

YOGA magazine

Mind – Body – Spirit

Baron Baptiste

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Healthy eating
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The Gift of Life

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You know it
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Gift of Life



Meditation and chanting is a fantastic way to bond with your baby and create space and emotional balance during pregnancy. Mother and Conscious Pregnancy Teacher Elena O'Keefe turned to chanting during her pregnancy. "I felt that the best way to prepare myself for conscious birthing was to use sound. The Adi Shakti mantra gave me an incredible strength and confidence throughout the pregnancy. Chanting that mantra was like calling on the cosmos or God through the sound of compassion. The universe becomes the mother and you are the child. And every time you call, you feel the divine shield of protection."

"I believe; in labour, God has cleared the way for our big boy (nine pounds weight, fifty-six centimetres long). Despite of all the predictions, he was born naturally," says Elena. "And the Adi Shakti mantra still does it's magic - he always calms down when I play it!"

Elena teaches Conscious Pregnancy pre-natal yoga classes based on the wisdom of Kundalini Yoga. 'Our dear teacher Yogi Bhajan once said: Bearing a child is not a human job. Bearing a child is a totally divine job.' Looking back at my

experience of pregnancy I clearly see the divinity of that time."

Check out Dr Gowri Motha's *The Gentle Birth Method* (Thorsons) and Gurmukh's *Bountiful, Blissful, Beautiful* (Michael Joseph). For more information on Elena O'Keefe's Conscious Pregnancy classes email: elenaOK@bigfoot.com. You can find the beautiful Adi Shakti mantra on a couple of Kundalini CDs – *Angel's Waltz* by Sada Sat Kaur and *Adi Shakti* by Gurudass – both are available at <http://www.yogatech.com> or <http://www.karamkriya.co.uk>