

GUIDED MEDITATIONS TO SUPPORT A  
**HEALTHY PREGNANCY &  
SUCCESSFUL CHILDBIRTH**

BY BELLERUTH NAPARSTEK

The imagery for pregnancy is designed to inspire confidence; a strong connection to the body; feelings of safety, relaxation, protection and support; and sets the stage for labor and connecting with the baby. The childbirth imagery, for use shortly before and during childbirth, eases discomfort, focuses breathing, promotes relaxation; increases feelings of confidence and trust in the body and the birth process; and connection to protective spiritual forces. With affirmations. (160 minutes)

“No matter what your circumstances, fears or expectations around pregnancy, Belleruth’s brilliant imagery for pregnancy and birth can help you get the most out of your experience. Let the wisdom of these extraordinary audio programs unfold and comfort you.”

Christiane Northrup, MD, FACOG, Assistant Clinical Professor of OB-GYN, University of Vermont College of Medicine, Author of *Women’s Bodies, Women’s Wisdom*



Photo: Karen O’Leary Tolo

Clinical social worker, author, and nationally recognized guided imagery pioneer Belleruth Naparstek, ACSW, BCD is the founder of Health Journeys and the voice on many of its award-winning audios. For years, she has served on the faculty of the Andrew Weil Center for Integrative Medicine at the University of Arizona, training physicians from around the world in mind-body techniques. She is widely recognized as a key force in making guided imagery – and its benefits – available in a broad range of major U.S. health care institutions.

This is not a substitute for medical treatment.  
Do not use while driving a car or operating machinery.

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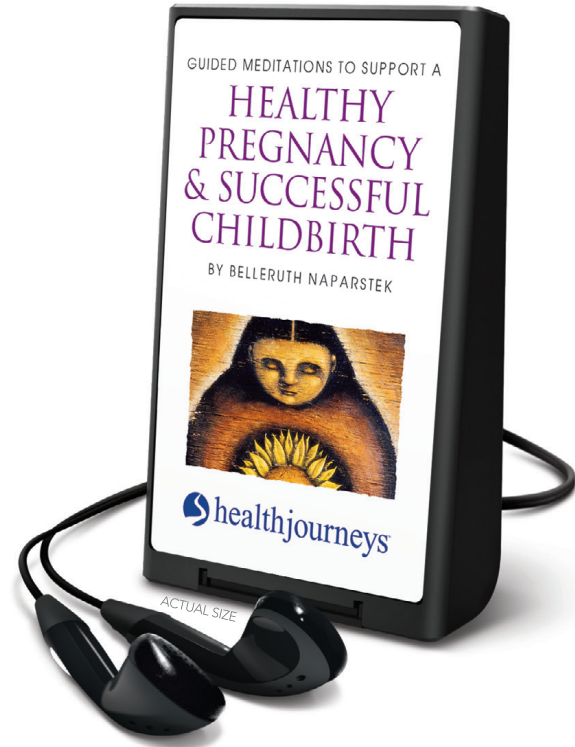
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