

## Shrusti – Values in Pregnancy



“Shrusti” means creation or birth; birth is a sacred, spiritual journey to welcome a child into the world. It's a spontaneous process that requires the woman and her partner to enter a new world of spiritual practices. We, Anugraha Learning and Research Foundation offer holistic family value initiatives that can guide couples to have an experience of spiritual pregnancy.

Childbirth is a wonderful experience and one need to make is spiritual experience. The key to reclaiming birth as a normal, natural, sacred and spiritual part of life is to reconnect with our innate wisdom. You learn to remain in the present moment, you can utilise your time spiritually. Besides freeing enormous amount of time, turning off media will allow you to be more selective with the information and energy you bring into your pregnancy.

Birth is a mystery. It's perfect and larger than us, regardless of the outcome. We birth the way we live. So spend time in meditation, prayer, yoga, dance, nature, laughing, drawing with colours, being in the moment, making love - whatever brings you joy and connects you to your core. Bringing presence into the most mundane activity turns the experience into a spiritual practice.

Mothers need elders, mentors and sisters to navigate motherhood. Finding a tribe even before conception will provide you with support and resources to have an easier transition into motherhood. Spend time nurturing a loving, joy - full relationship with your womb child - talking, singing, reading, listening to music, or massaging your belly. Even in the middle of a crazy day, you can take a moment to breathe and connect with your womb baby. Close your eyes and breathe deeply into your belly. Feel the inhale breath surrounding your baby. Feel the exhale softening your body. Just two breaths is a great place to start.

Acknowledge his or her participation in the birth process. Sometimes babies are born the way they need to be, not necessarily the way we want them to, regardless of what you do. Spend time alone and with your partner to reflect on your new parenting role. Ideally, creating a family is a conscious act. Children grow in the space between the parents. What kind of space are you and your partner creating?

Trust that you have the inner resources to face whatever each moment brings your way. This is more profound than trusting birth or even trusting your body. You are more powerful than you imagine!

Practice self-massage to familiarize yourself with new sensations on your body. Explore your body in different positions. Trust your body that carries your loved bud. We are all the guardians of this sacred event. Regardless of the location or circumstances, it's imperative to safeguard the sacredness of birth.

“Shrusti” will provide, an holistic approach to the safe, appropriate and practical application of yoga, prana vidya, meditation and other spiritual practices in pregnancy; to equip you with the tools to plan and teach yoga classes and courses for all stages of pregnancy, including asana, pranayama, mudra, mantra, relaxation, nada yoga, yoganidra, puja and meditations for pregnant women; to provide a clear understanding both of the key principles of anatomy and physiology relevant to pregnancy, and of the social and psychological changes characteristic of the transition to motherhood and much more.

We wish you a happy and spiritual journey with your offspring. May God bless you and your family.