more energy. Great to relieve nausea and stomach discomfort. Maintains the well-being of the lower spine and spinal fluid. *Drink YOGI TEA™ Ginger Tea (or make your own from fresh ginger) and YOGI TEA™ Cinnamon Spice (See Page 116). Ginger ale can help to relieve nausea. Add ginger to sautés for an oriental flavor. Add a small amount of grated ginger to a fruit salad, fruit smoothie, or even cookies.*
- **Onions:** Stimulates blood production, purifies the blood, and helps to balance blood sugar. Raw onions stimulate digestion. Yogis say, "an onion a day keeps the doctor away." Onions round out the flavors of most vegetables. *Begin a soup or sauté with garlic and onions, then add the other vegetables. Add red, white, or green onions to salads or a wrap.*

2. WHOLE GRAINS, BEANS, LEGUMES, NUTS, & SEEDS

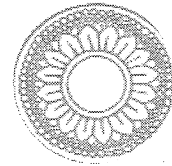
Whole grains, legumes, nuts, and seeds, the pranic holding units of plants, contain protein, carbohydrates, fats, Vitamins B complex, Vitamin E, iron, trace minerals, and cereal fiber. The seed stores the nourishment for its first days of life. In order to receive the benefit of this power, eat the whole part of the seed or grain.

Different methods of preparation, such as fresh, roasted, cooked, sprouted, or ground, unlock food's nutritional value. Most sprouted seeds (for example, sunflower, broccoli, alfalfa) are a good source of chlorophyll, vitamin C and A, which cannot be found in the fresh or cooked state.

The body of a vegetarian builds a complete protein from grains, legumes, nuts, seeds, dairy, and other foods. During a two-day period eat a wide range of these foods, varying the items in this group; you can usually receive most of the required amino acids, iron, Vitamins B and E.

Daily include about 6-8 units from this group of foods. For example, 2 pieces of whole wheat-rye bread, 1 tablespoon of sesame butter, ¼ block baked tofu, one handful of alfalfa sprouts, 1 glass of almond milk, ½ cup cooked millet, and a handful of cashews.

- **Mixed Sprouts:** Chlorophyll, Vitamin A, C, K (helps the blood to clot). *Try a variety of sprouted seeds, grains, and beans. Add to salads, sandwiches, and wraps.*
- **Almond:** Protein, magnesium, phosphorus, potassium, Vitamin B1, B2, D, niacin, unsaturated fat. *Add to salads. Try almond butter on rice crackers or toast.*
- **Barley:** Rejuvenating. *Barley and veggies make a great winter soup.*
- **Basmati Rice:** Supports kidney function. *Add turmeric or saffron for color and extra benefits. Cold rice salad with chopped veggies.*
- **Beans:** Iron and protein. **To reduce intestinal gas, soak beans in water overnight with seaweed (kombu), and then cook beans with fresh water.** *If you do not have time to soak overnight, cook the beans with cumin seeds, bay leaves, kombu, or aesafeedita (hing). Enjoy beans in a tortilla, pureed in a dip, or with Indian spices.*
- **Buckwheat:** Vitamin C and rutin. Supports circulation and the cardiovascular system. *Try buckwheat pancakes, buckwheat warm cereal, cold buckwheat salad with grated veggies, or buckwheat stuffed into a squash.*
- **Millet:** Very good grain for people with low blood sugar. Millet is alkaline. *Prepare plain or add vegetables during cooking.*
- **Oats:** Assists with milk production. *Add cinnamon or dried fruit to cooked oatmeal. Look for oat milk at a natural foods store.*
- **Pumpkin Seeds:** Protein, good for brain. *Include in your salads.*
- **Sesame Seeds:** Contains protein, minerals, Vitamin E, calcium, potassium, magnesium. *Add to grated beet & apple salad. Both you and your toddler will enjoy Sesame Milk (See Page 113). Tahini (sesame paste).*
- **Sprouts:** *Try sprouting your own: lentils, wheat, broccoli, onion, etc. Best to use organic, untreated seeds. Add sprouts to soups, salads, sandwiches.*
- **Sunflower Seeds:** Protein, Vitamin B6, E and zinc. *Add to salads.*
- **Soy:** Protein, minerals, Vitamin B6, traces of Vitamin B12. *So many ways: sautéed, baked, in desserts, salad dressings, etc! Soy products are a primary source of high quality, low fat, low carb protein.*



- **Walnut:** Nourishes the brain. Calcium and phosphorus. *Add to grated carrot, chopped celery, and raisins for a delicious salad.*
- **Wheat Germ:** High in protein, Vitamin B1, B2, E, and iron. *Raw wheat germ has high nutritive value; however, it needs to be fresh. Add wheat germ to yogurt.*
- **Wheat:** Vitamin B and E, protein. Eat the whole wheat for good milk production. Wheat bran provides roughage, which reduces constipation. Many people have an allergic reaction to wheat. *Change your wheat relationship with spelt bread or wheat grass juice.*

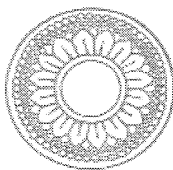
Yogi Tips for Alkaline Blood

Millet, quinoa, most fruits, and green vegetables assist your blood to remain more alkaline, which reduces the possibility of yeast infections, digestive disorders and increases your vitality.

Nut Milks: Easy & Nutritious

Yogic teachings suggest pregnant women drink a variety of nut milks three times a week (recipes on Page 113 & 114). You can later serve these nourishing milks to your toddler.

- **Almond Milk:** Contains easily digestible protein, unsaturated fatty acids, Vitamin B and D. Yogis recommend for anemia and malnutrition.
- **Sesame Seed Milk:** Contains easily assimilated minerals, protein, and unsaturated fatty acids, plus calcium, which strengthens the nerves.
- **Wheat Berry Milk:** Provides carbohydrates and Vitamin B.



Women's Oil Mix

Ancient yogic wisdom advocates that all women, pregnant or not, take 2 Tbsp. of Women's Oil Mix daily. This mixture provides her with the necessary fatty acids, helps her to keep her minerals balanced, and gives elasticity and shine to her skin. Be sure that the oils are cold pressed. Benefits of the mix for mother and her unborn child outnumber any weight gain concerns.

The Benefits of Women's Oil

1 part Almond Oil	Lowers cholesterol. Reduces fat in body. Reduces frequent hunger.
1 part Olive Oil	Digestion and health of skin.
1 part Sesame Oil	Energy, cold and allergy prevention, and calcium.

This mixture can be used in salad dressings, added to vegetables, or mixed in a protein drink. Avoid heating; add to food after cooking. If the oils are taken at night, the effect can be laxative.

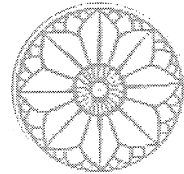
3. DAIRY PRODUCTS

Dairy products provide essential minerals, vitamins, and protein for you and your child. Drink organic milk if certified fresh raw milk is not available. Normal dairy products are high in animal growth hormones, so choose organic. If you cannot assimilate cow milk, try sheep milk, goat milk, or milk for lactose-intolerant. To limit your calorie intake drink skim milk or 2% fat. Soft cheeses and yogurt are easier to digest than hard cheeses, and contain more minerals and vitamins.

Milk products provide calcium and phosphorus, which are abundant in our bodies, and play an important role in bone and teeth formation. Calcium and phosphorus need to be supplied in equal amounts to the body. Vitamin D regulates the calcium and phosphorus absorption and utilization. Vitamin D can be produced when the oiled skin is exposed to direct sunlight which can be stored in the liver for months. Vitamin D is also available in whole milk, butter, and cream.

During the second half of pregnancy, it is very necessary that you increase your calcium intake. A lack of calcium in your diet could lead to problems with loose teeth, leg cramps, or irritability. For your child, it could mean a narrow lower jaw, resulting in crooked lower teeth. Low calcium intake can also result in a weak bladder, under-developed bones, and narrow hips. Ask your healthcare professional to recommend a calcium supplement.

Enjoy 4 - 5 units of milk or milk products daily during pregnancy. For example, yogurt fruit smoothie, YOGI TEA™ with milk, cheese and veggie sandwich, and cottage cheese in salad.



- **Buttermilk:** Calcium, good for nerves and stomach. Very refreshing.
- **Cottage Cheese:** High in protein, Vitamin B-12. *Serve with vegetable or fruit salads, on pancakes, in wraps, and blended with fresh herbs for a dip.*
- **Fresh milk:** High amount of Vitamin B-12, calcium. *Drink warm or cold. Use in soups, smoothies, in Ginger Tea or YOGI TEA™.*
- **Goat milk products:** Try goat milk and goat cheese if you notice that you cannot digest cow milk. Enjoy with herbs and spices.
- **Kefir:** Easily digestible and supports healthy intestinal flora. *Blend with fruit.*
- **Whey Cheese:** High in minerals. Whey Cheese Recipe (See Split Milk Recipe on Page 112). *Blend whey cheese with fresh herbs for a delicious spread or salad dressing.*
- **Whey:** High in minerals. *Yogis recommend serving to children with apple juice (1:1 diluted).*
- **Yogurt:** Supports healthy intestinal and vaginal flora. Aids digestion. After taking antibiotics, eat yogurt daily and take vaginal douches with yogurt to replace the friendly intestinal flora that were killed indiscriminately. *Enjoy a cup of fresh yogurt with a banana, nuts, or molasses. Homemade yogurt is by far the best quality.*

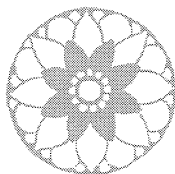
What If I Cannot Assimilate Dairy?

Try lactose intolerant supplements, digestive enzymes, or papaya, before you write off dairy entirely. Between a discussion with your healthcare professional and a visit to your local natural food store, you should find alternatives to dairy while maintaining your pregnancy requirements. Protein substitutes: soy, rice, oat milk, and soy or rice cheese. Calcium substitutes: green vegetables, chlorophyll, and liquid or tablet calcium (look for calcium, magnesium, & Vitamin D). Vitamin B-12 substitutes: Beans, sublingual B-12 tablets or spray.

4. FRUITS

Fruits are a great source of natural carbohydrates, which fuel the body. They also rejuvenate the lymphatic system, the digestive tract, and the blood. Vitamin C boosts the body's resistance, helps to limit the duration of colds and infections, strengthens the placenta, and improves general health. If you get occasional headaches, you may find that a glass of orange juice gives you relief.

Enjoy 4 - 6 units of fruit, one serving which is high in Vitamin C daily.



- **Apples:** Digestive support, sodium, potassium, magnesium, Vitamin C and B. *Eat them raw, baked with raisins, or added raw to a salad.*
- **Banana:** Energy food, phosphorus, nerve builder, anti-stress. Eat also the white inner skin of banana for balancing metals and Vitamin A. *Eat a banana each morning: an easy "Fast Food".*
- **Black Cherry Concentrate, Dried Apricots, Raisins:** High in iron.
- **Grapes:** Body builder, Vitamin C, potassium, phosphorus, and blood cleaner.
- **Guava, Kiwi, Berries:** Vitamin C.
- **Lemons:** Helps to thin blood, aid digestion, Vitamin C.
- **Olives:** High in Vitamin C, potassium, phosphorus, protein, nerve and brain food, good for bladder and spleen. *Add to salads or enjoy alone.*
- **Oranges:** Vitamin C, anti-stress, aids intestinal peristalsis. Limit during breast feeding as they may amplify your baby's diaper rash.
- **Papaya:** High in Vitamin A, B, C, D, calcium. Provides natural digestive enzymes. Eliminate papaya when trying to conceive, because it is used as a natural birth control in many countries.

SNEAKY PROTEIN

During the last three months of pregnancy, be conscious of your intake of protein, calcium, and iron. Your child is building a fatty cushion under his or her skin, which will help to retain body heat during the first months. His or her bones are also completing the final development stages. Your child's liver is storing iron that will be used for the first six months after birth. Remember you are nourishing two, so eat consciously.

How To Sneak Protein Into Your Diet

For a snack:

- Vegetable sticks with cheese, herbal whey cheese, nut butter, or avocado dip.
- Apple slices with nut butter.
- Protein powder and skim milk blended with carob, nuts, or fruit.
- Whey protein drink.
- Bean dips with pita bread and sprouts.
- Baked marinated tofu.
- Nut-milk or milk shakes.

Add to your fresh salads:

- Cheese cubes or soy cheese.
- Cooked beans, nuts, sprouts, or olives.
- Tofu: baked, scrambled, sautéed, or raw.

Salad Dressings

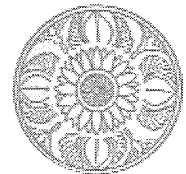
Try different salad dressings by blending up protein food:

- Blue cheese dressing.
- Cottage cheese herbal dressing.
- Add soft cheeses, nuts, yogurt, nutritional yeast to your favorite recipes.

Sandwiches

Make sandwiches with whole grain bread, tortilla, or rice crackers and

- Tahini (sesame butter), sprouts, and tomato slices.
- Bean spread, lettuce, red pepper and pitted olives.
- Soft cheese, sprouts, and fresh herbs.
- Avocado, sprouts, sunflower seeds and tomato.
- Baked tofu with sprouts, tomato, and fresh basil.



Soup Quickies:

- Steam or sauté vegetables, blend with milk or vegetable broth.
- Sauté vegetables, add water, miso, and seaweed.
- Cook 2 cups of dried beans or lentils. Use a small amount in a soup. Blend the remaining beans to make a sandwich spread, adding sautéed onions and garlic. Flavor with spices or fresh cilantro.

ADDITIONAL NUTRITIONAL INFORMATION

Digestion Time

Yogic teachings emphasize not only what one eats, but most importantly, what one can digest. A woman should digest her food within 18 hours; whereas, a man should digest his food within 24 hours. (An easy method to assess your digestion time is to eat beets or take liquid chlorophyll. You can tell by the color of your stools.) When your food takes longer to digest, it remains in your body and can become toxic to your system. These toxic residues irritate your body, and can lead to more serious situations, such as rheumatism, cancer, kidney/liver disorders, and offensive body odor. Consult your healthcare professional if your digestion is unbalanced.

What About Spices?

Your interest for hot, spicy food may change during pregnancy. Some women may have an aversion to the cooking smell, or to the taste of hot, spicy foods (red or green chili, black pepper, and ginger). Other women avoid the warm spices, as well, for example, cinnamon, cloves, or cumin. Listen to the needs of your body.

Am I Overweight?

Some pregnant women worry about weight gain. Research has shown when a woman eats a healthy diet, exercises regularly, and gains 20, 30, or 40 pounds during pregnancy, both she and her child are healthier. Weight gain is very individual so consult with your healthcare professional if you are concerned about your weight gain, or if you have a very sudden weight increase with no specific dietary reason.

Pregnancy and lactation are not appropriate times for weight reduction or fasting routines. Your body needs about 15% more energy during pregnancy, therefore choose your food wisely. Daily exercise is a must for weight control: remember to walk 4 - 5 miles each day (See Pages 84 & 85).

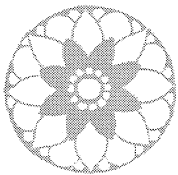
If your weight concerns you, keep a food record of what you ate and how much exercise you did for seven days. This eye-opening process is educational and can assist you to adjust your habits. Review your food record, asking yourself:

- What foods were essential for good health?
- What foods had limited nutritional value?
- Did you enjoy physical activity daily? Did you walk daily? How many minutes or hours? Did you walk in the fresh air daily?
- Did certain situations influence you to eat a certain way or to cut down your exercise or relaxation? List these situations.
- Compare your amount of activity with your food intake. Notice any patterns?
- What information or support do you need from your healthcare professional?

Sometimes I Just Crave Something!

If you have a craving for bread, boost your intake of Vitamin B foods: cooked whole grains, nutritional yeast flakes, rice bran syrup, or Vitamin B complex tablets. Vitamin B strengthens the nerves and supports healthy skin.

If you have a craving for sweets, increase your protein intake. Try eating small protein snacks between meals and sneak protein into your diet (See Page 109). Craving for sweets can also indicate a mineral deficiency; enjoy fresh carrot juice or other foods containing high minerals. If you crave protein, add whey protein powder to your smoothie drinks.



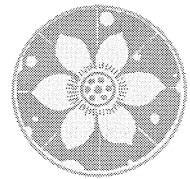
What If I Am Often Nervous?

The normal pressures of life stress your entire body, with your nerves and glands taking the brunt. This strain also affects your subtle energies. When your nerves are strong, an electro-magnetic field surrounds your body. This protective shield safeguards you from negativity and outer influences. You can feel more tired when your nerves are weak.

Yogi Tips for a Strong Nervous System

There are specific Kundalini Yoga and Meditations fortify your nervous system (See Page 229) as well as the following guidelines:

- **Walk in the fresh air everyday.** Allow your arms to alternately move with your stride. Practice *Charan Jaap* (See Page 87).
- **Dietary supports:** Include kelp or spirulina, molasses, wheat germ, nutritional yeast (brewer's yeast), whole grains. Celery, ginger, organic potato peels. Calcium, iron, mineral, and vitamin supplements according to your individual requirements.
- **Coffee:** The stimulating effect of caffeine stresses your nerves, making it a no-no. European medical research has shown that coffee has a negative effect on the metabolism and learning abilities of the unborn child and can be a cause of hyperactivity. How much coffee is safe? Research has shown that 4-6 cups of coffee daily does indicate a high-risk to the child.
- **White processed flour** is a Vitamin B robber and has less nutritive value than whole grain. Because of its low fiber content, white processed flour can lead to constipation.
- **Processed white sugar** is an addictive stimulant, which delivers rapid, non-sustainable energy. Substitute processed, white sugar with maple syrup, sucanat, fruit juice, and dried fruit. Decreasing all sugar often eliminates heartburn.



Help, I Am Often Tired!

During your pre-natal visits, your iron count will be measured. Anemia is a reduction of red blood cells and the inability of your blood to carry sufficient oxygen and store iron. Signs of anemia are lack of appetite, weakness, headaches, dizziness, palpitation, shortness of breath, and fatigue to the point of exhaustion. Anemia can also be caused by a lack of iron, folic acid, protein, Vitamin E or B-12. A woman with a good iron level usually loses less blood while birthing. While in the womb, your child is storing iron in his or her liver. After birth, your child's liver will gradually release iron to build blood.

Iron supplements tend to be constipating. You may need to try different brands and forms of iron (capsules, tablets, or liquid) until your iron count improves and you are not constipated. Your healthcare professional will be your best resource.

Black-strap or crude molasses provides calcium, potassium and other minerals, and iron. It is tasty mixed in warm milk or baked in bread. Avoid eating molasses undiluted as it damages teeth enamel.

Nutritional yeast boosts your energy and improves the condition of your skin and nerve stability. It contains protein, Vitamin B, phosphorus, iron, and trace minerals. As it is difficult to digest begin with 1/2 tbsp. in juice or with yogurt, and slowly increase to 2 tbsp. daily.

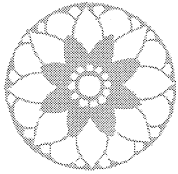
YOGIC RECIPES BY YOGI BHAJAN

YOGI TEA™ Original Cinnamon Spice

Yogi Bhanan brought this delicious and revitalizing recipe to the West. YOGI TEA™ is available as tea bags, in bulk, or in tetra pak™ in most natural food stores around the globe. Here is the homemade version. Enjoy a thermos after birthing.

- 10 oz. (315 ml.) water
- 2 slices fresh ginger root
- 3 cloves
- 4 green cardamom pods, cracked
- 4 black peppercorns
- ½ stick cinnamon
- small pinch of black tea
- ½ cup (125 ml.) milk or milk substitute
- honey or sucanat, to taste

Bring the water to a boil and add the spices. Reduce to simmer, cover, and cook for 15-20 minutes. Remove from heat, add the black tea, and steep for one minute. Bring to a boil. Strain, sweeten, and serve. Makes one cup.



Golden Milk

Golden Milk supports the health of your joints and has been known to repair nerve centers damaged by drug usage. Drink a warm glass of Golden Milk each morning or evening to help you with your yoga exercises.

- 1/8 tsp. turmeric
- ¼ cup (65 ml.) water
- 8 oz. (250 ml.) milk
- 2 tbsp. (40 ml.) raw almond oil
- honey or sucanat, to taste

Boil turmeric in water for about 8 minutes until a thick paste forms. If too much water boils away, add more water. Meanwhile, heat the milk with the almond oil. Combine the two liquids, add almond oil and sweetener to taste. (You can also prepare a larger quantity of the turmeric paste and store in refrigerator for about 40 days.) Heat with milk, add almond oil and sweetener as required.

Ginger Tea

Great for energy, colds & flu, and rejuvenates the uterus after birth.

- 1-2 inch (2.5-5 cm) piece of fresh ginger, peeled & chopped
- 10 oz. (350 ml.) water
- ½ cup (125 ml.) milk
- honey or sucanat, to taste

Boil ginger in water for 10-15 minutes, add milk and bring to boil. Strain, sweeten, and serve.

Almond Milk

- 4-6 almonds
- 8 oz. water
- 1 tsp. honey or sucanat

Soak the almonds overnight. In the morning peel the almonds and blend them well with fresh water. Strain the liquid through several layers of cheesecloth. Add sweetener and serve.

Split Milk

Curd cheese (panir) contains protein; whey contains minerals and protein.

- 1 quart milk, preferably organic
- ½ - 1 lemon

Bring milk to a boil and add the juice of ½-1 lemon. The milk should separate into curd and whey. If not, add more lemon juice. Serve the whey pure or with apple juice in a smoothie.

Sesame Milk

Yogis drink sesame milk for calcium and protein.

- 1 tsp. sesame seeds
- 8 oz. water
- honey or sucanat to taste

Soak the sesame seeds overnight. Blend well in fresh water with the sweetener. Strain milk if desired.

Wheat Milk

Enjoy for energy and Vitamin B

- 1 tsp. raw wheat berries
- 8 oz. water
- honey or sucanat to taste

Soak the wheat berries overnight. Blend well in fresh water with the sweetener. Strain milk if desired.

Walnut Milk

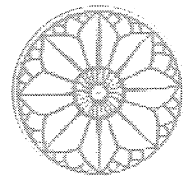
Great for the brain.

- 4-5 whole walnuts
- 8 oz. water
- honey or sucanat to taste

Soak the walnuts overnight. Blend well in fresh water with the sweetener. Strain milk if desired.

Yogi Nerve Power Soup

Cook celery sticks, organic potato peels, onion, ginger, and turmeric in water. Add other vegetables as desired. Enjoy the entire soup or just the broth.



Baked Tofu

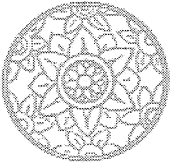
Drain tofu and slice. Soak in lemon, soy sauce or Braggs Liquid Amino Acids, and garlic, spices, and herbs for 5 minutes. Bake: 15 - 25 minutes at 350° F (180° C).

Beet Carrot Casserole

High in iron and Vitamin A, plus a liver cleanser. Serves 4-6.

- 1 bunch beets, preferably organic, whole
- 1 lb. (450 gr.) carrots, preferably organic, whole
- 3 bunches scallions, chopped
- 2 cloves garlic, minced
- ghee or vegetable oil
- soy sauce or Braggs Liquid Amino Acids, to taste
- ground black pepper
- grated cheese

Scrub the beets and carrots. (Don't cut off roots or stems.) Steam beets whole for 15-20 minutes, then add carrots. Steam until tender but firm. Rinse vegetables under cold water. Peel the outer skin from the beets and carrots and coarsely grate. Toss beets and carrots with remaining ingredients, except cheese. Place in casserole dish and sprinkle with cheese. Broil until cheese melts and is golden.



WHAT TO AVOID

Salting and Seasoning

Salt contains essential minerals. Good quality sea salt can be assimilated easier than normal table salt. Limit your salt intake; overuse can lead to hardening of tissues, stiff joints, water retention, and a loss of the fine sense of taste.

- Allow the world of fresh and dried herbs to bring flavor to your food.
- Try gomasio, a mixture of sesame seeds and sea salt, or Bragg's Liquid Amino Acid (available at natural food stores).
- Try kelp or vegetable salt.
- Add salt at the table. Limit cooking with salt.
- If you retain water, consult your healthcare profession. Avoid salt additions except vegetable salt. Increase your water intake to stimulate the kidneys and walk daily.

Restaurant Enjoyment Most restaurants are not conservative about using salt. You may notice that after eating out, you are thirsty. Be aware of the food you order, and drink lemon water during your meal. When you eat out, be conscious about your food choices.

What if I Eat Meat?

Your body utilizes different enzymes and digestive juices to build and assimilate vegetable protein rather than animal protein, so make any dietary change gradually. During pregnancy, choose registered organic meats to limit hormones and chemicals. You can also supplement your protein with soy foods, legumes, seeds, nuts, and whey protein powder.

Is Social Drinking Safe?

Many women of childbearing age drink alcohol daily or regularly. Alcohol taxes and weakens a woman's nervous system, injures her liver, and impairs her sensitivity for a well-rounded nutritious diet. Unfortunately, it is difficult to determine exactly how much alcohol is safe. Studies in America and Germany have shown that an average of only two drinks per day, "social drinking," can be a risk for the health and potential of the child.

The problem is that many women have been drinking regularly for two or three months before they know that they are pregnant. So it is better for women who are of childbearing age and are in a situation in which they can become pregnant to stop drinking all alcohol to avoid any risks to a potential child.

The effects of alcohol on a child are many and the intensity of the effect is parallel to the amount of alcohol ingested. Decreased birth weight, poor sucking reflex, disturbed sleep patterns, and a decrease in learning ability are often indicated. This escalates when the mother also smokes. These children visually have smaller head, and an increase of heart, ear, or eye problems. More research is being done on the effect of alcohol on the chromosomes that the father carries. There is evidence that if the father was a moderate drinker within the month before conception there is a higher risk of learning disabilities. If both parents were alcohol users, as well as their parents, the risk of disability is also higher.

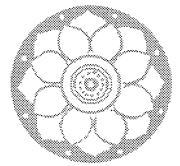
Alcohol reduces milk production. There are indications that alcohol blocks the secretion of Oxytocin (the primary hormone which stimulates milk production) and inhibits the milk ejection reflex. Alcohol enters the breast milk at the same level as it enters the mother's bloodstream.

What About Smoking?

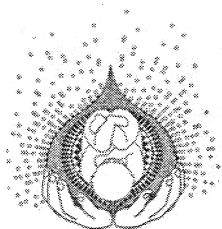
During pregnancy, a woman is breathing for two and needs her entire lung capacity. Smoking constricts blood vessels in her own lungs as well as in the placenta, limiting nutrients and oxygen to the child. Smoking also shuts down the blood-brain barrier, which transfers nutrients to the brain and throughout the blood stream. With reduction of blood and nutrients, these babies are often smaller.

Tobacco smoke contains nicotine, lead, and pesticides. Two cigarettes a day during the last months of pregnancy can decrease the movement of the child. There is a high possibility of miscarriages, birth defects, cleft lip, and hyperactive children when the mother has smoked ten cigarettes a day. Each cigarette uses 25 mgs of the body's stored Vitamin C to resist and combat the foreign invasion of smoking.

Even if a woman does not inhale while smoking, the smoke is still absorbed into her blood through her mucous membranes. If the father or others smoke near the mother-to-be, she is a passive smoker with similar effects of active smoking. Do not hesitate to ask those around you to not smoke, or move to a non-smoking area.



Chapter 13 Massage



Most people enjoy the relaxing and the nurturing feeling of a massage. As you release tension, your body harmonizes your physical and subtle energies, aligning your being. Massage during pregnancy can be a very intimate and loving part of your physical relationship with your partner. Practice and savor the diverse massage techniques in this chapter during pregnancy, knowing they are tools for birthing. Speak with your healthcare professional before using these massage techniques.

Massage Preparation

Pregnancy massage can be practiced directly on the skin or with clothes on. As your womb grows out of your abdomen, it is recommended that you lie on your side, rather than on your belly, or relax semi-reclined propped up with pillows. Here are some guidelines to assist your massage journey:

- Create a relaxing atmosphere. Soothing, relaxing music can be enjoyable.
- You should be comfortable with pillows to support your arms, shoulders, legs, and head. Cover with a blanket, if necessary. Relax the body and close the eyes.
- For direct skin massage, choose a pure vegetable oil (almond or sesame), which can be lightly scented.
- Maintain a state of relaxation and breathe long and deep.
- A massage begins with washed hands. Then the masseur warms and energizes his/her hands, by rubbing them vigorously together. Then, inhale

deeply, pressing the palms together at the heart center, focusing one's energy in the hands. Exhale while placing the hands on the area to be massaged.

- Throughout the massage, maintain one hand in contact with the person you are massaging.
- After the massage: rinse your hands under cold water to refresh your energy.

PREGNANCY MASSAGE

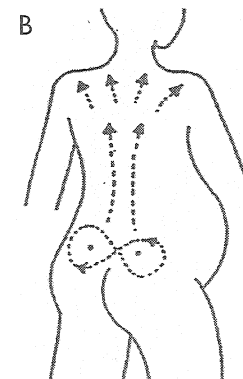
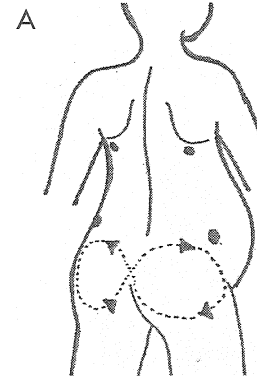
Your growing child squashes your organs, pressures your back, exhausts your legs, and stresses the entire body system. You may experience sway back, tense lower back muscles, or irritating sciatic nerve pain. Pregnancy massage provides some relief in the buttocks and lower spine. If you have continued discomfort, ask your healthcare professional for massage, acupuncture, osteopathic, or chiropractic referrals.

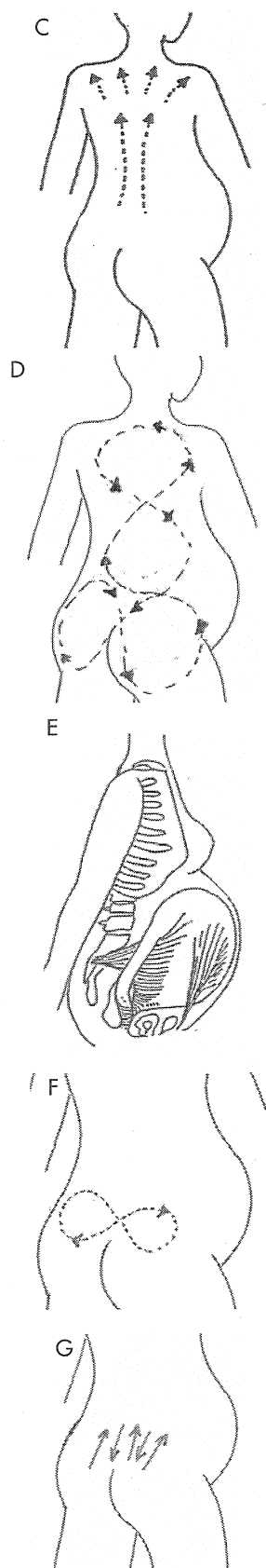
Buttocks Hold Tension

Your buttock muscles and uterus are energetically connected. As your uterus is involved in the complex job of holding your unborn, your buttocks can hold tension. Walking and massage both relieve built-up "bottom" tension and increase circulation to your uterus, releasing your lower spine.

Practice each technique unhurriedly. Massage the whole buttock, underneath the buttocks to the rectum and on the upper thighs. However, limit pressure near the vertebrae. Enjoy this specific massage often throughout pregnancy or any time. Men and babies love it, too.

1. Begin after following massage preparation guidelines on Pages 115-116.
2. Gently massage the entire buttock area with the whole hand, moving smoothly and fluidly (A). Massage also the sides of the hips.
3. Using the heels of the hand, deeply massage the upper area of the buttocks in small circles (B).
4. Knead the buttocks deeply with heels of hand.
5. Using the whole hand, smooth the energy with figure eights over both buttocks (A).
6. Curl the hand into cups and release muscle tension by rhythmically, lightly beating the buttocks with the "cups." You may laugh as it does sound funny, but it feels good.
7. "Chop" the buttocks with the sides of your hands. Fingers are together and slightly bent. Movement comes from relaxed wrists.
8. Smooth out the energy with a large figure eight (Figure A).
9. On the upper, middle part of the buttocks, two bones protrude out on either side of the vertebrae (the most prominent knobs at the level of Lumbar 5, Figure A). Massage in small circles using the fingers, on and around the points. These points activate uterine circulation and





- lymphatic cleansing to the sex organs. Limit stimulation during pregnancy to ½ minute once a week. However massaging these points can relieve back tension during birthing. Massage often during menstruation to relieve cramps.
10. With the heel of the hand, massage from the waist to the shoulders in even, firm movements about 6 times. Do not press on the vertebrae (C).
 11. End by smoothing the energy in large figure eights over the entire back (D).

BIRTHING MASSAGE

Every birth and every woman is unique. Sometimes a woman will want to be touched and massaged the entire birth. Another time, she enjoys to be massaged only between contractions. Another time, she will not want to be touched because she is intensely involved with her own body and inner feelings. Be in the present and do not compare your experience with any other.

Your uterus is held in your pelvis by two main ligament groups. One extends from the front of your uterus to your pubic bone (E). Another extends from the side of the uterus, passes through the pelvis, and attaches near the spine.

As your uterus contracts, these ligaments stretch with neighboring muscles groups. Massage during birthing can assist to release tension in these muscle groups. Tension held in these muscles directly hinders contractions and increases your discomfort.

Dear mothers: Be creative. Flow and express your needs gracefully.

Dear partners: Be flexible and sensitive to the mother's feelings. Watch her or her body for messages and directions.

The following birthing massage techniques can offer you comfort during birthing. Because you never know where you will feel discomfort, practice all variations during pregnancy.

1. Back Labor Massage

Position yourself on your side, or on your hands and knees. This can reduce back discomfort and allow your partner to massage your back.

OPENING PHASE: If you feel tension in your lower back, it could be caused by the stretching of the posterior ligaments of the uterus or your child's head pressing on your back (see Pages 151 - 154).

Partner assistance: Press hard with your heel palm or a tennis ball, massage in a figure eight around the area (F). Alternative: deep circular pressure, or up and down movement (G).

PRESS PHASE: As your child sinks deeper into your pelvic cavity, you may experience pressure on your lower back. Firm pressure and changing your position can bring relief (see Pages 167 -168).

Partner assistance: Direct firm, deep pressure up, pressing firmly with palm heel palm on vertebrae. Hold steadily during a contraction.

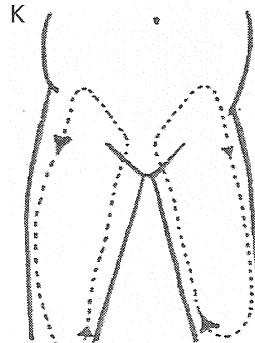
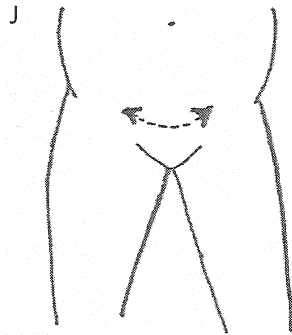
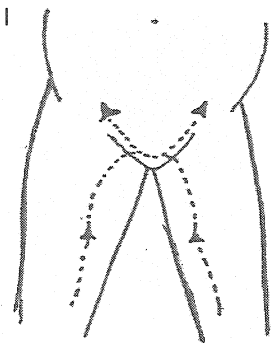
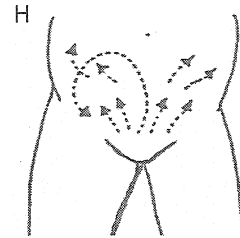
2. Front Labor Massage

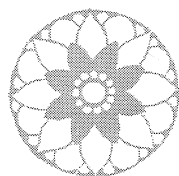
Arrange yourself comfortably, propped up by pillows. Your head is supported with no tension in your neck or shoulders.

Partner assistance: Sit between the mother's legs, either supporting her flexed legs on your thighs or resting the legs comfortably on the pillows. If she is on a raised bed, you can also sit next to her in a chair.

Variations: Partner Assistance

- Place your hands above the pubic bone and massage with slow, smooth, and rhythmic upward strokes over the lower abdomen(H).
- Using one hand, begin gently stroking the inner part of one thigh, beginning above the knee, and then crossing over the pubic bone. Move steadily and rhythmically, alternating sides (I).
- Massage back and forth under the extended uterus. This can be done easily by the mother-to-be (J).
- Using both hands, begin to stroke the inside of the thigh, moving upward and over the pubic bone. Massage under the groin on the same side and down the outer thigh. Continue in a steady, rhythmic motion (K).





3. Thigh Labor Massage

Often a woman's legs may tremble during transition and after birthing.

- Grasp and release the thighs firmly.
- Massage thighs with a smooth and firm rub.

NIPPLE STIMULATION

Gentle loving massage of your breasts, especially the nipples, can stimulate the production of Oxytocin by your pituitary, speeding up contractions, and opening your cervix.

FOOT MASSAGE

COMMUNICATE SOLE TO SOUL

Most couples will enjoy exchanging a foot massage. Turn off the TV, put on some meditative, relaxing music and massage; communicate Sole to Soul. A twenty minute foot massage (ten minutes on each foot) can relax and rejuvenate almost anyone. During pregnancy, do not massage a woman's pituitary point (center of large toes) or her uterus and ovaries (ankles) because it can activate the uterus.

Begin with the Massage Preparation on Pages 116 -117. Refer to this basic yogic foot chart, which was given by Yogi Bhajan. Use pure vegetable oil, scented if desired, or natural cream. Start massaging the toes and move down the foot giving special attention to the defined points in the foot chart. Small circular massage pressure using your thumbs, fingers, and knuckles stimulates the 72,000 nerve endings in the feet. You may notice some crunchiness as you massage certain points. These are calcium and acid deposits. Give these areas extra attention and gradually the deposits will dissolve. Enjoy!

See the Foot Massage Chart in Appendix

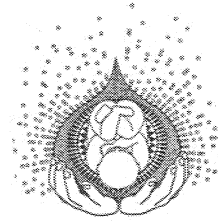
*One who doesn't have an altar
where he can bow his or her forehead
cannot have any other technology
to change the destiny written on the forehead.*

Yogi Bhajan

Chapter 14.

Dear Papaji

This chapter is dedicated to fathers and is based on the Man to Man© lecture series by Yogi Bhajan. This information has inspired generations of men with insightful and practical yogic technology to excel in their personal, family, business, and community lives. Papaji is the respectful name which northern Indian children call their fathers.



A marriage is a complementary and supplementary agreement between you and your partner. It is a total service excursion: "I serve you, you serve me. You serve me, I serve you." The excursion can be an exciting adventure or a stormy voyage.

Subtle Energies

In a marriage, a man maintains the protective electro-magnetic field for the family through his own self-image. You create your image, as a spiritual man, a man of honor, a man of honesty. Your projection defines the direction. Your electro-magnetic field and projection derive strength from your spirit, not from your earthly ego, material possessions or exercise of power. You can develop expanded radiance through daily spiritual practices. Be a man of honor. Yogi Bhajan has shared a wide variety of Kundalini Yoga practices and meditations for men for this purpose. In this chapter, you will find a variety of yogic technologies for men.

*God
does not live
in churches or
temples,
God lives in
cozy homes.*



As long as you are not in touch with your inner self, all the actions of the surrounding self are not your actions. You want to administrate. You want to administrate the whole world around you, but you do not want to administrate your own world within your own world. There is a very deep personality within you. If you do not find that depth, then your dimension is not touched, and your direction will never be complete.

Yogi Bhajan, *Man to Man*, Part VI.

Your wife holds the subconscious stability. Yogi Bhajan teaches that a woman is more sensitive in many dimensions. Even her aura is more receptive because she has sixteen times more antennae per square millimeter than that of the man. A woman's aura is thicker than that of a man. She can get to you; she can make you feel. This same strength also attracts a Soul, nurtures a human, and births him/her out of her body. This is not a SMALL feat.

A woman fluctuates as her hormones change, as her energies adjust, and as her awareness processes life. She needs room to fluctuate. She needs your steadiness and clarity. However, when you place a strict discipline or confrontation on her, she will use her defense mechanisms. When a woman is treated roughly, she never forgets. She "conceives" that rude behavior; sprouts it, grows it, and delivers it to you!

You are a Gentleman

However, once she truly knows in her heart that you are a gentleman through every situation, you may begin to win her trust. When she sees that you are dedicated to your honor and divinity, and your spiritual discipline (sadhana) is a priority, she will relax and feel more secure. A woman loves that you are a man of your word, and you have someone "higher up." Your mutual commitment to each other and to a higher Infinite Power creates the base.

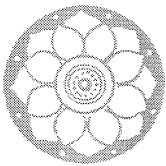
I remember a story. Once a female and a male were husband and wife. They got in a conflict. It was almost going to be a tragedy and he said, "Oh, my God. Let us stop it for a few minutes. Close your eyes, do the prayer, and then think about what we are doing to each other. I don't think I can see you in this."

In a few seconds, the female totally changed. God is that Infinity towards which your woman can relate faster than the finite, because she questions the finite and she never questions the Infinite. Her capacity towards Infinity is much faster.

Yogi Bhajan, *Man to Man*, Part II.

She Grows; Baby Grows; You Grow

Pregnancy and parenthood will turn your world upside down. You will be challenged and confronted. And you will grow. As she is adjusting to the oscillating changes of pregnancy, encourage her to express her feelings and actively listen. Tune into her and become more sensitive to her needs. She needs



you to support and inspire her so she can see these changes in a clear perspective. She may want you to solve something, or she just may want you to listen. It is your job to be the constant one now.

Having children is very different than raising children. Consider your intentions. Talk about your concerns about being a father and this new responsibility. Together, you create the vision, the basis for a loving family culture.

As her abdomen grows, she may become resentful because she is physically restricted. She may become depressed or complain about her expanding belly or the multitude of changes. Remind her that this is only a temporary state. She may find it difficult to do simple things, like bending over to turn on the bath water, putting on her boots, or arranging her belly behind a steering wheel. Help her to see the humor in the situation, however, never laugh at HER.

Inspiration Goes A Long Way

She may be self-absorbed with this incredible experience. You may feel left out, neglected, or even jealous. Continue to kindle your relationship. Enjoy each other and work out solutions. You will win her over if you become involved with YOUR child now.

Your child's mind and body is forming in the womb and you play a very important role. Your wife is growing not only your seed but also your thoughts, words, and actions. Chant and meditate with her often and remind her that she is manifesting divinity in its fullness. Be flexible, like a tree, which is deeply rooted in the Earth, bending in the wind, but remaining stable.

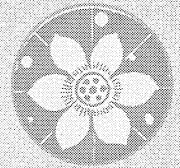
Yogi Tip For Men

You have married two women in one. First is the woman whom you first knew. Second is the pregnant woman. Pregnancy enormously modifies a woman, her reality, her behavior, and her priorities. Remain stable as she changes and fluctuates. Accept manifesting as the "stable one" in the relationship.

Live Healthy and Graceful

Good nutrition and a healthy lifestyle are essential for your wife and your child. Adjust your own diet and living habits to support her health routine. Increase your involvement with household duties, younger children, or home organization. Consider hiring household help. Together you are creating your family culture, so be aware and make adjustments. Soon your child will be copying you.

Accompany her daily on her five mile *Charan Jaap*, meditating with each step (see Pages 87). Take her out to dinner and the theater. Have a swimming date. Continue playing your favorite sport together. Enjoy each other and this precious time together. Your life will transform radically after your child is born.



*Having children
is very different
than
raising children.*

Guard her from negative situations. Gracefully depart if friends become pessimistic, unpleasant, or not respecting of her pregnant state. Shield her and your unborn from inappropriate movies, loud music, or smoky environments.

Father at Birth

Confidence, relaxation, and positive attitude are the keys for supporting a birthing woman. This could be the first time when she cannot run away from an extremely difficult challenge. She needs loving support.

There is, however, no set correct role which a father should play. Some couples are most comfortable when the father is present in the room, holding his wife occasionally as her women friends and midwife are the main birthing supports. Other couples are comfortable with the man meditating in another room or caring for the other children, and only occasionally supporting the woman.

Other couples arrange that the father is entirely involved during the birth, supporting the woman with breathing and massage. Each couple must decide what works for them. If you are apprehensive about attending your child's birth, speak with other fathers about their experiences.

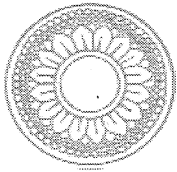
No matter what your decision, it is extremely advantageous that you read some books on pregnancy, birthing, and parenting. If you are planning to attend pregnancy yoga or childbirth classes together, practice at home the breathing, relaxation, and birthing positions. You can better support her during birthing when you are prepared. Meet her healthcare professional and visit the hospital or clinic where you are considering birthing your child. Make the decision to participate consciously. You are there to remind her to breathe, relax, and take her contractions one at a time.

During the last month, inform your wife where you will be at all times. Give her the confidence that you are available. Make the effort to call her during the day to check in. Make a last minute "to do list" and tape it on your dressing mirror. Check your vehicle. Take a trial drive to the hospital or clinic even if you are planning a home birth. Take a dry run walk through the correct entrance, up the elevator and to the maternity station. Be confident of the area.

When Birth Begins

When regular contractions begin, relax! Inform your healthcare professional about the contraction status. Arrange for the last minute details. Organize sibling care. Check the clinic bag. Pack snacks. Cut and file your fingernails. Remove any jewelry that could scratch mother or child. Check your cell phone or assemble coins for a pay phone.

If you will be traveling to the medical facility, prepare the car or transportation. A few weeks before the due date, speak with a medical professional about when you should drive to the hospital or clinic. In general, if the medical facility is less



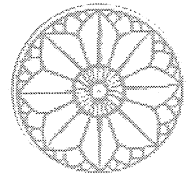
than 15 minutes from your home, you will probably want to proceed to the hospital when your wife has regular contractions, 3 - 5 minutes apart, and she must fully concentrate during the contraction. If the drive is longer than 15 minutes, you will want to leave earlier. If the drive is long, she may be more comfortable laying in the back seat on her side, squatting, or kneeling.

Loving Support

Encourage her to relax, bathe, walk, and continue her normal duties as long as possible. Lovingly support her. For a home birth, arrange preparations for the birth bed. When your wife must intensely focus on relaxing and breathing, the atmosphere usually changes from one of excitement to a relaxed, quiet, happy, flowing time. Check carefully for signs of tension in either her or you. Relax and breathe them away. Breathe with her, if necessary, to help her establish a rhythm. Above all else, encourage her, cheer her up, and love her.

Once she is in active labor, NEVER leave her alone. Be aware of the atmosphere and protect her if necessary. She may or may not let you massage any part of her body that looks tense. Offer a damp washcloth for her face and neck, sips of relaxing herbal tea, lip balm, or light snack. Brush and tie her hair away from her face and neck, rub her back and abdomen, thighs, and buttocks.

Remember soft lighting, fresh air, and keep distractions at a minimum. Accompany her to the toilet. Help and stay with her during her shower or bath. Nurture the mother as she births your child; soon she, herself, will nurture your child.



Rhythm of the Breath

As contractions begin, start with a couple of deep inhales and exhales, which are called Releasing Breaths. Then proceed with a relaxed, long, and deep breathing pattern, until the contractions slow down. End the contraction by repeating the Refreshing Breath.

You can feel her uterus hardening when your hand is resting on her abdomen. As her contractions establish themselves, you can use a stopwatch to time the contraction rhythm. Usually a contraction starts lightly, intensifies, and then reduces intensity. Learn the timing, pattern, and sequence of the contraction. Anticipate the length of a contraction and encourage her until the contraction is over.

Massage Me Here / No, Don't Touch Me

A woman may change her mind about massage, hugging, or touching at any stage of the long hours of birthing. She may not want to be touched. Then she may want to be massaged between contractions. Or she wants to be continually massaged and hugged throughout a contraction. Do not take her fluctuations personally, if she is short, emotional, or ungracious. You may not get any positive feedback until the birth is over.

Birth Encouragement

She needs encouragement to remain relaxed, as her body is uncontrollably stretching and contracting. It is essential that you give her space to find her own rhythm, in how she handles the contractions. Your loving and solid presence is the most reassuring support she has.

Loving tenderness and massage are supportive. Check her relaxation: is her spine is gently curved, and her hands and limbs loose. Check her breathing: see that her mouth and jaw are relaxed, her abdomen rising and falling rhythmically. Breathe with her, if necessary, to keep a slow and even breath rhythm. Hold loving eye contact with her during strong contractions.

Uplift her if she is tense. "Your breathing is great. Let your shoulders and face relax." Give her positive feed back first and then provide her directions on how to improve her own enjoyment and relaxation. You can remind her to release stress by lightly stroking or massaging areas of tension.

Opening Phase

In the initial stage of birthing, or opening phase, the woman may continue her normal activities, talk, and walk around, adjusting her breathing as necessary. As the contractions become closer and stronger, she will talk less. She will focus on her breathing and relaxation. Cheer her with gentle love talk.

- Encourage her to drink sips of YOGI TEA™-Raspberry Leaf Tea or water. Offer her a fruit juice popsicle.
- Wipe her face with a cool damp wash cloth.
- Help her to the bathroom every hour (after end of contraction).
- Help her take a warm bath or shower.
- Help her relax by rubbing her back or any areas of tension when she is receptive. Support her as she changes positions, and also adjust her pillows or bed position.

Transition Phase

Stay neutral to her unpredictable emotional state which can dramatically fluctuate during Transition. Remain calm and alert. She is working hard to keep herself together. Coach her when needed and give her clear directions with every contraction, reminding her to take each contraction one at a time. If she panics or loses control, speak to her firmly and clearly. Speak her name as you guide her. If she has received any medication, she may need more support to recover her self-control.

- Breathe with her or direct her breathing pattern. Ignore distractions and keep her centered on herself. Massage any areas of tension, as you encourage her with love and support.
- Offer her small sips of warm tea, or water. She may enjoy licking ice or a fruit juice popsicle.

- Wipe her breasts, neck, face with a cold wet cloth
- Encourage her to change her position every half an hour or move her limbs.

Birth Out the Baby

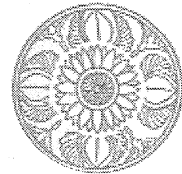
Be positive and fully present during this Active Birth Phase. Help her into a birthing position. Arrange pillows or support her. Encourage her to relax her legs, feet, face, and pelvic floor muscles. Repeat clearly any instructions from the midwife or doctor, if necessary. You may need to guide her during contractions or breathe with her. Hold a mirror so that she can watch your baby being born. You can bless your child as you softly chant *SAT NAM*. Enjoy this very precious family moment with each other. Be in the present. Take photos later.

Often one will notice a father, a large 6 foot 4, 220 pound man, hold his 6 pound, 30-minute-old child repeating with tears in his eyes, "I am a father, I am a father. Can you believe this?"

Welcome, Dear One

At the direction of the midwife or doctor, you can cut your child's navel cord. Place your newborn near your wife's breast; nuzzling stimulates the uterus to expel the placenta. Enjoy this special bonding time with your child and lovingly talk to your child, holding eye contact.

You may be transformed as you experience the reality, seriousness, and joy of becoming a father. You can hold or bathe the child while mother is freshened up. Then share the news and make joyous phone calls. Relax and talk about the birth experience. Enjoy each other; avoid distractions. Give thanks and be grateful for this incredible wonder of life.



You are My Papaji

"You are my protective electro-magnetic field. Your projections build my vision, horizon, and my limits. Your love and tenderness for my mother teach me to love and respect women. Your prayers, planning and direct lessons make me feel secure. Your fun-loving nature inspires me to share my laughter and joy. Your concern for all people inspires me to reach out and serve others. Thank you, Papaji."

*Children are the property of God
and they are the trust of parents.*

In this relationship, you cannot derive your energy from profit and loss. Only through the heart can you live. It is the heart center, the heart. The energy from the base of the spine should go to the head. When you are young and powerful and you are blind, and you get into the very physical part of it and you go on and on, this has nothing to do with the relationship. It won't establish the link. After all, if it is a spiritual world and you are very spiritual and fanatic, what else can you give this Earth if your game is not right and you do not know how to play it and you do not play it right.

If you do not play it right, how can you conceive right, how can you seed right, how can it grow right, what right thing can come to you? If it is true that on this Earth we want the angels, the sages, the saints, the rishis, the yogis, the swami, the spiritual teachers, the messiahs, and all that stuff, how are we going to produce them?

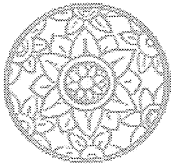
Yogi Bhaian, *Man to Man*, Part II, 1978.

When pregnancy happens, the father's attitude changes. It is called "reflection of the seed." You do not know anything about it in the western world. When the reflection of the seed starts reflecting through the mother's womb, the father's attitude changes. It is automatic.

That reflection of the seed through the mother gives an attitude change to the father. Even if the father is not living with the mother, wherever he is on the planet, his attitude shall change. That is called the "seed law." It is the law of the seed. And it should exactly proportionately change as the seed sprouts.

Whatever the father mentally shall feed the mother, that shall be her strength. It is a telepathy, which is provided by nature. You must understand pollen does all the work and it is an electro-magnetic pollen in the concept of conception and the pregnancy which goes on.

Yogi Bhaian, Los Angeles, CA, March 22, 1989.



*As long as the man, born of the woman,
does not have reverence for the woman,
in a truthful sense,
he will not find himself complete.*

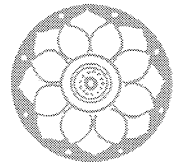
To the Papaji From Yogiji

If you cannot provide leadership, you cannot gain respect. Write it down in your heart, head, and feet also. If you cannot provide leadership, you cannot gain respect and this is what bugs the woman most.

In certain areas she looks to you for leadership and you cannot provide it. In the children's discipline, sometimes she needs you. In many things in life when she needs you, she looks to you. When she looks to you, and you cannot answer, you have lost her, because what is a male to a woman: he who provides and protects.

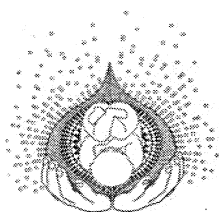
When she feels you provide and protect, she will give you every inch of energy she has. But you must remember, you actually live here... in your spirit.

Yogi Bhajan, *Man to Man*, Part III.



Chapter 13.

The Blessing of Birthing



Giving birth can be the most expanding experience in a woman's life. To feel your child moving in your womb is very incredible. Moreover, to actually birth another human being from your own body is beyond words to express.

Time and space do not exist. A birthing woman transcends the reality of earthly measurements and experiences a glimpse of Infinity, which is not only here and now, but contains the past and the future as well.

Birthing transforms most fathers. The blessing and awe of creation manifesting, transcends the apprehension of blood, pain, or discomfort, and opens the heart, bringing tears to most men's eyes.

Birthing is also the gift of giving life to your child. Preparing yourself for a conscious birth is an invaluable gift to your child. You are offering your child a loving entrance into this world through your own body. Your effort to be awake and aware during birthing sets the stage for your child to be awake and aware.

Preparing for conscious birth is the best gift to give your child. Set your intention for a sensitive, conscious birth; prepare yourself and your environments, give your very best, and trust that the Universe is in charge.

Birthing Is Harmony

Conscious childbirth begins awareness - being in touch with your body, feelings, and self, as you hold a deep reverence for and connection with Mother Nature. You are receptive to the powerful sensations of your body birthing the next generation, as thousands of women before you have done. You yearn to merge and participate with each contraction, as you release, relax, and breathe. You enjoy the feeling of your woman strength.

Birthing is not a head-thing. When you pre-plan a static birthing scenario in your mind, you separate yourself from the present moment of birthing. It is a blessing to honestly prepare yourself for a human, conscious birthing. You are actively involved in each decision. You do not simply check into a hospital and surrender your body to the medical staff. You are knowledgeable. You are deeply connected to the process of your body. You are dedicated to birthing your child consciously and wholeheartedly.

If you have prepared yourself well and complications arise requiring a Cesarean, medication, or the use of instruments, it is the destiny of your child to enter the world in this manner. You have done your duty, and the karma of your child is now in play.

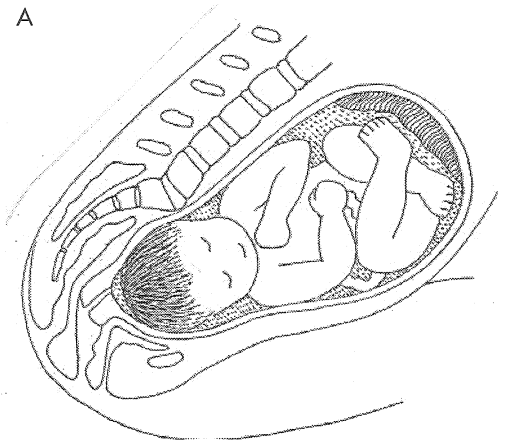
Womb Home

Your child has been growing within the protective membranes of the amniotic sac, swimming in amniotic waters, and nurtured by the placenta via the umbilical cord. Your womb has been the protective home for your child. A mucous plug in your cervix protects you and your child from uterine infections (A). When birth begins, your cervix softens and you will notice this plug as a discharge.

Most women with normal births will proceed through a basic sequence:

- *Opening Phase:* your cervix opens to 8 centimeters and thins out so your child can move out from your uterus.
- *Transition Phase:* the last part of the Opening Phase when your cervix opens from 8 to 10 centimeters. The power of your uterus shifts to releasing your child out your cervix.
- *Push Phase:* you work with the contractions and the rotation of your child to push and release your child out your birth canal.
- *Delivery of the Placenta:* the placenta disconnects from your uterus and is delivered.

NOTE: The position of your child, the position of the placenta on your uterus, the length of the umbilical cord, irregular contractions, and early bleeding are just a few of the many birth variations. The Gift of Giving Life will cover only the normal birth scenario.

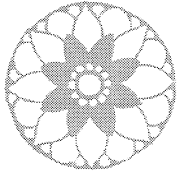


You Need Support While Birthing

You will feel more secure if you constantly have someone with you once you begin contractions. Two support persons during birthing, not counting the midwife, nurse, or doctor, guarantee that you have the continual support that you need. Your support persons can take shifts if one becomes tired, hungry, or needs to use the toilet.

Many women ask if their husband needs to be at the birth. No, it is not essential. Yogis say that a birth is between the woman, the child, and God. A husband can be supportive and it is an incredible bonding situation for the family. The experience of seeing the birth of one's own child is transformational and awakens many men to the reality, beauty, and wonder of life, birth, and their woman.

Men from many walks of life and occupations are deeply impacted during the birth of their children. In the mundane world, everything seems so very important. However, when a father actually sees his child emerge from his wife's body, hears the first cry, and holds this three minute-old, very small person, tears come to his eyes. "Look at this tiny person." "Can this really be possible to have a person be born through you?" "I am so happy. This is a true miracle." "Thank you." "Wow, we are so blessed."



Inspire a father into participating at his child's birth. Using pressure or nagging rarely brings success. Often a man says "no" because he is afraid of his own reaction or does not know what to do. Let him speak to other men who supported their wives during birthing. Inspire him to enroll in a private birth preparation class or get personal counseling to help you and both of you communicate better and prepare for birthing.

Yogi Tip For the Father

Yogi Bhajan explains that a birthing woman receives her best support from a husband with a strong electro-magnetic field. His protective strength provides her with stability, security, and consistency on a very subtle level, even if he is not physically present. A man can strengthen his electro-magnetic field by practicing specific meditations and yoga.

Nurturing Power Of Your Uterus

The uterus, in its non-pregnant state, is a hollow, small muscular organ. It measures three by two by one inches, about the size of a pear. At the end of forty weeks of pregnancy, it has expanded to twelve by nine by nine inches.

After conception, the walls of your uterus begin to thicken and it becomes more circular in shape. It sits low in your pelvic cavity, near your bladder. You will urinate frequently during the day and may have to get up during the night to urinate, as well. Around the 20th week, the uterus stops growing but continues to expand as your child grows. About the middle of your pregnancy, your uterus

expands and moves up to your lower ribs. The walls of your uterus stretch and gradually become thinner. You will urinate less now; instead, you may begin to have a full feeling in your stomach area. You will feel better if you eat small meals more often as the uterus squeezes your stomach. Towards the latter half of pregnancy, you can easily feel your child through your skin. During the last month before the birth, your child will descend again deep into your pelvic cavity.

Contracting Power Of Your Uterus

At the height of pregnancy, your uterus is the largest muscle in your body. On the average of forty weeks after conception, your placenta ages and slows down its production of Progesterone (Progesterone prevents contractions). Oxytocin becomes the predominant hormone in your bloodstream and this begins the activation of uterine contractions.

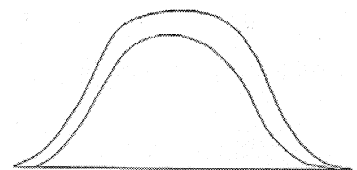
As the placenta ages, the umbilical cord's ability to transfer nutrients to and waste products from the child is diminished. As your child cannot live comfortably without sustenance, he or she also causes a signal of stress to your pituitary, "Begin contractions!" Hormonal and psychic signals activate the birthing process.

Conversely, when a mother is not consciously or subconsciously ready to receive her child, contractions often are weak or inconsistent without sufficient progress, which inhibits the cervix from opening and thinning. The power of your thoughts have an effect on birthing. Your conscious decision to open yourself for the process of birthing will make it physically easier for you and your child. So relax and welcome your new family member!

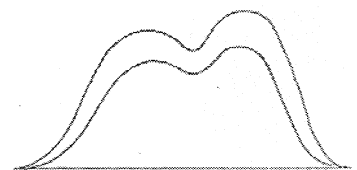
The contractions of your uterus are powerful and beyond your direct regulation. When you are relaxed and surrender to this force, which is the force of "Mother Nature," you can flow with each contraction, rather than cramping against this intense force. Remain fully conscious during birthing and feel your uterus working. If you "space out," you will lose contact with yourself and your breathing rhythm, which allows your fears to creep into your mind and shake you off your center.

Contraction Force

- **Opening Phase:** As your uterus is contracting remain keenly aware and present within your body. Allow your body to relax. Imagine riding a wave as you breathe through a contraction. The contractions that open your cervix usually begin gently, then gradually intensify, and slowly relax (A). The duration of these opening contractions are 30 to 60 seconds.
- **Transition:** During the Transition contractions, the rhythm of the contractions change. These contractions are slower, reach a peak, then begin to relax; subsequently the contraction increases again and finally relaxes (B). The transition contraction length is 1-2 minutes.
- **Push Phase:** The push contractions, also called Press Contractions, can be very irregular, with the duration of about 1-2 minutes.



A: Opening Phase Contractions



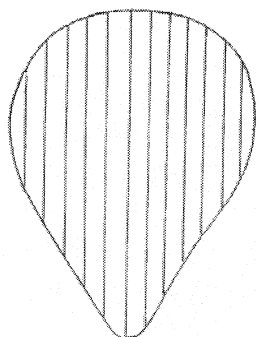
B: Transition Phase Contractions

What is happening in My Uterus?

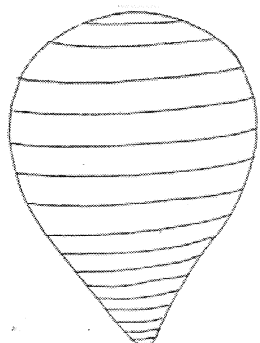
The uterus muscles are smooth and have few pain receptors. Your autonomous nervous system controls your uterus muscles. You cannot consciously control these muscles with your physical strength or will. When you feel pain during a contraction you are primarily feeling the stretching of neighboring muscles, which have pain receptors. If you totally relax, especially your abdomen and breathe deeply, your uterus will contract with minimal resistance from you, which means less pain.

This is very important to remember: you cannot stop the contractions of your uterus. The more relaxed you are the better the muscles can perform their function. If you are tense, you work against the function of the muscles, which causes pain and tension.

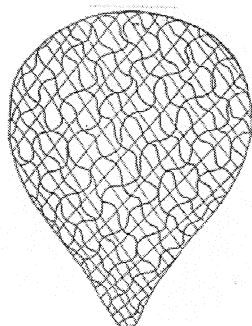
To assist your body to stretch and expand, your body secretes the hormone, Relaxin, which softens muscles, ligaments and tissues throughout your body. Some women feel they cannot stand up because their legs feel like jelly which is from the Relaxin.



A: Vertical Muscles of the Uterus



B: Horizontal Muscles of the Uterus



C: Diagonal Muscles of the Uterus

Muscle Groups of the Uterus

During each contraction, your child also stretches and elongates his or her body, increasing the intra-uterine pressure, which assists with opening the cervix.

Your uterus consists of three muscles groups: vertical, horizontal, and diagonal.

- **Vertical muscle group** contracts together and pulls up the cervix over your child. By this action, your cervix opens and your child can eventually pass out through the birth canal. These muscles also contract as they press your child deeper into the pelvic cavity (A).
- **Horizontal muscle group** functions like brakes against the vertical muscle contractions. Above your cervix, the horizontal or cervical muscles are the thickest and gradually become thinner on the upper part of your uterus. The horizontal muscles gradually stretch open from the intense power of your vertical muscles, inner uterine pressure, and the active stretching of your child (B).
- **Diagonal muscle group** functions to distribute nutrients, oxygen and carry off waste products via blood vessels of the placenta and the umbilical cord (C).

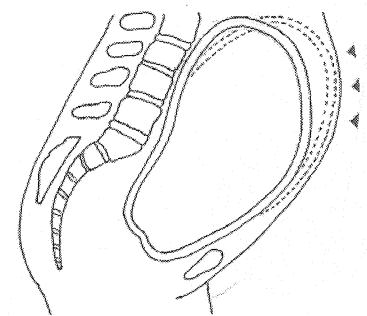
After awhile (the amount of time is dependent on many factors, your own relaxation is one of the major ones), the horizontal muscles cannot stop the power of the vertical muscles and your cervix opens and thins. When your cervix stretches opens (10 centimeters), your horizontal "brakes" become passive and the power of the uterus focuses in the vertical muscle group.

Your pituitary gland secretes the hormone Oxytocin, which activates uterine contractions. Yogic science teaches that the pituitary can properly secrete hormones for birthing when the mother-to-be is:

- **Physically relaxed.**
- **Mentally relaxed.**
- **Breathing** in a long, deep rhythm. This provides adequate oxygen and increases glandular function.
- **Focusing** either at the Third Eye or in the eyes of a supportive person. During the first stage of birthing, focusing your attention at your Third Eye stimulates your pituitary and Oxytocin. As your contractions increase, you may feel more stable or grounded when you are looking into the eyes of a support person.

What Happens To My Body During A Contraction?

- Your blood pressure increases when your uterine blood is pressed into your blood stream.
- Your pulse quickens because of the need to move the increased blood volume throughout the body.
- Your breathing slows at the height of each contraction.
- The intra-uterine pressure increases from uterine contractions and your child stretching.
- The external uterine pressure is increased.
- Your child's heartbeat reacts to the pressure in the uterus. The rate and depth of your breathing influences your child's heart beat.
- Your uterus narrows, elongates, and rears itself slightly forward as it contracts (A).
- Your temperature rises from the increase of blood circulating.
- Your blood becomes thicker, especially if the Pushing Phase is long.



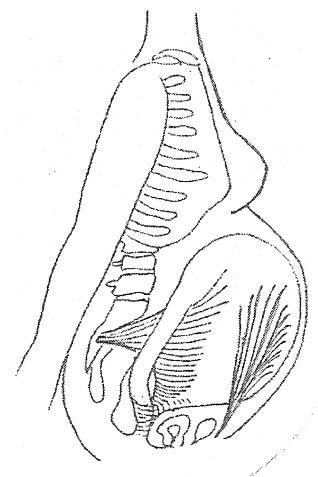
A: Stretching of the uterus during a contraction

Pain of Birth

What is the "pain of birth" anyway? The pain of birth is the stretching of your uterine ligaments (B), and neighboring muscles, as well as the pressure of your child on your lower abdomen, lower vertebrae, and through your birth canal. Many areas of your body need to expand and release in order for your child to move through your birth canal and be born.

However, when you perceive these physical sensations as painful and tense your body, you disconnect from the experience rather than harmonizing with the experience. Birthing is a physical activity, where you feel very natural bodily processes.

Yogi Bhaan has taught that contractions have a psychic effect on a child's mind. The mother gives her mental psyche as she births her child. When she receives medication a child loses a part of the experience of birthing. Do your very best and leave the rest to God.



B: Uterine Ligaments

As you consciously practice Kundalini Yoga and Meditation, you are preparing yourself for birthing. Keeping up during a yogic position may be challenging; however, using a conscious breath, focusing on your Third Eye, meditating on SAT NAM (see Page 62), and deeply relaxing muscles you are not using prepares you for birthing. You are practicing to flow with your contracting uterus.

Childbirth, however, can be extremely painful. It been measured that some women experience such extreme pain (10 -10 1/2 dols) as third degree burns. So if birthing is just physical activity, why do so many women experience intense pain and others none?

Causes of Birthing Pain

There are three main causes of pain during childbirth:

- Emotional
- Physiological or mechanical
- Functional

Emotional

When a woman refuses to accept what is happening within her body during birthing, she resists the natural process and birthing seems more daunting. Fear of being out of control can haunt you. Actually, contractions are out of your direct control; and this can be frightening! A birthing woman can best merge with the sensation of each contraction by meeting the intensity with her breath. Even a well-prepared woman can become overwhelmed for a time and lose her center; however, with some guidance and support, she can usually resume her balance.

Fear and tension activates your Sympathetic Nervous System, causing some of your blood vessels to constrict and sending blood to other areas preparing you for "fight or flight." If during birthing you are frightened or tense, your horizontal muscle group is tightened and resists stretching, and your diagonal muscle group constricts its blood supply to your child. Therefore, your fear and tension actually intensify your pain and reduce blood supply to your child.

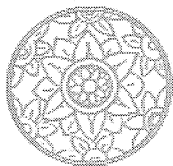
Nature arranged our chemistry so that when a woman is afraid, the horizontal muscles would restrain the cervix from opening "until danger is past." Therefore, a woman's fear once served her and her child's survival.

Yogi Tip: Communicate with your Child

Communicate with love and words of welcome to your child. This assists to open your cervix.

Release

Birthing often confronts your preconceived feelings of becoming a mother. Actually, you are not "having a child." Your child is not "yours." He or she cannot fulfill your emptiness or security. Your child has his/her own destiny, which will challenge and demand an incredible sacrifice from you.



Where can your child learn to find security when you have not embraced security within yourself? Your child is squeezing through a four-inch birth canal. Release your past and your limits. Release your fears. Release your child. Let your child enter the world to experience life, its beauty, and its wonder.

The child you are birthing has been attracted to you, your partner, a certain time, and a specific longitude and latitude. Your child was attracted to you and your situation in order to learn and receive. You consciously or subconsciously opened your own Soul and body and shared your energies as a mother. Through your surrender, efforts, and selfless service, you will mature, excel, grow, encounter deep love, and transform.

Sometimes you get sons through your womb whom you have left in the previous incarnation in the state of incomplete love. All destiny and fate is decided by the action of love and 'love in hatred.' These are the only two forces which run the Universe. Love and the other side of it, hate runs the Universe. Otherwise there is nothing else in the world.

Yogi BhaJan, Women's Camp, Women's Camp, 1987.

Mechanical

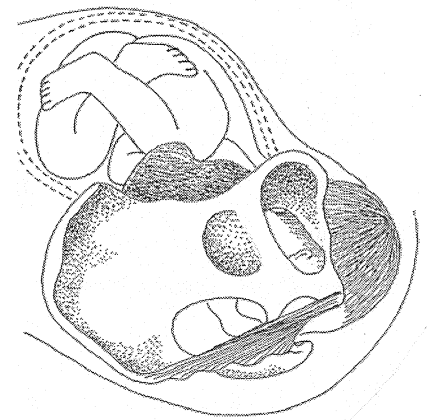
For example, a child with a large head or body born to a woman with a small pelvis, the position of the child, disease, fatigue, weakness, or poor health of the mother all contribute to physiological pain during childbirth.

It is amazing that a child could pass through the bony pelvis of a woman. However, the size of the child in relation to the size of the mother's pelvis influences the process of birthing. Many midwives can verify size discrepancies without the use of machines; otherwise, an ultra-sound may be required.

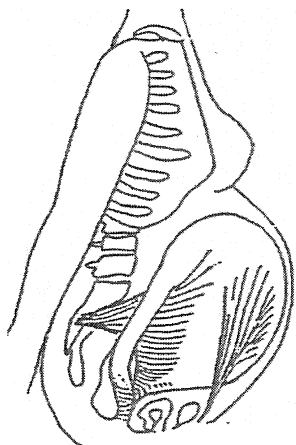
Two weeks before the due date, your healthcare professional will examine your child's position and presentation; occasionally this may change during birthing. Until the child is engaged deep into pelvic cavity, a change is possible.

- **Position** indicates which part of child will be birthed first.
- **Presentation** indicates which part of child lies over the cervix opening.
 - a. **Head presentation**
 - Vertex, top of head with chin on chest: easiest.
 - Face or Brow: births can be longer.
 - b. **Breech presentation**
 - Buttocks.
 - Feet, one or both feet.

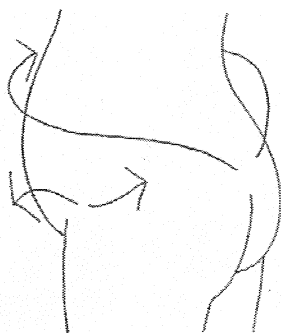
A Breech presentation is usually more complicated because the navel cord can become compressed during descent limiting oxygen and nutrients, while child's head is still inside the birth canal. The birth can be longer because often the cervix takes longer to open with the buttock descending first.



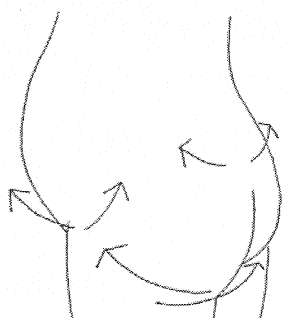
Baby traveling through the pelvis



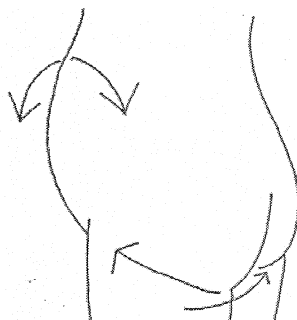
A: Uterine Ligaments



B: Stretching During Opening Phase



C: Stretching As Contractions Intensify



D: Stretching During Active Birthing Phase

Important: If you know that your child is breech or high in the pelvis in normal presentation and your "waters" break, do NOT walk or sit. Lie down. Call your midwife or doctor immediately. This limits the chance that the navel cord will descend out the vagina and limit the oxygen supply to your child.

Functional

- Utilize your yogic relaxation practice during birthing to let go of tension, minimizing your discomfort and pain.
- Utilize your yogic breathing practice during birthing, to provide sufficient oxygen for yourself and your child. Insufficient oxygen leads to toxicity of the blood and increases pain.
- Adjust your position throughout birth to assist your relaxation, accommodate movement of your child, and to improve your circulation. Never lie flat on your back. Raise your upper body with a few pillows when on your back.
- Inconsiderate medical procedures or emotional tension of professional staff could interfere with the birthing process and increase discomfort.

WHERE WILL I FEEL THE CONTRACTIONS?

You can feel tension throughout your body. The contractions, however, are limited to a few areas. Focus on relaxing, releasing your resistance, and letting go. Adjust your position, your breath, and your focus according to your sensation.

Ligament Stretch

As your uterine muscles are contracting, your uterine or "mother" ligaments, which secure your uterus in your pelvis, also lengthen. These ligaments are bands of tough, flexible, fibrous tissue, which are located on either side of the uterus. One set connects your uterus to the pubic bone. The other set holds your uterus through your pelvis to your lower back.

Ligaments cannot stretch as muscles do, because their function is primarily support, not motion (see Figure A). During pregnancy, however, a variety of hormones flow into the bloodstream causing these ligaments to swell, soften, and become more stretchable in readiness to contend with your expanding uterus.

Figure B: Opening Phase: contraction may be felt in lower abdomen and lower back, stretching to upper abdomen.

Figure C: As contractions become more regular: contraction may be felt in lower abdomen, pelvic floor, and lower back.

Figure D: Birthing Out: contractions may be felt in pelvic floor and upper abdominals. Pressure may be felt on lower spine.

Pubic Area

Many women feel a slight pull over the pubic bone, or in their pelvis during pregnancy as the uterine ligaments continue to support the ever-growing uterus. During a contraction, your uterus stretches itself up and out of the lower abdominal area, pulling the ligaments. This tension causes other muscles in the LOWER abdominal area, pelvis cradle, or pelvic floor also to become tense.

What can I do? Breathe consciously and relax. Change your position. Press your hands firmly over your pubic bone. Gently, rock your body in sitting or standing as you allow the tension to release.

Lower Back

The indirect stretching of the uterine ligaments can cause lower back or lower pelvic discomfort. Alternatively, perhaps your child is pressing on your lower vertebrae during descent.

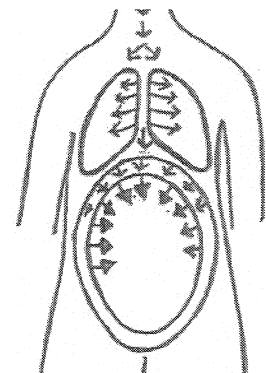
What can I do? Breathe deeply and release any tension. Try Baby Pose, Hand-Knee Position, or Kneeling Forward. Support person presses his/her heel of hand against your vertebrae in a figure 8 (see page 157) or firmly massages your lower back.

All I am trying to do is remind you with every chance I get that you are the Grace of God. You are the vehicles. All it takes, dear ladies, is one woman to create the consciousness of a Guru Nanak or Christ or Buddha. Yogi Bhajan.

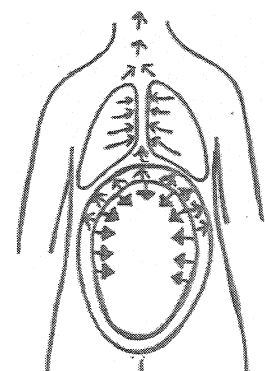
Breath and Birthing

Conscious breathing assists your harmony and works with your contractions. During birthing, your breath can be the most convenient and suitable bodily rhythm to center your awareness. Conscious breathing during birthing supports the exchange of carbon dioxide and oxygen, eliminating toxins faster. Long, deep, and full breathing relaxes your body, focuses your mind, and stimulates your pituitary to increase its secretion of Oxytocin. Your surrender to the birthing process sanctions your pituitary to secrete Oxytocin.

A full, conscious breath also directly controls the intra-abdominal pressure and to a lesser extent the uterine pressure. As your lungs fill during your inhale, your diaphragm descends lower into the abdominal cavity, which increases the pressure in your abdomen and around your uterus (A). In addition, this increased pressure "holds" or supports your uterus during a contraction, reducing discomfort. During your exhale, your abdomen is not supported by the volume of your expanded lungs and diaphragm (B).



A: Inhale



B: Exhale

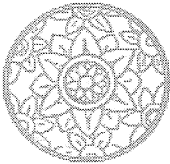
The comfortable feeling of your inhale may lead you to instinctively hold your breath during a contraction. You may often need to be prompted to exhale. Maintaining a balanced inhale and exhale during birthing is essential for your own life, as well as assisting to keep your body relaxed and sustaining a continuous flow of oxygen to your child.

Breathing for Birthing

During the early stages of birthing, continue with your ordinary activities and breathe normally. As your uterus contracts more regularly and with more power, you may need to stop your activities and focus on breathing long and deep. When your contractions increase in frequency and intensity, you will notice that long and deep breathing becomes less comfortable. Your breath will shift into your upper chest since the abdominal pressure inhibits your breath to flow deeply. At the peak of these contractions, you may notice that your breathing rhythm may increase or decrease, or you may be more comfortable to breathe out from a relaxed, slightly open mouth. When your contractions lessen, your breathing will slow down to a steady rate. Let your body lead you. Stay in your body and listen.

Refreshing Breath

During contractions, your uterine muscles squeeze together, restricting the supply of nutrients and oxygen to your child. As a contraction begins and a contraction ends, remember to take a few deep breaths, called "Refreshing Breath." Electronic fetal monitor research confirmed that if a woman breathed deeply after a contraction, her child recovered from contraction stress sooner (see Page 64).



Focal Point

As your cervix is opening, try focusing at your Third Eye. As the contractions become more regular and powerful keep your eyes open. Focus on the eyes of your partner or support person, or another outer focus point. Stay centered on your focal point throughout the contraction. Do not leave it.

Avoid "Building the Nest" Panic

When you are tired during birthing, you may feel more sensitive to pain, reducing your ability to concentrate and relax. During the last two to three weeks before term, please do not overexert yourself. Prepare for birth by relaxing, eating consciously, and continue walking five miles daily. Please, do not paint or rearrange your house now! It is time to go inside yourself, relax, and meditate.

Let Your Self Be Nurtured

During the birth, any form of cozy cuddling, loving support, and massage can help you relax and open up (see massage, Pages 118 - 119). Gentle nipple massage directly sends messages to the pituitary to secrete Oxytocin. If you are tired, try to relax or sleep. If your body is tense, get into a bathtub, relax, and try to identify and work on what is stopping you from opening. You can also walk and sway to music.

How Do Contractions Affect the Health of a Child?

The contractions are important for the stimulation of the fetal skin and function, as when mammal mothers lick their young after birth. The uterine contractions "massage" and stimulate:

- The gastro-intestinal system
- The genito-urinary system
- The respiratory system
- The sensory nerves in the skin

This stimulation is a very important function in the successful survival of all mammals; without it, the species could become extinct. A premature or Cesarean born child will normally have more troubles with the above four systems the first few months than a vaginally-born child. Therefore, if your child is born by Cesarean or is premature, lovingly massage your child daily and let your child sleep, skin - to - skin.

Impact of Birthing on Your Child

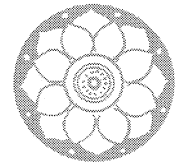
Your state of mind during birthing imprints on the subconscious mind of your child, and this memory of birthing passes onto the future generations. Developing your inner peace through meditation influences generations. You may be intensely challenged during birthing; however, what is important is how you cope with the situation and bring yourself back to a state of relaxation.

You, as the mother, have accepted the challenge of parent. "Pay-rent." You are paying back the rent. Paying "Cosmic Rent." You pay the rent by teaching, guiding, and inspiring this child to live in grace, dignity, and human character until she or he goes home. Home? Home, to her or his True Home. The Earth is a hotel. We are here for a short visit; it is not our permanent home. It is a nice place to visit. Our True Home is with Infinity. We keep coming back to visit, enjoy, and learn to be quality humans.

In our language, in Gurmukhi, we say, '**ANG SANG WAHE GURU**'. **ANG** means with every limb. **SANG** means companion. (*Wahe Guru means ecstasy of experience*). With every limb of mine, my being. Limb means not only this wrist or this finger. Limb means every facet of my life.

When we say, **ANG SANG WAHE GURU**, that means, that wonderful Lord is with every facet of my life. This is the highest meditation. A woman who does it has nothing to worry about, because her worries are taken over by the Universal Mother Nature. She has not to worry as a mother. She has not to worry as a creature. That is why they say from every facet of life she becomes free.

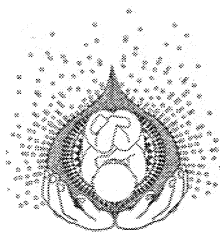
Yogi Bhajan, Women's Camp, New Mexico.



Chapter 16.

Where Shall I Give

Birth?



No one is concerned about you and your baby more than you. Your love inspires you to appreciate the miracle of pregnancy and birthing your child. Your longing to fully experience this marvel of creation inspires you to prepare for a natural and conscious birth.

Birthing is a very natural and intimate process, which needs time. It challenges a woman's patience, strength, and endurance. You are birthing your child. You harmonize with your body to birth your child.

The professional medical care you receive serves you and your child. You may wish to precisely plan each detail of your child's birth; however, that is not possible. There are certain aspects that you can prepare for - your inner reactions and your outside environments.

Healthcare Professionals Reflect Your Values

Investigate in your community for well-trained doctors or midwives who reflect your birthing values and with whom you feel personally and professionally comfortable. Ask young mothers in your neighborhood; contact birthing centers or women's centers for suggestions. Explore different birthing options: home births, birthing centers, and hospitals. Ideally, your investigation should be completed before you conceive so that your healthcare professional can support you throughout your pregnancy and birth.

Prenatal Care

Professional prenatal care protects both you and your child. Research shows that early and regular prenatal care can uncover complications, making more effective diagnosis possible. From the first to the sixth month, your prenatal visits will normally be monthly, unless there are any known complications. After the 28th week, the frequency will increase to twice a month, and during the last month, every week.

Take time to get acquainted with your healthcare professional. Building a trusting and open communication helps you to relax. Preparing a written list of questions for the consultation will assist you to more clearly articulate any concerns. Remember to discuss your dietary needs, supplement requirements, and exercise routine.

During your first prenatal visit, you will be given a thorough medical examination. You will be requested to provide your past medical history plus your present state of health. You will also give a blood sample (to verify blood type and Rh factor; anemia, syphilis, immunity to rubella, etc.), and urine tests. A pap smear is necessary to determine any possible future complications. Your weight, urine (sugar, protein, and nitrites), blood pressure, fundal measurement (size of uterus), baby's presentation, fetal heart tones, as well as observations regarding the possibility of complications will all be monitored during your regular prenatal visits. Prenatal monitoring provides you and your medical professional with essential information to determine where you will birth your child. (These tests may vary per country or community.)

Inviting your husband and support person to accompany you to your prenatal visits provides them an opportunity to meet your healthcare professional, ask any questions about the pregnancy and birth and discuss their role as your support person.

Birth Plan

The process of creating a Birth Plan assists you and your partner to articulate your standards about the birth process and the care of you and your child. It is a statement of your desires and requests, and prepares you for appointments with your healthcare professionals. Your Birth Plan also communicates that you, your partner, and your support person want to be active participants throughout the birth, including participation in any emergency decisions. Keep in mind that this is your Birth Plan; there is also God's Plan.

Begin by compiling a rough draft of your own personal Birth Plan. As you are discussing your Birth Plan with your partner, occasionally reflect upon: What are your basic values about birthing? What is important for you and your partner? Where do you need more support and encouragement? What are your fears? How can you face your fears so that they do not preoccupy you?

*It is not the life
that matters.*

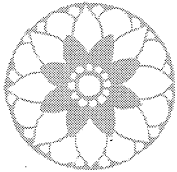
*It is the courage
that you bring to it.*



Your Birth Plan is not a contract. Your Birth Plan is a statement to clarify and verify your birthing projections with your medical professional. Communicate clearly your requests with grace and tact. After collaborating on your Birth Plan with your healthcare professional, request a signed final version. Then make three signed copies: Copy #1 for you, Copy #2 for your medical chart as a guide for your care. (Often medical personal may change or your doctor or midwife may be unavailable. Arrange to meet possible substituting medical professionals before birthing.) Copy #3 is filed in the nearest pediatric hospital for emergencies for your child.

Where Will I Birth My Child?

You, your personal situation, and your local possibilities will influence your decision as to where you will birth your child. You need to feel comfortable, secure, and nurtured. Today, if women are not birthing at home, they are choosing hospitals or birth clinics for medical ASSISTANCE. Many women do not want to passively hand over their bodies to the "professionals." Some medical professionals and hospitals are awakening to the fact that birthing is not a sickness and that women are more educated about their birthing options and their own inner strength to give birth.



Investigate local options by reading articles, touring clinics and hospitals, speaking with midwives, taking birth education classes, and talking with parents of young children. After you collect this information discuss your options with your partner and then with your medical professional.

- The majority of people living on the Earth today have been born at home and according to the World Health Organization, 90 to 95% of the entire world's births are normal.
- The percentage of U.S. births attended principally by midwives: 5%
The percentage of European births attended principally by midwives: 75%;
World Health Organization (WHO).
- In the five European countries with the lowest infant mortality rates, midwives preside at more than 70% of all births (WHO).
- More than half of all Netherlands babies are born at home with midwives in attendance, and their maternal and infant mortality rates are far lower than in the United States (WHO).
- Americans could save \$13 to \$20 billion annually in healthcare costs by developing a network of midwifery care providers, de-medicalizing childbirth, and encouraging breast feeding. (Frank A. Oski, M.D., professor and director, Department of Pediatrics, John Hopkins University School of Medicine, Baltimore) Sources: 1992; 82:450-453; Birth, 1994;1:141-148; Midwives Alliance of North America.

The health of you and your child are the determining factors in deciding where you will birth and who will provide your professional medical care. Investigate what local opportunities can support the natural process of your birth to unfold in an unhurried manner.

Home birth could be an option for a woman with a normal, uncomplicated, low-risk pregnancy. A home birth offers a mother an environment that is familiar, without any regimentation. The mother has a built in immunity to germs in her own environment. She also passes those antibodies to her baby. The mother is encouraged to continue her normal activities in her home; walk, take a bath, or eat light snacks. After the birth, the family can immediately relax in their own environment with their child. The midwife provides all necessary medical supplies, even a birthing stool or a pool for a water-birth. Midwives have cooperative relationships with local hospitals and ambulance services in case of an emergency of mother or child. Postpartum care is usually also provide in the home.

Birthing centers provide birthing rooms that resemble homes, complete with large bed, a living area, bathroom, and kitchen facilities. Some centers have large bathtubs in the rooms for relaxing or water births. The pleasant environment and dimmed lights support relaxation. Mothers are encouraged to change their position and walk in the halls or in the gardens. Food and nourishing liquids are available throughout birth. Basic medical emergencies can be handled within the facility by a small staff of professionals or in a nearby hospital. Immediately after the baby is born, the mother is given her child to encourage bonding.

Hospitals provide mothers with medical security when complications are apparent. Today many hospitals are creating cozy and friendlier Birthing Centers within their facilities and training their staff to support the birthing mother and her partner. Some hospitals are receptive to independent midwives and mothers birthing in their facilities when complications arise.

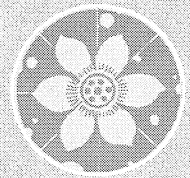
Some hospitals and clinics are allowing women to give birth and after a few hours return home. During these initial hours, her uterus is checked for bleeding and the health of the child is monitored. This can be a very satisfactory choice because there is the security of medical assistance during birth plus the cozy familiar atmosphere of being at home soon after the birth.

Yogi Tip: Birthing Meditations

Make plans with hospital or clinic so you can play uplifting, meditative music to support your focus. Welcome the new Soul who is entering your family with mantra and inspirational sounds. During a home birth, you may enjoy live meditative music as you birth. Ask friends to chant continuously in a nearby meditation room as you birth. Make sure they do not distract your focus.

Environment

Whether you give birth at home, in a clinic, or a hospital, a comfortable environment supports your relaxation. Reminder: Complete all hospital or clinic registration papers, as well as health insurance forms, during the last trimester.

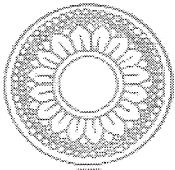


*The health
of you and your child
are the determining
factors in deciding
where
you will give birth.*

Considerations

Here are some suggestions to consider as you decide where to birth your child:

- Physical comforts. The room should be warm, cozy, completely clean, neat, comfortable, and well-ventilated. The surroundings should also be pleasant. You should feel relaxed in the environment.
- Have personal items in the room. Use them as focal points: pictures of inspiring people, nature scenes, and fresh flowers.
- A firm and comfortable bed or a large mat with pillows for support. It is great if the bed can be double size so your partner can be near to massage and still be comfortable himself. A mat or carpet for the floor if you wish to squat or kneel. Other birthing aids such as a chair, hanging rope, or ladder are optional but helpful.
- No bright lights. Dim lights or close curtains. Yogis suggest light blue curtains or cloth to cover windows and blue light during the first few days after birth.
- Clean toilet facilities nearby.
- Running hot and cold water, with the possibility to take a bath or shower in a warm room. Water births can help you relax and more easily birth your child, relieve tension in your back, hips, and pelvic muscles, and provide your child a peaceful transition from your womb to the world. Water temperature should be 90 to 100° F.
- Possibility to walk during the opening phase in peaceful surroundings, both inside and outside. Have slip on shoes available.
- No bright camera, lights, or loud noises.
- Possibility to make a warm tea or broth. Availability of healthy snacks.
- All birthing equipment available for you and your child.



Mental And Spiritual Supports

- Positive and uplifting environments. Your partner and the second support person are responsible to arrange that there are no distracting activities in the birthing room.
- You have good communication with your healthcare professional and you trust them and their abilities.
- Limit the number of people in the birthing room; only persons who are actively supporting you. This is no show. Birthing is between you, your child and God. Please, no disruptions.
- Your husband can tape your child's first minutes into the world. Limit videos and photos immediately after birthing.

My spirit is my spirit; it must flow through me.

It is my strength. It must hold me through thick and thin.

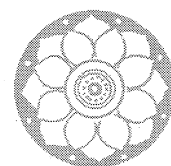
Siblings

If your children want to be present at the birth, they MUST be well prepared. Tell your children many stories about birthing. See a birth movie together. Take them to visit your healthcare professional, the clinic, and the hospital a few times. Arrange that there is one familiar adult to care for each younger child. This person will be available to explain what is going on during the birth, and take your child out if he/she is bored or bothering your concentration.

Your other children will need extra attention during the first weeks after the birth, so arrange in advance something special and fun. Give your children each a small gift after the birth. Let them know that your family is celebrating the birth of their brother/sister. Their acceptance of the new brother or sister may take some time. Be patient. Praise them whenever they help you with the baby or in the household.

I know the Unknown is known to me.

It is my guiding Spirit.



*First, God created Light
And then by His Omnipotence made all the mortals.
From the One Light the entire Universe was created.
Then who is good and who is bad?
O men, brethren, stray ye not in doubt.
Creation is in the Creator and the Creator is in the Creation.
His is fully filling all the places.
Clay is but one,
But the Fashioner has fashioned it in various ways.
There is no fault with the vessel of clay,
Nor is there is any fault with the potter.*

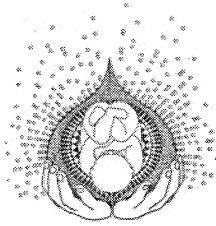
He, the One True Lord is amidst all and by His doing, everything is done.

*Whosoever realizes the Lord's Will, he alone knows the One Lord,
And he alone is said to be His slave.*

Kabir, a Sufi Saint

Chapter 17.

Open the Baby Door!



You are unique and your birthing will be unique. Spare yourself from creating a preconceived birthing experience. Accept and surrender to the Creative Power to guide you, and let Mother Nature work through you. You will receive all the creative energy you need to gracefully serve the process. As contractions begin, consciously release your child. Whatever fixed ideas you are holding about concerning yourself, your child, your family, or your life, let them go! Whatever challenge you will face in the future - financial security, stable marriage, painting your home - let them go! You will be covered by the Creative Force.

Your Uterus is Practicing!

False Labor (Braxton - Hicks contractions) occurs irregularly throughout pregnancy. However, one to five weeks before term, your contractions intensify as they move your child deeper into your pelvic cavity. Continue your normal routine during these practice contractions. Practice contractions are important; however, they are NOT true birthing. So continue your normal routine and breathe consciously.

False labor contractions can occur when you are dehydrated, lacking in calcium, or under stress. For example, you just had a dinner party for six people. In the morning, you went shopping and then cleaned the house. In the afternoon, you cooked and prepared the meal. After your guests leave, the contractions begin. If these are "false" labor contractions, you can lie down, relax, or take a warm bath and the contractions will slow down in regularity and intensity.

Are My Contractions the Real Thing or Practice Contractions?

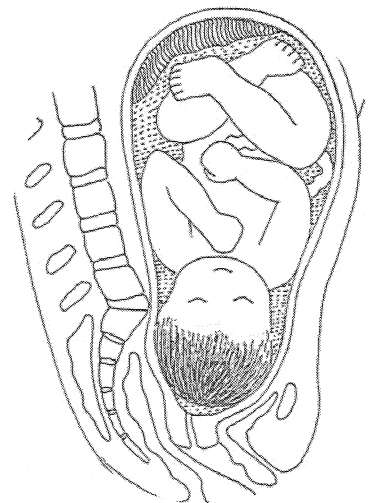
True Birthing	Preparation for Birthing
Contractions occur at regular intervals.	Contractions occur at regular or irregular intervals.
Contractions are felt at lower area of uterus and radiate over the uterus and through the back.	Contractions are confined to the area of lower abdomen and groin. Rarely felt in lower back.
Intervals between contractions become short.	Intervals between contractions remain long.
Intensity and peak of contractions increase.	Contraction intensity is unchanging.
Intensity of contractions is increased by walking or relaxing.	Contractions not affected by walking and may even stop.
Contractions not affected by mild sedation, like walking or bathing.	Mild sedative or relaxation will probably slow down or stop contractions.
Duration of contractions will increase with time, 45 - 60 seconds or longer.	Duration of contraction is short (under 30 seconds) and does not increase.
Contractions effectively efface and dilate the cervix.	Minimal changes in the opening of cervix.
Gastro-intestinal upset.	Usually no gastro-intestinal upset.
No change in fetal movement.	Baby may move at the beginning of each contraction.

Contractions: Too Early?

True contractions four to ten weeks before term can be a "wake up call" to relax, go inside, and become more centered. Refrain from passively thinking, "Okay, the birth has started. Just let it happen." Pull yourself together. Lie down with your hips and legs slightly raised. Imagine your cervix, vagina, and pelvic floor muscles closing in on your child. Relax your entire body, but close your birthing exit. Communicate with your child, "It is not time to come out; more ripening needs to be completed." Close your eyes and relax your body. Relax your mind. If the contractions continue to intensify after one hour, inform your healthcare professional. Warning: if you begin bleeding at any time or if your water breaks, contact your healthcare professional.

Continue Normal Routine

When true birthing begins, continue your normal routine. If contractions begin during the day, and there are no complications, maintain a vertical position. Stay active by walking in a nearby park or in your own home, without overexerting yourself. If you are walking and your contractions become stronger, lean against a wall, or let your weight rest on a table. Relax and breathe.



Continue normal activities as long as comfortable: talk with your friends, bake cookies, feed your animals, play with your children, and joke with your husband. If you are tired, try to relax, cat-nap or sleep. If you are resisting relaxing or letting go, enjoy a warm bath. Stay aware of your body and the contractions; let the process open your Baby Door. Relax and tune in to what is blocking you from opening.

Martha was birthing for over 10 hours with minimal opening of her cervix. There were no complications with her or her child. Her midwife asked her, "If you could arrange anything in your life, what would you like?" Martha replied, "I really long for the commitment of marriage. We have talked so long about this with no decision." The midwife suggested that Martha talk to Thomas, her partner. After Martha told Thomas, he lovingly asked her, "Will you marry me?" Almost immediately, she opened up three centimeters.

Another woman also had an extended opening phase. As her husband was massaging her, she released how angry she was at him. She told him that she was angry with him; however, she wanted to work out their differences so they could have a cozy home. He replied that he was committed to working out any differences and having a loving and happy home, too. The woman opened up fast to everyone's amazement.

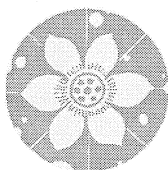
Adjust your position so you feel comfortable. If you are tired, rest and try to sleep, especially if it is night. Some women sleep during the hours of the Opening Phase, only to wake up with a partly opened cervix.

When you pray to God, or you want to establish your contact with the Hierarchy of the higher force of energy, which is divinity, you have to be gentle, like a woman. Woman who is not gentle is not a woman. The only characteristic of the Hierarchy of God is that God is firm and gentle, compassionate and giving. God is sweet and merciful, God is all wise and kind, God is beautiful and wonderful. Now all these facets of God you can go on writing and if you total them up they will equal one word: woman.

Yogi Bhaian, Women's Camp, New Mexico, 1977.

Intestinal Clean-out

Often as birthing begins, women may have diarrhea or pass frequent stools. This is nature's cleaning method to clear your lower intestines. When the lower intestines are empty, there is less tension in your pelvic area. It is a great idea to eat healthy, light foods and increase your water intake one week before the expected "birth" day. For most women, vegetable soups, yogurt, fruit, steamed vegetables, and toast are easily digestible. Continue walking, practicing deep breathing, and drink 12 glasses of water daily to reduce intestinal tension. When the birth actively begins and you have not had a bowel movement for four to eight hours, it is advisable to have an enema. Your healthcare professional will assist you. An enema is not necessary if your bowels move regularly.



Cleaning Your Nest

A few days before the "birth" day, you may get an incredible urge to clean, wash, and organize everything in your home. Be realistic concerning your "nesting instinct." You may be motivated to complete a few undone tasks, however, conserve your energy for the birth. Do NOT overwork yourself so that you are exhausted for birthing.

Opening the Baby Door

During the Opening Phase, your horizontal muscles stretch open from the intense pulling of your vertical muscles, and your cervix begins to thin and flatten. Your amniotic fluids may gush out if the amniotic membranes has a hole, or leak slowly if the amniotic membranes has a tear. As your cervix opens, you may also notice a slightly bloody mucous discharge, which is the plug that closed your cervix opening during pregnancy.

The duration and frequency of true contractions increase as your cervix stretches from ½ centimeter to about 10 centimeters. This process of the Opening Phase can last from 3 to 14 hours, depending on your muscle tone and relaxation and if it is your first child. At the beginning of the Opening Phase, your contractions will last about 45 seconds, with an interval of 5-7 minutes.

Gradually, your concentration is required during each contraction, with stronger contractions now lasting about 60 seconds, and with an interval of 1-3 minutes.

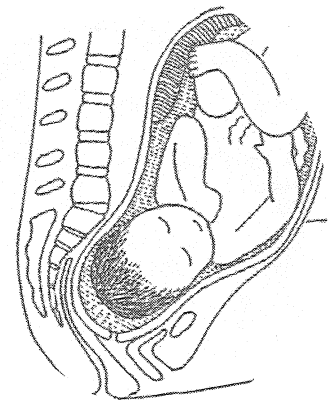
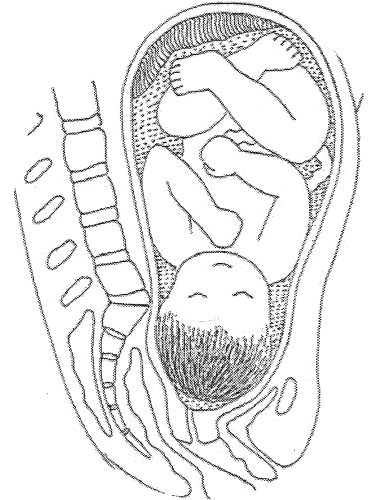
Warm and Cold

As birthing accelerates, your body temperature may fluctuate between warm and cold. No, you are not imagining it. A contraction presses a large quantity of blood into your blood system and you feel warm. When the contraction ends, blood returns back into your uterus and you feel cold.

You may feel comfortable wearing a large t-shirt. (Have two available so you can change and feel refreshed.) Because your temperature is changing, arrange for an extra blanket, which you can throw off and on. Your feet may feel cold, so wear warm socks. If you have long hair, braid or tie it away from your face.

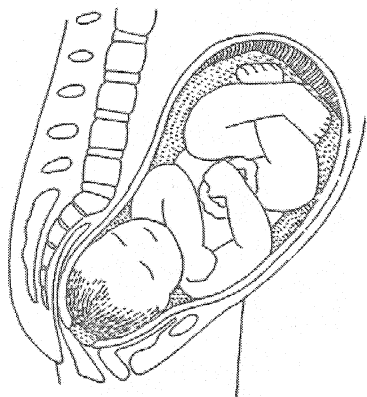
German Midwife Tip

Linseed Tea (Flaxseed Tea) assists in lubricating the birth canal. Cook for 10 minutes: 1 tsp. whole linseed (flaxseed) and 1 quart (1 liter) water. Strain and drink the liquid during the Opening Phase. Add milk and/or sweetener.



Nourishment During Birthing

You may eat light, healthy foods if you are hungry (fruit, dry toast, steamed vegetables, and broth) as birthing begins. Eat small portions, just to keep your blood sugar level up. Drink water, Linseed Tea (above) and YOGI TEA™ - Raspberry Tea. Small sips of Ginger Tea with natural sweetener can give you energy. You may enjoy a refreshing natural juice popside.



Drinking liquids during birthing prevents you from dehydrating. However, it is important that you continue to urinate at least every hour so that your bladder will not confine your pelvic area.

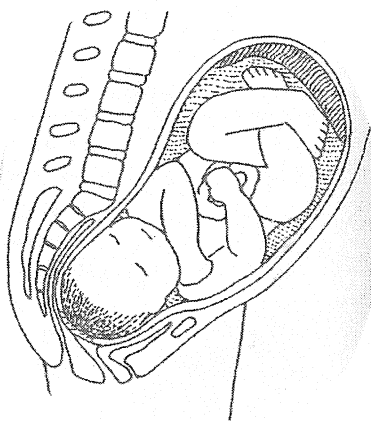
Bathing

Bathing can assist you to relax. Water supports and provides comfortable external pressure on your abdomen. If you find it difficult to relax or the contractions are too strong and fast for you to flow with them, sitting in the tub can put you in bliss. Some women sit or lie in a warm tub almost the entire birth. Some even give birth in the water.

If you have back discomfort (back contractions), you can either stand under the shower or kneel in the tub and rest your upper body on the rim of the bathtub and let warm water flow on your back. There should be someone with you at all times in the bathroom, as you may need support during a contraction.

Focal Point

When you concentrate your mind on a focal point, it becomes easier to relax your body and establish a regular breathing rhythm. To assist the stimulation of Oxytocin during the initial Opening Phase, close your eyes and focus on your Third Eye (see page 62). You can use outer focal points throughout birthing as supports. Choose pictures of inspiring people, mother with child, saints, sages, or favorite nature scenes.



The most encouraging support is looking into the eyes of your partner or a friend. The loving eye contact is the strongest sustaining focus because you get immediate reflection of your own state plus oneness with someone to guide you in breathing. This is especially valuable during the later part of the Opening Phase or during Transition when you feel you cannot keep up.

Music and Mantra

Arrange with the clinic or hospital to play meditation or uplifting music. Listen to music that you enjoyed during pregnancy or during yoga class. The elevating experience can support you as you birth.

You may be comforted when your partner or support person guides you by repeating *SAT* (for inhale cue) and *NAM* (for exhale cue), or just "inhale" and "exhale."

Movement

Walking or swaying your pelvis or body with soothing, rhythmic music moves your child deeper in your pelvis. Try standing balanced as you birth and rotate your hips and pelvis, placing your hands under either your uterus, resting on your hips, or leaning on a counter. Your legs and knees face away from the center of your body and are slightly bent. Keep your body soft, flowing, and relaxed, moving with your inner rhythm. Music can guide you with a rhythm.

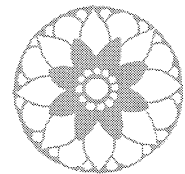
Birth Dancing

The traditional Belly Dance (which began as a birthing dance for women only) and other traditional dance arts assist a woman to connect with her body, improving the muscular control of her abdominal muscles and pelvic floor, as she practices deep relaxed breathing. *Bangra*, a traditional dance from Punjab, India is also effective. Practice during pregnancy and gently dance as you participate in the active release of your child, stimulating contractions with the movement.

"OPEN THE BABY DOOR!"

The position of your body can assist your comfort, increase your distress, or can slow down the birthing process. There is no perfect position. You have to tune into your body and feel exactly where there is discomfort. Try out different positions for your best comfort.

Ask for and be receptive for loving care and massages: relax into the bliss! Massage or firm pressure helps to relieve tension. Some women enjoy massage or pressure during a contraction. Others enjoy massage between contractions. Be aware of what helps you.



Relaxing your back in a C-curve (no sway back) brings your spine in harmony with your birth canal. If you need to lie down, lie on your side or propped up at a 45-degree angle with your legs slightly bent and supported by pillows. Do not lie on a flat, hard surface on your back.

Your pelvic floor and your cervix open easier when you completely relax with:

- your mouth slightly open and your lips forming a relaxed oval.
- your tongue full and soft in your mouth.
- your lower jaw dropped down.
- all joints curved and comfortable.

Vertical Positions

Birthing will progress more swiftly if you are relaxed and your upper body is in a vertical position with a C-curve. Some women enjoy sitting in a comfortable chair and occasionally walking around. It is better not to go to bed right away. Walking stimulates contractions, activates your bladder and rectum to eliminate, and relaxes your hips, abdomen, and buttocks.

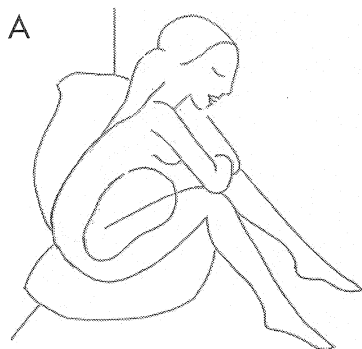
"OPENING THE BABY DOOR" POSITIONS

As your cervix is stretching open, maintain an upright or semi-upright position, allowing gravity to assist the descent of your child, while preventing your uterus from pressing on your back, arteries, or kidneys. Support your body, especially your limbs, with pillows. Changing your position about every half hour supports your circulation. If you do not alter your position, at least rotate your feet and legs between contractions.

Practice these positions during pregnancy so they become automatic as you birth. Listen to your body. Alter your position so you are more comfortable to relax and breathe.

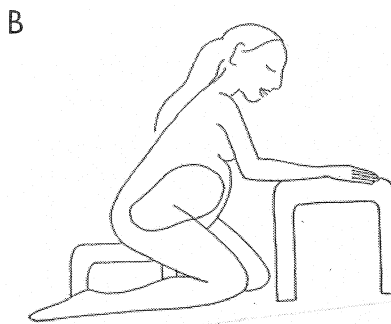
- Your pelvis opens to its maximum in the squatting position, increasing the internal space of your pelvis more than 1.5 cm than if you were sitting in a chair. You can use the squat during the Opening Phase only if the child's head is engaged. If the head is not engaged, the position creates a sharp angle, which inhibits the descent of your child's head. Squatting is excellent during the Push Phase.
- When your back is tense or you feel a pressure on your vertebrae, move into a position where your uterus can fall away from your back.
- If you feel tension in your abdomen, change your position so that you can breathe more fully, and your abdomen can be massaged or lightly pressed.

Allow your breath to be conscious and relaxed. How fast or slow you breathe depends on how you feel; work with it. Your mind may jump all around. However, keep up your breathing. Do not give up; keep up. Receive each contraction one at a time. Talk to your child often, "We are ready to receive you. You can come out, dear one."



MOTHER: Sit with spine in C-curve with pillows under your knees and back for support (A). Rest your head forward during a contraction. Basic sitting position.

Support: Sit behind or next to mother. Cuddle and encourage her. Lovingly massage her where she feels tension.



MOTHER: Spine in C-curve. Upper body relaxed forward on furniture, bed, or partner's lap. Let abdomen fall forward. Try placing a pillow under your abdomen for comfort. Sit on small stool, rolled blanket or firm pillow when your legs become tired. Good position for back discomfort (B).

Support: Sit behind mother or let her sit on your knees (for your comfort, place a rolled blanket under your ankles). Massage or apply pressure to mother's lower back during or between contractions.

MOTHER: Sit in Easy Pose with back supported (C). Try rocking back and forth while holding or massaging your abdomen. Relax head forward or back on a pillow between contractions. Comfortable for front contractions.

Support: Let her sit between your legs. Encourage her during contractions. Let her head fall back on your shoulder between contractions. Massage her back or abdomen or hold her.

MOTHER: Sit in a comfortable chair with feet supported or a pillow or low foot stool and legs comfortably bent (D).

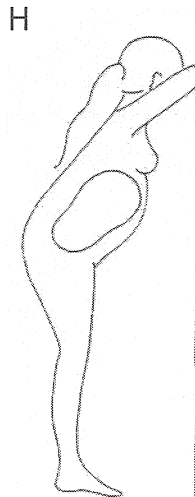
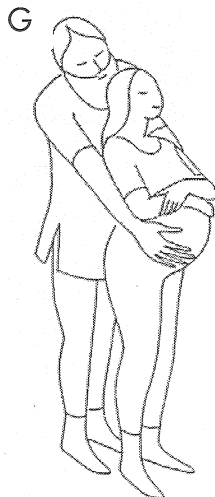
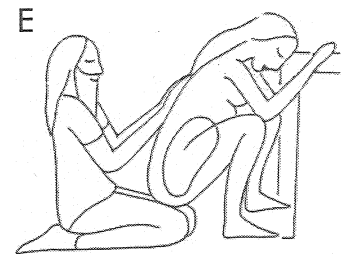
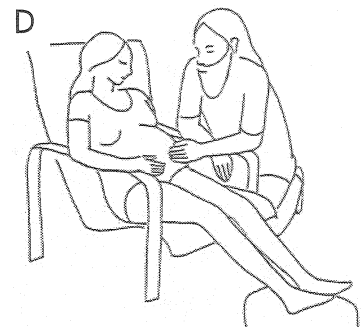
Support: Sit next to mother and massage her abdomen as you encourage her. Good for front contractions.

MOTHER: Squatting with support under buttocks or sit on low stool or on some one's knees (E). Spine in C-curve. Relax head and shoulders forwards onto bed or chair. Comfortable for back contractions.

Support: Sit behind mother and massage or apply pressure on mother's lower back. For comfort, sit on a firm cushion or low stool.

MOTHER: Stand with spine in slight C-curve (no sway back), legs comfortably open and slightly bent (F, G, & H). Let your thighs hold your weight. Lean forward onto wall or lean back onto a support person. Stand so your back is not strained. These are comfortable positions when a contraction begins while walking or standing.

Support: Stand behind mother with your legs comfortably open and slightly bent. Let her lean on you.



I

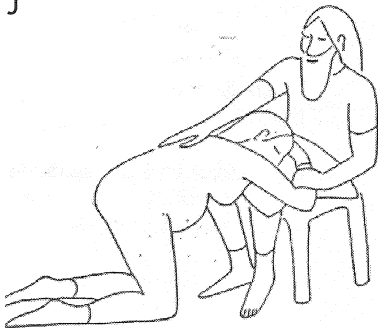


MOTHER: Sit with upper body relaxed forward and your spine in C-curve (I). Release tension in shoulders or neck. Helpful when a contraction begins while changing positions.

Support: Kneel or stand before mother. Let her relax her weight forward onto your head, shoulders or around your waist.

MOTHER: Kneel and let your upper body fall forward on bed, cushion, chair, or support person's lap (J). Try swaying your hips side to side between or during contractions, or do Pelvic Rocking. Good position to relieve back tension, especially if the pelvic floor seems to be pulling down.

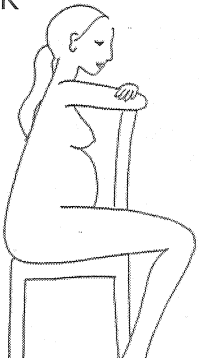
J



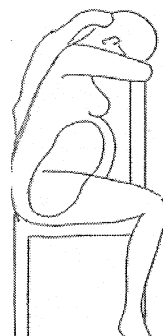
Support: Sit on chair before mother, with a pillow on your lap. Let mother's head relax on your lap. Alternatively, kneel behind mother and massage her lower back or legs. Place warm wet towels on her pelvic floor to release tension. Help her to rock or sway her hips.

MOTHER: Sit with abdomen facing back of chair. Your spine is in C-curve with legs relaxed (K). Place rolled blankets or blocks under feet for support. During the contraction, let your head fall forward onto chair (L). Comfortable for back contractions.

K



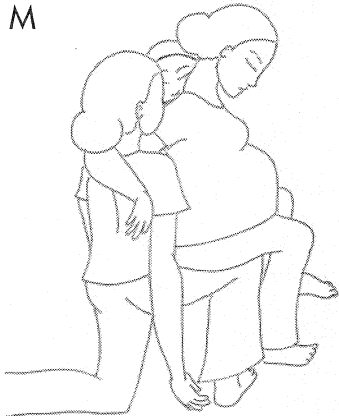
L



Support: Stand or sit behind mother as you massage or apply pressure to her lower back.

MOTHER: Stand closely between two support persons. Relax your spine in a C-curve with legs comfortably spread. Slowly sit down on the thighs of the two support persons so you are squatting (M). Comfortable when contraction begins when walking or during active birthing.

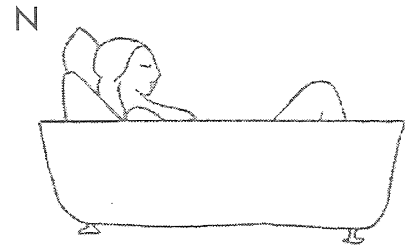
M



Support: Stand firmly with your legs comfortably spread as you support mother under her armpits. Then kneel so mother can sit on your thigh as she lowers herself into squatting. Mother can sit on either your left or right thigh, as it depends on the body configurations of mother and the support persons. Coordinate your body movements with mother.

MOTHER: Relax in a warm bathtub throughout a series of contractions (N). If you become dizzy, place your arms outside the water on the rim of the tub, to lower your body temperature. Comfortable and blissful. Warm water supports you to relax and release tension. Great for back or front contractions.

Support: Carefully support mother as she enters and leaves the tub. Remain with her when she is in bathtub!

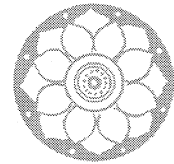


Birth Challenges Your Mind

Cooperate and listen to your body and your own inner feelings. Birthing is such a profound experience, in which intimate depths of your being converge. You become very sensitive, making it difficult to conceal your own fears or insecurities from your own self or others. At one moment, you may feel negative or depressed. At another time you may feel guilty and incapable to continue birthing.

Face your haunting thoughts and stay present as you birth. When haunting thoughts hinder your relaxation, talk! Not only are your thoughts affecting you and your ability to relax, your child is receiving your thoughts into his/her subconscious mind. Even if you think it is silly or unimportant, say it, of course, with grace. Your husband, helper, or midwife is there to support you and uplift you. Let it go. Liberate the pain and confusion of birthing for all future generations.

Birthing is probably one of the most intense situations of your life, and you cannot run away. Keep your breath rhythmic and slow, meditating on SAT with each inhale and NAM with each exhale. Affirm yourself now, "I will take each contraction, one by one."



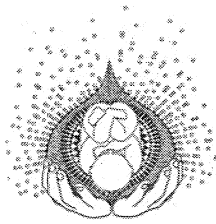
Principles Of A Mother

1. She should never grumble but should be graceful.
2. If you want your child to learn manners, you must practice those manners yourself. Manners are nothing but a civilized way to living. Children copy and incorporate your manners into their character.
3. Never hide anything from your child. Tell him or her the truth and keep your consciousness clean. When a mother does not relate with a child in clear consciousness, it will bring tragedy. You may lie to the world but never lie to a child, because you will hurt his innocence and he will come back on you 100 times more powerful later.

Yogi Bhajan.

Chapter 18

Transition



You have been keeping up during the first part of the Opening Phase. You have been challenged. You have been relaxing, and focusing on your breath. Then, your contractions start to be longer and more powerful! Your temperament converts to confusion, panic, irritability, or discouragement. You may feel tired of the whole birth. You may become extremely introverted, or intensely extroverted, saying, "I have had enough." "I will not go on any longer." "No, absolutely not another minute." You may want to escape, thinking, "I am going home right now." Then you know that you are in transition!

Contractions Intensify

Your horizontal and vertical uterine muscle groups have been holding each other in check, as your cervix has been gradually opening and thinning (A). During Transition, the last part of the Opening Phase, your vertical muscles seize full power and the intensity within your uterus increases, stretching your cervix from about 8 centimeters to the vital 10 centimeters. However, this energy shift within your uterus is chaotic. You may not notice it physically; however, your mind can manifest this chaos.

Transition is usually short, lasting from 20 minutes to 3 hours, with often the most challenging contractions. No contractions will be more intense. These contractions can be 1- 2 minutes long, with the peak lasting only 45 seconds. Pauses between transition contractions are short, only 15 - 60 seconds. The Transition Contractions often build, subside, and build again (B)!

Surrender

Your vertical uterine muscles contract with force and power while your child extends his/her entire body. So much is happening within your pelvis. Take each contraction as it comes and do your best. This phase may feel like eternity, however, it is actually short. Meet the challenge. If you become tense during a contraction, do better with the next one. You are great.

You may feel that you are losing control. Actually, you are! Surrender to the process. You cannot command this strong Creative Power. Surrender and merge. Completely relax and ride your contractions, one after the other. Breathe! Enjoy the Incredible, and be transformed forever.

Your Child Is Participating

During each contraction, your child stretches with back, legs, and arms, moving deeper within the confinement of your bony pelvis (Figure A). Your child's head descends through dilated cervix), snuggled over your dilated cervix. Stay in touch with your child now. Speak with love and encouragement. Whatever you perceive now imprints on the subconscious mind of your child. Transform the challenge to bliss and blessing.

As your child moves deeper in your pelvis, you may feel pressure on your lower vertebrae. If you feel fullness in your rectum or bladder, try to release any stool or urine. This pressure is most likely your child moving deeper through your birth canal. Relax.

Food Anyone?

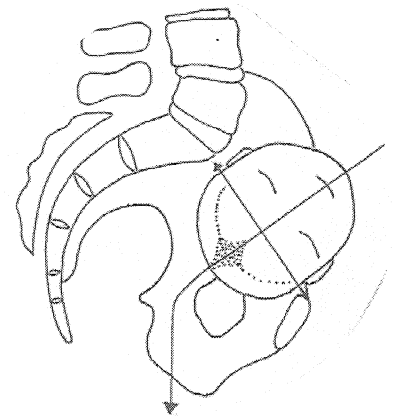
You probably will not want to eat solid foods during Transition. However, continue taking small sips of water or healthy fluids. You may feel refreshed when you suck on a natural fruit juice frozen popsicle.

Your body is focusing on your uterus, neglecting your digestion. You may feel nauseated, have intestinal gas, or burp often. Birthing is activated when you burp, release gas, or vomit. Do not hold back!

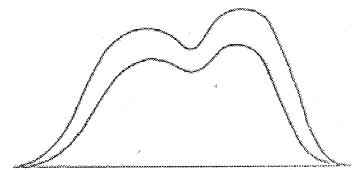
Transition Comforts and Supports

During Transition, relieve the pressure in your lower back by changing your position, having firm pressure applied on your lower spine, or massage using a tennis ball or firm palm pressure. Some women experience relief with ice packs, others with warm wet cloths.

As your child descends deeper in your pelvis, you may feel a strong internal downward pull within your pelvic floor. You can reduce pressure in your rectum when you consciously relax your pelvic muscles. You may also feel comforted by light pressure using warm, wet cloths on your pelvic floor.



A: Descent through the bony pelvis



B: Transition Phase Contraction Intensity

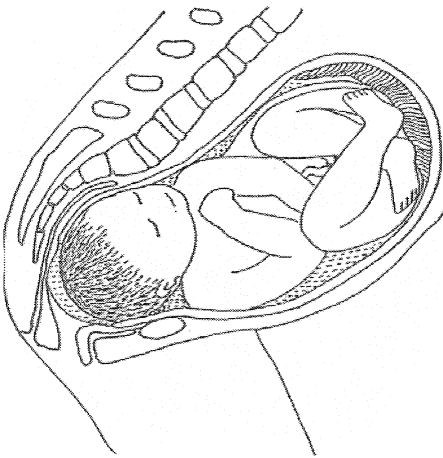
Your circulation may now be unstable so accept support as you stand or walk. Between contractions, move your hands, feet, and legs to lessen leg cramps or shaking. Whenever your legs tremble, you may feel relieved by alternate firm pressure and release. You may continue feeling warm and then cold. Wear your cozy socks.

You can feel very sleepy since you have worked and concentrated very hard. Let your body relax between contractions, and take regular cat naps. The birth of your child is near. Conserve your energy for the pushing.

Let Yourself Be Nurtured

During Transition, you could become irritated and even irrational. Communicate with grace and clarity as you explain your needs: massage, pressure, hugs, water, etc.

- The encouragement you receive from your partner and support persons is invaluable. Allow your self to be nurtured, cheered, and coached. When contractions become intense and you need a focal point, hold loving eye contact with your support person. Let your breath be guided.
- To open your cervix, loosen your jaw, relax your mouth in an oval, and let your tongue be soft and large, melting in your mouth.
- A great refreshing treat: when you feel uncomfortably warm, have someone wipe your face, neck, arms, or legs with a cool, wet cloth.
- When you feel pressure in your lower spine, change your position so that your abdomen falls away from your back. Deep, firm pressure on your lower back is comforting.



Breath

During Transition, your breath usually moves from abdominal to upper chest, with a faster and shorter rhythm. As your breath changes, retain a balanced inhale and exhale to prevent hyperventilation. If your hands fall asleep, breathe into your cupped hands for a minute.

BIRTHING POSITIONS TO SUPPORT "TRANSITION"

Apply your learned and instinctual resources to match the intensity and strength of each contraction. Examine each contraction. Feel how it begins, grows, and diminishes. Where do you feel the tension? What would make you feel more comfortable?

Continue to walk around, resting every hour. Empty your bladder every hour. You may enjoy sitting on the toilet during a few contractions. Soon you will be able to participate more actively in birthing and greeting your child.

You may have the urge to push as your child becomes engaged in your pelvis. To prevent overexerting yourself and stressing your cervix, do not push until your cervix is fully dilated.

You can relax easier during Transition when you are in touch with your body. Use any of the positions for the first part of the Opening Phase (see Pages 158-161). Choose a position where your back is C-curved and thighs face forward with your legs relaxed open.

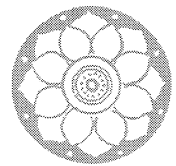
- If you have a full feeling in your lower spine, adjust your position so your abdomen falls away from your spine. Also, ask for a firm lower back massage or pressure.
- If you are lying down, relax on your side or propped up. Do not lie flat on your spine.
- If you feel tension in your pelvic floor or birthing is moving too fast, move onto all fours, or a similar variation.
- If you are tense, relax in a warm tub or shower. Move slowly with support.
- If you are sitting or lying for a longer time, rotate your legs and feet often to activate your circulation.

As long as the man, born of the woman, does not have reverence for the woman, in a truthful sense, he will not find himself complete. And as long as the woman, the giver of the life, does not honor the life of every man, she'll be incomplete.

The rest is all discussion. We can go on with it, but these are the basic fundamentals. The reverence and sanctity, respectability and grace of two united beings.

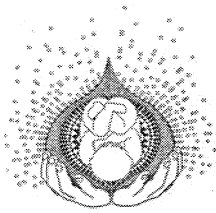
Yogi BhaJan, *Sexuality: The Source of Life*, Spain, 1986.

*As long as the woman,
the giver of life,
does not honor the life of every man,
she'll be incomplete.*



Chapter

Birthing Your Child



After the intense and confusing state of transition the actual birth is welcoming, and for some women even delightful. You are encouraged that birthing your child is near and transition is finished. You may even become sociable. Soon you may be able to meet your child.

You may feel the warmth or stretching of your child in your vagina. Relax and surrender even deeper. Feel expansion and oneness with your child and with the Creative Force. Experience accelerated space and time, without boundaries and limits. Merge into the present.

Surrender yourself to become one with the Creative Power of the Universe. Allow it to work through YOU. You are one with it. You are IT. You are creating with the Creator, in manifestation.

Midwives often notice the difference between women who read stacks of birthing books and women who are in touch with themselves and nature. Know what is happening within you. Enjoy all aspects of giving birth. Take pleasure in being more introspective, sensitive, and aware. The depths you touch will nurture you throughout motherhood.

Your Baby Is Coming!

Pushing Contractions are usually one to two minutes long, with an interval of two to four minutes. This may vary. There may be longer contractions with shorter pauses or vice versa. Be prepared for anything. The birth of your baby is approaching.

Your child is steadily squeezing down your four inch long birth tunnel. His/her body is tightly compressed, maneuvering each curve and bend. His/her skull bones glide over one another in a miraculous way (when your child's head descends first). Your child's head rotates to fit under your pubic bone. This passageway has been navigated by thousands of generations before. Then the crown of your child's head pushes against your perineum.

Be present with yourself; release all expectations. Love and enjoy the situation and honor your own self in the now. Accept who and what you are and just do your best. You may forget your relaxation and breathing. Okay. Continue once again. Keep up. You may even feel passive, overwhelmed, or insecure. Take the next breath, and the next, and the next.

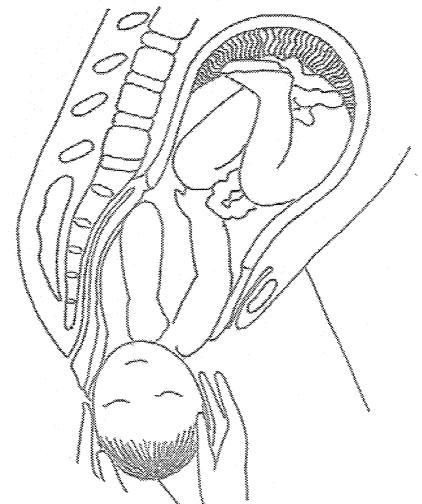
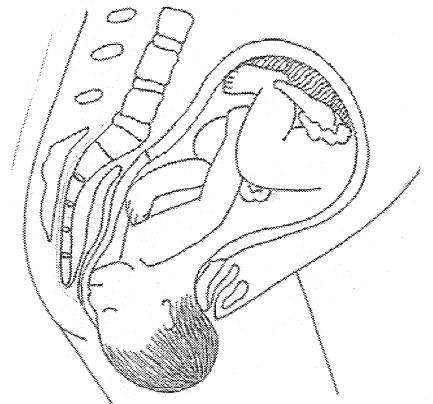
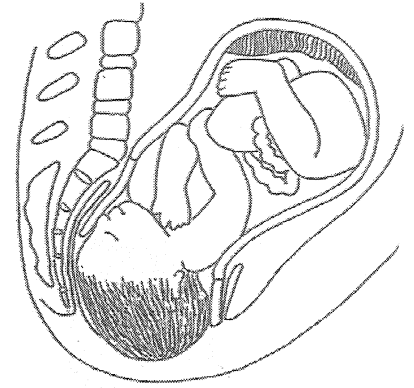
European midwives have noticed that birthing women were less exhausted and experienced fewer complications when women spontaneously bared down, using their breath, rather than being commanded to push. These children also were less stressed after birthing.

How Does Birthing Feel?

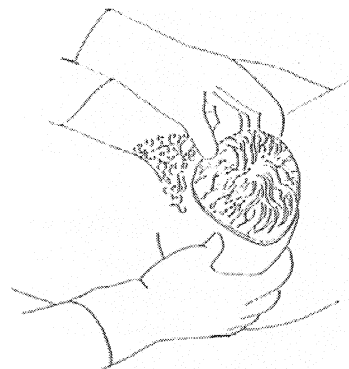
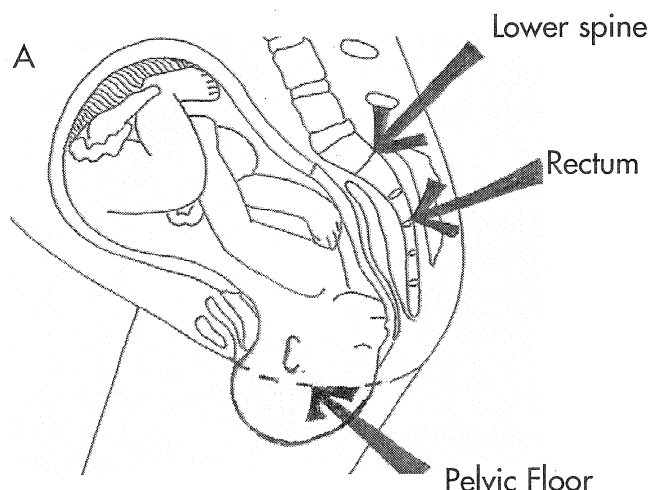
Birthing your child into the world is an intense physical experience. You can feel actual physical pleasure and emotional satisfaction. You can undergo extreme pain and soreness, feeling uncomfortable and irritated. Your body and your child's body, your upbringing, and your understanding of birth will influence your enjoyment or discomfort. You cannot birth using your understanding. Experience the experience. Enjoy the experience.

The walls of your vagina, soft and stretchy from the extra secretion of hormones, are ready to slide your child through the birth tunnel. The head of your child has traveled beyond your cervix, moving into your vagina. You may experience an intense and primitive feeling or urge to push your baby out of your pelvis. This powerful and uncommon feeling can be ten times stronger than any bowel movement and can be frightening. Your pelvis may feel like it is exploding or stretching beyond anything normal.

Perhaps your pelvis is sufficiently large and you do not experience this powerful urge to push. Relax and open up your birth canal so that your child may slip through. Adjust your position to give yourself a better angle to birth your child.



Accept yourself. You are the mother. You are the first guide for your child. Your child is not your possession. Your child belongs to the Infinite and is entering life through you. Let your child emerge. Offer your child expansion and growth. Offer your child the experience to know freedom and peace through your giving selfless love. Let your body open.



B: Stretching of your Pelvic Floor

All Open!

As your child progresses deeper into your pelvic cavity, you may feel increased pressure on your lower spine or rectum (A). This may feel like you need to release stools or urine. Relax your pelvic floor and breathe. It is a normal occurrence that a birthing woman may release some stool or even urine. Your midwife or doctor will clean you with a gauze pad or tissue. Open your Baby Door; let everything come out ... all holes open.

Question: *When a Soul is coming into a body does it receive any kind of guidance?*

Yogi Bhaian: The destiny of the child is mostly the karma the child's Soul has, but the moment it gets into the womb of the mother, it is the mental state of the mother that determines how much karma is left.

Yogi Bhaian, Women's Camp, New Mexico, 1980.

Check Cervix Before Pushing

Even if you have the urge to actively push, your midwife or doctor will examine you to confirm that you are fully dilated. Relax with deep breathing during this vaginal examination to prevent tightening of your pelvis. Pushing before you are fully dilated could tear your cervix or cause it to become swollen. You also can fatigue yourself, without any progress.

Yogi Tip For Confronting Pain

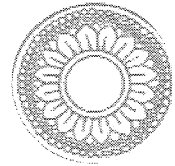
Actual birthing through the birth canal in most cases is not physically painful for the child. It is a relief to be freed from the very cramped quarters, moving toward the light. When the mother is waiting with an open heart, the child is more at ease to leave the womb. The trauma or pain of birth primarily stems from the mother's emotional state during birthing. Her fear, insecurity, apprehension, and tension are imprinted on the subconscious mind of the child.

When a woman meditates and uplifts herself during pregnancy and merges into the Creative Force while birthing, she transforms the destiny of her child and all generations to follow. Throughout pregnancy, practice yoga and meditation which release past fears, confront pain, and build courage.

Power Of You

The Pushing Phase is influenced by your will and its success is determined by your effort and relaxation; whereas you focused primarily on your breathing and relaxation during the Opening Phase and Transition, allowing your uterus and your child to physically stretch, pull up, and open the cervix.

The Pushing Phase requires you to breathe, relax, and actively release your child through your birth canal. When your cervix is ten centimeters open and you feel a contraction beginning, arrange yourself in one of the pushing positions (see Pages 167-168), which can assist your physical efforts. Work with your body and feel its demands.



Breathing for Pushing Phase

These contractions intensely squeeze your uterus and your child. So begin and end each contraction with a Refreshing Breath to replenish your child's blood supply.

A child or mother may be at risk in situations when the umbilical cord is short or wrapped around the neck, arm, or leg, or the placenta loosens prematurely. By monitoring your child's heart beat before, during, and after a contraction, it is possible to determine if emergency care or birthing alternatives are necessary, especially if the birth is progressing slowly.

As you actively birth your child, the force of your contractions, are enhanced by:

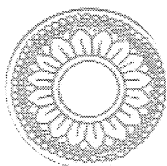
- **C- curved Spine:** Use a comfortably curved vertical or semi-vertical position. Do not lie flat on your back. Position yourself with your shoulders rounded, and your elbows facing away and out from your body, allowing your chest cavity to expand and increasing your ability to bear down. Your legs are spread open, with your thighs bent towards you, opening your pelvis to the maximum, allowing your child to descend through your bony pelvis with minimal pressure on your body.

- **Bottom Released Open:** Your pelvic floor muscles are opened and pressed out as you relax your softened vaginal muscles.
- **Mouth Soft:** Your lips are relaxed in a soft oval. Lower jaw dropped down. Your tongue is soft and full. This indirectly releases tension in your pelvis, pelvic floor, and cervix.
- **Lung Force:** Your inhale fills the air cushions of your lungs, causing your diaphragm to descend onto the upper part of the uterus, adding additional pressure.
- **Upper Force:** Your upper body, upper abdominal muscles, and diaphragm provide additional power as you lean forward onto your upper uterus.

German Midwife Tip: Light pressure support on your perineum using a warm wet cloth can feel good as you begin to Breathe Out your child. The warmth and moisture also help to soften your perineum.

Three Breathing Alternatives for the Push Phase of Birthing

The following breathing techniques are only possible guidelines for the Push Phase. There is no recommended or correct breathing.



When it is time to push and you have been consciously breathing, remaining relaxed and present in your body, your hormones will have adjusted your awareness so that you are experiencing a very deep meditative state of being. As your child and your body are working to expel your child, continue to consciously focus on your inhale and exhale. You may feel the urge to let go of the pain and tension by releasing sounds with your exhale. You can be creative with your sounds. If this feels comfortable, continue, however, stay aware and do not let the sound overtake you into panic. Be yourself.

Continue to focus yourself with mantra. Let the mantra occupy your mind... keeping yourself centered and blessing your child with each breath. Create a rhythm with your breath and the mantra.

1. Breathing Baby Out

This breath pressures your child less in the birth canal, but requires your complete concentration, relaxation, and release. You remain open, and released, allowing the contraction, your child, and your upper body to move your child through your birth canal. Your position should be vertical, with squatting being the preferred position. As the Push Contractions begin, try "Breathing Baby Out" in different positions. Consciously relax your perineum and vaginal muscles.

How to Breathe Baby Out?

Contractions Begins: Take a few full Refreshing Breaths, freeing all muscular tension. Consciously open up your vagina and pelvic floor. Imagine that they are very stretchable and soft. Your face is totally relaxed and your head is not pressed on your chest.

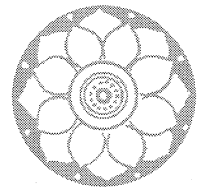
- Begin to build a pattern of slow and steady breathing. Keep your rib cage as still as possible. It does not matter how many breaths are taken, but the inhale and exhale need to be rhythmic, smooth, controlled, and equal.
- Let your upper body lightly press on your upper abdominal area to assist your child's descent. Keep your body relaxed. Accept and work with your contracting uterus. Baby door open!
- Continue until end of contraction.

Contraction Ends: Take a few Refreshing Breaths and relax your body. Try a few different positions if you find it difficult to get a grasp on how to Breathe Baby Out. Relax your body and being between contractions.

You and your child are one aura as you are birthing. Your state of mind and its experiences are imprinted in your child's subconscious mind. The consistency and stability of your meditative mind provides you strength to relax and merge with the process. Your peaceful radiance becomes your child's foundation. Your merger with the Creative Force frees your child from birth trauma.

2. Bearing Down

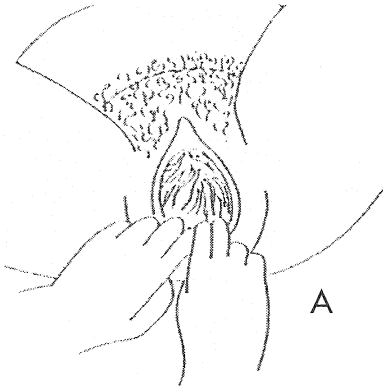
Bearing down actively moves your child down through your birth canal. Bearing down using your upper body weight on your lung air cushion, allowing your diaphragm to press on the upper abdominal muscles under your rib cage. Do NOT press in your face or neck, because this pressure does not move your child. Some women sigh or make other noises. Don't lose control of yourself or what you are doing.



Contraction Begins: Take one or two Refreshing Breaths.

- Inhale with your head straight, slightly tipped back (this opens your air passage). Hold your breath, and let your head fall gently forward. Do not press your head or chin to your chest. Imagine the root of your tongue closing your throat from behind. Relax your lips; your mouth is slightly oval; jaws are relaxed and open.
- Hold your breath only about 5 -7 seconds, then exhale and inhale again. Hold your breath and repeat Bearing Down. Listen to your own feelings on how long to hold your breath. Breathing this way may make this stage a little longer, but there is less fetal stress. Do not tire yourself out by holding your breath out for a long time.
- Bear down and out through your vagina. Direct your muscular effort down and out your birth canal in a sharp angular curve, releasing your child out your birth canal. Some women imagine that they are bearing down and out their anus.
- Totally release your pelvic floor down and out. Remember: baby door open!

New Breath: Continue to bear down until your next breath is needed. Exhale through your nose or relaxed lips. For a new breath, inhale with your head slightly tipped back. Hold your inhale, and repeat bearing down and out through your vagina. During your breath exchange, maintain the tension in your upper abdominal muscles in order to keep the pushing pressure constant.



Contraction Ends: Take a few full Refreshing Breaths, providing oxygen for you and your child.

3. Crowning Breath

Crowning breath is used as your child's head or crown stretches your perineum, causing it to bulge (when presentation is the head). Crowning Breath manages your intense urge to rapidly push your child out your birth canal, allowing your perineum to stretch slowly. As you start to feel an intense burning or stretching of your perineum, focus on your breathing. Your healthcare professional will guide you to discontinue pushing, so your perineum can stretch slowly and gradually.

Contraction Begins: Start with a few Refreshing Breaths, and continue with either Breathing Baby Out or Pushing Breath.

- When you feel an intense burning sensation or you are asked not to push, stop all effort.
- Release all pelvic tension and open your Baby Door.
- Begin high chest panting with loose open-jaw pant or "pooh-pooh" (like short tries to blowout a candle or blow a feather) at a rapid rate through your mouth or lips. Some women control the pushing urge by breathing long and deep. Your breath is complete and rhythmical. Your breast bone moves up and down as you breathe.
- As your perineum is stretching, you will be coached to bear down or to stop bearing down. Follow instructions and do your best. Your lips are relaxed, and your jaw is relaxed open. Be gentle with your bottom.
- Relax your pelvic floor muscles.

Contraction Ends: Finish with a few Refreshing Breaths and relax your being.

Stretching the Perineum

To assist the stretching of the perineum the following techniques may be attempted:

- Before crowning, your midwife or doctor may stretch your perineum in the direction of your anus, as they support your child's crowning head (A).
- Midwife or support person can place hot, wet compresses on your perineum to aid in softening and stretching your perineum.
- Change your position to a squat or a squat variation to equalize pressure on your perineum. To slow down the pressure of your child on your perineum, move onto your hands and knees.

Yogi Tip: Free Yourself

Release your rigid expectations. You may forget your breath and relaxation. You are doing your best. Just keep up. You may even feel passive, overwhelmed, or insecure. Just keep up and take the next breath.

Are Episiotomies Obligatory?

An episiotomy may be required when a child's head is very large necessitating the use of birthing instruments, or the child is in distress and needs to be born very quickly. An episiotomy, an incision of your perineum, provides additional space for your child for easier and faster birth. There are two episiotomy options: mediolateral or the perineum midline (B).

Without an episiotomy, your perineum may tear as your child is birthing. However, the tears heal with minor discomfort. When healthcare professionals are willing to support and help ease your perineum as your child's head crowns, an episiotomy can be avoided.

Squatting also enhances the perineum stretch. (You can practice during pregnancy and during birthing.) Throughout the last trimester, you can prepare your perineum by walking, contracting your pelvic floor often, taking linden flower tea sitz baths, and applying Vitamin E oil.

The episiotomy incision is usually performed during a contraction when the woman is bearing down and her perineum is taut, limiting her discomfort. After the birth, a local anesthesia is given as the episiotomy or any tears are sewn.

European Midwife Tip

Notice that the placement of the vaginal opening is a major factor in choosing the birth position of pushing. When the woman is lying down on her back, the position of her vagina in relationship to her anus is evaluated.

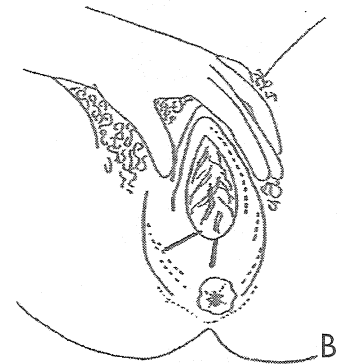
UPPER: When the vaginal opening is nearer to the pubic bone, birthing could be more effective on "all fours" or a variation of that position.

LOWER: When the vaginal opening is low (nearer to anus), birthing could be more effective in the squat.

POSITIONS TO BIRTH YOUR CHILD

During the Push Phase, your choice of positions will facilitate the birthing of your child and can ease your discomfort.

- If your child is not easily descending your birth canal but is not stressed during contractions, change your position. The angle of your pelvis may be hindering your child's descent.
- If your child is high in the pelvis and your cervix is fully opened, pull your knees close to your chest to assist your child to sink deep into the pelvis.
- If your child's head is crowning or low in your pelvis, do not pull your legs drastically to your chest as this can intensify the pelvic angle, making the descent more difficult, and it tightens your pelvic floor.



Episiotomy: position of different incisions.
Side: mediolateral
Central: midline

C



- If your child is in a posterior position, vary your position at least every half hour. Steady and slow pelvic rocking can assist to move your child deeper in your birth canal.
- If the descent of your child is very fast, move onto your hands and knees and use Breathing Baby Out.

The Birth Squat

Healthcare professionals are recognizing the positive affects of the squat position and squatting variations (C). Between contractions, relax into the arms of your partner or support person. Especially during pushing, squatting on the balls of your feet gives you more strength to release your child.

Mothers birth more effectively than in the "inverted beetle" position. Squat Position assists you to birth your child because:

- Gravity assists your baby's downward movement through the birth canal.
- The squat position provides an additional 1.5 cm in your pelvis diameter. Every centimeter is accommodating.
- The vertical position of your body and the descent of your child's body facilitates symmetrical stretching of your pelvic floor.
- Squatting promotes better blood circulation to your child because your uterus is not pressing on your arterials, kidneys, and vertebrae.

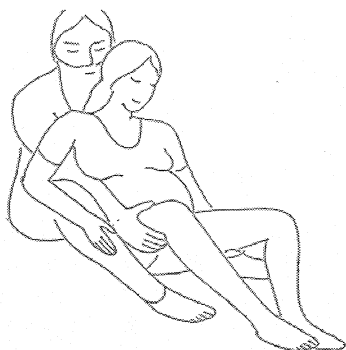
MOTHER: Relax into a squat. Let your weight sink down into the floor, releasing any tension in your pelvic floor. Squat between the thighs of your partner, resting your arms on their thighs (D).

Support: Sit comfortably on a chair or behind mother. Prop mother in her position during contractions. Support her between contractions.

D



E



MOTHER: Sit on a flat surface with your spine in C-curve, supported by pillows or a raised bed. Spread your legs wide and hold them on the outside of your knees or thighs (E). As you release your baby through the baby door, keep your pelvic floor relaxed and soft. Use your upper body and diaphragm to bear forward and down on your uterus. Between contractions, relax entirely.

Support: Sit behind the mother and assist her as she holds her thighs. Midwife supports mother's legs.

MOTHER: Kneel with your legs slightly opened; your upper body rests on bed or lap of support person (F). Keep spine in C-curve. Rock or sway the pelvis rhythmically, relaxing your abdomen. This position slows down rapid birthing. Use when your perineum is in danger of tearing or when you have extreme back discomfort.

Support: It may comfort the mother if you support her lower abdomen with one hand or hold your other hand on mother's lower back.

MOTHER: Lie on your side with spine in C-curve. Your top leg is bent, with your foot on chest or shoulder of support person or healthcare professional (G). This position is helpful when the perineum is in danger of tearing.

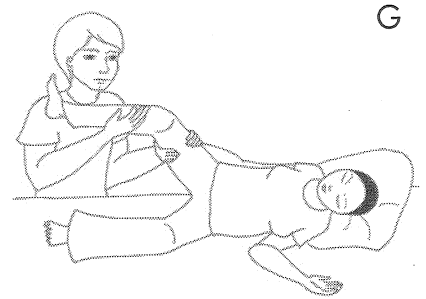
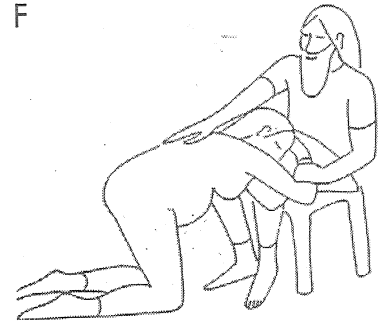
Support: Firmly stand next to mother. Let mother press with her foot on your chest or shoulder. Massage legs and lower back between contractions.

Welcome, Dear One!

As your child emerges out of your body, welcome him or her with love and respect. Arrange the birthing environment by requesting the lights to be dimmed; curtail loud and unnecessary talking. Speak gently. Watch your child come into this world. (Use a mirror to augment your viewing.) As your child's head is turning, your healthcare professional will monitor that the umbilical cord is not around your child's neck and remove any mucous that is disrupting your child's breathing.

As your child's body emerges from your own body, lovingly whisper the welcome greeting: *SAT NAM*. When your child is released from the tight pressure of your birth canal, your child's first breath is activated. Your child may cry, whimper, or sigh as air rushes into the lungs. Normally, a child will breathe automatically without spanking. Some children are lethargic and are stimulated to breathe when their feet are tapped.

Your child will be placed on your abdomen, head down first to help drain mucous from the stomach. Bless your child again, whispering "*SAT NAM*." Speak softly as you look into the eyes of this pure Soul. When there are no complications, movements can be slow and non-abrasive. Welcome with love and gentleness.



After birth there is no such thing as destiny.

Destiny means you are born.

During meditation, one man had this experience of his birth as he was descending the birth canal, he felt, "*I am the light*." He longed to become one and exist in that radiance. There was no pain or discomfort. As he emerged out into the world, the doctor picked him up by his feet and spanked him on the buttocks. He still remembers that he actually jumped out of his body and "decided to leave this place, if this is how things are carried on here." He came back into his body and began to breathe and relax. Birth is the first experience where a human learns the system of humans.

Astrological Time Of Birth

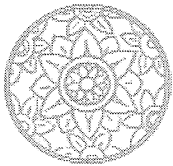
Record the time of your child's first breath (not the time of the birth of the body), if you want to have a western astrological chart created. Vedic astrology readings calculate birth from when the umbilical cord is cut.

You have been told for centuries that everybody is born with a destiny, right? But I am telling you today that after birth there is no such a thing as destiny. Destiny means you are born. Sometimes you are born crippled, sometimes you have three eyes, and sometimes you have none.

Sometimes you have four hands, sometimes you have none. Sometimes you are born weighing eight pounds, sometimes six pounds. Sometimes you bother your mother and she has a Cesarean, sometimes you come out clean. Sometimes you come unwanted, sometimes you come wanted.

That is all up to what is called destiny. After birth, when you breathe for the first time, there is no such thing as destiny. After that there is karma.

Yogi Bhaian, *Sexuality: The Source of Life*, Spain, 1986.



If a woman

practices an attitude of gratitude,

she can give birth to a saint.

Your Child's Journey

Your body is growing larger every day. Now just when you need more sustenance, your supplies coming from this cord at your belly have been reduced. You send a survival message, because you know that you will be taken care of; no panic. In response, the walls around you begin to move in some pattern. At first, it is almost enjoyable to be hugged and massaged.

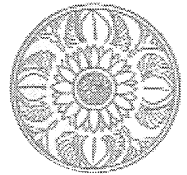
The walls contract more strongly and you counter the pressure by stretching your legs and arms. Wait, there is a soft opening. You use your head like a battering ram, your stretching creating the force. Now, you can maneuver your head through the opening.

There is some light. The bones of your head slip over each other, molding to fit each curve, each space. You arch your head backwards, your face bears down on a hard bumpy area; the back of your head pressed against another bone. This passage is tight. It takes an eternity. Or am I moving at high-speed? Moving a little forward, and then back again. Moving forward to the light.

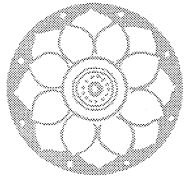
Your head turns to the side to pass through a very tight bony passage. Then you encounter resistance which stretches slowly as you move deeper to the light. As you pass out the opening, WOW, so many images. The sounds are clearer.

The pressure around your chest is free. Now, there is burning fire in your chest: the first breath. Oh, what is this place? The muffled voices you heard before are happy that you are with them.

Slowly the vital support from your belly connection stops. Then the connection is cut. This is new and exciting and a little overwhelming. This nice person is holding you and encouraging you to relax. She is there to care for you. Others welcome you, too.



*Every child is born as karma to parents,
but also every child is born as karma to himself or herself.*



Instrument of Divinity

*Woman is not a small instrument of divinity.
She is the ultimate creative self of God.
With all that purity, she needs protection.*

*She needs a fence around her
And that fence is her character.
Character is what makes a woman.*

*In the rhythmic sense,
She is the harmony of time and space.*

*In the absolute sense,
She is the ultimate Infinity of God.*

*Woman is not a small thing
And she is not a big thing.
She is the total thing of all things.*

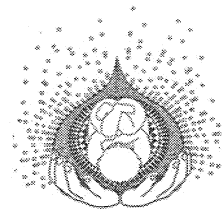
*With her sheer vibrations,
She can construct the most wonderful
Domestic environments and situations.
And she can make a lifeless man
A great saint, a giver, and a hero.*

Yogi Bhaian, Women's Camp, New Mexico, 1979.

Chapter 20.

Sacred Moments After Birthing

These precious moments with your child are sacred. Celebrate the blessing of birth. Your child's eyes are extremely light sensitive so request that bright lights be dimmed. If it is cool, place a warm flannel receiving blanket over your child as you hold and love your dear one.



Lovingly touch your child's skin. Invite your husband to move close to surround you and your child. This gentle skin and eye contact bonds your child, you, and your partner with each other. Your child's senses are heightened during these first few precious hours after birth. Your child can see, smell, hear, and recognize music and voices from the time in the womb. He/she will not be so acutely aware or perceptive again for another few weeks.

You may not feel maternal towards your child immediately after birth. Your exhaustion and inner processing can dominate your feelings. Allow yourself to develop a relationship with your child, as you relax and recuperate your body and spirit. Mothering is a learning adventure into your depth of sensitivity. Later, invite a female friend to mentor you and share tips on how to care for your child.

*On this day,
the Lord gave you*

Life.

May you never

forget Him.



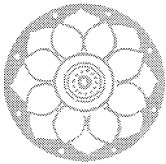
Blessing Forever

Cutting your child's umbilical cord is a major event in the life of your child. Your child has established his/her own breathing, autonomously obtaining the pranic life force. The navel cord gradually stops pulsating. As you or the father cut the cord, consciously acknowledge the individuality of your child. Bless your child's Soul and life. Give thanks for the miracle of this birth. Bless your child forever.

OH SON, THIS IS THY MOTHER'S BLESSING

Poota Mata Kee Aasees

Oh son, this is thy mother's blessing
 May you forget God not even for a moment,
 May you ever worship the Lord of the Universe.
 By remembering Him,
 All sins are washed away and one's ancestors are saved.
 Ever meditate on that Lord who has no end or limit.
 May the True Guru be kind unto you,
 May you feel love for the Saint's society.
 May the preservation of your honor by the Lord be your clothing,
 May singing His praises be your daily food.
 Ever drink the nectar of God's Name and may you live long.
 May the remembrance of God bring you endless joy.
 May happiness and life's pleasures be yours.
 May your hopes be realized. May you never feel worry.
 Let your mind become the bumblebee
 And God's Feet the lotus flower.
 Says slave Nanak,
 Attach thy mind on God
 And happily bloom like the pied cuckoo on finding the raindrop.
 - Guru Arjan



Navel Cord Separation

During pregnancy you offered your own blood and physical energy and surrendered your total self. During birthing, you open yourself on all levels. Your own consciousness created the foundation of your child's subconscious mind, from the 120th day of pregnancy until the umbilical cord is cut.

As the separation between you and your child begins, you may feel disengaged, emotionally unstable, and vulnerable. You may feel that you are without an aura. Some women feel that they are "without any skin." It is a shock for your awareness and nervous system to adjust to the separation between you and your child. It takes about three years for your body and aura to stabilize and readjust their energies.

Now your child begins the life-long process of facing his/her subconscious mind patterns, which he/she received from you and others. With the cutting of the umbilical cord, your child also begins formulating his/her independent eight bodies. Your child incarnated with two (Soul Body, Subtle Body) of the ten bodies. During pregnancy, you shared your eight bodies (Negative Mind, Positive Mind, Neutral Mind, Physical Body, Arc Line, Aura, Pranic Body, Radiant Body) with your child. This separation can be very stressful and overwhelming for you and your child. (For more information about the ten bodies, see Page 32.)

Within the next three years, your child will gradually separate from you, as the development of his or her other eight bodies manifest. However, a very strong bond exists between you and your child throughout life.

We use our children for security. Then our children use us for security, and life is a mess. Give children their own security; their security is Truth and God. Give them the true identity of themselves and you will have angels on this Earth.

Yogi Bhajan, Women's Camp, New Mexico, 1975.

Nipple Stimulation Activates Contractions

After your child's vital functions have stabilized, position your child on your breast. Your child may not suck. Do not be discouraged. Your child may be exhausted from the birth, or stunned by the new environment. However, even if your child licks or nestles on your nipple, this stimulation will support uterine contractions. These contractions stimulate the expulsion of your placenta, reduce the size of your uterus, and reduce uterine bleeding. You can also gently massage your nipples to activate contractions to release the placenta.

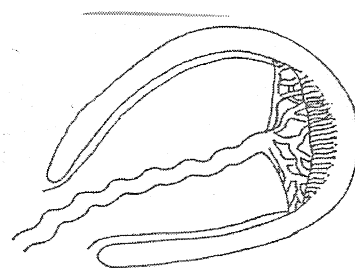
A newborn child is naturally attracted to round objects: eyes of mother, father or other support persons, and especially mother's nipples. Eye contact, gentle touch, and soft voices impact and uplift your child.

Placenta Release

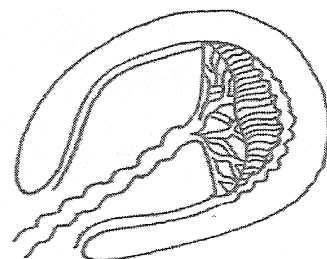
Within the next 20 to 30 minutes, contractions to release the placenta begin (A). These contractions can be strong: center yourself and consciously breathe. Your uterus is empty and contractions encounter no resistance. These contractions significantly reduce the size of your uterus, dislodging the placenta from your uterine wall (B). During the next days, your uterus will continue to contract and reduce in size (C & D).

Relax and release the placenta from your womb as you breathe consciously. There is no need to press hard on your abdomen or pull hard on the navel cord. Your healthcare professional will monitor your contractions to assure that the entire placental membrane has fully disengaged, and your uterus has adequately contracted.

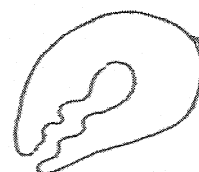
A



B



C



D



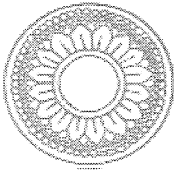
Parents may wish to give the placenta or the umbilical cord back to Mother Earth. Create a ceremony; first plant the placenta in Mother Earth, and on top plant a special tree for your child. Enjoy the growth, shade, or fruit of the Birth Tree each year.

Within the next few hours, your uterus becomes hard like a grapefruit and relocates about 4 ½ inches (11 cm) above your pubic bone. The contractions during the next 2-6 weeks reduce your uterus to normal size, which is the size of a pear (from ten to four inches wide, approximately). For the next five to seven days, you will feel brief contractions while breast-feeding. Relax and breathe.

Embrace Your Child

Your child is still relaxing on your abdomen. After cutting the cord and birthing the placenta, enjoy private, quiet family time. Dim the lights again. Speak gently. Welcome the father's gentle love to encircle you and your child. Welcome older siblings to join this family celebration. Your family is born.

This moment is very precious and happens only once. Your love soothes traumas or apprehension. Your nearness, softness, and warmth mingles with the love from your heart and eyes. Your voice comforts your child. Speak softly, and sing your special pregnancy song. Chant lovingly the wonders and bliss of creation. You may softly sing *GURU RAM DAS*, *POOTA MATA*, or another mantra.



Skin contact with your child is very valuable during these first few hours. Your child's skin is very sensitive and has been massaged and pressed during the birthing process. Skin contact with your body nourishes your child's body and emotional state. Offer your warmth and the close comfort of your heartbeat.

Move slowly and talk softly. Minimize fast movements, loud talking, and sharp noises. Your child may be tense or tremble. Eventually, one hand may slowly stretch out to experience the expanded space. Do not rush. Thank the Creator for the gift of life. Refrain from taking photos immediately after birth; allow your child to become present first.

As you are freshened up (shower or sponge bath; fresh night gown and sheets), your child is cleaned and dressed.

So the prayer of the mother is the most powerful tool. Once you give birth to a child, give him the highest gift: pray for that child. But you have no time. Giving birth to a child and not adding prayer to that child is just building a house with no foundation.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

Vernix

Often babies are born with a sticky, creamy substance on their skin called vernix. It protected your child's skin while floating in the amniotic fluid. Vernix also nourishes your child's skin, so do not wipe or wash it off. It will gradually be absorbed or you can gently massage vernix into your child's skin before bathing.

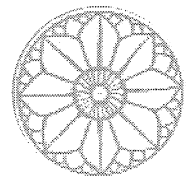
Child Care

You, the father, or support person should remain with your child at all times for the next forty days. This yogic tradition is also the norm in Brazil, Mexico, and other countries. This special time provides your child security on a very deep level, as well as a blessing for you and your family.

Your child's vital signs can be monitored while resting on your body. Later, the father or your support person can accompany your child during additional testing and gathering of data for the birth certificate. Request that the required eye drops be applied one or two hours after birth, so that bonding between you and your child will not be disrupted.

Return to Water

If the environment and bath water can remain constantly warm, many newborns can relax and enjoy the comfort of the water element. Fathers can bond deeply with their newborn as they bathe their child for the first time. Fathers: carry your child slowly. Gently lower your child into the water, allowing your child to stretch in the warm water. Limit your own movements. Use NO soap and do not rub with a cloth. Hold your child firmly and tenderly, while speaking or singing sweetly. Maintain eye contact with your child during the bath. Softly pat dry your child with a warm, soft flannel blanket before dressing.



Children are the property of God and they are the trust of the parents. Children should never be treated as the property of the parents. It is one of the greatest sins. It is mentally, physically, and spiritually wrong, and results will be very wrong. They should always be treated as the property of God and the trust of the parents.

Yogi Bajan, Women's Camp, New Mexico, 1977.

Baby's Clothes

Your newborn is very sensitive. Choose soft, graceful clothes, which are easy to put on and are made from natural fibers, in order to harmonize with the aura and allow the skin to breathe. Opt for light colors in respect for this precious, sensitive Soul. If the weather is cold, warm your child's clothes, blanket, and the area where he or she will be lying. You can do this in the dryer or with a hot water bottle.

- Undershirt, with ties in the front. (Summer: cotton. Winter: silk or wool/silk.)
- Cotton diaper, with liner, and treated cotton or wool underpants.
- Cold weather: cotton or silk blend long sleeve nightgown (sleeves not tight with a large front opening).
- Warm weather: short sleeve nightgown or just the undershirt.

Gently wrap your child in a soft, cotton flannel receiving blanket. Snuggle with your child on one side, and the father on the other side, creating warmth and love all around. If it is cold, a covered hot water bottle can provide additional warmth.

Yogi Tip: Blue Radiant Glow

In order to soften the sun rays, Yogi Bhajan recommends covering your bedroom windows with blue curtains or blue shades during the first 40 days after birth.

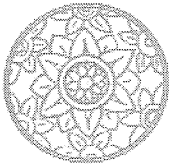
Bearing a child

is not a human job;

Bearing a child

is a totally

divine, divine, divine, divine, divine job.



Initiation Of Motherhood

Your pituitary gland is intensely activated, secreting Oxytocin throughout the birth. Your intuitive energies are stimulated. Birthing has initiated you into motherhood. You are transformed. You are not the woman you were yesterday. You may feel an incredible "total-oneness." You may feel transformed into Spirit, and feel one with all of God's Creation. (This natural elevated state is reduced when a woman receives sedative drugs.)

You are altered in many dimensions. Relax and allow the feelings of elation, joy, pride, and overwhelming love move through you. With open hearts, you and the father are intimately falling in love with your child.

Maternal Care After Birthing

Relax and allow your partner and support persons to assist you. Allow yourself to be vulnerable and open. Perhaps an adrenaline rush fills you with energy and you relive each detail of the birth. Next, you may feel exhausted and overwhelmed, not fully computing the entire last few hours. You may also feel let down and disillusioned about the birth, yourself, or your child. You are sleepy and then cannot sleep. Then, you yearn to be cozy and quiet with father and child, to hibernate and heal.

Let these feelings move through you. Do not occupy yourself with them. Allow your partner and support persons to shield your environment from tension and over stimulation. Allow yourself to be mothered and cared for during the next forty days. You will recuperate faster, experience minimal post-partum depression, and build a better relationship with your child.

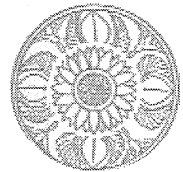
Your medical professional will monitor your blood pressure, temperature, your uterine contractions, and your blood flow. If you had an episiotomy or if your perineum tore, you will receive local anesthesia to numb your perineum for stitching.

Convalescing Your Pelvic Floor

Your pelvic floor may be sore. You can resume pelvic floor exercises immediately after birthing, even after receiving stitches on your perineum. Cool, wet cloths or ice packs on your pelvic floor may feel good, reducing swelling.

It is important that you urinate within two hours after birthing. However, your pelvic floor may feel too sore or uncomfortable. To help you relax and dilute your urine from burning, try letting the tap water run, as you pour warm water over your perineum while urinating. To prevent infection after birthing, wash with warm water and dry wipe from front to back after urinating or a bowel movement. Try creating an "air tent" under your blankets to assist healing your perineum.

When your child descended through your pelvic cavity, it is possible that your pelvic bones separated. If you walked five miles daily during pregnancy, your bones can easily return to normal. If you have lower back discomfort, a chiropractic or osteopathic adjustment may be helpful.



Refresh Yourself After Birthing

Your circulation may take some time to regulate itself after birthing. You may be chilled, shaky, or feel weak. Accept support as you walk to the bathroom and the shower, as your legs or thighs may still be trembling. A warm shower and a clean nightgown will feel very refreshing.

If the birth was at home, the family will enjoy having a quiet twenty-four hours together after the midwife or doctor has left. If the birth was in a hospital, request that the father remain as long as he wishes, even overnight in the room. Fathers often feel isolated when they go home alone after such an intense experience.

Nourishment After Birthing

To replenish your blood sugar and fluid level, drink water and a nourishing protein drink, or Ginger Tea with milk and sweetener. Avoid ice cold drinks, as they could shock your nervous system after the intense experience of birth. Enjoy your favorite meal, a warm soup, or fresh fruits or vegetables if you are not nauseous. Drink YOGI TEA™ Cinnamon Spice (see Page 116) for energy, and to regenerate your uterus and your nervous system.

Nourishing The Support

Confirm that the hospital will have food available for guests during and after the birth. If the birth is at your home, pre-arrange for food for you, your husband, and helpers. Everyone worked hard together and all need to celebrate.

Every child is born as karma to parents, but also every child is born as karma to himself or herself. There is double action and people mostly forget this. One is the karma to parents, the other is the karma to the self, and in between a person has to develop and grow and become free.

Yogi Bhajan, Women's Camp, New Mexico, 1977.

Accept Your Child

Everyone is an individual with a very special gift to manifest on this planet. Perhaps your child is not in the image that you formed in your mind during pregnancy. This may make you feel even more befuddled and may even tell yourself that, "A mother should NOT feel this!" Choose your words, thoughts, and even pet names carefully, as they are imprinted in your child's mind. Affirm your child's highest worth.

A girl was born with very pointed ears. Her mother often commented how funny her daughter's ears looked. The girl felt very self-conscious about herself and her ears. A woman was visiting the family and commented, "Your ears have been especially designed by God. They are beautifully created to hear the secret language of saints and sages. Your ears show an ability to hear the unspeakable be a prophet." The mother totally changed her attitude about her daughter's ears, and the daughter redefined herself image.

One father called his daughter, "pumpkin." As the child became a teenager, she was plump. She viewed herself as round and fat. She remembered being "pumpkin" and the pain of the teasing. She still carried the pain of this "love" word even as an adult.

Sometimes you misunderstand the word beauty. You think beauty lies in the area of money and possessions, but that is not true in the case of woman. Woman has to have what is called secure grounds.

What normally has happened is that we make our children insecure when they are young. I know of a woman whose tragedy was that as a child her mother used to tell her she had a carrot nose and was ugly. It is true that when she was in her youth, let us say 20 or 21, she was a most pretty woman. There was a beauty competition for intelligence, physical perfection, and gracefulness, and in that competition, she came first. She could not believe that she was beautiful. She thought a joke had happened with her. Fortunately, she was very pretty and she was declared beautiful.

Subconsciously, her mother, who always joked with her, not telling her anything graceful, not telling her anything to lean on, made her insecure. She had a hyster-

ical fit and remained in a coma for five days. It cost two years of therapy to get her out of that shock. When I asked her mother to join the therapy session, she freaked out. The mother said, "I used to say it to her with love." Yogi Bhañan, Woman's Camp, New Mexico, 1976.

Sex Discrimination

Everyone is a manifestation of grace, beauty, and Infinity. A Soul is incarnated in the body of a male or female according to the work or qualities which the Soul needs to develop. The lack of support from the parents can confuse and make it more difficult for the child to fulfill its mission. When parents project for a boy and are candidly disappointed at the birth of a daughter, or visa versa, the self-image of this child is stunted. Often this child will struggle his/her entire life with his/her identity. Release your thoughts and set images. Receive the blessing of your child.

The Gift of Giving Life

You have been initiated into the realm of motherhood. Your thoughts, your actions, and your words mold your child's mind, self-image, limitations, possibilities, and world. Send your prayer with the purest of intention to your child. Your prayer will be received.

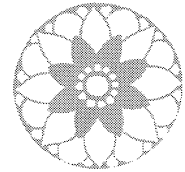
There is a constitutional law to being a mother: first, be a woman, then be a graceful woman, then become a very, very, very, very graceful person. You have to relate after 120 days to that child, as that is God's Will. Bearing a child is not a human job; bearing a child is a totally divine, divine, *divine, divine, divine job. From 120 days until the day of delivery, whatever you put through prayer is going to come out.*

Yogi Bhañan, Women's Camp, New Mexico, 1977.

The Power of You

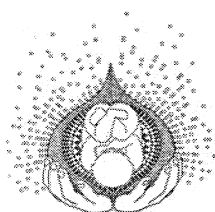
Open your being and merge. Receive guidance from the Infinite Shakti lineage: wisdom, courage, virtues, character, and fearlessness. All resources are available to you now. Relax and allow yourself to be guided.

Nurture your Soul with meditations, gentle uplifting songs, and the wonder of nature. Balance your body and mind with yoga. Eat healthy. Drink pure water. Exercise, dance, and drench yourself in water. Nurture yourself so you can nurture others with blessings and love. Laugh at yourself and at the cosmic jokes of life. Ask for support, a hug, and inspiration. Enjoy friends, flowers, snowflakes, and the present moment. Each evening, marvel at the wonder of the stars and each day enjoy the sky's changing panorama. Be grateful. Be thankful. Be.



Chapter 21.

Kundalini Yoga for Pregnancy



This chapter contains basic yoga exercises for pregnancy, and specific Kundalini Yoga sets which have been adapted for pregnancy, under the direction of Yogi Bhajan. This chapter offers you a variety of yoga practices, which are effective, safe, and enriching during this phase of your life. It is essential however that you consult with your healthcare professional before practicing any yoga practice.

Kundalini Yoga is an exact science. Therefore, it is important that you follow the instructions as given. Pace yourself as you practice Kundalini Yoga during pregnancy and avoid over exerting yourself. Therefore, you may reduce the given practice time. If you do so, reduce the times for all positions in the set proportionately. A kitchen timer is useful to time your practice.

Yogi Bhajan has provided some guidelines for pregnant women practicing Kundalini Yoga (April 2003).

- Kundalini Yoga for pregnancy women is very comfortable, quiet, and gentle.
- Practice nothing that causes discomfort or harm.
- All twisting needs to be gentle. No fast or jerking movements.
- Do not practice Baby Pose.
- Pregnant women can practice holding their breath in only as long as comfortable. They should, however, avoid holding their breath out for extended times.
- All Kundalini Yoga should be practiced with frequent breaks.
- Modifications - Yogi Bhajan has provided modifications to many sets in this chapter. Note that these modifications are to be used only for pregnant women and are not to be substituted for general practice of these Kundalini Yoga sets.

- Timing - Yogi Bhajan recommends that a pregnant woman practice Kundalini Yoga very gently without stress. Therefore, reduced exercise times are indicated. Practice time can gradually be increased to the original time given by Yogi Bhajan. Both times are provided in this book.

Specific details about preparing for your yoga practice, basic Kundalini Yoga information, as well as, details about breathing, mudras, and mantras are presented in Chapters 6, 7, and 8.

Conscious Breath During Yoga

During each position, unless specified otherwise, begin practicing each position by taking two Refreshing Breaths, then continue with long and deep breathing throughout the time, and end also with two Refreshing Breaths.

Focus During Yoga

Unless other instructions are given, focus on your Third Eye Point during each yoga position, as you keep your body relaxed. Remaining aware of your breath, as you mentally repeat *SAT* with each inhale; and *NAM* with each exhale, assists you to remain present in the moment, as well as, train you to focus and center yourself for birthing (see Page 58).

Kundalini Yoga Components

- Begin the practice of any Kundalini Yoga set or meditation by first chanting the mantra, *ONG NAMO, GURU DEV NAMO* (see Page 229) which helps you to tune in the yogic practice.
- A Kundalini Yoga set
- Deep relaxation on your back or side for 11-15 minutes (Chapter 9).
- Meditation (Chapter 22).
- Close by singing *LONG TIME SUNSHINE* and three long *SAT NAM*'s.

Long Time Sunshine

*May the long time sunshine upon you
All love surround you
And the Pure Light within you
Guide your way on.*

Kundalini Yoga is uncoiling yourself to find your potential and your vitality and to reach for your virtues. There is nothing from outside. Try to understand that. All is in you. You are the storehouse of your totality.

Yogi Bhajan, *Self-Experience*, Page 34.

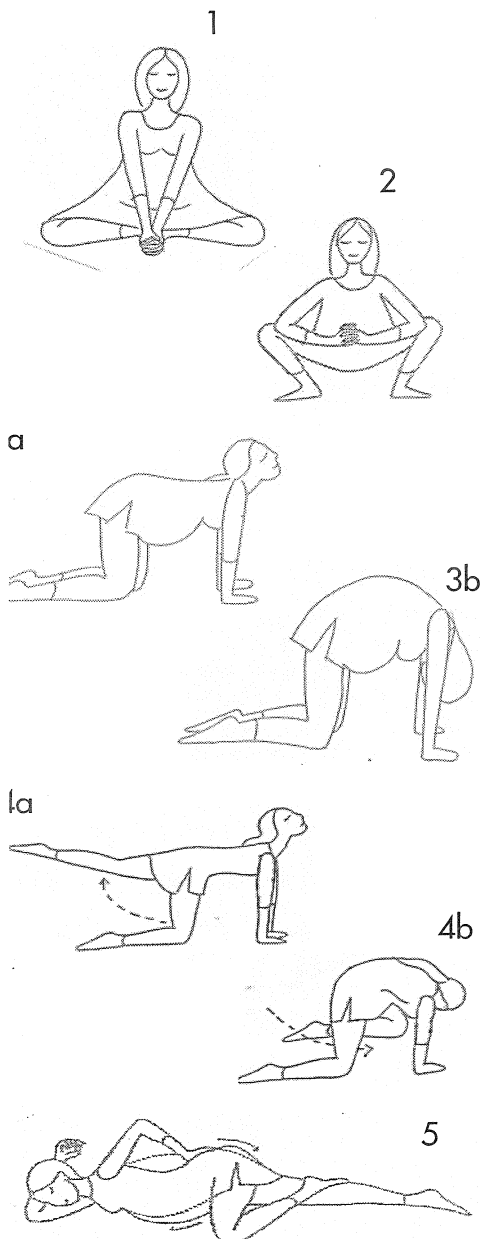
For a KRI certified Kundalini Yoga teacher for Conscious Pregnancy, log onto www.women.3ho.org. If you have questions about Kundalini Yoga practice, log onto www.3ho.org for a global list of certified Kundalini Yoga teachers.

*You
have the
ultimate strength
of your spirit...
your Soul.*



Pregnancy: Warm-Ups

KRI NOTE: This exercise series has not been given specifically by Yogi Bhajan. A pregnant woman can practice these positions before another yoga series or before meditation. This series has been reviewed by KRI.



1. Sit on the floor and stretch out your legs. Then bring the bottoms of your feet together. Interlock your fingers and place them over your toes (1). Keep your spine and head straight throughout this exercise. Relax in this position and begin breathing long and deep. As you become more comfortable, begin to gently move your thighs up and down. Eventually you can move your heels closer to your pelvic floor. Continue for 1-3 minutes.

2. Stand with your legs comfortably spread and then lower your body into the Squat Position. Allow your knees to spread comfortably open and let your bottom sink towards the floor. Your feet are flat on the floor (2). Helpful Hint: If this position is difficult, roll up a yoga mat or blanket and place it under your heels. Interlock your fingers and relax them before your Heart Center, as you rest your elbows on the inside of your thighs. Breathe long and deep, as you relax for 3 minutes.

3. Cat - Cow. Come onto your hands and knees, balancing your weight equally. Your knees and arms are shoulder width apart. Inhale, as you stretch your head back and let your chest open forward, elongating your spine (3a). (Avoid extreme swayback.) Exhale, as you relax head onto your chest and stretch your spine up and out, as a cat (3b). Continue for 1-3 minutes. Relax.

4. On hands and knees, as in #3. Inhale, raise your head up as you stretch your left leg straight back and comfortably up (4a). Keep your pelvis parallel to the floor to avoid twisting your torso. Exhale, lower your chin to your chest, and bring your left knee to your chest (4b). Continue for 1 minute. Relax. Repeat for 1 minute with right leg. Relax.

5. Lie on your side. Your lower arm supports your head. Your upper hand rests on your lower back. Your upper leg is bent with your foot resting on your lower leg. Inhale, rolling your pelvis forward. Exhale, rolling your pelvis back (5). Continue at a comfortable pace for 1 minute. Repeat exercise laying on your other side. Relax

COMMENTS: Practice these exercises daily to remain flexible and enjoy the wonders of pregnancy.

May God bless you to guide the way for your next generation. May you be blessed to live to fulfill your destiny to raise your child, children, friends, neighbors, and the people you touch to the highest experience of moral dignity and gracious intake, faith, and belief in the wonderful God, the Creator. May you be blessed to bless yourself every day, and be precious conscious of that perfect God who created you for a perfect purpose. Sat Nam.

Yogi Bhajan, Women's Camp, New Mexico, July 5, 2000.

Pregnancy: Stretch & Tension Release

KRI NOTE: This exercise series has not been given specifically by Yogi Bhajan. A pregnant woman can practice these positions before another yoga series or before meditation. This series has been reviewed by KRI.

1. Sit in Easy Pose. Powerfully press your palms together in Prayer Pose (1). Breathe long and deep for 1-3 minutes. Strengthens your chest area.

2. Sit on the floor and stretch out your legs. Then bring the bottoms of your feet together. Interlock your fingers and place them over your toes (2). Keep your spine and head straight throughout this exercise. Relax in this position and begin breathing long and deep. As you become more comfortable, begin to gently move your thighs up and down. Eventually you can move your heels closer to your pelvic floor. Continue for 1-3 minutes.

3. Cat - Cow. Come onto your hands and knees, balancing your weight equally. Your knees and arms are shoulder width apart. Inhale, as you stretch your head back and let your chest open forward, elongating your spine (3). (Avoid extreme swayback.) Exhale, as you relax head onto your chest and stretch your spine up and out, as a cat. Continue for 1-3 minutes. Relax.

4. Sit with your spine straight and stretch your legs out. Then bend your left leg so that your left foot is resting near your groin. Stretch your arms up over your head and inhale (4). Exhale as you stretch your upper body forward toward your right foot, reaching from the lowest part of your spine to touch your right toes. Continue for 1 minute. Change your position so that your left leg is stretched out and your right foot is near your groin and continue for 1 minute. Relax.

5. Stand with your legs apart. Place your hands on your hips. Begin to rotate your torso from your waist in large circles (5). Move in to the left for 1 minute and then to the right for 1 minute.

6. Sit in Easy Pose. Place your hands on your shoulders, with your fingers in front and thumbs facing back. Inhale and twist your torso and head to the left. Exhale and twist to the right (6). Keep the center of your face and chest in one line, and upper arms parallel to floor. Continue for 1 minute. Relax.

7. Sit in Easy Pose with your hands in Bear Grip (see Page 229) before your chest. Your lower arms are parallel to the floor. Inhale and raise your hands over your head (7). Exhale and lower your arms parallel to the floor. Continue for 3 minutes.

8. Sit in Easy Pose. Interlock your fingers with your index finger (Jupiter) stretched out. Stretch your arms parallel to the floor (8). Breathe consciously and hold this position for 5 minutes.

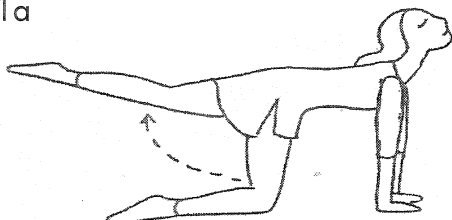
9. Relax on your side for 11 minutes (9).



Pregnancy: Strengthen Pelvis

KRI NOTE: This exercise series has not been given specifically by Yogi Bhajan. A pregnant woman can practice these positions before another yoga series or before meditation. This series has been reviewed by KRI.

1a



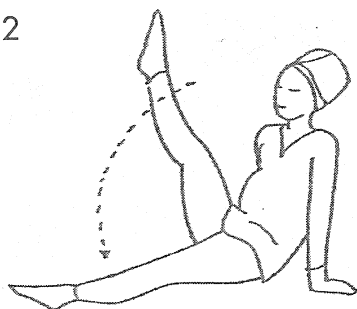
1b



1. On hands and knees. Inhale, raise your head up as you stretch your left leg straight back and comfortably up. Keep your pelvis parallel to the floor to avoid twisting your torso (1a). Exhale, lower your chin to your chest, and bring your left knee to your chest (1b). Continue for 1 minute. Relax. Repeat for 1 minute with right leg. Relax.

2. Sit with your legs stretched out. Place your hands on the floor behind your hips and lean back. Try to keep your spine and neck straight. Inhale, as you bring your left leg up; exhale and gently lower your left leg down. Then inhale, as you raise your right leg up; exhale and gently lower your right leg (2). Continue for 1-3 minutes.

2



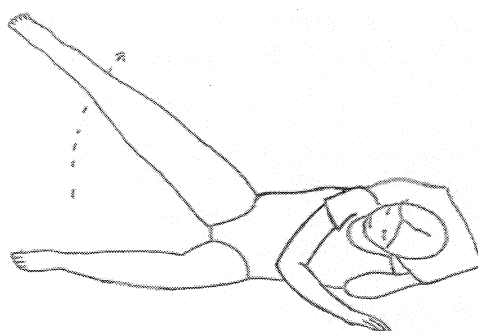
3. Sit in Easy Pose with your hands on your baby (3). Breathe slowly in this position as you communicate with your child.

4. Lay on your left side and bend your left leg slightly to balance your body. Rest your head on your left arm. Place your right hand on the ground in front of you for balance. Begin by lifting your left leg as you chant long SAT. Then lower your leg while chanting NAM (4). Switch sides after 3 minutes. Relax.

3



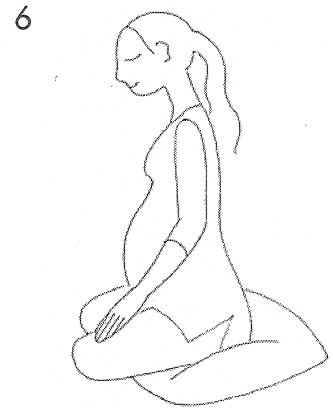
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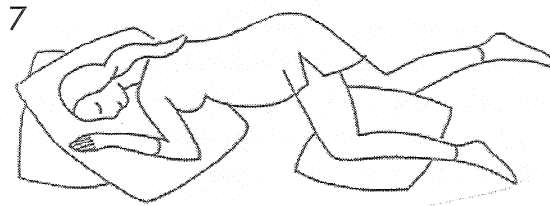
5. Stand with your legs comfortably spread and then lower your body into the Squat Position. Allow your knees to spread comfortably open and let your bottom to sink towards the floor. Your feet are flat on the floor. Helpful Hint: If this position is difficult, roll up a yoga mat or blanket and place it under your heels. Interlock your fingers and relax them before your Heart Center, as you rest your elbows on the inside of your thighs (5). Breathe long and deep, as you relax for 3 minutes.



6. Sit in a comfortable position and relax your breath. Begin to contract your pelvic floor muscles without using your abdominal muscles (6). Continue for 3 minutes, varying the speed of the pelvic floor squeeze.



7. Relax on your side for 11 minutes (7).



COMMENTS: This series strengthens and tones the legs and pelvis.

Birth has initiated you into motherhood.

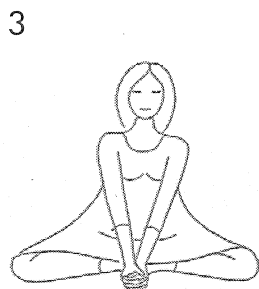
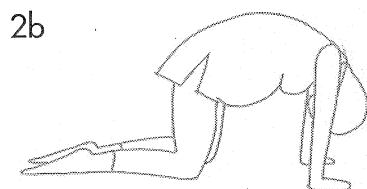
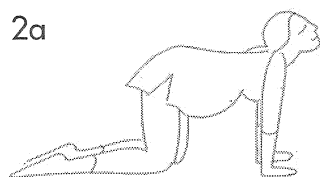
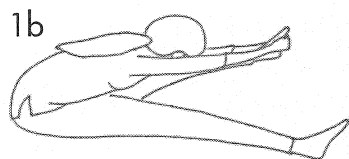
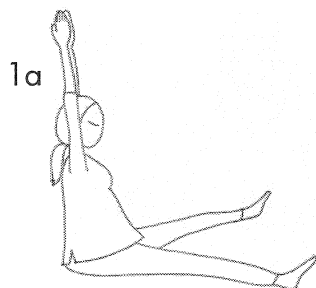
You are transformed.

You are not the woman you were yesterday.

Welcome!

Pregnancy: Maintenance

KRI NOTE: This exercise series has not been given specifically by Yogi Bhajan. A pregnant woman can practice these positions before another yoga series or before meditation. This series has been reviewed by KRI.

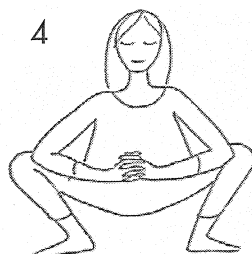


1. Sit with your spine straight and your legs forward and comfortably spread. Stretch your arms up over your head with your palms together and inhale. Exhale as you stretch your upper body forward over your left leg, reaching from the lowest part of your spine. Stretch your hands forward to touch your toes. Inhale with a straight spine in the center (1a). Exhale and stretch down to your right leg (1b). Continue moving at a comfortable pace, alternating sides for 3 minutes. Relax.

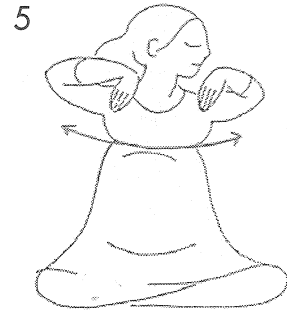
2. Cat - Cow. Come onto your hands and knees, balancing your weight equally. Your knees and arms are shoulder width apart. Inhale, as you stretch your head back and let your chest open forward, elongating your spine (2a). (Avoid extreme swayback.) Exhale, as you relax head onto your chest and stretch your spine up and out, as a cat (2b). Continue for 1-3 minutes. Relax.

3. Sit on the floor and stretch out your legs. Then bring the bottoms of your feet together. Interlock your fingers and place them over your toes (3). Keep your spine and head straight throughout this exercise. Relax in this position and begin breathing long and deep. As you become more comfortable, begin to gently move your thighs up and down. Eventually you can move your heels closer to your pelvic floor. Continue for 1-3 minutes.

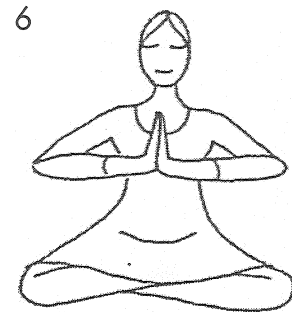
4. Stand with your legs comfortably spread and then lower your body into the Squat Position. Allow your knees to spread comfortably open and let your bottom to sink towards the floor (4). Your feet are flat on the floor. Helpful Hint: If this position is difficult, roll up a yoga mat or blanket and place it under your heels. Interlock your fingers and relax them before your Heart Center, as you rest your elbows on the inside of your thighs. Breathe long and deep, as you relax for 3 minutes.



5. Sit in Easy Pose. Place your hands on your shoulders, with your fingers in front and thumbs facing back. Inhale and twist your torso and head to the left (5). Exhale and twist to the right. Keep the center of your face and chest in one line, and upper arms parallel to floor. Continue for 1 minute. Relax.



6. Sit in Easy Pose and place hands in Active Prayer Pose and press. Close your eyes and focus on your Third Eye. Inhale and chant the sound *HUM* (heart center sound), extending the sound until you need to inhale again (6). Continue to repeat at your own pace. Connect with your baby.



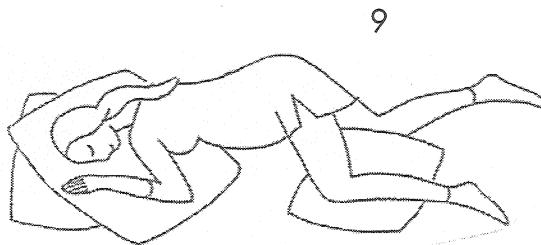
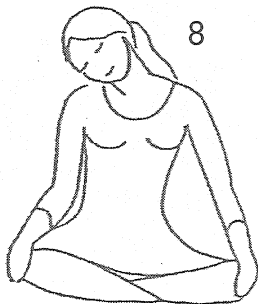
7. Place your hands on your shoulders, with your fingers facing forward and your thumbs facing back. Inhale as you lift your elbows up high behind your head (7). Exhale and lower elbows down to your sides. Continue for 3 minutes.



8. Gently let your head drop forward, and gently move your head in large circles. Inhale when your head is back; exhale when head is forward (8). Continue for 1 minute and then reverse direction for 1 minute.

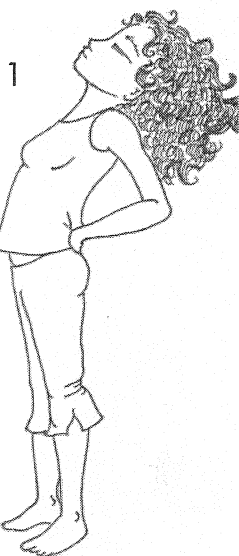
9. Relax on your side for 11 minutes (9).

COMMENTS: This general pregnancy maintenance series works on your whole body.



Wahe Guru Kriya

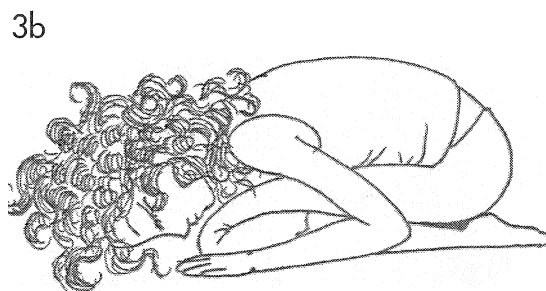
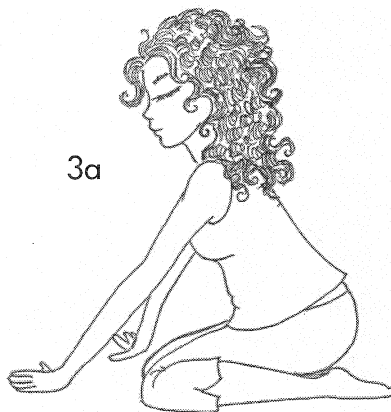
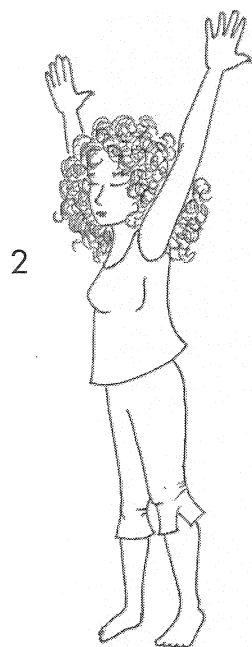
This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. The original exercises #1 and #3 have been omitted for pregnant women. Original kriya: Meditation Manual, Page 61.



1. Stand up straight. Put your hands on your hips and lean back slightly, open your heart center and lift your chin. Keep your legs straight, but not locked. Let your head fall back. Turn your head to the left and chant *WA-HE*. Then turn your head to the right and chant *GURU*, rise up on to your toes (1). Continue for 3 minutes.

2. Stand up. Stretch your arms overhead, stretching to the sky. Chant *WA-HE*, your feet are flat on the ground. Chant *GURU*, raise up onto your toes (2). Continue raising your body up and down for 3 minutes.

3. Sit on your heels, spreading your thighs wide to accommodate your growing belly. Place your palms on the floor just in front of your knees. Your spine and arms are straight in this "Sphinx Position," as you chant *WA-HE* (3a). Bend forward, touching your forehead towards the ground and chant *GURU* (3b). Continue at a gentle speed for 3 minutes. (As your belly enlarges, limit the movement forward.)



4. Sit in Easy Pose. Begin to whisper: SAA TAA NAA MAA (4). (See Page 222.) 4
Continue for 2 minutes. Then begin to chant loudly for 2 minutes.



5. Immediately come sitting on your heels with your palms resting on your thighs. Inhale as you flex your spine forward. Exhale as you stretch your spine back. Continue gently flexing with a powerful whisper chanting: SAA - forward; TAA - back; NAA - forward; MAA - back (5). Continue for 3 minutes and then meditate.

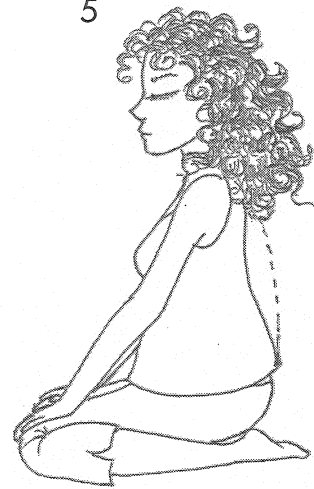
6. Relax for 11 minutes.

COMMENTS: Wahe Guru means Indescribable Wisdom. This kriya is a total workout for the thyroid, pituitary, and pineal glands. Your body will sweat. Meditation after this kriya brings the realization that we are channels for truth and that "to maintain grace in the most ungraceful moments is the true human worth."

Yogi Bhaajan, November 27, 1972.



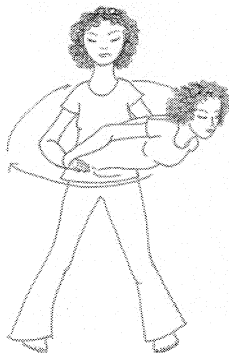
5



Relaxation & Releasing Fears

This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. The original exercises #1, 7, and 10 have been omitted for pregnant women. Original kriya: Yoga For Youth and Joy, Page 27.

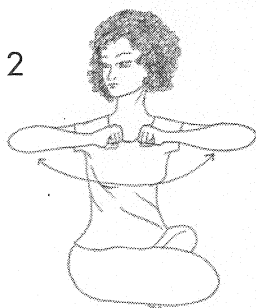
1



1. Stand with your legs apart. Place your hands on your hips. Gently begin to rotate your torso from your waist in large (1). Move in either direction 3 minutes. (Original time: 9 minutes.)

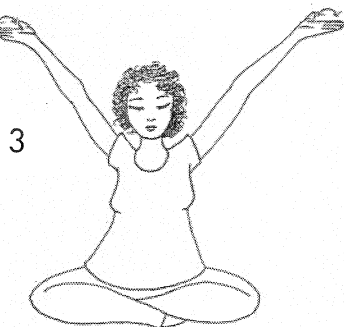
2. Sit in Easy Pose. Make fists of your hands and place them in front as if you were grasping a steering wheel. Begin gently twisting your body powerfully from left to right (2). Keep your elbows up and keep your body and head aligned as you move. Continue for 1 minute. (Original time: 4 minutes.)

2

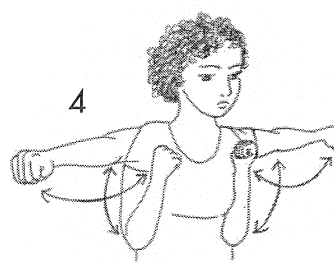


3. In Easy Pose, extend your arms up at a 60 degree angle, palms facing up, fingers straight and thumbs extended out. Begin to open and close your fists rapidly, bringing the tips of your fingers to the base of your palms. Continue for 2 minutes. (Original time: 7 minutes.)

4. Sit in Easy Pose. Extend your arms out to the sides parallel to the ground. Make fists of your hands with your thumbs tucked inside your hands touching the fleshy mound below your little finger. Inhale through your mouth and flex your elbows, bringing your fists to your shoulders. As you exhale through your mouth, straighten your arms out to the sides (4). Move rapidly and breathe powerfully. Continue rhythmically, coordinating the movement with your breath for 2 minutes. (Original time: 6 minutes.)

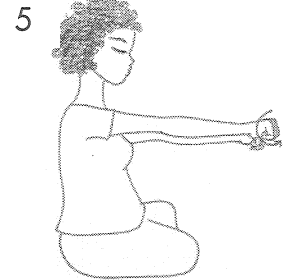


3



4

5. Sit in Easy Pose. Assume the same hand position as in Exercise 5, with your palm side of the fist facing down. Stretch your arms out straight in front of you. Begin rotating your fists in small circles: move your left fist counter clockwise; the right fist clockwise at the level of your heart center. Keep your elbows straight and fists tight (5). Move your shoulder blades and muscles underneath your shoulder area. Continue exercise as you breathe slow and deep for ½ minute. (Original time: 2 minutes.)

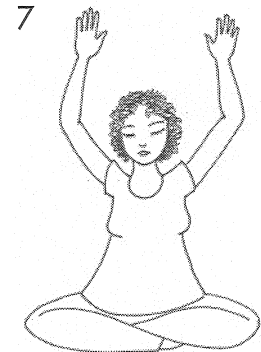


6. Sit in Easy Pose with your hands on your knees. Breathe with Sitali Pranayam (see Page 77) for 1-2 minutes (6). (Original time: 4-5 minutes.)

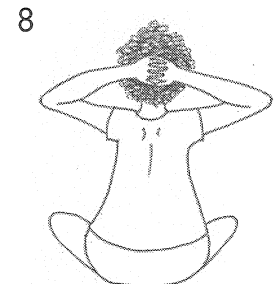


Then continue with Sitali Pranayam as you coordinate rhythmical breathing with *DUKH BHANJAN** music and meditate on the healing vibrations of the Golden Temple and the sound current of the *shabad* (words) (6). Continue for ½ minute. (Original time: 2 minutes.) *DUKH BHANJAN* was sung in praise of the Golden Temple, where many have been healed by a sip and dip in the nectar tank. The Golden Temple is located in Amritsar, Punjab, India.

7. Continue listening to *DUKH BHANJAN*. Sit in Easy Pose and raise your arms, curving them upward. Close your eyes and rhythmically move your body to *DUKH BHANJAN** music. Move as your body feels (7). Stop thinking and move with the beat. If you can bring your body into the exact rhythm with the music, you can go into a state of ecstasy. Continue for 3 minutes. (Original time: 10 minutes.)



8. Sit in meditative pose. Let yourself become calm and together. Feel that you are going to achieve God's light in you. Totally remove any difference between yourself and God. Interlock your fingers behind the back of your head, with your elbows out to the sides and apply pressure with hands to keep your spine straight (8). Close your eyes and begin chanting aloud with the *JAAP SAHIB**. Copy the words and feel the vibrations. Continue for 2 minutes. (Original time: 8 minutes.) Relax.



COMMENTS: Regular practice of this set strengthens the nervous system and brings clarity to the mind.

* If the music is not available, breathe long and deep for the time given.

State of Mind & Paranoia

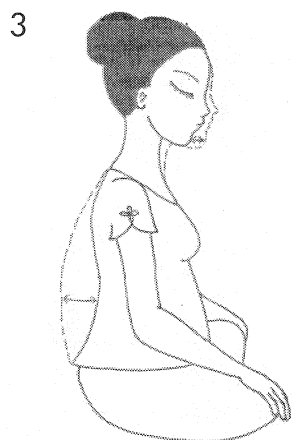
This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. The original exercises #5 and 6 have been omitted for pregnant women. Original Kriya: Yoga for Youth and Joy, Page 40.



1. Sit in Easy Pose. Extend your arms straight out to the sides, parallel to floor. Roll your fingertips to the root of fingers and hold. Thumbs are straight. Spine straight, chest out and chin in. Begin to rotate your hands at the wrists with the thumbs alternating pointing up and down (1). Continue for 3-7 minutes with long, deep, and strong breathing. Relax. Works on the pituitary, breaking through one's paranoia. (Original time: 7-8 minutes.)



2. Same position as in #1. Inhale and bring your thumbs towards your shoulders (not touching). Exhale and return thumbs to original position (2). One cycle takes one second. Continue with powerful breathing for 2 minutes. *Stimulates pituitary.*



3. Remain in Easy Pose. Place your hands on your knees. Keep your chin tucked in and your neck tense and hard as steel, begin flexing your spine. Inhale, arching back slightly and pulling your chest and neck up. Exhale arching forward slightly while pushing your chin out (3). One complete cycle takes 1-2 seconds. Continue for 4 minutes. *If practiced correctly, it will keep one looking young. Balances thyroid and parathyroid.*

You are beautiful.

You are manifesting the Divine Creative Power of the Adi Shakti.

Honor yourself: care for yourself.

You are the Divine Mother in your most beautiful creativity.

Honor yourself: laugh and rejoice!

You have surrendered your body to give life to your child.

Honor yourself: be grateful.

There is no greater sacrifice and no greater honor.

You turn your own blood into milk to nourish your child.

Honor yourself: care for yourself, body, mind and spirit.

- Tarn Taran Kaur Khalsa

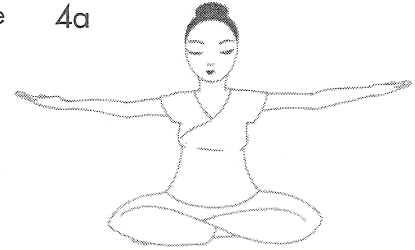
4. Easy Pose. Inhale, extending your arms straight out to the sides, parallel to the ground, palms facing up (4a). Exhale and bring your hands to you shoulders (4b).

Then inhale and raise both elbows towards your head, lifting your shoulders and entire spine up (4c). Exhale and lower your elbows (4b). One cycle takes 2 seconds. Continue rhythmically, coordinating this 4-part movement and chant *HAR, HAR, HAR* for 3-4 minutes.

5. Sit in Easy Pose. Sing the song *NOBILITY* song. (See Page 79 for words or breathe long and deep for 4-5 minutes (5).

6. Sit in Easy Pose, interlace your fingers with your thumb tips touching and pointing back. Raise your arms up over your head forming an arc line (halo) with your hands. Focus your eyes at the tip of your nose and breathe through your navel point. Listen to the *JAAP SAHIB* and begin copying the sound or breathe long and gently (6). Continue until you hear *CHARPAT CHAND*, approximately 9 minutes.

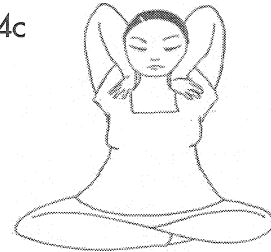
4a



4b



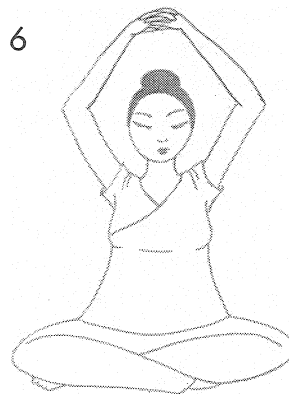
4c



5

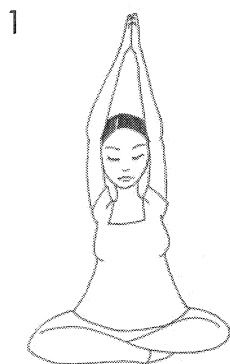


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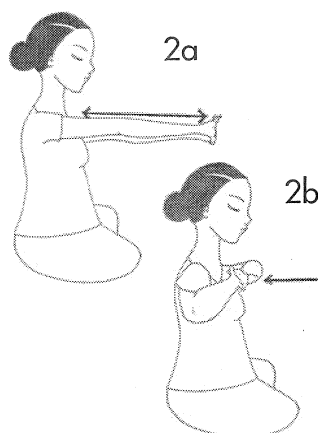
Lungs, Magnetic Field, & Deep Meditation

NOTE: This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. Original Kriya: Sadhana Manual, Page 85.



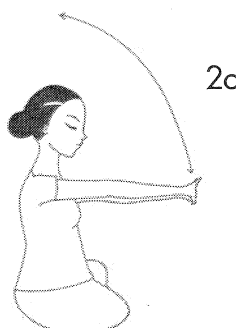
1. Sit in Easy Pose. Bring your palms together and stretch them forward parallel to the floor. Then raise them straight up and overhead. Arch your spine straight up as possible. Begin long deep breathing through your mouth with a whistle on both the inhale and exhale. Continue for 5 minutes. Relax.

2. In Easy Pose, interlock your fingers and reverse them so that your palms are facing outward. Now stretch your arms straight out in front of your chest and inhale (2a). Exhale and bring your hands in towards your chest (2b). Continue for 2 minutes with a fairly rapid motion.

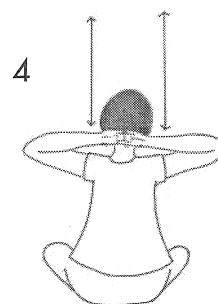
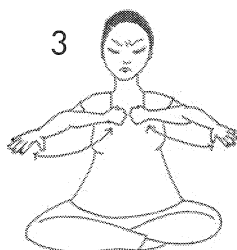


Now inhale, stretch your arms out straight in front, palms facing outward. Hold your breath and bring your arms straight up over your head. Then bring your arms back to parallel to the floor. Exhale and bring your hands in toward your chest. Inhale, stretch your arms out straight in front again (2c). Repeat sequence for 2 minutes.

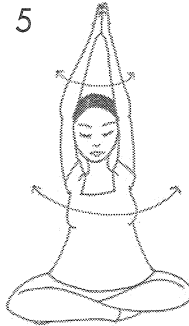
3. Remaining in Easy Pose, without resting, stretch your arms out straight before chest at 60 degree angle to each other. Inhale as you slowly make fists of your hands. Hold your breath and with tension, bring your fists to your chest, bending your arms at the elbows. Exhale as you release the tension (3). Repeat for 3 minutes, maintaining an angry face throughout this exercise. Relax and stretch your legs out.



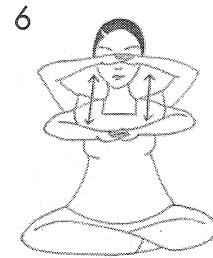
4. In Easy Pose, interlock your hands behind your head with palms facing upward. Inhale and stretch your arms up overhead. Exhale lower hands behind your neck (4). Continue for 2 minutes.



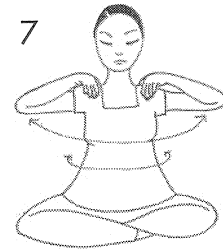
405. In Easy Pose, stretch your arms straight up overhead, palms together, thumbs crossed. Inhale, gently twist to the left. Exhale, gently twist to the right (5). Continue for 2 minutes.



6. In Easy Pose, interlock your fingers, palms facing down and raise your lower arms parallel to floor at chest/heart level. Inhale, raise your arms up to eye level. Exhale, bring your arms back to parallel position before your chest/heart (6). Continue for 2 minutes.



7. In Easy Pose, place your hands on your shoulders, with fingers in front, and thumbs in back. Inhale, gently twist to the left. Exhale, gently twist to the right (7). As you twist, keep the alignment of your torso and head. Continue for 2 minutes.

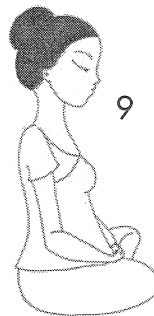
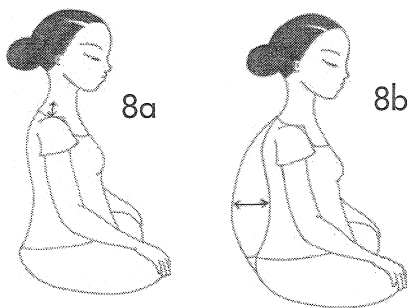


8. In Easy Pose, place your hands on your knees. Inhale as you raise your shoulders up to your ears (8a). Exhale as you lower your shoulders (8a). Continue for 2 minutes.

Then, begin to flex your spine. Inhale stretching and elongating your spine forward; exhale and collapse your spine backwards (8b). Continue for 2 minutes. Relax.

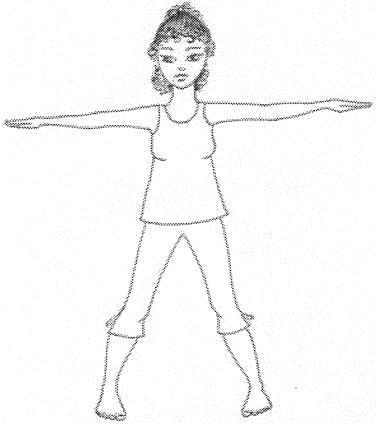
9. Sit comfortably with a straight spine. Roll your eyes up as far as possible. Concentrate at the top of your head (9). Meditate for 3-15 minutes. (Original time: 15 minutes.)

COMMENTS: Yogi Bhasan has recommended pregnant women to strengthen and expand their lungs which will assist them during birthing. This series begins by purifying the blood and expanding the lung capacity. Then the circulatory system is stimulated. The thyroid and parathyroid secretions are added to the increased circulation and the upper magnetic field of the body is enlarged. This set an excellent preparation for beginners who need to learn deep meditation.



Healthy Bowel System

NOTE: After the 36th week of pregnancy it is recommended that you avoid bending-forward exercises while standing.



1. Windmill. Stand with your feet slightly wider than shoulder's width apart. Bring your arms straight out to the sides parallel to the ground, palms down. Inhale and then exhale as you bend forward from your waist, gently twist toward the left, bringing your right hand to your left foot and your left arm straight up in back. Continue as you breathe, inhaling as you raise your body up and exhaling as you bend forward for 1 minute, moving at a comfortable rhythm (1). To end, inhale in the center and shake out your body for a few seconds. Then repeat on the other side for 1 minute. After completing, shake out your body for a few seconds.



Exercises 1-4

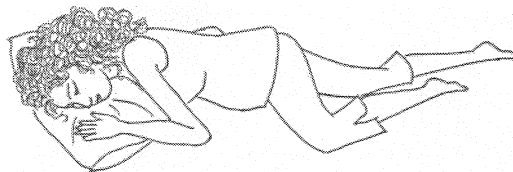
2. Repeat #1, but alternate bending down first to one side and then to the other side. Pause for 5 seconds as your hand touches your foot (2). Continue for 3 minutes allowing your breathing to coordinate with your movement. After completing, shake out your body for a few seconds.

3. Continue the same alternating motion, but pause for 25 seconds as each hand touches each foot (3). Continue for 2 minutes with deep comfortable breathing. After completing, shake out your body for a few seconds.

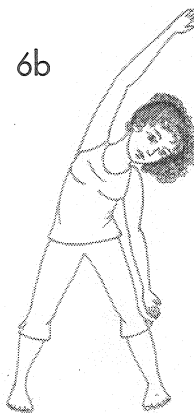
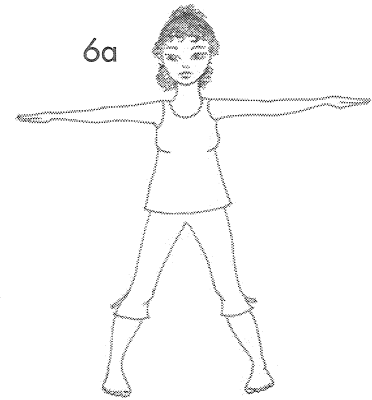
4. Hold the position touching your foot for 2 minutes on each side. with deep breathing (4).

5. Comfortably relax for 2-3 minutes on your side, breathing deeply (5). After the fourth month of pregnancy, most women are more comfortable relaxing on their sides.

5



6. Side Bends. Stand up and spread your legs spread wide. Bring your arms parallel to the floor with your palms facing down (6a). Inhale and exhale as you bend from your waist down your left side (6b). Stretch your left arm down your left side and your right arm is over your head. Keep your torso aligned to avoid twisting your spine. Raise up to the original position as you inhale. Then stretch down your right side and return to the original position. Each side bend takes about 6 seconds per side. Continue for 1 minute with deep breathing. Rest.

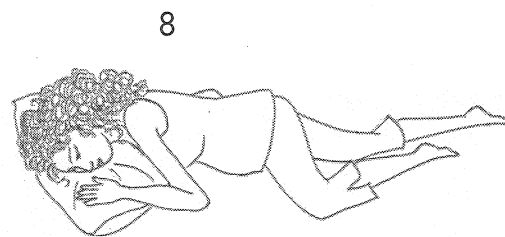
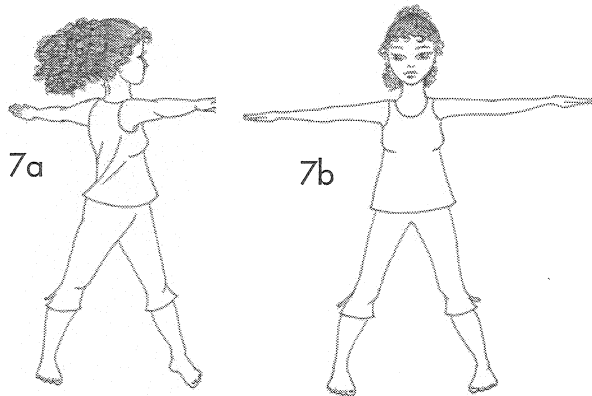


7. Standing Torso Twists. Stand up and spread your legs spread wide. Bring your arms parallel to the floor with your palms facing down (7a). Twist your torso, arms and head all the way to the left (7b), back to original position, then twist on around to the right and finally back to the center. Keep your arms in a straight line with each other. 2-3 seconds per complete cycle. Continue for 1 minute as you inhale to the left and exhale to the right. Rest.

8. Relax for 10 minutes (8).

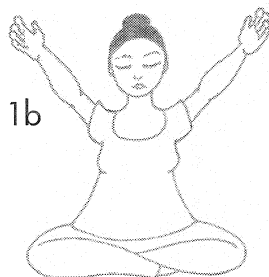
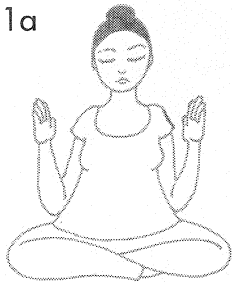
COMMENTS: These exercises work on the bowel system. Normally when one is becoming sick, the bowel movements serve as an early indicator. It is suggested to do these exercises for 30 minutes a day for good health.

(Yogi Bhajan, July 4, 1977; *Slim and Trim Yoga*.)



Art of Equilibrium of the Stomach

1a



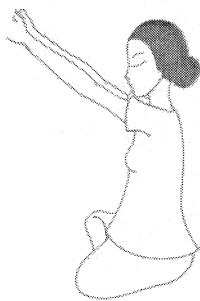
1b

This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. Original Kriya: Owner's Manual for the Human Body, Page 39. Modified as directed by Yogi Bhajan, by removing exercise 4a from original kriya.

1. Sit in Easy Pose, bend your elbows so that your hands are near your shoulders (1a). With a quick motion like a punch, shoot your arms up and to the front at a 60° angle (1b). Return your arms and hands to the first position (1c) and then punch your arms out to the sides, parallel to the ground (1d). At each position chant *HAR* (Creative Force) using the tip of tongue. Continue for 3 ½ minutes.

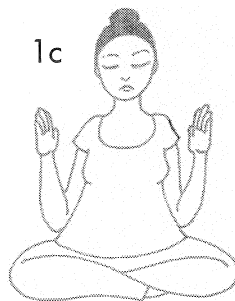
2. Repeat exercise #1, however, now chant with your tongue extended out of your mouth, still chanting *HAR* at each position. Continue for 2 ½ minutes.

3. In Easy Pose, bend your elbows at 90° angle. Make fists and place them by your ears. Keeping your tongue extended out of your mouth, chant *HAR* with each twist to the left and right (3). Twist gently. Continue 1 ½ minutes.

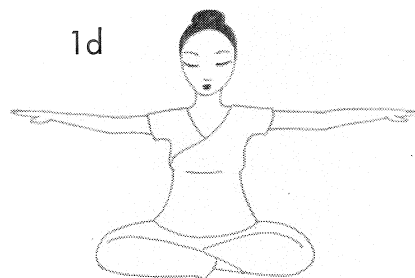


Side view of 1b 60° angle

1c



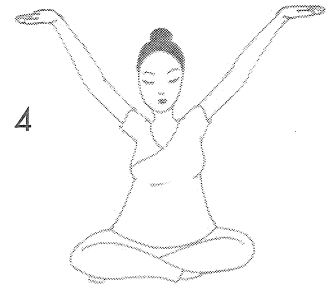
1d



3



4. Sit in Easy Pose and raise your arms 60° to your sides, your palms are facing up with your fingers together (4). Chant *HAR HAR MUKANDE* for 1 ½ minutes.



4

5. In Easy Pose, allow your head to hang, let your shoulder drop and feel very sad and tired. (5a) Silently meditate on *CHATR CHAKR VARTI* (see below) for 6 minutes.

*CHATR CHAKR VARTI, CHATR CHAKR BHUGTAY,
SUYUNGBHAV SUBHANG SARBHA SARB JUGTAY,
DUKAALUND PRANAASEE, DAYALUNG SAROOPAY,
SADAA ANG SANGAY ABHANGUNG BIBHOOTAY.*

Translation:

God is present on all sides;

By His Order controls all the world. God's Light is automatic;

He is beautiful, and is ever present in all living beings.

God destroys the pains of birth and death, and is the embodiment of mercy.

God is present with all, and His Grandeur will never vanish.

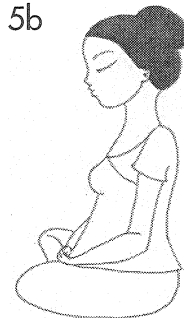
5a



This mantra removes fear, phobias and brings victory to your efforts.

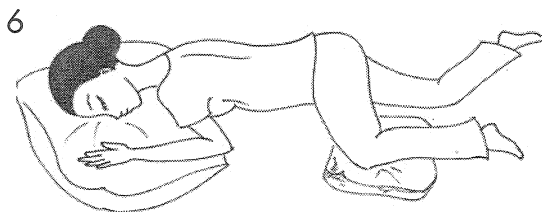
Then sit up straight with your hands folded in your lap and meditate with the music for 3 minutes more. (5b) Inhale and hold your breath for 30 seconds and exhale. Repeat this inhale, hold, and exhale 3 more times.

5b



6. Relax completely on your side.

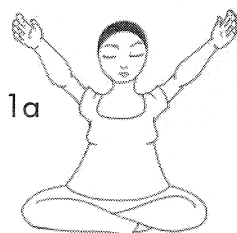
COMMENTS: The body's entire creative sensitivity is in the stomach. The stomach stimulates the brain to coordinate the entire system. Both the heart and the brain are subject to the stomach. When ancient yogis learned this fact, they developed a whole science of fasting and food combination. The elbow area controls the stomach and this yoga set opens up the elbow to work on the stomach. Practicing this set can be very beneficial for the stomach and to remove sadness and fear from your personality.



6

For Keep-up Spirit

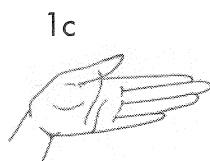
This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. Exercise #3 from original kriya was omitted for pregnant women. Original kriya: Yoga for the 80's, Page 23.



1a



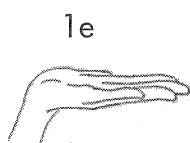
1b



1c



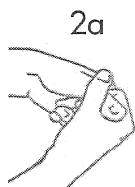
1d



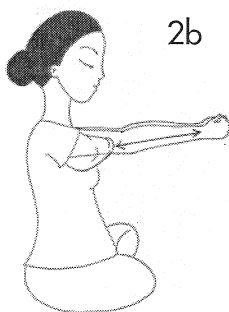
1e

1. Sit in Easy Pose, your arms raised up 60° in front of your body. Hands are 2 ½ - 3 feet apart, palms facing each other and fingers together. Arms remain in this position, as your hands move through this sequence fast and rhythmically.
 - Count of "1," bend your wrists with fingers parallel to the floor and palms still facing each other (1c).
 - Count of "2," move hands so that fingertips are pointing up, and palms still facing each other (1d).
 - Count of "3," bend the wrists so that your palms are facing up (1e).
 - Count of "4," bring hands to original position of 60° (1b).

Move hands rapidly, as you focus on your 3rd Eye. Continue the sequence for 1-3 minutes. (Original time: 3 minutes).



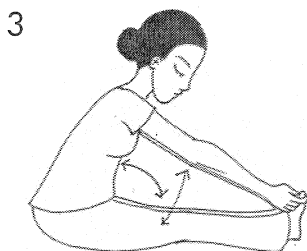
2a



2b

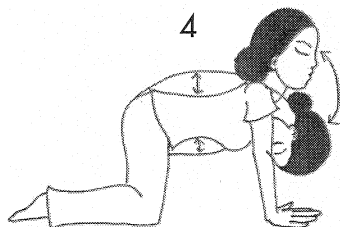
2. Sit in Easy Pose and interlock your fingers so all fingers are inside between palms. Cross your thumbs and press strongly the pads of opposite fingers (2a). Inhale, push powerfully your hands forward, parallel to floor (2b). Exhale, bring hands towards chest. Continue 1-8 minutes. (Original time: 7-8 minutes).

3. Sit with both legs stretched forward. Bend forward from your hips, holding either the center of your large toe or your legs. Inhale as you straighten your spine (3). Exhale and stretch forward gently from your lower spine. Keep your legs straight. Continue 1-3 minutes. (Original time: 3 minutes).

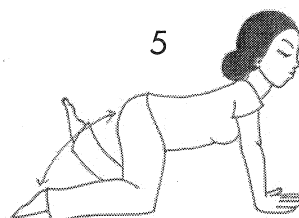


3

4. Cat - Cow. Come onto your hands and knees, balancing your weight equally. Your knees and arms are shoulder width apart. Cow: Inhale, as you stretch your head up, elongating your spine (4). Avoid extreme swayback. Cat: Exhale, as you lower your head down onto your chest, stretching your spine up. Continue for 1-2 minutes. Relax. (Original time: 1-2 minutes).



4



5

5. In Cow pose, hold your head up and begin kicking your buttocks with alternative heels (5). Continue for 1 minutes. (Original time: 1 minutes.) This exercise adjusts the buttocks.

6. Stand up straight with your hands on your hips. Begin rolling your torso in large circles from your waist (6). Bend as fully as is comfortable. Continue for 2 minutes.

7. Stand with your legs straight, your feet slightly apart and stretch your arms up overhead as you inhale. Exhale and bring your palms flat down onto the ground (7). Continue for 1 minute. (Original time: 1 minutes.)

NOTE: After the 36th week of pregnancy it is recommended that you avoid bending-forward exercises while standing.

8. Spread your legs wide, with legs straight. Inhale as you stretch arms up over your head and exhale as you bring your palms flat onto the ground (8). Continue for 1 minute.

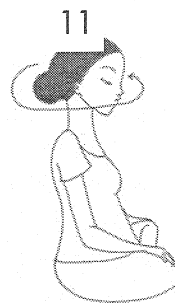
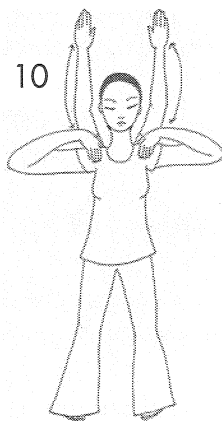
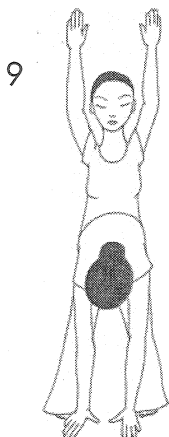
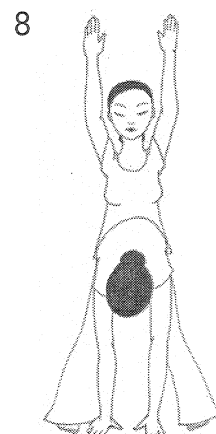
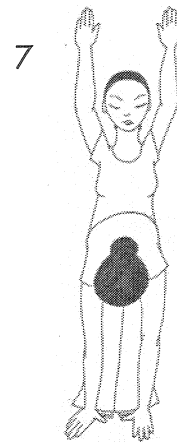
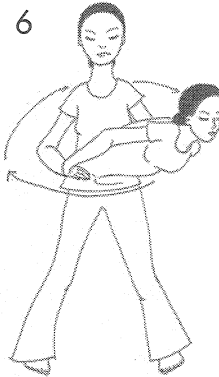
9. Stand with your legs together. Inhale and stretch arms straight up overhead, and exhale, bend from lower spine, touching your palms on the ground (9). Continue for 2 minutes. (Original time: 2-3 minutes.)

10. Stand with feet shoulder width apart, place your hands on your shoulders with your fingers pointing to your neck. Inhale and raise both arms straight up over your head (10). Exhale, return hands to shoulders. Continue for 30 seconds.

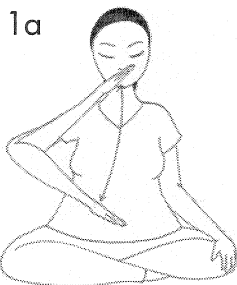
11. Sit in Easy Pose and begin gently rolling your head in circles for 30 seconds (11).

12. Relax comfortably on your side or back for 3-10 minutes.

COMMENTS: This set is a great workout. Pace yourself so that you can complete all of the exercises of this set.



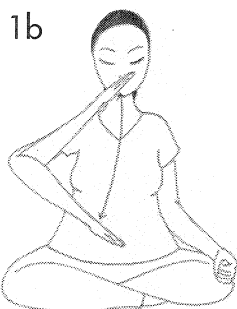
De-stress Yourself



The following exercises may be done either in Easy Pose, or sitting in a chair with the weight evenly distributed on both feet. This nine-minute meditation can help you recover from the stress of life.

PART 1

Bend your right elbow so that your forearm is in front of your body with your palm facing down. Without bending your wrist, move your right hand quickly up and down from the tip of your nose to your navel. Put your entire Life Force into the movement (1a).

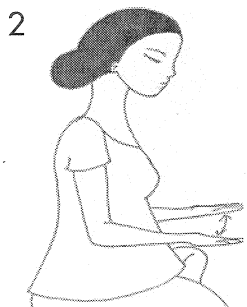


TIME: Close your eyes and look at the center of your chin through the closed eyes and continue the movement for 1 minute (1a). Then make a tight fist of the left hand as you continue moving the right hand up and down for 2 minutes more (1b).

COMMENTS: This action affects the psyche of the heart.

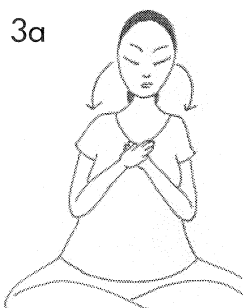
PART 2

Sit with your arms down at your sides. Bend your elbows so that your forearms are parallel to the ground. The left palm faces downward towards the earth and the right palm faces upward toward the heavens. Alternately move each forearm up and down as if you were bouncing balls with your hands (2).



TIME: 3 minutes.

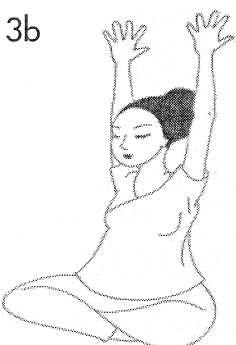
COMMENTS: You are activating the earthly and heavenly elements within you at your own command.



PART 3

Place your hands at your heart center with the right hand over the left. Bend your neck bringing your left ear toward the left shoulder, straighten your neck and bend your neck again bringing your right ear toward your right shoulder (3a). Continue leaning your head left and right. Close your eyes and mellow down into it.

TIME: 2 Minutes.



COMMENTS: This exercise lets the neck adjust itself.

Next stretch your arms straight up with the fingers open as wide as possible (3b). Squeeze all the muscles in your body as you stretch upward for 1 minute. Relax.

COMMENTS: This short nine minute series of exercises relieves stress. Both women and men can practice throughout pregnancy and later when they face the challenges of parenting.

Original: Yogi Bhaan, June 7, 1994.

Balancing the Pineal, Pituitary, & Hypothalamus

This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. Original kriya: Owner's Manual, Page 47.

1. Sit in Easy Pose with your arms parallel to the floor, palms up. Connect your little fingers and thumbs together, holding your middle three fingers together (1a). Chant moderately fast for 6 minutes: *Guru Gaitri Mantra: GOBINDE, MUKANDE, UDAARE, APAARE, HARIANG, KARIANG, NIRNAAME, AKAAME.*
(Translation: *Sustainer, Liberator, Enlightener, Destroyer, Creator, Nameless, Desireless.*)

Inhale and bend your elbows so mudra is at level of your ears (1b). Hold a few seconds. Then bring the mudra to the level of your diaphragm with the extended fingertips touching (1c) and exhale. Relax, twisting your spine a little in each direction. Relax.

2. Sit in Easy Pose with your hands relaxed on your knees. Your thumb and Sun (ring) finger are touching (2). Sing *Mool Mantra* for 6 1/2 minutes:

EK ONG KAAR, SAT NAAM, KARTAA PURKH, NIRBHAO, NIRVAIR, AKAAL MOORT, AJOONEE, SAI BHANG, GUR PRASAAD, JAAP, AAD SACH, JAGAAD SACH, HEBI SACH, NAANAK HOSI BI SACH.

(Translation: *The Creator and the creation are one. This is your true identity. The Doer of everything, fearless, revengeless, undying, unborn, and self-illuminated. This is revealed by the true Guru's Grace. Meditation! True in the beginning. True through the ages. True even now. O Nanak, the True One shall ever be True.*)

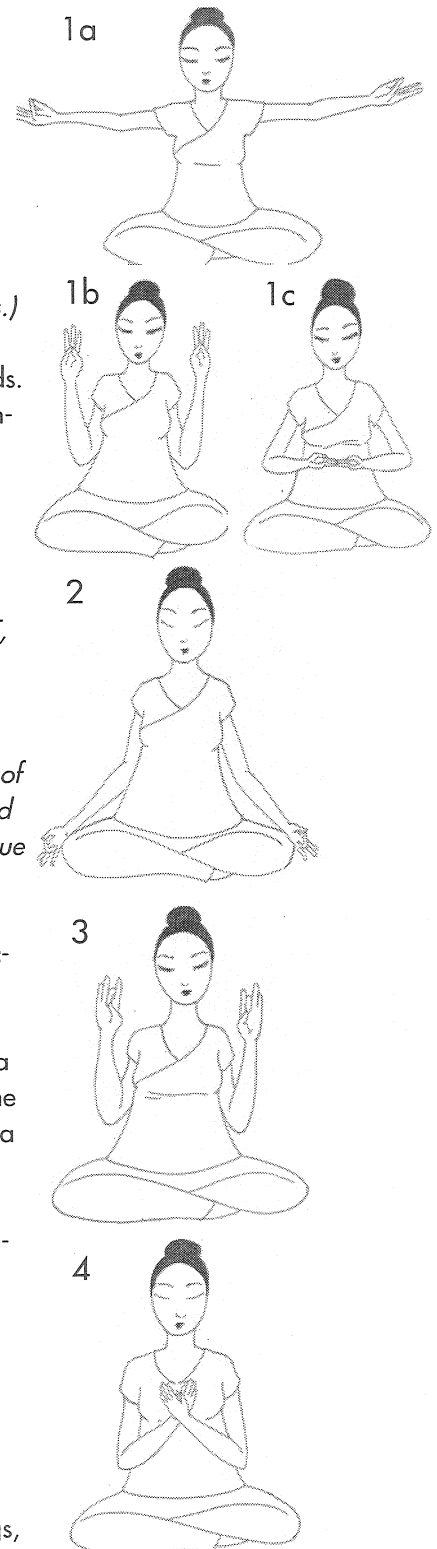
Inhale and hold 10 seconds. Exhale and relax, twisting your spine a little in each direction. Relax.

3. In Easy Pose, touch your Saturn (middle) finger and thumb together. Hold this mudra up to the level of your ears, with your elbows bent (3). Chant *Guru Gaitri Mantra* (same as in #1) 3 1/2 minutes. Inhale, hold 20 seconds. Exhale and relax, twisting your spine a little in each direction. Relax.

4. In Easy Pose, palm touching chest at heart center, right hand over left, thumbs touching (4). Chant 9 minutes.

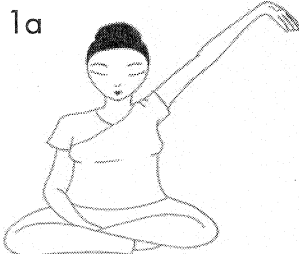
HAR HAR GOBINDE, HAR HAR MUKANDE (repeat 3 times),
HAR HAR UDAARE, HAR HAR APAARE (repeat 3 times),
HAR HAR HARIANG, HAR HAR KARIANG (repeat 3 times),
HAR HAR NIRNAAME, HAR HAR AKAAME (repeat 3 times).

COMMENTS: This set contains chanting which opens your heart, strengthens your lungs, and surrounds your baby with uplifting sound current.

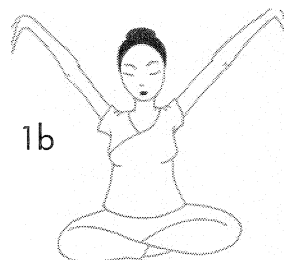


Total Balance Kriya

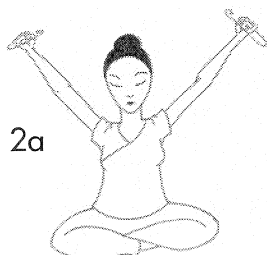
This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original Kriya at any other time. Original exercise #5 has been removed for pregnant women. Original Kriya: Yoga Manual, Page 27.



1. Sit in Easy Pose with a straight spine. Right hand in lap. Left arm stretched up at 60 degrees, your fingers together, with your palm facing up, stretch your fingers and pull your wrist downward. Elbow are straight and pulled back as far as possible, putting pressure on your elbow muscles (1a). Practice with concentrated breathing for 2 minutes on each arm. (Original time: 4 minutes).



Then hold both arms at 60 degrees and pull both wrists back. (1b) **Meditate calmly on the flow of energy...just sit quietly in that posture and let the energy start balancing you. The breath will start going in and out at a particular rate. It will correspond to the energy flow.** Yogi Bhajan. Continue for 2 minutes with concentrated breathing. Relax. (Original time: 4 minutes).



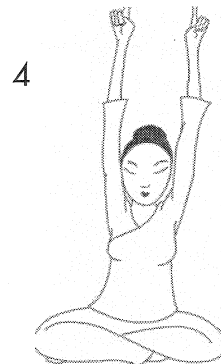
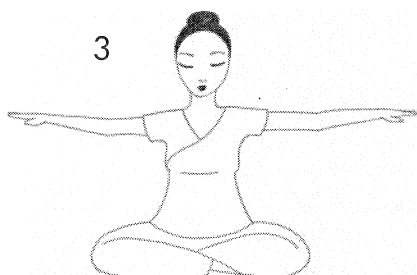
2. In Easy Pose, hold both arms at 60 degrees with your elbows straight. Place your thumbs inside your fists and slowly move them in circles (2a). Continue for 1½ minutes. (Original time: 3 minutes).



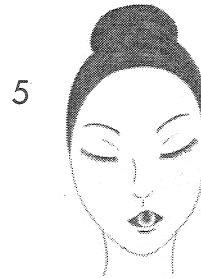
Now bring your forearms parallel to the floor. Rotate your fists and elbows in circles (2b). Continue for 1½ minutes. (Original time: 3 minutes).

3. Stretch your arms out to the sides, parallel to the ground, with your elbows straight. Your neck is straight; not pulled in. Your fingers and thumbs are cupped together slightly, palms facing down (3). Breath deep in your being! Do not use a heavy breath. Continue for 5 minutes. (Original time: 10 minutes).

4. Stretch your arms up over head with your elbows touching your ears. Make fists of your hands with your thumbs inside (4). First, stretch out your index finger straight up, and then return to fist. Stretch out your second finger and return to your fist. Stretch out your third finger and return to your fist. Stretch out your small finger and return to your fist. This is a brain exercise. Continue for 1 minutes. (Original time: 2 minutes).

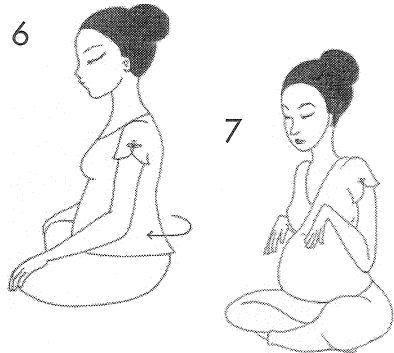


5. Sit in Easy Pose. Stick your tongue out and curl it. Inhale through the rolled tongue and exhale through your nose (5). Continue for 1 ½ minutes. (Original time: 3 ½ minutes).

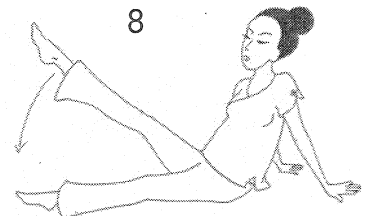


6. Place your hands on your knees, begin to deeply roll in circles on your buttocks (6). Do 26 rotations in each directions. (Original: 52 rotations).

7. Now bend your elbows in front of you, letting your hands hang loosely forward. Begin rolling your shoulders forward (7). Continue for 1½ minutes. (Original time: 3 minutes).



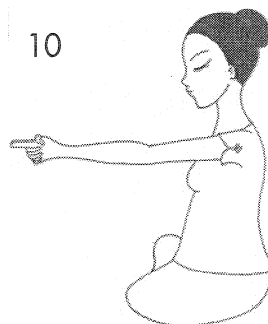
8. Stretch your legs straight out, placing your hands on the floor behind you. Raise alternating legs as high as possible and inhale (8). Then lower your legs to the floor and exhale. Keep your legs straight. Continue for 1 ½ minutes. (Original time: 3 minutes).



9. Sit comfortably and chant *HEALTHY AM I, HAPPY AM I, HOLY AM I* for ½ minute (9). (Original time: 1 minute).

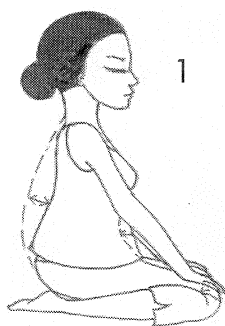
10. In Easy Pose, stretch your arms out in front parallel to the ground. Interlace your fingers and extend your index fingers together and point them forward (10). Keep a straight spine and straight elbows. Continue for 1 ½ minutes. (Original time: 3 minutes).

COMMENTS: This kriya balances the aura, electro-magnetic field and brain, plus stimulates the elimination of body toxins, and develops muscular coordination. You will find this kriya challenging so maintain your focus at your Third Eye, breath consciously, and meditate on *SAT NAM* during each position. Relax and smile!



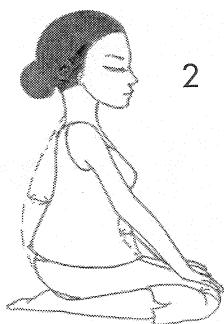
Basic Spinal Energy Series

This set has been modified specifically for pregnant women by Yogi Bhajan on July 9, 2003. These modifications are not intended to substitute the original kriya at any other time. Sat Kriya, the last exercise in the original kriya, has been omitted for pregnant women. Original kriya: Sadhana Guidelines, Page 45.



1

1. Sit in Easy Pose. Hold onto your ankles with both hands and deeply inhale, as you flex your spine forward and lift your chest up. Imagine that you are lengthening your spine. On the exhale, flex your spine backwards (1), keeping your head level so it does not "flip-flop." Repeat 108 times, then inhale, exhale, and relax. Rest 1 minute.

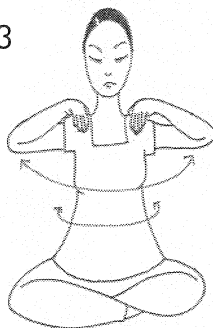


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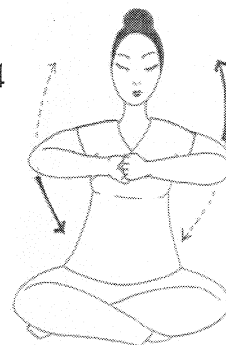
2. Sit on your heels. Place your hands on your thighs. Flex your spine forward with the inhale, backward with the exhale (2). Think SAT with each inhale, and NAM with each exhale. Repeat 108 times. Rest 2 minutes.

3. In Easy Pose, grasp your shoulders with fingers in front, thumbs in back. Inhale and gently twist to the left, exhale and gently twist to the right (3). Breath is long and deep. Continue 26 times. To end, inhale in the center. Movement is gentle. Rest 1 minute.

3

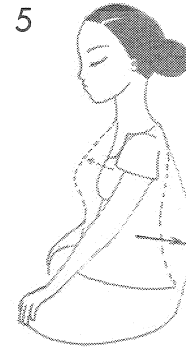


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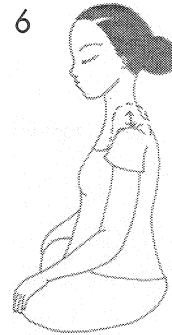


4. Lock your fingers in Bear Grip (see Page 73) at your heart center (4). Move your elbows in a see-saw motion, breathing long and deep with the motion. Continue 26 times. To end, inhale in the center, exhale, and pull on the Bear Grip. Relax 30 seconds.

5. Sit in Easy Pose. Hold onto your knees firmly, keeping your elbows straight. Inhale, as you flex your spine forward and lift up your chest. Imagine that you are lengthening your spine (5). Exhale, as you collapse your spine backward. Repeat 108 times. Rest for 1 minute.



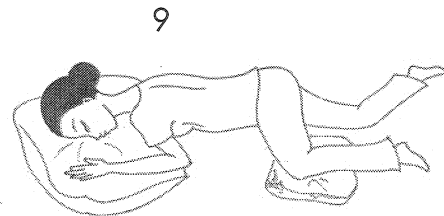
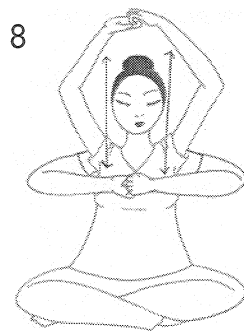
6. Shrug both shoulders up as you inhale (6). Relax your shoulders down as you exhale. Continue for 2 minutes. To end, inhale and hold for 15 seconds with your shoulders pressed up. Relax your shoulders.



7. Roll your head slowly to the right 5 times (7). Then roll your head to the left 5 times. To end, inhale, pull your neck straight.

8. Lock your fingers in Bear Grip (see Page 73) at the throat level (8). Inhale, and contract your pelvic floor muscles. Exhale, and contract your pelvic floor muscles. Then raise your hands above the top of your head. Inhale, and contract your pelvic floor muscles. Exhale, and contract your pelvic floor muscles. Repeat the cycle two more times.

9. Relax on your side for 11 minutes (9).



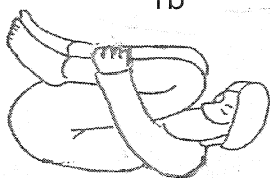
Male Creativity, Potency, & Youthfulness

1. Practice this exercise in the morning when you are still in bed. Inhale and as you are holding your breath (1a), powerfully pull your knees to your chest with a jerk (1b). Repeat 10-15 times

1a



1b



2. Sit on your heels and lower your forehead onto the floor, with your hands next to your body (Child Pose). Begin to move your buttocks from side to side, back and forth, as if you are wagging a very heavy imaginary tail (2). Continue for 3 minutes. *This aids digestion.*

3. Stand with your legs about three feet apart. Stretch your arms out to the sides. Inhale with your body straight. Exhale, twist your body to the left, and bend forward, touching your left foot with your right hand (3). Inhale with your body straight. Exhale, twist your body to the right, bend forward, touching your right foot with your left hand. Bend from your lower spine. Continue with powerful motion for 3 minutes. *This adjusts the hipbone.*

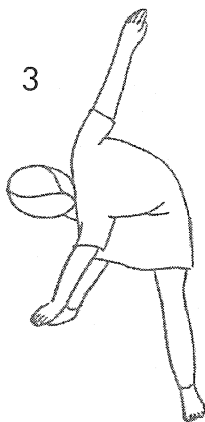
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4. Place your hands on a sink (a table or a high counter may also be used), lean forward with your weight on it (4). Arch your back as in Cow Pose (see Page 67). Continue jumping up and down on your left then your right leg for 10 minutes. *This will effectively build up the back muscles.*

5. Stand and bend forward from the lowest part of your spine, keeping your knees straight (5). Hold onto your feet and stretch so your elbows touch your knees. Try to bring your nose between your knees. Hold with deep breathing for 3-5 minutes.

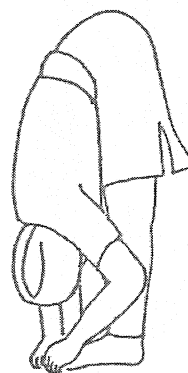
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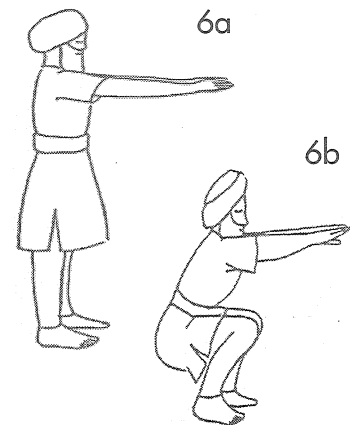
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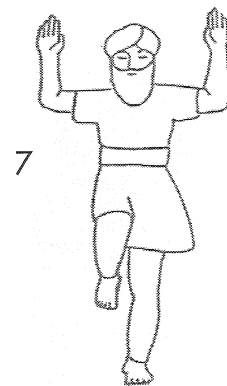
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6. Stand up with your arms stretch out in front and parallel to floor, and inhale (6a). Exhale as you squat with your arms still stretched out parallel, keeping your feet flat on the floor (6b). Helpful Hint: If this position is difficult, roll up a yoga mat or blanket and place it under your heels. Continue 20-50 times. *This works on the sex meridian and supports creativity.*



7. Begin running in place with your elbows and upper arms a little higher than your shoulders. Your hands are perpendicular to the floor (7). Breathing will become automatic. Continue for 11- 22 minutes. *This works on the sciatic nerve and balances the meridians.*

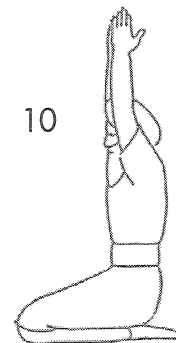
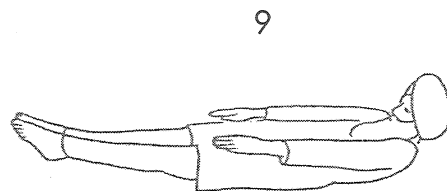
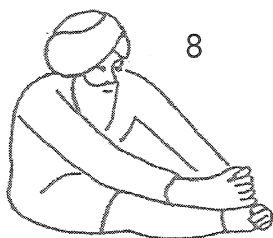


8. Stretch your legs out in front of you. Bend your left leg so the bottom of your foot presses against your inner thigh of your right leg. Keep your right leg and spine straight. Lean forward and grab your big toe, pulling the toes back (8). Extend your left arm and grab the heel of your right foot. Keep your chin tucked into your chest. Keep your eyes fixed on your big toe. Bend down as far as possible while keeping your spine straight. Hold this position without moving for 3 minutes. Then change sides and repeat for 3 minutes. (Called *Maha Mudra*.)

9. Stretch Pose. Lie on back. Raise your legs, your head and hands 6 inches (18 cm) off ground. Point your toes and stretch your body in this position (9). Look at toes. Breathe with Breath of Fire (powerful and rapid inhale and exhale through your nose, pumping your navel. Inhale navel is out; exhale pull navel in). Continue for 3 minutes.

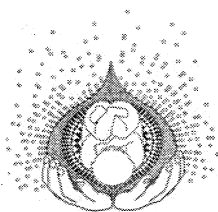
10. Sit on your heels for *Sat Kriya*. Powerful chant *SAT* as you pull in your navel. Chant *NAM* as you relax your navel. Focus at your Third Eye. Continue for 3 - 11 minutes.

Original Kriya: Yogi Bhajan, *Man to Man, Part 2*, Page 40 - 41.



Chapter 22.

Meditation



Pregnancy provides you with blessed opportunities to adjust your frequency, and nurture your child growing in your womb. Include meditation in your daily schedule: create the intention, visualize yourself meditating, arrange the time when you meditate, and encourage yourself. Establishing meditation in your life now, creates a uplifting habit which will nurture you during the challenging times of parenting. Within this chapter, you will be introduced to a variety of meditation from the rich realm of meditations which Yogi Bhajan has taught.

Meditation Guidelines

The meditations in this book can be practiced anytime during your pregnancy and throughout your life. You will notice that the instructions for the meditations, include the position of your body, your focus, the mudra (hand positions), and perhaps specific eye focus or breathing. The instructions also define the practice time. Refer to Chapter 6, 7, and 8 for yogic techniques which will support your meditation practice.

Since Kundalini Yoga is a exact science, you are recommended to follow the given instructions. Accurate timing is important so use a kitchen timer. Yogi Bhajan has specifcied that pregnant women hold their breath only as long as comfortable. He did specify that the One Minute Breath is beneficial for them. However, pregnant women need to gradually practice to develop the ability to hold their breath in, as defined in the One Minute Breath (see Page 231).

Kindly refer to Chapter 21 for additional recommendations given by Yogi Bhajan for Kundalini Yoga for pregnancy.

If you are meditating without practicing yoga, chant *ONG NAMO* before beginning your meditation session. If you have questions, contact a certified Kundalini Yoga teacher in your vicinity or log onto [www. 3ho.org](http://www.3ho.org) for a global listing of certified Kundalini Yoga teachers.

Transform Yourself in 40 days!

You will optimally benefit from a meditation which is sequentially practiced for 40 days, preferable at the same time of the day. Yogis recommend a 40 day practice to set a habit or adjust a frequency.

The Practice of Meditation

As you meditate, you will become aware of your thoughts. Do not react or occupy yourself with them. Keep your concentration on the meditation guidelines: the mantra, your breath, your body movement, and eye focus. Maintain your concentration and these distracting thoughts will eventually subside.

Meditations for Pregnancy

The different varieties of meditation specifically adjust your frequency. You can choose a meditation for its general category or for its specific effect.

- Chanting meditations create coziness for the mother and child, using the infinite sounds of creation. Your lungs and breathing will also benefit, indirectly preparing you for birthing. Chanting awakens feelings of joyousness, balance, and rhythm.
- Long, slow breathing and silent mantra meditations creates focus and mental harmony. These meditations work deeply, clearing the subconscious mind, stimulating the pituitary gland.
- Challenging arm meditations and kriyas creates strength, unwavering focus, and build the nervous system, which are invaluable during birthing. These meditations help one to confront fears, learn to deal with pain, and release fear of the unknown.
- Healing meditations and all meditations which invoke the blessing of Guru Ram Das nurture one's relationship with, and reliance on, inner Infinite capacity. These meditations enhance the human capacity to "co-create" miracles with the Creator.

Bless your child's

Soul and Life.

Your prayers

make miracles

happen.



Learning to Meditate

Sit comfortably in Easy Pose, with your back and your neck straight. Pull your chin slightly in.

Eyes: Your eyes are lightly closed and focused at your Third Eye Point (between your eye brows).

Mantra: SAT NAM.

Mudra: Feel the pulse on your left wrist with the four fingers of your right hand. Place your fingers in a straight line, pressing very lightly, so that you can feel your pulse in each fingertip. On each beat of your pulse, mentally hear the sound SAT NAM.

Time: Continue for 11 minutes. With regular practice, you can gradually increase to the maximum time of 31 minutes.

Comments: This is a good meditation for those who have never meditated before or wish to develop the ability of concentration in action. This meditation supports you to develop the ability to control your reaction to any situation and bring sweetness and one-pointedness to the most outrageous and scattered mind.

Yogi Bhaian, *Aquarian Teacher*, Page 428.



Self-Blessings Meditation

Sit comfortably in Easy Pose.

Mudra: Arch your right arm over your head, palm facing down 6 inches above the crown of your head. Raise your left forearm parallel to the ground and bend your elbow so that your hand is touching your chest, palm facing down.

Eyes: Your eyes are closed.

Mantra: Chant aloud in a monotone:
I BLESS MYSELF. I BLESS MYSELF. I AM. I AM.

Time: Continue for 3 minutes. To end, inhale deeply as you repeat the mantra mentally. Exhale. Repeat two more times. Relax.

Yogi Bhaian, Espanola, #TCH37-3, August 3, 2000.



Meditation into Being: "I am, I am"

Sit in Easy Pose, with your pelvic floor slightly contracted. Spine is straight.

Eyes: Your eyes are 1/10th open, looking straight ahead through your eyelids.

Mudra: Your right hand is in Gyan Mudra (the index finger tip forms a circle with your thumb). Raise your left hand in front of your Heart Center. Your palm is flat and faces toward your chest, with your fingers pointing to the right.

Mantra: / AM. / AM.

Breath & Movement: The left hand starts 6 inches (15 cm) from your chest (middle position). Chant out aloud, / AM, as you draw your hand closer to your chest to a distance of about 4 inches (10 cm). Then chant, / AM, as you extend your palm straight away from the front of your chest to a distance of about 12 inches (30 cm). Then take a short breath through your nose you draw your hand back to the original position of 6 inches (15 cm) from your chest (middle position). Create a steady rhythm with the mantra and your breath.

Time: Continue for 11- 31 minutes. To end, inhale deeply, hold, and relax.

Comments: This mantra connect the finite and Infinite identities. The first / AM emphasizes the /, the personal and the finite sense of self. The second / AM emphasizes slightly the AM, and is the impersonal and transcendent sense of self. All real mantras blend this polarity of the Infinite and finite in the internal structure and design.

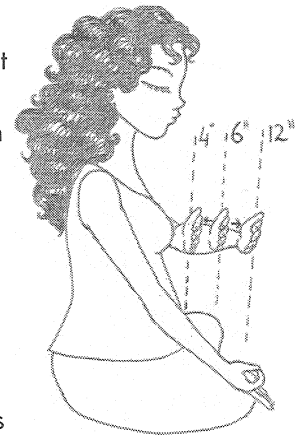
Yogi Bhajan, *Aquarian Teacher*, Page 433.

If you are a mother, and really know that you are a mother, and you are grateful to God that you are a mother, and you know that those born out of you are gifts, you should make them saints. If you apply your mind towards that, even God cannot stop it.

I am very deeply sad when I realize a mother in this Universe is not doing her job. It is my prayer that God gives you that strength, that realization. May God give you that touch of grace that you can touch your own relatives, your own children, your own dear ones. I am asking you one thing: I want to you pray to God to give you the power to give God to your children, relatives, and dear ones. If you give them God, you are the greatest giver.

When the mother becomes a giver, then she gives birth to those Divine Souls in whose presence God enjoys. That is your power. You are the most living monument on this planet of the sixth sense.

Yogi Bhajan, Women's Camp, June 30, 2000, Page 28.



Kirtan Kriya

Sit comfortably in Easy Pose.

EYE POSITION: Meditate at the Brow Point.

MANTRA: Produce the five primal sounds (*Panj Shabd*): S, T, N, M, A, in the original word form:

SAA: Infinity, cosmos, beginning

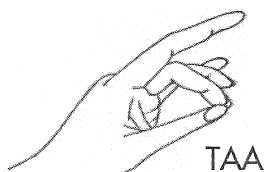
TAA: Life, existence

NAA: Death, change, transformation

MAA: Rebirth.



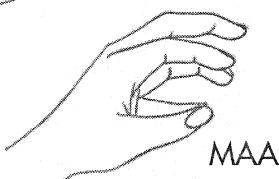
SAA



TAA



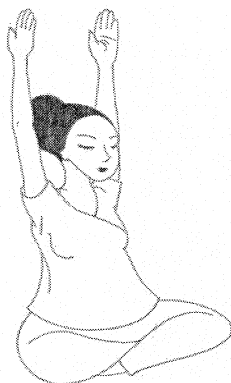
NAA



MAA



SAA TAA NAA MAA



Each repetition of the entire mantra takes 3 to 4 seconds. This is the cycle of Creation. From the Infinite comes life and individual existence. From life comes death or change. From death comes the rebirth of consciousness to the joy of the Infinite through which compassion leads back to life. SAA TAA NAA MAA sounds form the word *SAT NAM, Truth is my Identity*.

MUDRA: The elbows are straight while chanting, and the mudra changes as each fingertip touches in turn the tip of the thumb with firm pressure.

On SAA, touch the first (Jupiter) finger.

On TAA, touch the second (Saturn) finger.

On NAA, touch the third (Sun) finger.

On MAA, touch the fourth (Mercury) finger.

Chant in three languages of consciousness: *Human*: normal or loud voice (the world); *Lovers*: strong whisper (longing to belong); *Divine*: mentally; silent (Infinity.)

TIME: Begin the kriya with chanting in a normal voice for 5 minutes. Then whisper the mantra for 5 minutes. Meditate deeply into the sound of the mantra, vibrating silently for 10 minutes. Come back to a whisper the mantra for 5 minutes, then chant aloud the mantra for 5 minutes. The duration of the meditation may vary, as long as the proportion of loud, whisper, silent, whisper, loud is kept consistent in timing.

TO END: This sequence will take 30 minutes. Follow with one minute of silent prayer. Then inhale, exhale. Stretch the spine, with hands up as far as possible; spread the fingers wide, taking several deep breaths. Relax.

COMMENTS: Meditate on the primal sounds in the "L" form: concentrate on energy entering the top of the head (during S,T,N,M) and project out your Third Eye (with the sound of each AA). Each time the mudra is closed by joining the thumb with a finger, the ego "seals" the effect of that mudra in the consciousness. This meditation brings a total mental balance to the individual psyche. Vibrating on each fingertip alternates the electrical polarities. The index and ring fingers are electrically negative, relative to the other fingers. This causes a balance in the electro-magnetic projection of the aura.

If during the silent part of this meditation, the mind wanders uncontrollably, return to a whisper, to a loud voice, to a whisper, and back into silence. Do this as often as you need to. Yogi Bhajan, *Sadhana Guidelines Manual*.

1st finger	Gyan Mudra	Knowledge
2nd finger	Shuni Mudra	Wisdom, intelligence, patience
3rd finger	Surya Mudra	Vitality, energy of life
4th finger	Buddhi Mudra	Ability to communicate

Bless the Child in the Womb

PART 1

Sit with a straight spine.

EYE POSITION: Eyes are closed.

MANTRA: Do Long Deep Breathing. The long breath should touch the navel point. When you inhale, silently utter *SAT NAM*, and when you exhale utter *WA-HE GURU*. These two words will cleanse the third chakra all the way to the fifth chakra.

MUDRA: Place your left hand on your navel point (a).

TIME: Continue for 11 minutes.

EYE POSITION: Eyes are closed.

PART 2

Continue sitting in the same position.

EYE POSITION: Eyes are closed.

MANTRA: Sing the *AJAI ALAI* pauri (stanza) from *Jaap Sahib* by Guru Shabd Singh.

MUDRA: Your left hand remains on your navel point (a).

TIME: Continue for 22 minutes.

TO END: To end, inhale deeply and exhale powerfully, 3 times. Relax.

COMMENTS: When you are pregnant, practice this meditation. Both women and men can practice this meditation using the same instruction. During the meditation your spine may have a tendency to bend. Keep concentrating on your spine and keep the spine straight. It is a very easy exercise if your spine is straight. It becomes more and more difficult if it is not.

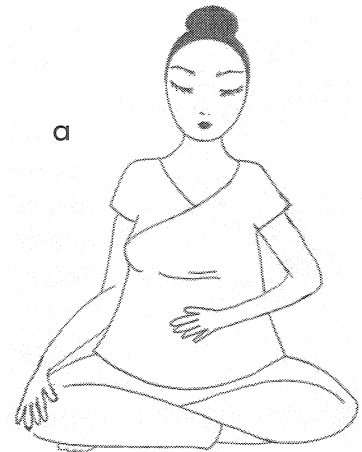
The facts of life is, when a mother goes through her purification, the child learns everything in the womb. The teaching of the child starts in the womb.

There is a condition where a mother prays for the child saying, "God, whatever You have given me is Thy Gift. Make it worthy of You." How many of you did that? It is essential! Sometimes you have a child and you do not even know you are pregnant. Sometimes after two to three abortions you agree to give birth to a child. You think it is your property. Your child is a gift to you. With all the wealth, prosperity and success, that one child still carries your flag.

Parents have to be very deep friends. If they lose the friendship, they lose the child. That is fundamentally true. Sometimes parents are negative; they do not know what they are saying. A child picks it up and starts acting out. I have yet to see parents who want their children to suffer in a great unfortunate environment. But there are many who do. It is not even a parental war; it is just very, very unfortunate. Mother and father both work and it does affect the child.

We should be grateful that God has blessed us with another human being we are supposed to raise. Never get negative with your child. There is nothing more precious in your life than your own child. Prove it to yourself. Do not take an extra weight of negativity.

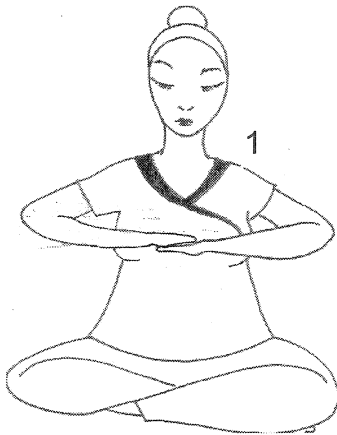
Yogi Bhajan, Master's Touch, Espanola, New Mexico, August 22, 2003.



Initiate Your Child

Part 1 - Strengthen Your Arc Line

Sit in Easy Pose with a straight spine. Bend your elbows and raise your forearms and hands up until they are parallel to the ground with both palms parallel to the ground and your fingers pointing towards opposite sides.



MUDRA: Right palm is on top of left hand. Hold the mudra at the level of your breast line, three to five inches from your chest. "If you blance it with your heart line, your will be perfect." Yogi Bhajan

MANTRA: Chant only with the tip of your tongue to stimulate your neuron impulses. You will sound absolutely different. Chant *Kundalini Bhakti Mantra*, by Nirinjan Kaur: AADDEE SHAKTEE, AADDEE SHAKTEE, AADDEE SHAKTEE, NAMO, NAMO SARAB SHAKTEE, SARAB SHAKTEE, SARAB SHAKTEE, NAMO, NAMO PRITHUM BHAGVATEE, PRITHUM BHAGVATEE, PRITHUM BHAGVATEE, NAMO, NAMO KUNDALINI MAAT SHAKTEE, MAAT SHAKTEE, NAMO, NAMO.

*If a woman initiates the
child in her womb,
even God cannot change it.
That is your power.*

Yogi Bhajan

EYES: Look at the tip of your nose.

TIME: Continue for about five minutes.

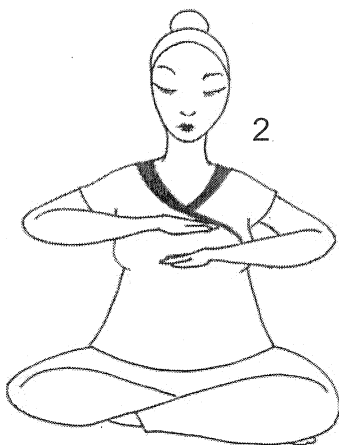
Part 2 -

Sit in Easy Pose with a straight spine. Assume position and mudra of PART 1 except hold three to four inch space between your hands.

MANTRA: Chant "RAKHE RAKHANAHAR" by Nirinjan Kaur. (Words and translation: see page 232.) **Just copy the sound and chant with only the tip of your tongue. There is a definite beat of the heart with it.**

EYES: Look at the tip of your nose.

TIME: Continue for about five minutes.



COMMENTS: You have developed your development. I'm very glad to see your arc line. There's a one word of prayer between God and you. God doesn't understand languages, just vibrations. Vibration means when the tip of the tongue speaks, it touches the upper palate and you touch those meridian points which affect the hypothalamus to affect the entire neuron sector of the brain. By the brain stem, a pattern is ordered to form. You become intelligent. You can be intelligent.

The scriptures say when a woman holds the universal pranic energy between her hands and prays, the Almighty become defenseless. You must chant with the tip of the tongue.

Yogi Bhajan; Women's Camp, Espanola, New Mexico, June 27, 1990, Page 15-16.

Realize Your Power as a Woman

Sit in Easy Pose. Place your hands in fists. Your first two fingers are touching and extended straight up. Your ring and small fingers are held down by your thumb. Raise your right arm straight up in the air, with no bend in the elbow and palm facing forward. Your right arm will be hugging your right ear. Place your left hand across your heart center, lower arm parallel to floor.

EYES: Closed.

MENTAL FOCUS: Start moving your hands mentally, without actually moving your hands. Make the body into a solid state. Make absolutely no movement, move no muscle. Just move mentally.

MUSIC: *Rhythms of Gatka* Drum tape by Matamandir Singh should be played.

TIME: Given in class for about 2 minutes.

COMMENTS: This meditation can help you to realize the power you have as a woman. If you can make your body physically standardized and have the mental power to cover the standard of it, you can move anything. What is it that moves? Mind over body. It's a simple development. It's something you should not forget.

If a female doesn't know how the mind can conquer and work on a body, she shall never be in a position to work on her own children. You must know how to move an object, and you must know how to convey the subject; and you must know how to move the object and how to convey the subject of the mammal called male. These are the faculties and facilities given a female by God.

But to do that, you need to understand Pursha in a neutral form. Men are not what you think they are. Men are not what their mothers thought they are, men are not what the environments think they are. Man is a neutral identity. Whatever you as a woman reflect, that shall be.

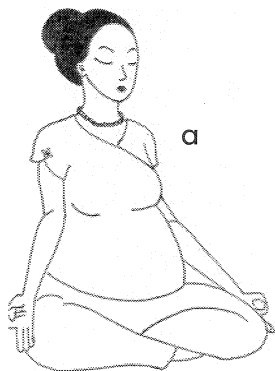
Yogi Bajan, Women's Camp, Espanola, New Mexico, July 3, 1996.



Meditation on the Divine Mother

PART 1

Sit in Easy Pose with your eyes closed and your hands in *Gyan Mudra* (a). Meditate on the Infinite Energy coming from the primal womb in an unending spiral, without beginning or end, going to Infinity.



PART 2

Remaining in Easy Pose with your eyes closed, cup your hands with palms 4-6 inches (10-15 cm) apart, and in front of your face (b). Beam a mental light through your hands to the Infinite light. Watch with mental eyes, through your hands, and see a beam of light going to Infinity. Meditate with Long Deep Breathing.

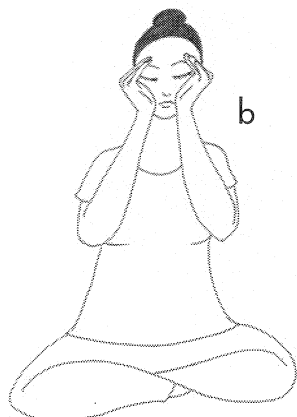
This is very mind-curing, and you will fall in love with it.

PART 3

Continue sitting in the same position (b).

MANTRA: Chant SAA TAA NAA MAA (see Page 222).

Go deeper into meditation. Guide your reason to go through the powerful imaginative circle you've created with your hands. Like a huge beam of light from a torch. Keep the hands fixed in place.



It is best for a mother to prepare herself for conception with the best respect and love for the man. And when she conceives, the mother should start meditating deeply with prayerful thoughts, and the best hope for having a best child.

PART 4

Continue sitting in the same position (b).

Maintain your position and concentration. Put your mind into that Infinite light of its own ecstasy and chant the Kundalini Bhakti Mantra.

AADEE SHAKTEE, AADEE SHAKTEE, AADEE SHAKTEE, NAMO, NAMO
 SARAB SHAKTEE, SARAB SHAKTEE, SARAB SHAKTEE, NAMO, NAMO
 PRITHUM BHAGVATEE, PRITHUM BHAGVATEE, PRITHUM BHAGVATEE, NAMO, NAMO
 KUNDALINI MAAT SHAKTEE, MAAT SHAKTEE, NAMO, NAMO.

Translation of mantra:

I bow to the Primal Power. I bow to the all Encompassing Power and Energy. I bow to that through which God creates. I bow to the Creative Power of the Kundalini, the Divine Mother Power.

TIME: All four parts of this meditation should be done for equal lengths of time. They can be practiced for 3, 11, 31, or 62 minutes.

COMMENTS: This meditation gives concentration and mental beaming. It tunes into the frequency of the Divine Mother - the primal, protective, generating energy. It eliminates fears and fulfills desires. It gives power of action by removing blocks of insecurity.

Yogi Bajan, November, 1973.

Isn't there a time in your life when you have a miserable situation, disastrous environments confront you? It comes in everybody's life. Well, this is the *Maha Shakti Mantra* (also called Kundalini Bhakti Mantra), and when a woman chants it, God clears the way. This is not a religion, it is a reality. Woman is not born to suffer, and woman needs the power, woman needs her own Shakti, not anybody else's. This is *Maha Shakti Mantra*. Just utter it once and see what does.

These are not jokes, these are not dreams, these are not promises. When a woman remembers this mantra and at the time of need she utters it, the Divine has to manifest. I feel the tragedy in my life that you know this mantra and yet you still suffer.

Do you know how unfortunate it is? I have so many stories to tell you about women who found themselves between a rock and a hard place, with no hope of escape. There was not help, and she chanted it. Not only did she come out of the whole thing gracefully, she was surprised at the miracle.

Yogi Bajan, Women's Camp, Espanola, July 2, 2000.

Keep up

and

you will be kept up.

For The Divine Shield

1a



Sit with your right knee up and your left foot flat on the ground. The sole of your left foot faces the right foot and contacts it so that the ball of the left foot is just in front of the anklebone of the right foot. Make a fist of your left hand and lean back on it. Rest your right elbow on your right knee (1a).

MUDRA: The palm of your right hand rests so that the base of the thumb is on your cheekbone and the rest of the hand forms a cup over the ear with the top open (1b).

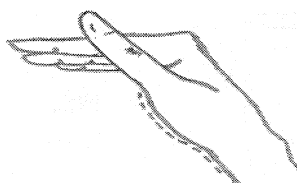
MANTRA: Inhale deep and begin chanting a long, smooth MAAAAA. Listen to this sound through the cupped palm.

TIME: Continue for 31 minutes and then change sides for an equal time. It's best to start slow, with a total time of 31 minutes for both sides.

COMMENTS: Man's fundamental nature is to unfold, to evolve. Fear curtails this activity and you become unhappy. If you are fearless, your potentials will unfold. Without a regular habit of Sadhana to build the strength, the crystal aura, you are at the mercy of fears. If the magnetic shield is strong, negative thoughts turn to positive energy as they pass through the auric shield. This meditation calls on the cosmos or God through the sound of compassion and stimulates the inner sounds. The universe becomes the mother and you the child. Call and she shall come to your aid.

Yogi Bajan, September 24, 1971, *Meditation Manual*, Page 38.

1b



Call Upon Maha Shakti



POSTURE: Sit down peacefully with a straight spine. Make a fist of your hands with both index fingers stretched out and pointing straight up. Elbows are bent and relaxed by the sides.

MANTRA: Sing the Kundalini Bhakti Mantra (see Page 224):

AADEE SHAKTEE, AADEE SHAKTEE, AADEE SHAKTEE, NAMO, NAMO
SARAB SHAKTEE, SARAB SHAKTEE, SARAB SHAKTEE, NAMO, NAMO
PRITHUM BHAGVATEE, PRITHUM BHAGVATEE, PRITHUM BHAGVATEE, NAMO, NAMO
KUNDALINI MAAT SHAKTEE, MAAT SHAKTEE, NAMO, NAMO.

(Gurudass Kaur's Adi Shakti tape is played.)

TIME: 11-31 minutes.

COMMENTS: Sing it today as a special gesture to the Maha Shakti. Merge in it. This is enough to take away your misfortune. This will carve out of you a woman. Woman needs her own Shakti, not anybody's. Today let all the past die and let prosperity live. Let you die and let your power live.

I would like to ask you a question. Isn't there a time in your life when you have a very miserable situation, and disastrous environments confront you? It comes in everybody's life. Well, this is a *Maha Shakti* mantra, and when a woman chants it, God clears the way. This is not a religion, it is a reality. Woman is not born to suffer, and woman needs her own power. This is a *Maha Shakti* mantra. Just utter it once and see what it does.

I feel you must have some time when you are in difficulty. Rather than calling on help from friends and prayer, call on *Maha Shakti* and see what happens. When India and Indian woman knew this mantra, it dwelt in the land of milk and honey. When they forgot it, it became a hell. Only the forgetting of this mantra has given birth to MTV. We forgot this mantra and MTV was born. But when woman knew this mantra she was a living goddess. Without *Maha Shakti*, God cannot manifest anything. This is the mantra.

Yogi Bajan, Woman's Camp, New Mexico, July 4 & 5, 2000.

Emotional Balance (Sunia Antar)

Before practicing this meditation, drink a glass of water. Sit in Easy Pose, place the arms across your chest and lock your hands under your armpits, palms open and against the body. Raise your shoulders up tight against your earlobes, and apply Neck Lock, by lifting your chest and sternum upwards, and gently stretching the back of your neck straight by pulling your chin back toward your neck. Your head stays level without tilting it forward. Your breath will automatically become slow.

EYES: Closed.

TIME: 3 minutes, gradually increasing the time to 11 minutes.

COMMENTS: This meditation is very good for women and is essential to do at times when one is worried or upset and doesn't know what to do, or when one feels like screaming, yelling, and misbehaving. When one is emotional in this way or out of focus, attention should be given to the body's water balance and breath rate. Humans are approximately seventy percent water, and one's behavior depends upon the relation of water and earth, air and ether. Breath, representing air and ether, is the rhythm of life.

Normally, one breathes fifteen breaths per minute, but when one is able to rhythmically slow down the breath to only four breaths per minute, it gives indirect control over one's own mind, leads it away from its obnoxious behavior, and calms one, regardless of the state of affairs. When there is an imbalance of water in the system, and the kidneys are under pressure, it can cause worry and upset. Drinking water, pulling the shoulders up to the ears, and tightly locking the entire upper area creates an automatic solid break that can be applied to the four wheels of the brain, i.e., the four sides of the brain. After two or three minutes, thoughts will be there, but one cannot feel them. This is a very effective method to balance the functional brain.

Yogi Bhaian, August 12, 1977, *Slim and Trim*, Page 24.



Strong Nerves

MUDRA: Sit in Easy Pose with a straight spine.

Women: Hold your left hand at ear level (1a) and connect your thumb tip and tip of ring finger (1b). Finger nails don't touch. Place your right hand in your lap, connecting your thumb tip and tip of the little finger (1c).

Men: Hold your right hand ear level; connect your thumb tip and tip of ring finger. Fingernails don't touch. Place your left hand in your lap connecting your thumb tip and tip of your little finger.

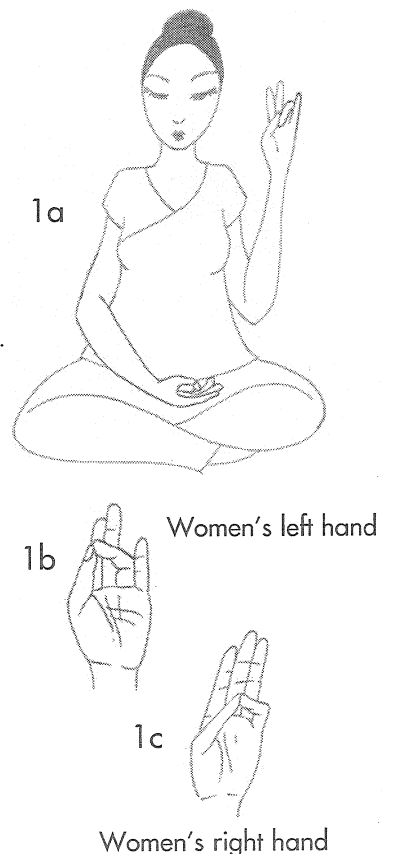
EYES: The eyes are 1/10 open.

BREATH: Long and deep, but not powerful.

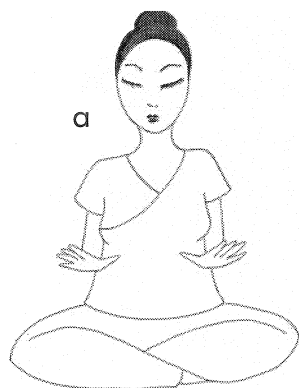
TIME: Start with 11 minutes and work up to 31 minutes. To end the meditation, inhale deeply, open your fingers, raise your hands and shake them rapidly for several minutes. Relax.

COMMENT: Practice this meditation to gain a calm mind and strong nerves. It will help protect you from irrationality. You can practice this meditation anywhere.

Yogi Bhaian, September 29, 1973, *Survival Kit*, Page 36.



Find Ecstasy



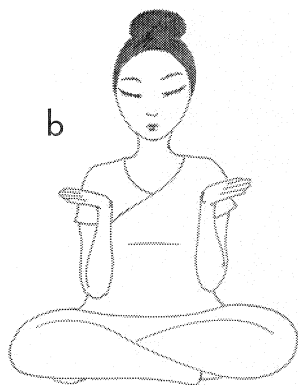
a

Sit straight in a cross-legged position. With the elbows relaxed down, extend the forearms in front of you parallel to the ground. Palms facing down.

EYES: Focus your eyes at the tip of the nose.

MOVEMENT: Move both hands in a arc movement in front of the heart center, sweeping the energy up. Palms are facing down when moving down (a). Palms are facing up when moving up (b).

MUSIC: Silently move the hands up and down in rhythm with the Niranjan Kaur's *HUMEE HUM BRAHM HUM* mantra. This mantra means: *We are the spirit of God.*



b

TIME: Continue for 11 minutes. To end, inhale deeply. Hold and make tight fists like steel and cross the energy between the hands with a mental focus. Cannon Fire exhale. Repeat 2 more times. On the last breath tighten every molecule and muscle in the body. Relax.

COMMENTS: Do this meditation in the morning. You will find the practical meaning of ecstasy.

Yogi Bhajan, Espanola, NM, April 20, 2000.

Self-Initiative

PART 1

Sit straight in a cross-legged position. Place your left hand on your heart and raise your right hand in front of your right shoulder, as though you are taking an oath. Elbows are relaxed down and fingers of both hands are spread.

EYES: Your eyes are 1/10th open and focused at the tip of the nose.

MANTRA: Chant the mantra, *ONG NAMO, GURU DEV NAMO*, by Niranjan Kaur.

TIME: Begin with 11 minute, increasing to 28 minutes.

PART 2

Maintain the same posture, as you listen to the mantra and breathe Long Deep Breath.

TIME: Continue for 3 minutes. To end, inhale deeply, hold, and tighten your fingers. Squeeze your entire being and put as much pressure on your heart center as you can. Exhale. Repeat 2 more times. Relax.

COMMENTS: The Piscean Age of books, libraries, certifications, and all sensual sexual existence will be totally consumed by the Information Age. We will live with a different understanding and we will walk with different attitudes. Those who want to be great have to be full of greatness, count their blessings and answer the call of duty.

Yogi Bhajan, #NM 0329.



Four Stroke Breath

Sit in a comfortable position.

BREATH: Inhale in four heavy strokes, then exhale in one long stroke.

EYES: Look at the tip of your nose.

TIME: Practice 3- 11 minutes

COMMENTS: This four-stroke breath will open up your lung capacity. It will open up to absorb more oxygen which you need in life. It will give you more patience, tolerance, God knows what. It will give you almost whatever you want. You live by breath. You die by breath. So, learn to breathe. On the average, you breathe fifteen breaths a minute. If you want to success in life, you should bring your breathing down to five breaths a minute. You live by breath. Food only provides you nourishment.

Yogi Bhajan.



One Minute Breath

Sit in a comfortable position.

BREATH: Inhale very slowly for 20 seconds. Hold for 20 seconds, as you relax your body. Exhale very slowly for 20 seconds. Continue.

TIME: Begin to practice for 3 minutes, increase time to 31 minutes.

COMMENTS: If you can breathe one breath a minute, you can overcome everything and anything which you have to face in your life. The One Minute Breath builds endurance, strengthens your lungs and diaphragm for birthing.

What is "depressed"? Depressed is that you have impressed yourself that God is not with you. That's depressed. What is "sad"? You are sad because you have not found the depth of your breath. When you are most sad, start breathing one breath a minute. If you'll be sad on the fourth breath, ask me.

Yogi Bhajan.

STUDENT: Sir, how can you conquer your greatest fear?

YOGI BHAJAN: You want knowledge? Meditate on the tip of your nose, breathe in through the left nostril, and let it go out through the right nostril. In exactly forty days, you will know that you can do anything you want. Some people can progress faster than that. The left nostril invokes the strength of the brain to be activated in two mega-millimeter strength and length.

So you will have a very vast arena in which you can pick up the knowledge signal. You are all better than dogs. Dogs have that ear, and you can have that sensory ear which your inner ear can totally correlate. Plus, you have the optic nerve which can totally open the frontal lobe. There are two things in human life you have to develop: One is the frontal lobe, the other is the hypothalamus. The hypothalamus controls your personality, and the frontal lobe is responsible for your safety, for the strength of your personality. If you develop these two, that's it.

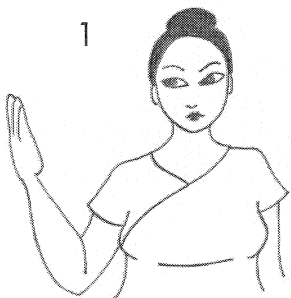


Perfect Your Mind!

Sit in Easy Pose with a straight spine.

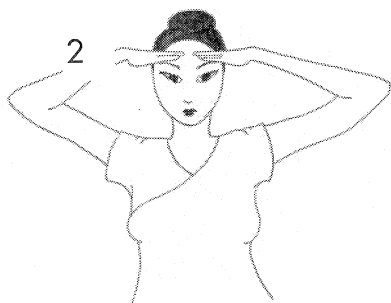
TIME: 11 minutes. Yogi Bhajan originally taught this for 1 hour 45 minutes.

MANTRA & MOVEMENT: Chanting to *Rakhay Rakhanahaar* music, by Singh Kaur, you will move through a series of eight postures, changing in rhythm to the music, one position corresponds to one line of the mantra.



1. RAKHAY RAKHANHAAR AAP UBAARIUN

Bend your right elbow and raise your hand with the palm inward at face level, midway between center and right side. Keep your head center, however, look into your hand as if hand is a mirror, shifting your eyes to right so you are looking out of the corner of your eyes. *Works on the optical nerve.*

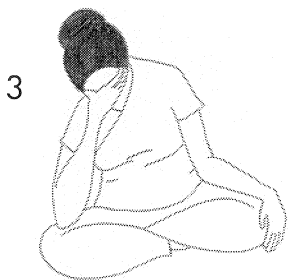


2. GUR KEE PAIRÉE PAA-EH KAAJ SAVAARIUN

Bring both hands to your brow line with palms down, as if shading eyes. Gaze into the distance. *Brings the distance down and takes away blindness. Lets you see into the future.*

3. HOAA AAP DAYAAL MANHO NAA VISAARIUN

Rest your right elbow on your right thigh and let your forehead rest on your right hand. *This is confirmation.*

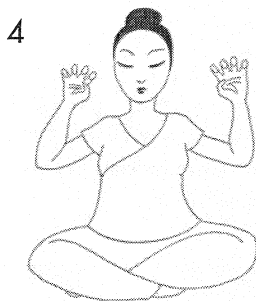


4. SAADH JANAA KAI SUNG BHAVJAL TAARIUN

Bring your hands to either side of your head at face level and make your hands into claws with palms forward. Lock your back teeth and squint your eyes. *Gives you grit. It is the inner wake-up.*

5. SAAKAT NINDAK DUSHT KHIN MAA-EH BIDAARIUN

Turn to the left, resting your left elbow on your left thigh. Rest your chin in your fingers of your left hand, with the thumb pressing underneath the chin and side of the index finger pressing below your mouth. Raise and lower your eyes twice, gazing into the distance. *This is the Philosopher.*



6. *TIS SAAHIB KEE TAAYK NAANAK MANAI MAA-EH*

Slap your cheeks once with both hands and hold hands on checks, simultaneously eyes closes. *Without fear. Works on parasympathetic nervous system. This is Absolution.*



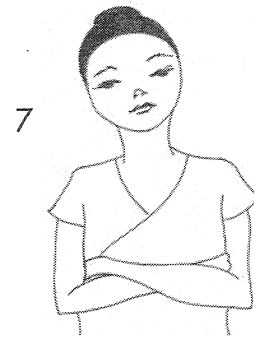
7. *JIS SIMRAT SUKH HO-EH SAGLAY DOOKH JAA-EH*

Cross your arms on your chest, arch spine, head is tilted back and to the right. Smile. *Will give feeling of reality and adversity. This is "macho."*

8. *JIS SIMRAT SUKH HO-EH SAGLAY DOOKH JAA-EH* (repeated line) Arms open wide to 45° above your head. *This is "Welcoming God."*

COMMENTS: Reprogram your molecules which hold certain fixed emotional traumas. **This will rid you of mental bankruptcy. This is a gift from heart to heart, from master to student. Act perfectly and act right. Let this act perfect your mind.**

Yogi Bhajan, Women's Camp, July 4, 1986.

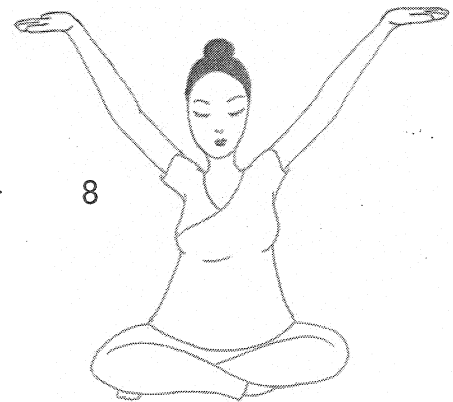


Translation:

*God Himself is looking out for us; gives us the light, and takes care of our affairs;
God is merciful, and never forgets us;
God guides us, giving us good people to help us;
God does not allow hurt to come to us; I take comfort in the thought of God.
When I remember God, I feel peaceful and happy and all my pain departs.*

*May your heart open up, and may it be filled with grace.
May you be awakened as a woman of today and tomorrow.
May you guide yourself in your surroundings with that purity and piety.
May you be blessed, blessed, and blessed with the Lord's Grace in your heart.
May your strength know no defeat and in life never have to face retreat.
May your virtues and values convince the whole world that you are the most beautiful, bountiful and blessful human being. Sat Nam.*

Yogi Bhajan, Women's Camp, New Mexico, June 26, 2000.



Guru Guru Wahe Guru

Sit in a comfortable position.

MANTRA: GURU GURU WAHE GURU GURU RAM DAS GURU.

Translation: "Wise, wise is the one who serves Infinity."

TIME: 11- 31 minutes.

COMMENTS: Chant this mantra when you are challenged and are longing for a miracle. Play this mantra softly in your home 24 hours (on auto reverse) to set a vibration of peace and healing.

This mantra vibrates the protection and radiance of Guru Ram Das. This is a mantra of humility, relaxation, self-healing, and emotional relief. It calls on the spirit of humility and grace of the realm of Guru Ram Das, with its spiritual guiding light and protective grace. It reconnects the experience of infinity to the finite, and therefore rescues you in the midst of trial and danger. This mantra was given to Yogi Bhajan by Guru Ram Das in his astral Self.

Yogi Bhajan; *Aquarian Teacher*, Page 84.



When a mother is pregnant,

the kind of Soul

she can accept depends on her mental attitude.

For Healing (Siri Gaitri Mantra)

Sit in Easy Pose and apply Neck Lock, by lifting your chest and sternum upwards, and gently stretching the back of your neck straight by pulling your chin back toward your neck. Your head stays level without tilting it forward.

Bend your elbows and tuck them comfortably against your ribs. Your forearms are out at a 45° angle from the center of your body, with your palms facing up.

MANTRA: RAA MAA DAA SAA SAA SAY SO HUNG.

This mantra is a healing mantra in Kundalini Yoga and is an attunement of the self to the universe. It brings balance. These eight sounds stimulate the kundalini flow in the central channel of the spine for healing. Different melodies can be used.

- RAA Energy of the Sun, which energizes.
- MAA Energy of the Moon, which nurtures and cools.
- DAA Energy of the Earth, which is secure, personal and the ground of action.
- SAA The impersonal Infinity.
- SAY Totality of experience.
- SO Personal sense of merger and identity.
- HUNG The Infinite, vibrating and real.

Yogi Bhajan, Summer 1973.

Life has a simple challenge.

Act, do not react.

Calm yourself and claim yourself.

When you reflect like a torch, it takes away the darkness for a long distance. When you reflect, your psyche takes away indifference for a long distance.

When you speak for yourself, or somebody speaks for you,

There is somebody else who speaks for you--your character and projection.

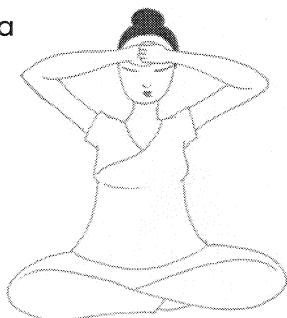
That is yourself. Your self is the strongest thing you have.

Yogi Bhajan, *Women's Camp, July 29, 1981*, Page 124.

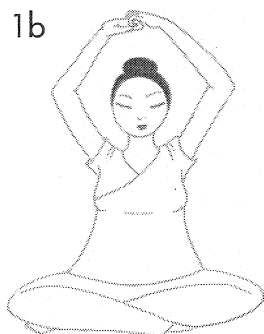


For Self-Control

1a



1b



PART 1 - Cross Your Barrier

Sit straight in a cross-legged position. Lock your hands in Bear Grip (Page 73) in front of your forehead, with your elbows out to the sides and raised above shoulder level (1a).

BREATH & MOVEMENT: Make an "O" of your mouth and inhale through it as you straighten your arms upwards (1b). Exhale through your nose as you return to the starting position (1a). Close your eyes and meditate on the sound of your breath.

TIME: Continue for 3 minutes. To end, inhale deeply, hold, stretch your hands and your spine. Cannon Fire Exhale. (Cannon Fire Exhale: exhale with force through pursed lips.) Relax.

COMMENTS: Move very systematically and rhythmically so all disease can be burned out of the blood. Listen to the sound of the Breath of Life - this can do more for you than the movement. Become part of the total energy. Do not lose courage. Test your grit. Cross the barrier! These exercises are re-vibrating and re-shaping your being with the tool of the Breath of Life. We are doing them to break that line beyond which you cannot go. To cross that limited space to become unlimited. To cross that defined state of mind to become Infinite.

PART 2 - Shiva Shakti Kriya

Bring your hands together in front of your mouth in a lotus bud shape: fingertips and base of the hands are touching creating a ball shape, thumbs are together. Elbows are relaxed down.

BREATH: Make an "O" of your mouth and inhale through it as the thumbs (the lingam, the male organ) go inside the space between the hands (2a) (the yoni: the female organ). Exhale as you extend the thumbs toward the mouth (2b).

TIME: Continue for 3 minutes.

COMMENTS: Practice to energize and recuperate your physical health.

PART 3 - Recharge

Raise both arms up and to the sides at 60° angles with no bend in the elbows. Your palms are facing forward, fingers spread open and tight like steel. The tighter the fingers are, the more perfectly the energy will prevail (3a).

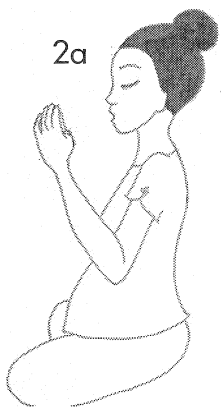
BREATH: Make an "O" of your mouth and breathe with full-strength. Receive energy from the heavens and earth to recharge and become strong.

TIME: Continue for 3 minutes. To end, inhale deeply. Hold and let this breath circulate throughout your being. Cannon Fire Exhale. Relax.

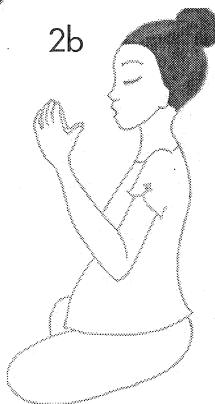
COMMENTS: You need to be in your control. If you practice this meditation, it will help you. You can do these three exercises each morning in bed to revive and renew yourself for the whole day. And the whole day you can be just charming, energetic, together, and real. You will not lie. Knowledge belongs to those who practice, and lousiness belongs to those who do not. Knowing is not enough. Experience is.

Yogi Bajan, Los Angeles, November 7, 1999.

2a



2b



3a



Eliminate Fear & Tension

PART 1 - Relaxing Buddha

Sit in Easy Pose. Your right elbow is bent and resting on the right knee. Lean your right cheekbone on the palm of your right hand with the fingers loosely covering the right half of your forehead. Just relax in this position.

EYES: Close your eyes.

TIME: 11 minutes.

COMMENTS: This relaxing pose can release tension and stress in just 11 minutes. This pose will put pressure on your liver, so just relax and let your body adjust to it. If you want to really relax, play the *GURU RAM DAS LULLABY* as you do this meditation.

A most powerful combination against stress is to do this meditation and then do 31 minutes of One Minute Breath (Page 231). Breathing only one breath per minute: inhale 20 seconds, hold 20 seconds, and exhale 20 seconds). It will bring you to a state of calmness that will win the game of life.

PART 2 - To Experience the Jupiter Energy

Sit in Easy Pose. Your left hand rests on your left knee. The right elbow is bent and the right hand is about chin level (2a).

MUDRAS:

Right hand mudra: The Jupiter (index) finger extends straight up and the other fingers are closed and locked down with the thumb (2b).

Left hand mudra: the Saturn (middle) finger crosses over the back of the Jupiter (index) finger. The other two fingers are closed and locked down with the thumb (2c).

EYES & MOVEMENT: Close your eyes, relax, as you concentrate on your right Jupiter finger, which is quickly moving around in a circle. Only the Jupiter finger moves.

MUSIC: Listen to *ANG SANG WAHE GURU* tape by Nirinjan Kaur.

TIME: 11 minutes. To finish: inhale, keep the finger moving, and tighten all the muscles of the body as you hold the breath for 10 seconds. Exhale and repeat two more times.

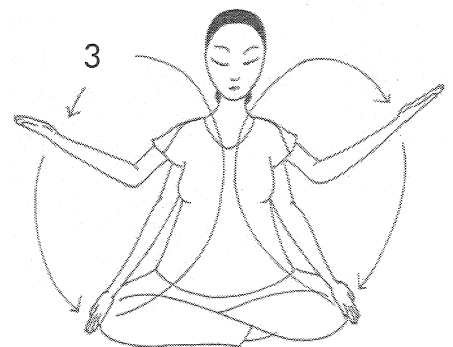
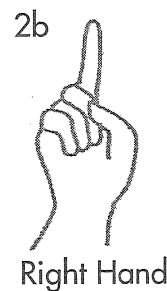
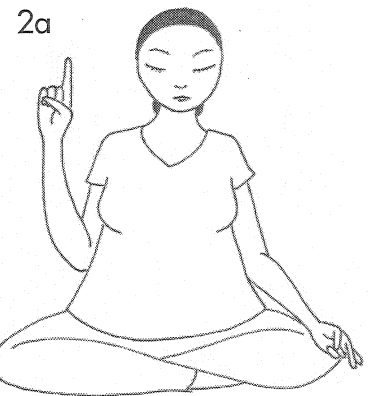
COMMENTS: Normally there is so much tension in life that we are all numb. We miss opportunities through a lack of sensitivity. Do this meditation to release tension and call in the Jupiter energy of prosperity and expansion.

PART 3 - To Get Rid of Tension so You Can Live.

Sit in Easy Pose. Extend your arms out and down with the palms up. Circle your extended arms inward and upward and continue around to complete the circle. Really push hard as you move upward, letting your tension go.

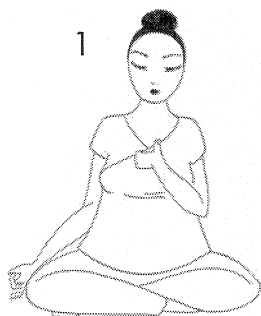
TIME: 3 minutes. Then inhale deeply and relax.

Yogi Bhajan, March 9, 1993.



Dissolve Your Fears

1



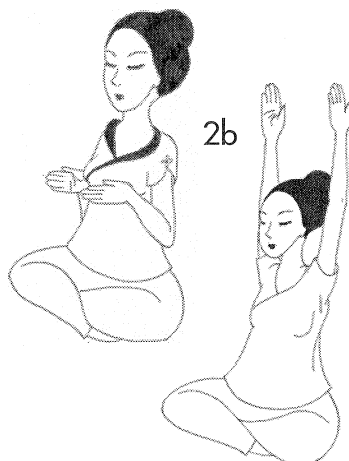
PART 1:

Sit in Easy Pose; bend your left elbow comfortably at your side with your left hand in front of your heart center. Your left hand is in a fist with the thumb pointing either straight up or bent backward. Your right hand is resting on your right knee in Gyan Mudra.

BREATH: Inhale slowly, hold, and slowly exhale so that you breathe exactly three times per minute. Time your breath segments or mentally count off 20-second segments by touching each of the three segments of your fingers up to 20 touches.

TIME: Continue for 11 minutes.

2b



PART 2:

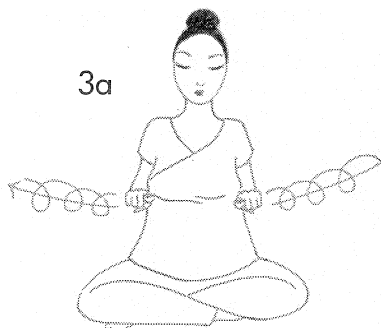
Then bring both hands to the sides of your chest with the palms facing each other and the fingers pointing straight forward (2a).

BREATH & MOVEMENT: Inhale and raise your hands up over your head and back down to your sides 8 times and then exhale (2b). Stretch up and come down strongly and quickly. However, move carefully. Repeat 5 times.

PART 3:

MUDRA: Point your index finger of each hand straight out while curling the remaining three fingers into a fist. Hold your Saturn (middle) finger with your thumb (3a).

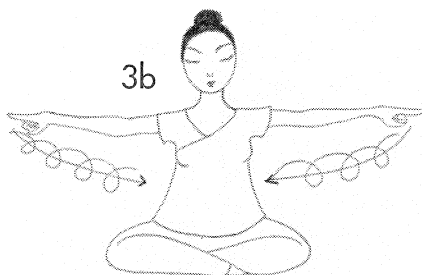
3a



MOVEMENT: Beginning with this mudra at the sides of your chest, move your hands out to the sides in a straight line while rotating your hands to the outside with small circles (3b). When your arms are fully extended, move your hands back to your sides in a straight line while rotating your hands to the inside in small circles.

TIME: Continue for 5 minutes. To finish: inhale, hold your breath, squeeze your body tightly, and exhale. Repeat this for a total of three times.

3b



COMMENTS: The demands of the daily life pressure have intensified, even though we have many conveniences available to us. As parents, it is essential that we have the endurance, confidence, and ability to face our fears. Our children pattern their ability to face life from the parents. This meditation strengthens the nervous system so that you can minimize overwhelm and fear.

Yogi Bhaan, December 1, 1992, *Physical Wisdom*.

Conquer Pain

Sit in Easy Pose with your spine straight, your chin in, and chest out.

MUDRA: Split your fingers so that the Jupiter and Saturn (index & middle) fingers are together and the Sun and Mercury (ring & small) fingers are together. Stretch your arms straight out to the sides, parallel to the ground. There will be a stretch felt in the armpits (stretching your arms out of your armpits can relieve tension). The left palm faces downward and the right palm faces upward.

BREATH: Inhale deeply and powerfully through the mouth as if you are drinking the air. Exhale powerfully through the nose. Slow your breathing so that you breathe only three times per minute. Keep your arms straight and your armpits stretched out.

TIME: 11 Minutes. To finish: inhale deeply through your mouth, hold your breath for 15 seconds, stretch your arms out to the sides, and stretch your spine upward. Exhale through the nose and repeat this sequence two more times.

COMMENTS: This self-healing process builds your body's capacity to conquer pain. It balances your central nervous system. After three minutes the pain will grow and you must be strong to conquer any negativity. There will be a war between you and your mind and you have to win it. This kriya trains your body to fight pain. When your body is trained to fight pain, you can conquer any obstacle. Yogi Bhajan, February 8, 1995.



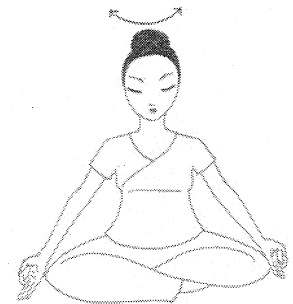
Concentration & Freedom from Pain

PART 1:

Sit with a straight spine. Lift your chest and concentrate at your Third Eye. Arms straight with the hands resting on the knees in Gyan Mudra. Begin with the head facing forward.

MANTRA: Turn your head to the right shoulder 4 times and repeat *SAT NAM* with each turn. Then, turn your head from center to the left shoulder 4 times and repeat *WA-HE GURU* with each turn. The mantra will be a rhythmic and continuous *SAT NAM SAT NAM SAT NAM SAT NAM WA-HE GURU WA-HE GURU WA-HE GURU WA-HE GURU*. A single repetition lasts about 7 seconds.

TIME: Continue in a regular rhythm for 6 to 11 minutes.



PART 2:

Sit with a straight spine. Extend the arms out to the sides parallel to the ground. Palms are flat and facing up. Concentrate on the top center of your head and at the same time be aware of the energy in your palms.

MANTRA: Continue with the same head motion described in PART 1, now using the mantra *WA-HO WA-HO WA-HO WA-HO* when you turn your head left (4 times). Repeat the mantra *GURU GURU GURU GURU* when you turn your head to the right (4 times).

TIME: Continue for 6 minutes, then inhale deeply. Relax and meditate for a few minutes.



COMMENTS: The first meditation stimulates the thyroid and parathyroid, allowing pranic energy to flow more freely into the upper energy centers of the head. The second meditation focuses in the heart center energy of compassion and the healing energy of the hands. It is a meditation of levels beyond the realms of pain. They are excellent as short meditations in themselves or as a preparation for a longer meditation. Both meditations increase the circulation of blood to the brain, clean the mind and improve concentration.

Yogi Bhajan, *Meditation Manual*, Page 60.

Conquer Inner Anger & Burn It Out

Sit in Easy Pose with your arms parallel and stretched out straight to the sides.

MUDRA: The Jupiter (Index) finger points upward and the thumb locks down the other fingers. The power of Jupiter, the knowledge, should be tough, stiff, and straight.

EYES: Close your eyes and concentrate on your spine.

BREATH: Inhale deeply through the rolled tongue (Sitali Breath, see Page 77) and exhale through the nose.

TIME:: 11 Minutes. To finish: inhale deeply, hold your breath for 10 seconds while you stretch your arms out to the sides as far as possible, exhale. Repeat this sequence two more times.

COMMENTS: This meditation can be done either in the morning or the evening. If you do this eleven minutes every day, your entire life will change. This will give you a new life. Do this for forty days, it will change your personality from A to Z.

Yogi Bajan, March 8, 1999, *Reaching Me in Me*, Page 58.

Releasing Childhood Anger

Sit in Easy Pose with your arms parallel and stretched out straight to the sides.

MUDRA: Your thumbs to lock down the Mercury and Sun fingers (small and ring fingers) and extend the Jupiter and Saturn fingers (index and middle fingers). The palms face forward and the fingers point out to the sides.

BREATH: Inhale deeply by sucking air through your closed teeth and exhale through your nose.

TIME: 11 Minutes. To finish: Inhale deeply, hold your breath for 10 seconds while you stretch your spine up and stretch your arms out to the sides, and exhale. Repeat this sequence two more times.

COMMENTS: This meditation will give you subtle powers. It will change you inside and out. It can be done either in the morning or the evening. However, if you practice it in the evening, the next morning you will find that your whole caliber and energy is changed.

Yogi Bajan, March 9, 1999, *Reaching Me in Me*, Page 58.



When You Don't Know What To Do

Sit comfortably in Easy Pose or in a chair. Relax your arms down by the side of the body. Bend your elbows and raise your hands up and in until they meet at the level of the chest. The fingers of each hand are extended and joined in a relaxed way. Cross your hands with both palms facing toward the chest (1a). One palm rests in the other and the thumbs are crossed. The fingers point up at a comfortable angle (b). (The position of left and right hands is interchangeable for this exercise.)

EYES: Look at your Third Eye, then bring the eyes to the tip of the nose.

BREATH: Breathe deep, complete and powerful following this sequence. When breathing through your mouth, purse your lips as if to whistle.

Inhale through the nose, and then exhale through the nose.
 Inhale through the mouth, and exhale through the mouth.
 Inhale through the nose, and exhale through the mouth.
 Inhale through the mouth, and exhale through the nose.

TIME: Begin practicing this kriya for 11 minutes and gradually increase to 31 minutes.

COMMENTS: When you don't know what to do, try this meditation. It is very simple, but very powerful if done correctly. It coordinates the left and right hemispheres of the brain, gives you powerful insight, and coordinates the mystery of spiritual phenomena into the mastery of the three bodies (physical, mental and spiritual). Though it looks simple, it solves many complications. This practice is sometimes called Gyan Mudra Kriya.

Yogi Bhajan, March 2, 1979, *Survival Kit*, Page 27.

Prosperity

Sit in Easy Pose, with a light Neck Lock. (Neck Lock: lift your chest and sternum upwards, and gently stretch the back of your neck straight by pulling your chin back toward your neck. Your head stays level without tilting it forward. Bend your elbows and hands are parallel to floor and held at diaphragm level (2a).

EYES: Your eyes are 9/10th close and then focus at the tip of your nose.

MUDRA & MOVEMENT: Alternately hit the sides of the hands together. The Mercury (small) fingers and the Moon Mounds (located on bottom of the palms) hit when the palms face up (2b). The Jupiter (index) fingers hit, and the thumbs hit under the hands when the palms face down (2c).

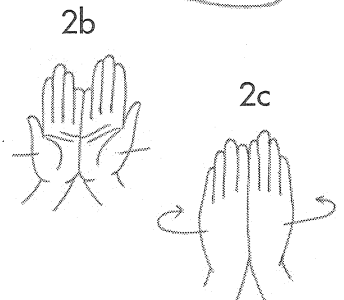
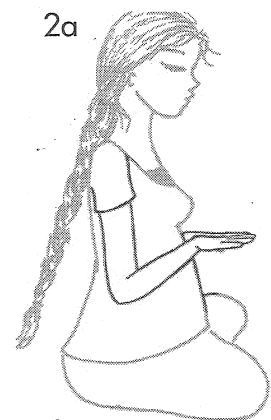
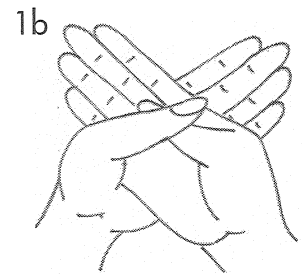
MANTRA: Chant *HAR HAR*. The *Tantric Har* tape is perfect for this meditation. Chant continuously from the navel, using the tip of the tongue.

TIME: Continue for 3-31 minutes. Yogi Bhajan has said about the timing: Normally this is done for 11 minutes, but 3-31 minutes is a choice. Once you make your choice, stick to it, and your glandular system becomes habitual to it.

COMMENTS:

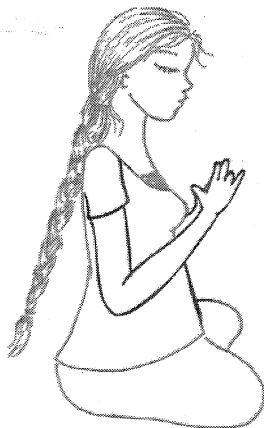
This meditation stimulates the mind. The moon center and Jupiter. When Jupiter and the moon come together, there is no way in the world you will not create wealth.

Yogi Bhajan, 1996; *Aquarian Teacher*, Page 439.



Solve Communication Problems

1b



Sit in Easy Pose.

MUDRA: Touch the thumb and Mercury (small) finger of one hand to the thumb and Mercury (small) finger of the other hand. Bend the Sun (ring) fingers in toward the palms, but do not let them touch the palms. Your Jupiter (index) and Saturn (middle) fingers point straight up, but they are not touching (1a). Place your hands 3" to 4" in front of the center of your chest (1b).

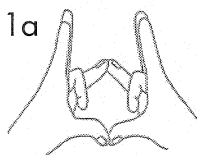
MUSIC: Meditatively listen to *BELOVED GOD*, the first song on Singh Kaur's Peace Lagoon tape.

TIME: Start with 11 minutes and work up to 31 Minutes.

COMMENTS: This meditation activates the Mercury power, the power of communication.

Yogi Bhaian, August 22, 1986, *Reaching Me in Me*, Page 61.

1a



Great are those who are grateful for every breath of life.

Gracious are those who are conscious of the gift of life.

Wonders happen to those who see God in all.

May this day bring you utmost happiness,

And may you value each breath of life as a gift.

May you continue to explore the realms of your consciousness

through your intelligence, to reach a state of satisfaction,

so you can serve others, uplift others, and

carry others in the moment of their darkness.

May the Hand of God be with you and through you work miracles.

Sat Nam.

Yogi Bhaian, New Mexico, Women's Camp, June 29, 2000.

Get Rid Of Grudges

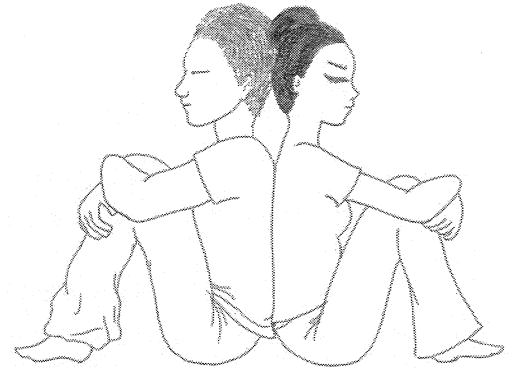
Sit back to back with your partner. Bend your knees and pull your legs to your chest with your arms. Arrange your backs so that they are touching each other, from the bottom to the top of your spines.

FOCUS: Meditate on your heart. Concentrate on the beating your heart. Hear it. Meditate on the sun. Bring this warmth into your heart. Burn out all the bitterness you have felt throughout all the years.

TIME: Continue for 3 minutes.

TO END: Inhale, exhale, and relax.

Yogi Bhajan, *Radiance and Victory*.



Clear the Clouds & Eliminate

Sit back to back in Easy Pose. Arrange your backs so that they are touching each other, from the bottom to the top of your spines.

MANTRA: Meditate on SAA TAA NAA MAA.

MUDRA: As you chant SAA, touch your index finger to your thumb. On TAA, touch your middle finger to your thumb. On NAA, touch your ring finger to your thumb. On MAA, touch your small finger to your thumb. As you chant each syllable, visualize energy entering the top of your head and then moving in a "L" shaped course from the top of your head out through your Third Eye, projecting out into Infinity. (See additional information on Page 222).

TIME: Chant the mantra loud for 5 minute. Whisper mantra for 5 minute. Meditate silently on the mantra for 10 minutes. Whisper mantra for 5 minute. Chant mantra loud for 5 minutes. To end, inhale and stretch your arms above your heads, stretching your fingers wide. Stretch your spine and take several deep breaths and relax.



These basic values you must have as woman and as a man; you should be very caring, smiling, and loving. There is no need to be rude, not at all. If a child is teasing too much, wait. Soon he will be okay and his temperament will change. You will be allowed to see for yourself. These things must be learned, practiced and adapted in our character. We cannot under any circumstances ignore them, but exactly feel how your family is. If a family is good, smooth, kind, and cohesive then you will have a good day. Your life is day by day by day.

Yogi Bhajan, Master's Touch, Espanola, New Mexico, August 22, 2003.

The Psyche of the Golden Shield

The Mother's Blessing

ਗੂਜਰੀ ਮਹਲਾ ੫ ॥ (੪੯੬-੩)
goojree mehlā 5.

Goojaree, Fifth Mehl

ਜਿਸੁ ਸਿਮਰਤ ਸਭਿ ਕਿਲਵਿਖ ਨਾਸਹਿ ਪਿਤਰੀ ਹੋਇ ਉਧਾਰੋ ॥
jis simrat sabh kilvikh naaseh pitree ho-ay udhaaro.

Remembering Him, all sins are erased, and one's generations are saved.

ਸੋ ਹਰਿ ਹਰਿ ਤੁਮ੍ਹ ਸਦ ਹੀ ਜਾਪਹੁ ਜਾ ਕਾ ਅੰਤੁ ਨ ਪਾਰੋ ॥੧॥
so har har tumh sad hee jaapahu jaa kaa ant naa paaro. ||1||

So meditate continually on the Lord, Har, Har; He has no end or limitation. ||1||

ਪੂਤਾ ਮਾਤਾ ਕੀ ਆਸੀਸ ॥
pootaa maataa kee aasees.

O son, this is your mother's hope and prayer,

ਨਿਮਖ ਨ ਬਿਸਰਉ ਤੁਮ੍ਹ ਕਉ ਹਰਿ ਹਰਿ ਸਦਾ ਭਜਹੁ ਜਗਦੀਸ ॥੧॥ ਰਹਾਉ ॥
nimakh naa bisara-o tumH ka-o har har sadaa bhajahu jagdees. ||1|| rahaa-o.

that you may never forget the Lord, Har, Har, even for an instant. May you ever
vibrate upon the Lord of the Universe. ||1||Pause||

ਸਤਿਗੁਰੁ ਤੁਮ੍ਹ ਕਉ ਹੋਇ ਦਇਆਲਾ ਸੰਤਸੰਗਿ ਤੇਰੀ ਪ੍ਰੀਤਿ ॥
satgur tumh ka-o ho-ay da-i-aalaa satsang tayree pareet.

May the True Guru be kind to you, and may you love the Society of the Saints.

ਕਾਪੜੁ ਪਤਿ ਪਰਮੇਸਰੁ ਰਾਖੀ ਭੋਜਨੁ ਕੀਰਤਨੁ ਨੀਤਿ ॥੨॥
 kaaparh pat parmaysar raakhee bhojan keertan neet. ||2||

May the preservation of your honor by the Transcendent Lord be your clothes, and
 may the singing of His Praises be your food. ||2||

ਅੰਮ੍ਰਿਤੁ ਪੀਵਹੁ ਸਦਾ ਚਿਰੁ ਜੀਵਹੁ ਹਰਿ ਸਿਮਰਤ ਅਨਦ ਅਨੰਤਾ ॥
 amrit peevhu sadaa chir jeevhu har simrat anad anantaa.

So drink in forever the Ambrosial Nectar; may you live long, and may the meditative
 remembrance of the Lord give you Infinite delight.

ਰੰਗ ਤਮਾਸਾ ਪੂਰਨ ਆਸਾ ਕਬਹਿ ਨ ਬਿਆਪੈ ਚਿੰਤਾ ॥੩॥
 rang tamaasaa pooran aasaa kabeh naa bi-aapai chintaa. ||3||

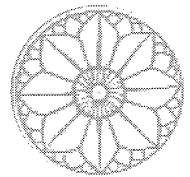
May joy and pleasure be yours; may your hopes be fulfilled, and may you never be
 troubled by worries. ||3||

ਭਵਰੁ ਤੁਮ੍ਹਾਰਾ ਇਹੁ ਮਨੁ ਹੋਵਉ ਹਰਿ ਚਰਣਾ ਹੋਹੁ ਕਉਲਾ ॥
 bhavar tumhaaraa ih man hova-o har charnaa hohu ka-ulaa.

Let this mind of yours be the bumble bee, and let the Lord's feet be the lotus flower.

ਨਾਨਕ ਦਾਸੁ ਉਨ ਸੰਗਿ ਲਪਟਾਇਓ ਜਿਉ ਬੂੰਦਹਿ ਚਾੜ੍ਹਕੁ ਮਉਲਾ ॥੪॥੩॥੪॥
 naanak daas un sang laptaa-i-o ji-o boondeh chaatrik ma-ulaa. ||4||3||4||

Says servant Nanak, attach your mind to them, and blossom forth like the song-bird,
 upon finding the rain-drop. ||4||3||4||



The Psyche of the Golden Shield **To Give Birth to a Saint**

ਆਸਾ ਮਹਲਾ ੫ (੩੯੬-੨)

aasaa mehlāa 5

Aasaa, Fifth Mehl

ਸਤਿਗੁਰ ਸਾਚੈ ਦੀਆ ਭੇਜਿ ॥

satgur saachai dee-aa bhayj.

The True Guru has truly given a child.

ਚਿਰੁ ਜੀਵਨੁ ਉਪਜਿਆ ਸੰਜੋਗਿ ॥

chir jeevan upji-aa sanjog.

The long-lived one has been born to this destiny.

ਉਦਰੈ ਮਾਹਿ ਆਇ ਕੀਆ ਨਿਵਾਸੁ ॥

udrai maahi aa-ay kee-aa nivaas.

He came to acquire a home in the womb,

ਮਾਤਾ ਕੈ ਮਨਿ ਬਹੁਤੁ ਬਿਗਾਸੁ ॥੧॥

maataa kai man bahut bigaas. ||1||

and his mother's heart is so very glad. ||1||

ਜੰਮਿਆ ਪੂਤੁ ਭਗਤੁ ਗੋਵਿੰਦ ਕਾ ॥

jammi-aa poot bhagat govind kaa.

A son is born - a devotee of the Lord of the Universe.

ਪ੍ਰਗਟਿਆ ਸਭ ਮਹਿ ਲਿਖਿਆ ਧੁਰ ਕਾ ॥ ਰਹਾਉ ॥

pargati-aa sabh meh likhi-aa dhur kaa. rahaa-o.

This pre-ordained destiny has been revealed to all. ||Pause||

ਦਸੀ ਮਾਸੀ ਹੁਕਮਿ ਬਾਲਕ ਜਨਮੁ ਲੀਆ ॥

dasee maasee hukam baalak janam lee-aa.

In the tenth month, by the Lord's Order, the baby has been born.

ਮਿਟਿਆ ਸੋਗੁ ਮਹਾ ਅਨੰਦੁ ਥੀਆ ॥

miti-aa sog mahaa anand thee-aa.

Sorrow is dispelled, and great joy has ensued.

ਗੁਰਬਾਣੀ ਸਖੀ ਅਨੰਦੁ ਗਾਵੈ ॥

gurbaanee sakhee anand gaavai.

The companions blissfully sing the songs of the Guru's Bani.

ਸਾਚੇ ਸਾਹਿਬ ਕੈ ਮਨਿ ਭਾਵੈ ॥੨॥

saachay saahib kai man bhaavai. ||2||

This is pleasing to the Lord Master. ||2||

ਵਧੀ ਵੇਲਿ ਬਹੁ ਪੀੜੀ ਚਾਲੀ ॥

vadhee vayl baho peerhee chaalee.

The vine has grown, and shall last for many generations.

ਧਰਮ ਕਲਾ ਹਰਿ ਬੰਧਿ ਬਹਾਲੀ ॥

dharam kalaa har bandh bahaalee.

The Power of the Dharma has been firmly established by the Lord.

ਮਨ ਚਿੰਦਿਆ ਸਤਿਗੁਰੂ ਦਿਵਾਇਆ ॥

man chindi-aa satguroo divaa-i-aa.

That which my mind wishes for, the True Guru has granted.

ਭਏ ਅਚਿੰਤ ਏਕ ਲਿਵ ਲਾਇਆ ॥੩॥

bha-ay achint ayk liv laa-i-aa. ||3||

I have become carefree, and I fix my attention on the One Lord. ||3||

ਜਿਉ ਬਾਲਕੁ ਪਿਤਾ ਉਪਰਿ ਕਰੇ ਬਹੁ ਮਾਣੁ ॥

ji-o baalak pitaa oopar karay baho maan.

As the child places so much faith in his father,

ਬੁਲਾਇਆ ਬੋਲੈ ਗੁਰ ਕੈ ਭਾਣਿ ॥

bulaa-i-aa bolai gur kai bhaan.

I speak as it pleases the Guru to have me speak.

ਗੁਝੀ ਛੰਨੀ ਨਾਹੀ ਬਾਤ ॥

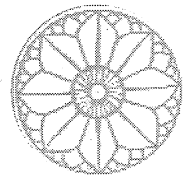
gujhee chhannee naahee baat;

This is not a hidden secret;

ਗੁਰੁ ਨਾਨਕੁ ਤੁਠਾ ਕੀਨੀ ਦਾਤਿ ॥੪॥੨॥੧੦੧॥

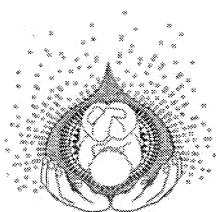
gur naanak tuthaa keenee daat. ||4||7||101||

Guru Nanak, greatly pleased, has bestowed this gift. ||4||7||101||



Appendix

Birth Plan



The following questions can assist you in determining your attitude and can assist you in your investigation of the birthing possibilities in your area. Please take time to educate yourself so that you can be fully aware and satisfied about your own decision.

There are no "correct" answers to these questions. These questions will help you gain awareness about your birthing options based on your own personal philosophy, attitude and state of health.

Maternity Clinic

1. How many rooms are in the maternity clinic? How many beds are in each room?
2. On the average how many births does the clinic handle each day?
3. How many midwives and doctors on total staff? On duty during one shift?
4. Does the clinic have a children's intensive care facility? If not, where is the closest facility?
5. What kind of emergencies can the clinic handle? Cannot handle? Where are the emergency cases taken?
6. Does the clinic provide classes for birth preparation? What method and what is the focus? Does the Maternity Clinic staff support this method? Are other methods supported during birthing?

7. Is an Alternative Birth Room available? What is available in this room?
8. What is the staff's attitude towards this room? Has the use of this room changed birthing procedures?

Preparation for birthing

1. Can father and/or others remain with the mother during the entire birth? Also during the preparation and during the vaginal examinations?
2. Is the father restricted in what assistance he can offer during the birth, such as massage, sitting on the bed, etc?
3. Are other siblings welcome during birthing? Can child care assistance be obtained for siblings during birthing?
4. Are special classes available to educate the siblings and familiarize him or her with the clinic? Does the child need to be a certain age to be allowed at the birth? Is there a playroom or garden where the child could go with an extra support person when the child is bored?
5. Are friends allowed at the birth to support the mother? Is the number limited?
6. Is it required to have an enema or can the woman administer it herself at home if no natural stool cleansing takes place?
7. Is it required that the pubic hairs are cut or trimmed?
8. Can personal items be brought into the clinic, such as pillows, music, books, camera, own nightgown, etc?

Beginning of birthing

1. When is the mother recommended to come to the clinic? (Consider the distance from home to the clinic.)
2. Can the mother walk and change positions if there are no complications? When is she confined to bed?
3. Can the mother choose her positions? Can she squat on the floor? Is there a mat available?
4. Is she supported to walk around in the clinic or outside?
5. Is birthing usually induced? What is the percentage of induced births in the clinic and what were the reasons given?
6. What are the indications that birthing must be induced?
7. What methods of birth induction are used? Puncture of membranes, Oxytocin, homeopathic medications, acupuncture, other?
8. Are the membranes routinely punctured at the beginning of birthing? When are they punctured? What are the situations which determine this procedure? Are alternative methods recommended and supported to stimulate birthing, like breast stimulation, walking, bathing, loving and relaxed communication, massage, conscious breathing, emotional supports, and changing position? Other alternative methods?
9. Are medical alternatives suggested or accepted if birthing is slow?
10. Is an IV (intravenous) tube required to be inserted before or after active birthing begins? Are IVs routinely given for dehydration and energy? Can the mother drink fluids and eat lightly if she desires?

11. Is pain relief medication offered routinely or only on request? What kinds are normally given? What are the benefits, hazards, and risks of each? Are they fully explained plus other alternative procedures if the woman is requesting assistance?
12. Is an electronic fetal monitor required during entire birthing? Occasionally? When? Can heart be monitored or controlled by a fetal stethoscope? If fetal heart distress is indicated and monitoring is necessary is the choice between internal and external method given?
13. Can the woman still move and change position if electronic fetal monitoring is required?
14. Are vaginal examinations routinely made or only at the request of the woman or for medical reasons? What ones?
15. How often does the staff shift change? Will the birth assistant remain with the mother if birth is close at hand?
16. Is another midwife or a doctor available to assist the midwife if necessary?
17. Is a pediatrician or a specialist available if the infant needs special care?

Birth of child

1. Can the place of birthing be the choice of the mother? Are aids available for her: birth chair, bed with adjustable parts which can be lifted or dropped, bean bag chair, large water pool, large floor mat, etc?
2. Will the staff support the wishes of the mother to birth in the position she chooses?
3. Are stirrups required during delivery? Is she actively supported by staff if she uses other positions (squatting, standing, on all fours, for example)?
4. During the pushing phase, can the mother follow her urges to push or is she required to hold her breath for a long time and bear down? Is it necessary that she is forced to push with all her might? Does the birth assistant push on the woman's abdomen during birthing? Is this stage of birthing timed and induced even if there is no fetal stress indicated?
5. Is an episiotomy routinely performed? In what percentage of births in the clinic is one performed? Is the episiotomy done with local anesthesia or when the perineum is taut? Is it performed early or late?
6. In what situations are forceps or vacuum extraction used? What is the percentage of usage in clinic?
7. Is the perineum supported as the head of the child emerges? Is massage, oil, warm compresses, or other methods used to slowly help the perineum stretch? Is the change of position during second stage encouraged to assist the child's descent?
8. Is the mother encouraged to touch her child while crowning?
9. Can father assist with child's birth, deliver the baby's body, or cut the cord?
10. Are the lights dimmed during and/or after birthing? Is the area quiet?

After Birthing

1. Is the child's nose and mouth routinely suctioned out or only if the child cannot clear it alone?
2. What is the attitude of the staff on how to handle the child?
3. Is the navel cord allowed to stop pulsating before it is cut?
4. Is the child placed on the mother's abdomen right after birth? Is child covered with a blanket or warmed with above heat lamps?
5. Is the mother encouraged to massage and hold the child? Is bonding supported? Can examinations (Apgar, injections) be done on the mother's abdomen, in her or father's presence?
6. Is medication routinely given to help expel the placenta? Are alternatives possible?
7. How much time can pass before medication must be administered? Is pitocin (artificial Oxytocin) required to contract the uterus or can the condition of the uterus determine its use? Is nipple stimulation and breast feeding encouraged?
8. Is the family given a few hours to be alone without interruptions? Can non-essential procedures be delayed during this bonding?
9. Is vernix allowed to remain on the child's skin?
10. Is bathing necessary? Can the father or helper bathe the child if desired?
11. If silver nitrate drops are required, can they be delayed one or two hours after the birth so not to disturb the bonding? Is an alternative to silver nitrate acceptable and supported?

Family

1. How long after birthing can the father remain with the family? Can he return with her to her room? Can he be given a bed to sleep there?
2. What is the normal stay in the clinic? Assuming there are no complications when can the mother and the child return home?
3. Can siblings visit the mother and the baby? Are the visiting hours open?
4. Can help be obtained to assist the mother when she returns home (for example, home nursing, or social service aid)?
5. If mother or child need to be placed in emergency care, can the father remain with the child? If the child needs emergency care, can the mother receive a room in the children's station in order to care for and breast feed her child?

Mother and child

1. Does the clinic encourage circumcision?
2. Does the staff encourage breastfeeding?
3. Is there counseling assistance available for mothers who are having difficulties or need support processing the birth, breast feeding or other needs?
4. Can the newborn remain with the mother all the time (24/7)?
5. Is the child first fed on the breast or given glucose water by a nurse? Is the child routinely feed during the night feedings? Is the child brought to the mother at night, or only on request?

6. Is the mother supported to breast feed on-demand the first days?
7. Can the mother care for her child herself?
8. Can she receive assistance for bathing, diapering, and general care? Can the father participate? Can other children in the family participate?
6. What medications or injections are routinely given to the child after birth? What ones are required?
9. Is a complete physical examination given by a pediatrician before the child leaves the clinic? Does the clinic or the parents arrange the appointment?
7. If the child has jaundice, what is the treatment? What level of bilirubin is accepted as safe?

Supplies for Mother and Child

Marked with C = to take to clinic or hospital

Marked with H = to have available at home

Clothes (C,H)

2 short tops or T-shirts for birthing (1 long sleeve warm, 1 short sleeve).

2-3 nightgowns or pajamas which open in the front for nursing.

1 robe or housecoat. For birthing "walks" and after the birth.

1 pair of slippers.

2-3 nursing bras, preferably cotton.

Sanitary super pads for first days (most clinics provide these).

Underwear; one for each day. Large disposal underwear is practical.

Two pairs of wool socks for cold feet during birthing.

Supplies (C,H)

Tooth brush, toothpaste.

Hair brush, comb, hair clips, and elastics for long hair, etc.

Face and hand lotion, face cleanser, etc.

Chap stick or lip cream to keep lips moist.

Almond oil, or powder for massage.

Mirror to see the child being born (if not available in clinic).

Notebook to write down birthing and first day's experiences, and the time of child's first breath. It is a good idea to then continue this book throughout your child's life: medical history, accidents, medications taken, travel experiences, and personal developmental stages.

Watch with second hand to record the first breath.

Birthing Mini-Picnic (C,H)

Ask if your clinic will provide snacks during birthing for you and husband.

Honey or healthy sweets for quick energy (honey lemon lollipops).

Fruit juice or little snacks for early labor.

Sandwiches or snacks for husband and support persons.

A canister of YOGI TEA™ or YOGI TEA™ tea bags is a great recovery after birthing for all. If you will be birthing at home, have something nice for the midwife and doctor to snack on. Perhaps bread, spreads, and cheese.

Fresh juicy fruit, for after birthing.

Raspberry leaves for tea or ground finely in powdered capsules.

Additional Birthing Aids (C,H)

Homeopathic medicines, vitamins or needed supplements

Aromatherapy oils.

Massage oils or cream.

Childbirth book.

Tennis balls, ice bag, or other massage aids.

Games, books for beginning stage of birthing.

Camera/ video recorder with film

Cassette player and favorite uplifting music tapes.

Eye glasses

Important Papers (C)

Hospital registration papers.

Health insurance papers and related information.

Address books for announcements, telephone numbers of friends, relatives, and doctors.

Cell phone with charger.

Coins for telephone and newspaper.

Birth announcements and envelopes (already stamped and addressed).

Supplies for after the Birth (C,H)

It is not necessary to take the following items with you before the birth but you should have them packed together so they can be brought to you later: (C,H)

Baby jumpsuit or pajamas.

1 cotton baby undershirt. If cold, a wool/silk undershirt.

3 diapers for newborn and closure.

Water proof diaper pants.

2 cotton flannel receiving blankets.

1 baby quilt or wool blanket, washable sheepskin (optional).

Thin disposable diaper liners, bring only a few to clinic.

During cold weather: hot water bottle.

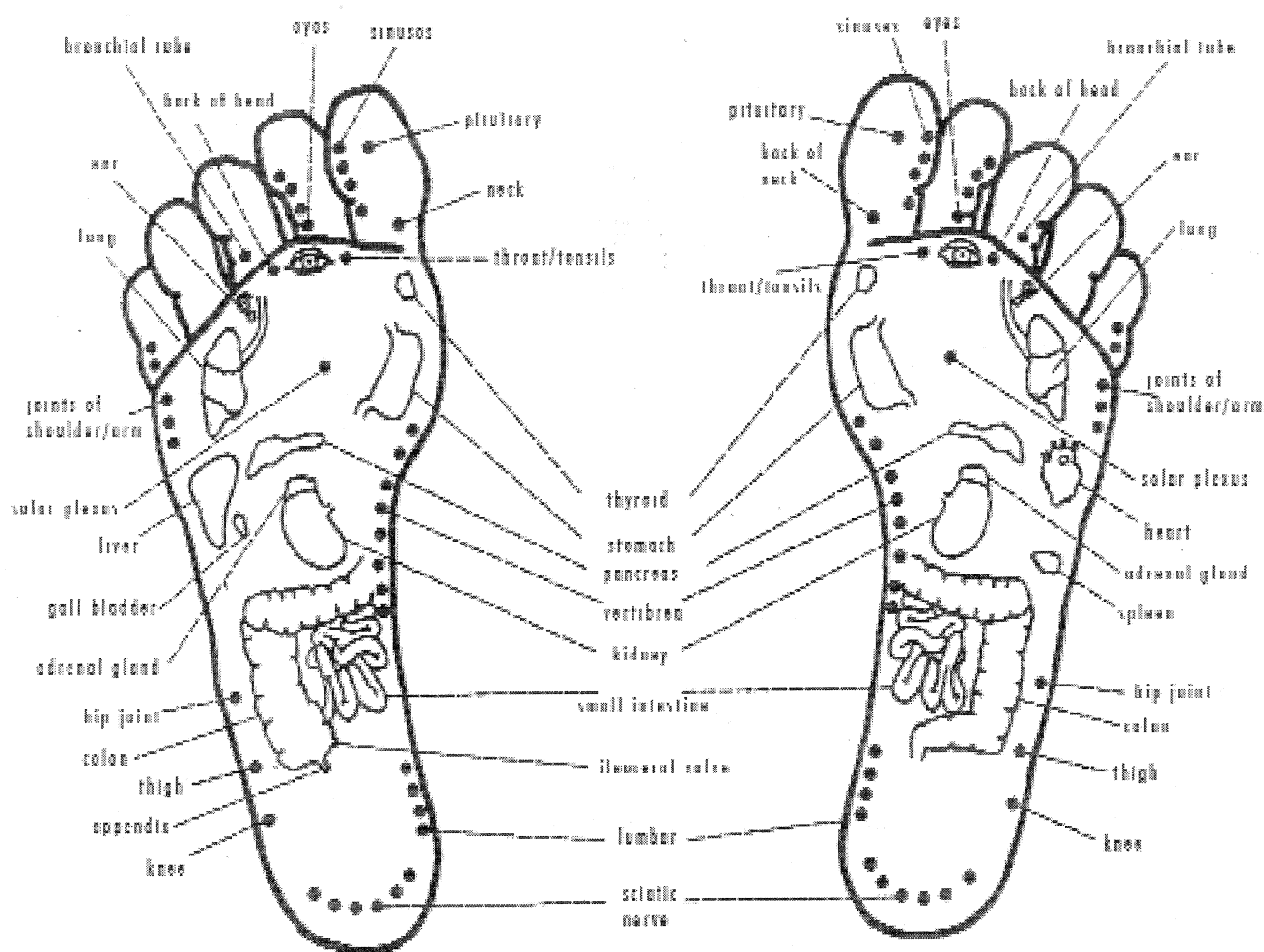
Hat or bonnet.

Dynamically tested car-bed to be used on the ride home.

For mother after birth (C,H)

Something pretty and comfortable to wear when you go home. It should be something that you could wear when you were four to five months pregnant.

Appendix B. Foot Chart



Biography

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Resources

KRI

The KRI Seal of Approval indicates that The Kundalini Research Institute has reviewed this product for accuracy in representing the teaching of Yogi Bhajan.

3HO WOMEN

3HO WOMEN offers courses, camps, & information for women, based on the teachings of Yogi Bhajan.

6 Narayan Court

Espanola, New Mexico 87532, USA

Phone: 505-367 1303

www.women.3ho.org

3HO (HAPPY, HEALTHY, HOLY ORGANIZATION)

(Kundalini Yoga information, inspiration, & events)

6 Narayan Court

Espanola, New Mexico 87532, USA

USA toll free phone: 888-346 2420

Phone: 505-367 1310

www.3ho.org

yogainfo@3HO.org

Resources

International Kundalini Yoga Teachers Association

(International listing of KRI certified teachers)

www.kundaliniyoga.com

Aquarian Times Magazine

(New Age Magazine)

P.O. Box 385

Santa Cruz, NM 87567

www.aquariantimesmagazine.com

atinfo@kiit.com

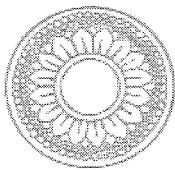
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Glossary

Included in this glossary are terms which, though they may not appear in this book, you may come across while in a Kundalini Yoga Class, at 3HO events, or while reading books on Kundalini Yoga or Sikh Dharma.

Adi Shakti. Literally means "Primal Power." Adi means "prima" or "first" and Shakti means "God's power manifested." The Adi Shakti has been worshiped for centuries in the Orient in the form of the goddess, and thus the female energy of Infinity is also referred to as Adi Shakti. Woman is seen as a manifestation of the Adi Shakti energy.

Agan Granthi. The heart center cavity. It is the source of all fire related activities, including digestion and breath. When this center is locked, your ribcage is out of place, the diaphragm doesn't act correctly, and you lose one third of your life force. That's why in Kundalini Yoga we find so many meditations to open up the ribcage and the heart center.

Ajna chakra. The Third Eye point, or the sixth chakra, associated with the pituitary gland; also Ajia chakra.

Ajwan seed. Oregano seed.

Akaal. Undying.

Akaal Purakh. Undying Being.

Amrit. Spiritual Nectar; the ceremony in which one takes vows as a baptized Sikh.

Amrit Vela. Literally ambrosial time. It is the 2 ½ hours before the sun rises. During this special time you are most receptive to your Soul, you can clear the subconscious of wrong habits and impulses, and you can connect with teachers and saints from all traditions. It is the best time to perform sadhana (spiritual discipline).

ANG SUNG WAHE GURU. "God exists in every part of me:

Arc-line. One of the ten bodies; sometimes it has been referred to as the halo. The arc-line goes from ear to ear, and is the seat of the akash, the ether, in the body. Its color varies with the health and the mental or psychic condition of the person. Women have a second arc-line reaching across the chest, from nipple to nipple, which Yogi Bhajan says gets imprinted with the sexual experiences she has had in her life.

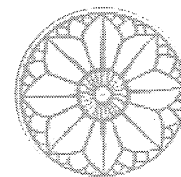
ARDAS. Prayer; the traditional formal prayer of the Sikhs.

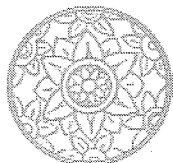
Asan (Asana). Position, seat, yogic posture.

Ashram. A learning center for spiritual growth.

Atma. The Soul or finite form of the Infinite in consciousness. It is transcendental in nature, not a product of the mind but a part of pure awareness. It is a witness of everything and can only be revealed through itself.

Aquarian Age. The next in a succession of astrological ages each lasting roughly 2,000 years. Fully inaugurated in AD 2012, the Aquarian Age will witness a radical change in consciousness, human sensitivity, and technology. The central change of this new age emphasizes an increased sensitivity and evolution of our power of awareness and a new relationship to our mind.





Aura, Auric Body. There are 7 chakras (energy centers) in the body, and the 8th is the aura, the electro-magnetic field of energy which surrounds every living creature. A strong, radiant aura can protect us from many misfortunes and strengthen our mental, physical, and spiritual bodies. Kundalini Yoga kriyas and pranayams increase the auric field, thus increasing awareness.

Avtaar. An incarnation of god in a human body.

Awareness. The pure nature of existence; the power to be consciously conscious without an object or need. A fundamental property of the Soul and true self, it is Kundalini as it folds and unfolds itself in existence.

Bana. A person's outward projection, usually referring to religious clothing.

Bani. Literally "Word." Refers to the Word of God in a musical format contained in the Sikh Sacred Writings.

Bhangra. A folk dance from Northern India.

Banis. The Sikh daily prayers.

Beads of Truth. Publication of the 3HO Foundation.

Beej Mantra. *Sat Nam* is known as the "beej" or "seed" mantra. (Also Bij (BEEj) Mantra.)

Bhakti. Self-purification. The devotional form of yoga practiced by a Bhakta, a devotee.

Bhat. Minstrel.

Bheta. An offering or donation made in the Name of God.

Brahma. The Hindu god of creation, one of the three primary manifestations of God.

Brahmgiani. Enlightened person.

Buddha. An enlightened one; founder of the Buddhist faith.

Chakra. An energy center of consciousness associated with the seven nerve centers of the body.

Charan Jaap. Walking meditation.

Chardi kalaa. In high spirits.

Chole. A flavorful Indian dish traditionally made with garbanzo beans (chickpeas) and potatoes.

Chunee. A type of head-scarf, usually silk or silk/cotton, worn by women.

Churidars. Traditional Indian leg wear which is tight around the ankles and calves, and loose around the waist and thighs.

Dervish. A Muslim ascetic, some of whom practice ecstatic dancing and whirling or chanting.

Devas. Gods.

Devias. Angels.

Dharana. Concentration.

Dharma. Path of righteous living; the law of the universe which binds all things in relationship.

Dhiaan. Meditation.

Fingers. Each finger on the hand has a special name and is associated with a different energy in Yogic science:

Index finger: The Jupiter Finger, associated with the quality of knowledge and intuition.

Middle finger: The Saturn Finger, associated with wisdom, intelligence, and patience.

Ring finger: The Sun Finger, associated with the physical body and physical health.

Little finger: The Mercury Finger, associated with communication.

Thumb: The Id, associated with the ego.

Forty Days after Birth of a Child. During these forty days, the mother receives special care, foods, massage and rests so that she can recuperate and build a nurturing relationship with her child. Limited social interaction is suggested so the family can relax together.

Ganesha. The Hindu elephant god, a symbol for prosperity.

Garbanzos. Chick Peas.

Gatka. Indian martial art of sword-fighting.

Ghee. Clarified butter.

Gyan Mudra. A common hand position used in many meditations in Kundalini Yoga: Curl the index (Jupiter) finger under the thumb, and hold the other three fingers straight.

Golden Chain of Teachers or the Golden Link. The long line of spiritual masters who have preceded us. When we chant *ONG NAMO GURU DEV NAMO* we tune into that flow of spiritual energy and become one with the Universal Teacher.

Golden Temple. The Harimandir Sahib, the most sacred Sikh temple in the world, located in Amritsar, India. It was founded by Guru Ram Das, the fourth Sikh Guru and is constructed of marble and gold. It is surrounded by a pool of healing water.

Gunas. The three conditions of matter: *sattva*-pure essence (saintliness), *raajaas*-active, creative or initiating energy (imperial), and *taamaas*-inertia or decay.

Gurbani. Word of the Guru. Refers particularly to the words from the *Siri Guru Granth Sahib*.

Gurbani Kirtan. Devotional singing of Gurbani.

Gurdwara. Sikh place of worship: literally, "Gate of the Guru".

Gurmukh. Literally, one whose face is always turned toward the Guru, or one whose mouth always repeats the Guru's words; a perfectly devoted person.

Gurmukhi. Literally "from the Guru's mouth"; refers to the script in which the *Siri Guru Granth Sahib* is written.

Guru. That which takes us from darkness to light. literally "Gu" meaning darkness; and "Ru" meaning light. In Sikh history, a succession of ten Gurus revealed the Sikh path over a 200-year period.

1st Sikh Guru: Guru Nanak

2nd Sikh Guru: Guru Angad

3rd Sikh Guru: Guru Amar Das

4th Sikh Guru: Guru Ram Das

5th Sikh Guru: Guru Arjan

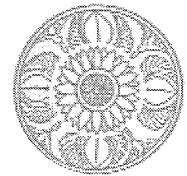
6th Sikh Guru: Guru Hargobind

7th Sikh Guru: Guru Har Rai

8th Sikh Guru: Guru Har Krishan

9th Sikh Guru: Guru Teg Bahadur

10th Sikh Guru: Guru Gobind Singh



Guru Gobind Singh. The 10th Sikh Guru, Guru Gobind Singh, passed the Guruship to the *Siri Guru Granth Sahib*, which embodies the writings, teachings, and sound current of the Gurus.

Guru prashad. (see prashad.)

Harimandir Sahib. Often referred to as The Golden Temple. (See Golden Temple.)

Hukam. An order from the Guru.

Humanology. A complete system of psychology to promote human excellence and spirit. It incorporates the technology of Kundalini Yoga and meditation, the use of the *Shabd Guru*, and the principles of spiritual counseling.

Hydrotherapy (ishnaan). A system of water-therapy referred to in the west as "hydrotherapy" and in the east as "ishnaan", involving bathing in cold water to open up the capillaries and flush the system, thus increasing circulation and improving the glands and general health of the body.

Ida. Left nerve channel (nadi); relates to the left nostril, moon energy.

Ishnaan. (see Hydrotherapy.)

JAAP SAHIB. A prayer written by Guru Gobind Singh which gives one conscious awareness of one's grace; one of the daily prayers of the Sikhs.

JAPJI SAHIB. A prayer written by Guru Nanak which relates the conscious mind to the Soul; one of the daily prayers of the Sikhs.

Ji. Literally meaning "Soul": used as a term of endearment or sign of respect.

Japa. Literally "to repeat" It is the conscious, alert, and precise repetition of a mantra.

Kaliyug. The Iron Age, Steel Age, or Age of Darkness, the current Age.

Karah prashad. (See prashad.)

Karma. The cosmic law of cause and effect, action and reaction.

Khalsa. Literally means "pure one."

Kirtan. Devotional singing God's praises.

KIRTAN SOHILA. One of the evening prayers of the Sikhs.

Kheer. Rice pudding.

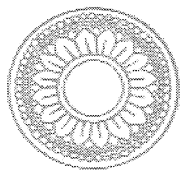
Kriya. Literal meaning is "completed action." A Kundalini Yoga Kriya is a sequence of postures and yoga techniques used to produce a particular impact on the psyche, body, or self. The structure of each kriya has been designed to generate, organize, and deliver a particular state or change of state, thereby completing a cycle of effect. These effects have been codified and elaborated by Yogi Bhajan and form the basic tools used in yoga and its therapeutic applications.

Kundalini. Comes from the word "kundal" or coiled energy; the creative potential of an individual.

Mahan Tantric. Master of White Tantric Yoga; title which is held by Yogi Bhajan, was bestowed upon him in 1971. There is only one Mahan Tantric at any given time alive on the Earth.

Mala. Meditation beads.

Mantra. Sounds or words that tune or control the mind. 'Man' means mind. 'Tra' is the wave or movement of the mind. Mantra is a wave, a repetition of sound and rhythm that directs or controls the mind. When you recite a mantra you have impact through the meridian points in the mouth, through the mantra's meaning, through its pattern of energy, through its rhythm, and through its naad---energetic shape or sound current in time. Recited correctly a mantra will activate areas of the nervous system and brain and allow you to shift your state and the perceptual vision or energetic ability associated with it.



Masala. A special blend of spices, usually cooked into Indian dishes, such as curries.

Master. A person held in high esteem, considered to be an authority in his or her field.

Maya. The illusion of the reality of sensory experience of one's self and the world around us. Usually thought of as what takes us away from, or blinds us from perceiving God.

Miri/Piri. Temporal/spiritual balance of the universe; concept introduced by the 6th Sikh Guru, Guru Hargobind, of secular/spiritual sovereignty.

Missl. Group.

Mool Mantra. The first words of the *Siri Guru Granth Sahib*.

Mound of Mercury. The fleshy portion or mound on the palm, just underneath the pinkie or Mercury finger.

Mudra. Yogic hand position. These hand positions are used to seal the body's energy flow in a particular pattern.

Mul Bandh. This literally means "root lock." It is a body lock used to balance prana and apana (see prana) at the navel point. This releases reserve energy which is used to arouse the Kundalini. It is a contraction of the lower pelvis: the navel point, the sex organs, and the rectum.

Naad. The sound current. The inner sound that is subtle and all-present. It is the direct expression of the Absolute. Meditated upon, it leads into a sound current that pulls the consciousness into expansion.

Nam. The vibration or essence of God; identity.

Nam Simran. This refers to the state and act of deep meditation by dwelling and merging into the names of the Infinite, of God.

Nadi. Energy channels for the flow of prana.

Aryan. A name of God in the aspect of Sustainer and Preserver; also a name of Lord Vishnu.

Navel Point. The sensitive area of the body near the umbilicus that accumulates and stores life force. It is the reserve energy from this area that initiates the flow of the Kundalini energy from the base of the spine. If the navel area is strong, your vital force and health are also strong.

Nitnem. Literally "repeated every day"; referring to the daily Sikh prayers.

"O" Breath. A special breath used in Kundalini Yoga. Make a "O" of the mouth and breathe through it.

Ojas. Spinal fluid.

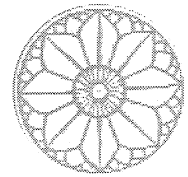
ONG NAMO GURU DEV NAMO. Translated as, "I bow to the Divine Creator; I bow to the Divine Teacher Within." This is the mantra always used to "tune in" before teaching a Kundalini Yoga class.

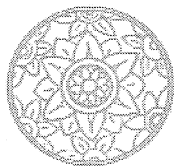
One Hundred-twenty Day Celebration. Family and friends gather to honor the mother on her 120th day of pregnancy. On this day, the Soul enters the body of the child. Paramatma. The Supreme Self, the Highest Atma, the Highest Godhead.

Parantha. A type of Indian flatbread.

Patanjali. Rishi Patanjali, author of the famous yoga teachings, The Yoga Sutras, thousands of years ago. He wrote the Push Puran, predicting the coming of Guru Nanak, and first recited the mantra, *Wahe Guru*.

Pauree. Literally "step" or "ladder." Refers to a particular poetic form used in the *Siri Guru Granth Sahib*.





Pavan Guru. That which carries the prana is called "pavan." Literally, the "breath of the guru." It is the transformative wisdom that is embedded in the patterns of breath, especially those patterns generated in the expression of naad in sound or mantra.

Perkarma of Golden Temple. The walkway surrounding the Golden Temple. People walk on this marble walkway, often as a prayer or meditation, as they prepare to enter the Golden Temple itself.

Pingala. Right nerve channel or nadi; related to the right nostril, and the energy of the sun.

Prakirti. The creation, the creativity, the matter that has been created by the Creator. Earth is Prakirti.

Prana. Subtle ambient life energy; incoming breath of life given by God. It is the subtle breath of the purusha as it vibrates with a psychophysical energy or presence. Prana regulates the modes and moods of the mind.

Pranayam. Yogic system of breathing exercises.

Prashad. Blessed food; refers to sweet food passed out at the end of Sikh worship service; gift of the Guru. Referred to as "Guru Prashad."

Pratyahar. One of the eight "limbs" of yoga, as described in the Yoga Sutras of Patanjali. Yogi Bhajan says on pratyahar: "Pratyahar is the control of the mind through withdrawal of the senses. The joy in your life which you really want to enjoy is within you. There is nothing more precise than you within you. The day you find you within you, your mind will be yours. In pratyahar we bring everything to zero (shuniasa), as pranayam brings everything to Infinity."

Purkha. The Creator.

Pundit. A Hindu who is learned in the scriptures.

Raaj Yog. The Royal Path of yoga.

Raag (Raaga). A traditional melodic mode of the Indian classical music system.

Raajas. One of the three conditions of matter-creative (see guna).

Raagi. Musician skilled in the Indian classical music system of Raag. Radha. Beloved of Lord Krishna.

Refreshing Breath: Specifically for pregnant women to use as they practice Kundalini Yoga. Before and after each yoga position or meditation, consciously inhale and exhale deeply twice. This trains a birthing woman to utilize Refreshing Breaths before and after each contraction to assist her child to recover from the intensity of the contractions.

Rehiras. One of the daily prayers of the Sikhs; this is recited in the evening and adds energy to one's being.

Rehit. Code of Conduct.

Rensubai. All night program of sacred music.

Rishi. Enlightened being; yogi.

Rishi knot. Top-knot of the hair traditionally worn by yogis (rishis), and other spiritual practitioners.

Saag. Curried mustard greens.

Sach Kandh. Realm of Truth.

Sadhana. Spiritual discipline; the early morning daily spiritual practice.

Sadh Sangat. Literally "congregation of the disciplined ones"; company of the holy.

Sadhu. A disciplined spiritual person.

Samadhi. The state of consciousness in which the mind is free from reacting to thought waves.

Samskaras. Patterns of behavior brought from past lives.

Sant Hazara Singh. Yogi Bhajan's Spiritual Teacher; a former Mahan Tantric.

Sanyaasi. Renunciate.

SAA-TAA-NAA-MAA: This is referred to as the Panj Shabd Mantra (panj means five). It is the "atomic" or naad form of the mantra SAT NAAM. It is used to increase intuition, balance the hemispheres of the brain, and to create a destiny for someone when there was none.

SAT. Infinite Truth.

SAT NAM. "SAT" means "Truth" and "NAM" means Name. It is sometimes translated as "Truth is my identity; and when someone says "SAT NAM" to another person, it means. Your Truth is your Soul."

Sat Nam Rasayan. Healing technique.

Sattvic. A state of purity; One of the three conditions of matter purity (see guna).

Seva. Selfless service.

Sevadar. One who does seva.

Shabd. Sound current. Word of God. Refers to the poems in *Siri Guru Granth Sahib*.

Shabd Guru. Sound which transforms your consciousness. The *Siri Guru Granth Sahib* is a *Shabd Guru*.

Shabd Hazare. One of the daily Sikh prayers.

Shakti. Universal creative energy; one's self-projection; feminine aspect of God; God's power in manifestation; woman. The creative power and principle of existence itself. Without it nothing can manifest or bloom. It is feminine in nature.

Shushmanaa. Central spinal channel.

Shuniala. A stage of consciousness wherein one brings his or her ego to a "zero" state. It's not quite the act of surrender, which is involving "you" using "your" energy to engage in the act of surrendering. But once you become shuniala, zero, then the One will carry you. There are certain rules of Mother Nature. When you fold your hands, God will open up His arms. It's a natural law. The first principle of a Teacher is, "I am not." The power of a Teacher of Kundalini Yoga is in his zero, in his shuniala.

Siddhas. Beings who are perfect beings, masters, and have acquired siddhis.

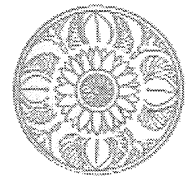
Siddhis. Occult powers.

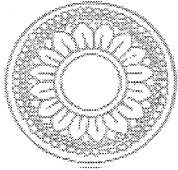
Sikh. Sikh means a seeker of truth, and refers to one who follows the Sikh religion.

Sikh Dharma. A living experience of values as taught in the *Siri Guru Granth Sahib* and exemplified by the 10 Sikh Gurus.

Simran. Constant remembrance and repetition of God's Name. Replacing a negative thought with a positive one, as a meditative process.

Siri Guru Granth Sahib. A written compilation of the words of the Sikh Gurus, as well as Hindu, Sufi, and Muslim saints, expressing the Truth experienced while in a state of divine union with God. Written in naad, an elevated sound current, the ecstasy of their consciousness is transmitted through the vibration of their words-the *Shabd Guru*. Neither a scripture nor a bible, these 1430 Pages of poetry can elevate the reader to higher consciousness. *Siri Guru Granth Sahib*, therefore, is revered and worshiped as the living Guru of the Sikhs, the embodiment of the consciousness of the Ten Gurus.





Siri Singh Sahib. Title given to the Chief Religious and Administrative Authority of Sikh Dharma of the Western Hemisphere. This position is currently held by Yogi Bhajan.

SOHUNG. "I am God, God is me."

Spiritual name. A name that describes the spiritual destiny a person should strive for in life.

Subtle body. The subtle body is one of the ten bodies; the body which carries the Soul to God at the time of death.

Sukhmani. Peace Lagoon; a prayer written by Guru Arjan; Song of Peace.

Sutra. Section from scripture.

Swami. Master.

Tabouleh. A Middle Eastern salad made of bulgur, parsley, tomato, scallions, mint, olive oil, and lemon juice.

Taamas. One of the three conditions of matter-inertia or decay (see guna).

Tantric Yoga. There are three forms of Tantric Yoga: White Tantric, Black Tantric, and Red Tantric. White Tantric Yoga is a profoundly deep, meditative experience, done in pairs as a group, and only led by the Mahan Tantric. In this group meditation a powerful energy force is created. This "life-force energy" is directed through the subtle body of the Mahan Tantric. The subconscious mind is uplifted and cleansed of hidden fears, phobias, and restraints. White Tantric Yoga enables you to break through these subconscious blocks so you can enjoy life. White Tantric Yoga should not be confused with Black or Red Tantric. Black Tantric directs the energy to manipulate and control another human being, and Red Tantric directs the energy through sexual means.

Tattvas. The elements of fire, air, earth, ether, and water of which all creation, including the human body is composed.

Ten Bodies. According to Yogic science, we consist of ten bodies.

1) Soul Body

The Three Mental Bodies:

2) Negative Mind

3) Positive Mind

4) Neutral Mind

5) Physical Body

6) Arc-line

7) Auric Body

8) Pranic Body

9) Subtle Body

10) Radiant Body

For an explanation of each of these, see Chapter 25 of *Kundalini Yoga: The Flow of Eternal Power*, by Shakti Parwhia Kaur Khalsa.

Tenth gate. The center of consciousness located at the top of the skull.

Third Eye Point. Ajna, the sixth center or chakra. Associated with wisdom and intuition.

Trinity Herbs. Onion, ginger, and garlic.

Trinity of God. Father, son and Holy Ghost; or Brahma, Vishnu, Shiva; or One who Generates, Organizes or Destroys and Delivers (G-O-D).

Turmeric. An orange/yellow spice, which is said to have many health benefits.

WAHE GURU. A mantra of ecstasy, expressing the excellence and magnificence of God. Ecstasy of God Consciousness.

WAHE GURU JI KA KHALSA, WAHE GURU JI KI FATEH. "My purity belongs to God, all victory belongs to God!"

Yam. Yams/Niyams "do's and don'ts"; the ethical precepts defined by Patanjali.

Yatra. Pilgrimage.

Yogi. One who has attained a state of yoga, mastery of one's self. One who practices the science of yoga.

YOGI TEA™. These herb and spice tea blends have been created by Yogi Bhajan.

YOGI TEA™ - Cinnamon Spice, the original recipe was introduced in the West in 1969. This blend contains cinnamon, ginger, cloves, cardamom, and black pepper.

