

Easy Pregnancy

This is a time of growth and expansion. Mum-to-be gets to remake herself and to revitalise all she is – as she makes another person.

As in all bodily matters - if we have ingredients and flows right – all else follows. This series gives you some handy moves you can improve your being at home.

This is easy if there is abundance of resources – her body will go into a different state and clear out and regrow what is optimal – if it can. Required - rest, support, nutritional excellence and clear circulation. When these are not supplied in the right balance – your body will let you know. Warnings.

The Life Recipe needs following – [more here](#)

Briefly – Breathing – Hydration - Safety - Being Outside -Touch -Raison d'être, Nourishment -of the three parts of self - food for the soul, heart and the stomach - as life needs meaning (see above).

Always follow life.

Mammals are the default setting - what would the average chimp do? Do that.

Always rest, more water, less action, more inner guidance. Much less asking those not tasked with life enhancement. The focus and scope of practice of your birth support MUST be well mum and baby bonding – and all else will be easy.



We focus on three words. You can only make this baby once.

Much like when preparing for visitors – or to sell a house - *clean out*.
Like a computer that needs defragging – or an electronic device. Turn it OFF.

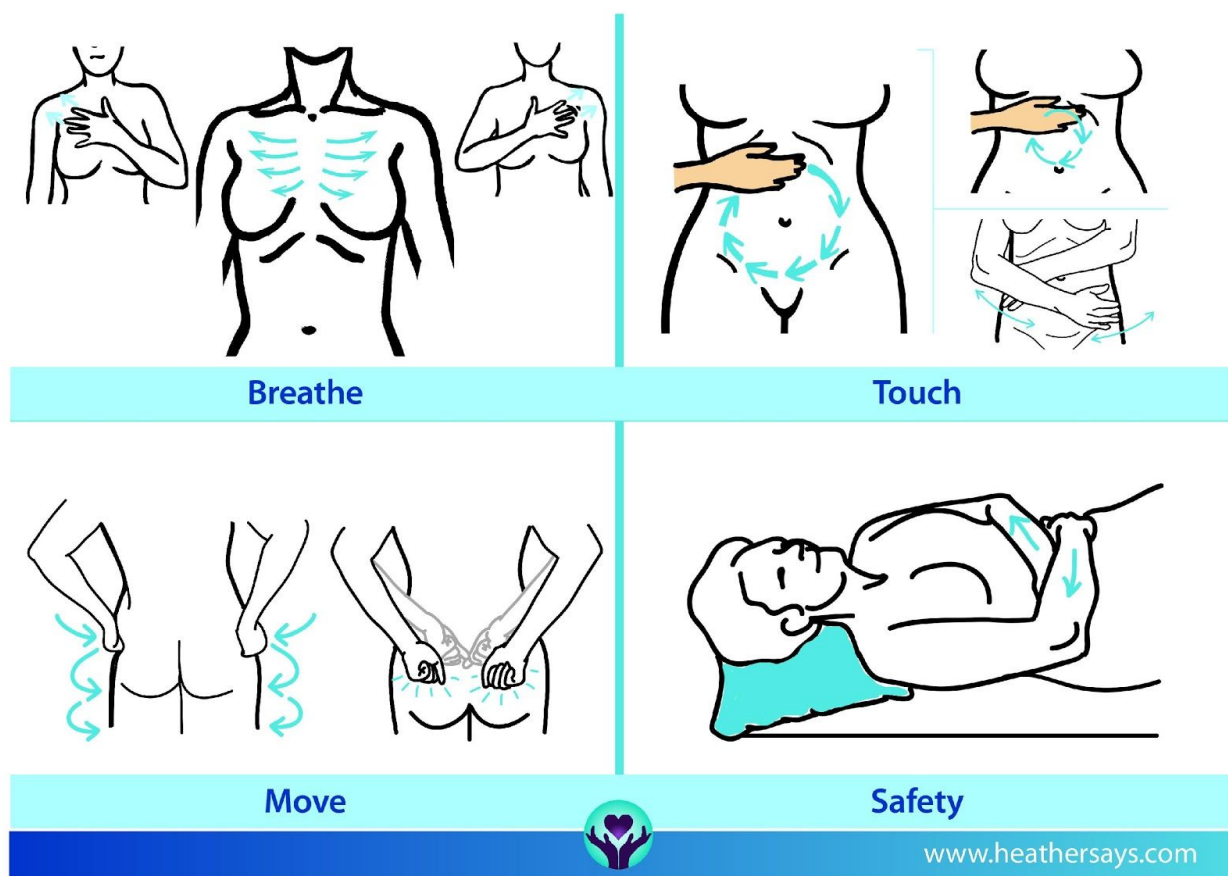
1 - Declutter - all that is not needed to now leave – thoughts and beliefs also.

2 - Reset - Turn all off to start the deal – anything extraneous goes.

3 - Restore - Back to the original settings means often if you do NOT pay attention. You will be 'taken out' if not. MUST clean out to begin the new project.

If you are plagued with aches, pains, body breakdowns in extreme form - vast energy loss and nausea and vomiting you WILL be taken out till you follow instructions given these are warnings. Not things to want to leave once baby born – the LACK of what is needed to do the job is catching up with you to ensure you stop and go within.

What you helping yourself looks like:



We move the lymph. Get the Qi and juices flowing

You will feel so much clearer.

Always very gentle. Slow and shallow moves with warm hands.

Loving yourself.