

# CLOAK OF POSITIVITY

Lets start this meditation by finding a comfortable place to sit with minimal distractions. Perhaps finding your favorite place in your house or in nature.

Close your eyes and take a deep breath in through your nose and out through the mouth. Take 3 rounds of breaths. With each breath allow yourself to become more deeply relaxed. Becoming more comfortable and at peace, connecting to your higher self.

Whenever you find yourself distracted by thoughts, noises or physical sensations focus on your breath or your chosen mantra.

As you sit, picture yourself as a tree or mountain, rooted down into the Earth. Feel your root chakra ground into the place where you are. Tethered to Mother Earth, safe and secure.

With this safety, begin to continue to relax the rest of your body. Scanning each body part, releasing tension as you envision yourself in your mind's eye.



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As your body continues to relax, allow your thoughts to wash over you like water, letting them slip through your fingers, but not grasping onto them.

As you relax, envision your ideal birth. What would it look like? How would it feel? Who would be there? What can you see, touch, taste, feel, hear? If worries or fears around the birth begin to surface. Acknowledge them, but just like your other thoughts allow them to wash over you, not grasping onto them.

As you envision your ideal birth, create your cloak of positivity that can envelop you & your baby. This cloak can be worn before, during or after your birth, anytime & anywhere. It protects you from any negativity, worry, fear, anger etc that are within as well as outside of yourself.



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What does your cloak look like? What is it made of? What color is it? What are the powers of your cloak?

This cloak can help you block out anything that doesn't serve you. Use this as a means of emotional & spiritual protection. When any negativity, internal or external, confronts you. Envision your cloak enveloping you, sheltering and guarding your inner light. Allowing you to connect deeper with your baby.

As you continue to breath well. Take 3 deep breaths in through your nose and out through your mouth as you bring awareness back into your body. When you are ready, slowly open your eyes.

As you move through out your day, bring this cloak of positivity with you and envision it around you when needed.

