

Mommy Meditation

by Marissa Farrell

The next time you find yourself all stressed out over baby furniture, the right breast pump to buy, or whether you are eating enough protein, consider the effect on the baby...

Will your baby care if the wood is light wood or dark? Will she care if the pump comes with a handy back carrier? Will it matter if tonight you skip the fish for a pasta dish with salad in the long run? Probably not.

However, will your increased anxiety at Baby's R Us bring up your blood pressure? If you are planning to stay at home for 6+ months anyway, will it be essential to get the best rated pump to *nurse* your baby? Have you become a baby making machine with no choices left on the menu to enjoy? Probably!!!

Ladies, these months are too short to fill your face with wrinkles, go gray, and exhaust yourself. This is the most special time. When else in this life can you stand in line at the grocery store, lounge on the couch, or run 3 miles all while making a baby? Enjoy yourself, please.

The time ahead when he arrives, or when she is crawling, is when you will need all that energy you might be expending by stressing out over _____ (you fill in the blank). The face he looks up into while breast or bottle feeding should not be one marked by a stressed out pregnancy, with bags under your eyes and all. But instead a clear, bright complexion of love and grace glowing from you. A face that says "I may not know it all, but I am going to try and be the best mommy ever!"

Today give yourself 10 to 15 minutes to sit and consider this meditation:

- Soften your face, eliminate your expression totally, relax your jaw and tongue
- Begin to follow the flow of your breath through your belly and back, let the abdomen expand on the inhale and contract on the exhale
- Visualize your baby right now. Whether the possible he or she is still suspended inside you or sleeping in the next room, visualize this peaceful child knowing no suffering of any kind.
- Allow your face to ease into the expression you would like for her to see whenever she gazes your way. Allow this baby to be your inspiration to become eternally gracious and beautiful.
- While you are sitting there with your breath, your beautiful expression and all, let time and your thoughts pass you by. Notice whenever your mind begins to work, and allow the work to release with your exhale so that all of you has this chance to sit and relax for a little while.

Give yourself this nourishment daily, maybe twice daily. This time is the most precious and will go by so quickly. Meditation has a way of slowing the world down so you have time to enjoy it. The next time you find yourself stressing out, notice if your face is as well, then allow it to reveal the grace you have found within through mediation and mindfulness.