



3 Steps
to Experience
a Deeper Connection
to Your Unborn Baby

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Welcome

My name is Donna-Louise Attard and in this report you will discover the 3 steps to experience a deeper connection to your unborn baby.

Pregnancy is a time of many conflicting emotional, mental and physical states. There are times of high elation, feeling connected to something greater than self and being in awe of the small being forming inside you. And then, within 10 minutes, you are feeling sick, tired and overwhelmed - wishing it was all over !! Pregnancy is one of the greatest gifts a female can offer. It is the beginning of a new life !

Who you are inside, and what you do and believe during your pregnancy, can have a huge influence on the physical, emotional and mental wellbeing of your yet-to-be born little one. I have been involved in the Natural Health and Alternate Therapy industry for over 30 years. Many times my pregnant clients have experienced positive changes in their personal wellbeing and happiness through nutrition, counselling, meditation and stress-relief strategies.

During your pregnancy it is vital that you become more mindful of your personal wellness and happiness. A happy and healthy pregnant woman helps to create a happy and healthy newborn baby. What you 'eat, drink and think' has a bearing on your overall happiness and wellbeing.

My Story

I have 4 grown sons and my first grandchild is due in a couple of months' time. My first son was born in 1981. My husband and I had been married just over a year when our first little boy was born. 18 months later our second son arrived.

For the next 8 years we consolidated our little family. Creating a strong family network, spending time with friends and taking the boys to their sporting interests: swimming, boating, junior life saving and Australian Rules Football (AFL).

Eight years after the birth of our second son, our third little boy was born. It was an interesting experience to have a newborn in the house once again, with the older boys heading towards their teenage years. In some ways it was easier having the help from the older siblings. At other times it was more stressful as I was constantly trying to manage a newborn while driving the older boys to their friends' places and sporting engagements. But we managed....as you do.

Almost two years to the day later, our fourth little boy greeted the world. He was a big baby, 9lb, and knew what he wanted from the moment of his birth. Having 3 older brothers, our youngest learnt at a very young age how to get others' attention. He is still the lovable clown of the family.

So I have experienced being pregnant and giving birth in my early twenties, and then also being pregnant and giving birth in my thirties. Almost an entire generation between my first and my fourth pregnancy. Much changed in those times. Some pregnancy and parenting skills became obsolete, new techniques and routines caring for mother and baby were established.

During all my pregnancies I was very aware of the sacred being that was developing and being nurtured inside me. I loved being pregnant. I was lucky to have healthy and happy pregnancies and easy natural births due, I think, to my healthy eating, daily meditation routines, positive mindset and my awareness in an energy force greater than self.

It is 21 years on now. My youngest son has just celebrated his 21st birthday. My eldest son, now in his thirties, is expecting his first child.....my first grandchild. This exciting and momentous occasion has drawn me once more into the memories of my own pregnancies and births. Feeling closely connected to my son's partner, I watch and see her blossom through the various stages of her pregnancy. I feel and

experience an unbelievable connection to the baby she is carrying. The beginning of the future generations of our family. Once again I am drawn into the magic and mystery of the miracle of a new human being formed. A gift to the parents that have conceived the baby, and a gift to the entire world.

I am the founder of My Sacred Baby which helps expectant parents create a deep spiritual connection to their unborn baby. My Sacred Baby supports Mums-to-Be to create a strong energetic foundation within self where their evolving baby can flourish as it's bathed in a cocoon of pure and clear energy. This is a natural process which allows the mother and baby to connect on a deep spiritual level feeling a rhythmic pattern of energy between them. Dads-to-be are encouraged to join in and experience this wondrous connection. It is a process which is deeply relaxing and calming.

Healthy foods, balanced emotions and positive thoughts all contribute to your personal energy frequency.

The more physically, emotionally, mentally and spiritually well the new parents-to-be are, the more likely the baby will come into this world with the highest potential to be the best that they are meant to be.

I wish you the most incredible pregnancy, birth and baby journey ♥



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Introduction

Congratulations 🍀

You are pregnant and you know there is a small baby bundle growing inside you. You are probably excited, thrilled and possibly anxious all at the same time ! It is usually a time when you first begin to realise that you are no longer responsible just for self. There is another human being formed inside you that, at this stage, you are wholly responsible for.

With pregnancy come changes in your physical body, your emotional state, your mental wellbeing, and also your concepts of spirituality and the greater meaning of life. These changes are all normal and natural. Your body has new chemicals and hormones surging through it, providing nourishment for you and the little being your body is nurturing.

Experiencing a deeper connection to your unborn baby means raising your own energy frequency so that your intuition is heightened, you feel a peaceful stillness within and you are much more in tune with yourself and your body.

The 3 Steps to Experience a Deeper Connection to Your Unborn Baby include:

Step: 1
Body



Step: 2
Mind



Step: 3
Spirit



Step: 1

Body



Healthy Eating

Looking after your physical body while you are pregnant is of the utmost importance. All the food and drink you now consume provide nutrients, vitamins and minerals to not only your body but also provide nourishment to your growing baby.

In my work as a Food/Nutrition coach I educate my pregnant clients on eating 'high frequency' foods and drinks.

As the author Robert O. Becker, MD, states in his book *The Body Electric*, the human body has an electrical frequency and that much about a person's health and wellbeing can be determined by this frequency.

My belief is that as the mother's personal energy frequency rises, this also supports a healthy energy frequency for the baby she is carrying.

Natural, organic, unprocessed foods, such as fruit, vegetables, nuts and grains, all have a high energy frequency.

Alkaline foods tend to raise your personal body frequency, an overload of acid foods lowers your frequency. Become a more conscious eater. Recognise that you are now no longer eating to satisfy your taste buds, you are also eating to provide nutrients, vitamins and minerals to a developing human being.

Research has shown that the food a mother eats during pregnancy can affect the development of her baby, and may also affect the baby's health later in life.

Water

Drinking lots of purified water is also important. Water is a natural conductor of electricity (energy). Therefore the more water you drink the more the energy can naturally flow through your body. Another advantage of eating lots of natural foods and drinking lots of water is to prevent constipation, which is common, especially in early pregnancy.

Morning Sickness

Morning sickness can also be managed with a more natural diet. The pregnancy hormones which are surging through your body become more balanced when your body is filled with life enhancing foods. Some thoughts on morning sickness is that it is a way the body prevents the mother from eating anything that may have any traces of virus or bacteria in it, helping the mother-to-be avoid foods that may create a lower frequency in the body.

Eating small, regular, healthy meals throughout the day helps the stomach digest food more easily and efficiently. Try not to drink and eat at the same time. Drinking with meals dilutes the stomach acids that are working to digest the food you have just eaten.

One tablespoon of raw apple cider vinegar in a glass of water taken 20 minutes before a meal helps with the digestion of foods and may relieve the symptoms of morning sickness.

Ginger, in the form of fresh ginger or ginger tea, often helps with feelings of nausea associated with morning sickness.

Exercise

It is important to incorporate some type of daily exercise routine while pregnant. Pregnancy places excess weight and pressure on your joints and ligaments, so exercising helps to build a healthy physical body. Exercise also releases endorphins, which are the 'happy' hormones. The more happy and content you feel inside, the more balanced and resonant your energy field becomes. Always ensure you check with your prenatal medical attendant before embarking on any exercise routine.

Vitamin D

Vitamin D from sunlight is essential for everyone's health. Our bodies create hormones from the interaction between Vitamin D and cholesterol. Spending at least 15 minutes a day in the midday sun is vital to everyone's health and wellbeing.

Quality Sleep

A good night's sleep can never be overestimated as this is the time our bodies self repair and self heal, our minds release much of the stress of the day.

Your body is working overtime while pregnant. Some tips for a restful sleep are:

- Cup of chamomile tea before bed
- No heavy carbohydrates with the evening meal – these take longer to digest and can cause disturbances in the digestive process
- A couple of pieces of raw cacao chocolate can be a great sleep treat. Cacao contains tryptophan which helps the body to relax
- Using 100% therapeutic grade essential oils. Lavender, sweet orange and rose geranium are all relaxing and calming. You can put a small dab of the oil on your wrists, simply smell the aroma from the bottle or add a couple of drops to your bath. Always do a personal sensitivity test of the oils before

using consistently – dilute one drop of oil in 5ml of olive oil, or some other quality vegetable oil, and gently rub on inside of arm. If there is no reaction within ½ hour or so you may presume the oil is safe for you to use. As I said though, ensure the essential oils you use are 100% therapeutic grade, with no fillers, chemicals or other synthetic additives.

Please contact me if you are unsure of the quality essential oil brands to use.

info@MySacredBaby.com

Step: 2

Mind



Your thoughts and emotions affect the overall wellbeing of your body as well. As you think so you become.

Pregnancy is a time of personal challenge and vulnerability. Your body is changing rapidly, you feel different inside, you are more emotional than usual, you are generally more tired than usual. All these things compounded would make anyone a bit irritable. Added to this can be the frustration of morning sickness as well !

A positive mindset is essential during your pregnancy. What your mind can conceive, you can achieve.

One of the best remedies for irritability and emotional outbursts is exercise. Exercise boosts your happy hormones, the endorphins. Exercise can also help with your self esteem and personal confidence.

Joining ante natal groups keeps you connected to other pregnant mums where you can discuss similar symptoms or challenges.

Mindset

Staying in a positive mindset during your pregnancy supports your own energetic frequency as well as that of your baby. Remember 'thoughts are things'. Find things in your life everyday that you can appreciate and be grateful for.

Setting Goals

Set SMART goals for yourself. Remember that we all tend to overestimate what we can achieve in one week, and underestimate what we can achieve in one month.

The acronym for 'SMART' goal setting is:

S – Specific

M – Measurable

A – Achievable

R – Realistic

T – Timely

Set goals for yourself that are easily achievable. Think about your priorities, always bringing into consideration the extra rest and relaxation you need at this time. What 'has' to be done, what can be put off till later?

Be very specific with your goals. Be clear about what you want to achieve and do only that. Make your goals measurable. This means that you know clearly when the goal, or task, is completed. For example if one of your goals is to cook and freeze 3 meals for the week, once the 3 meals are done you know that goal is finished.

Ensure the goal is reasonably achievable. Don't overextend, or over estimate yourself. Be realistic in your goal setting. It is very unlikely that cleaning the house gutters is a realistic goal while pregnant !! Set yourself a doable time frame, for example creating 3 reports for work in ½ hour may not be doable.

Stress

Stress creates acid residue in your body. We need a certain amount of stress each day to keep us motivated and inspired. Extreme or ongoing stress is not healthy.

Ways to manage your stress levels:

- Daily meditation
- Being creative
- Quality sleep
- Relaxation time
- Quality family/friends/partner time
- Exercise
- Self hypnosis protocols
- Essential oils

Step: 3

Spirit



Pregnant mums often gain an awareness of a spiritual connection to something greater than self. A new pregnancy brings with it the realisation that you are providing a safe and nourishing place for a new human being to grow.

Meditation

A daily meditation practice is a good habit to get into. Meditation has many benefits for your physical health and wellbeing. From a spiritual perspective, meditation helps you to align to a quiet and still centre within your being. It enhances your intuition and reawakens your feminine wisdom and inner 'knowing'.

A good way to learn to meditate is to purchase 'guided' meditations or join a meditation group. Guided meditations are easy to follow. The artist speaks throughout the entire meditation. This means if your mind begins to wander during the meditation, you will hear the meditation guide speaking and your mind will come back to the meditative space again. This 'mind wandering' may happen a few times

until you become more used to your meditation practice. I have a range of quality guided meditations with relaxing background music that I have produced on my websites:

www.MySacredBaby.com

www.DonnaLouiseAttard.com

Prayer

Prayer can be called another form of meditation. Prayer is a focused connection to a source of energy beyond self. If prayer is your preferred connection to God, or spirit, begin to fill your prayers with meaning and intent for a healthy pregnancy and healthy baby, knowing that you and your baby are being looked after by a 'divine' source.

Affirmations

Affirmations are positive statements repeated to self. Affirmations need to be said in the present time, with the positive outcome of what you want to achieve. For example if you would like to make an affirmation for an easy birth construct the statement in the following way 'My body is relaxed and ready for the birth of my healthy baby'. This statement is made in the present time with positive outcomes outlined. An incorrect form of this statement would be 'I want the aches and pains that I have had in my body for the past 2 months to be gone.'

Always state your affirmations in the present time in a positive way.

Conclusion

I hope this report has set off some 'aha moments' in your awareness of the importance of managing the energy frequency of your own body state through food and nutrition, meditation, exercise, essential oils, water and positive mindset.

As I mentioned earlier I am the founder of My Sacred Baby. At My Sacred Baby we work on creating a strong energy foundation for the soon-to-be Mum, her partner and the developing baby in the womb.

My Sacred Baby is a multidisciplinary therapy with a range of natural therapy modalities that can be used in each session. The My Sacred Baby modalities include experiential baby connection, pregnancy counselling, self hypnosis protocols, meditation techniques, stress relief techniques, nutrition evaluation, energy balancing, intuitive messages from the baby, My Sacred Baby hypnobirth education and spiritual pregnancy awakening.

Our My Sacred Baby specialists provide personalised and holistic approaches that ensure your pregnancy health and the wellbeing of your baby are functioning at the most optimal for mother and baby.

All the best on your pregnancy journey, birth and new baby !!

Best wishes

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My Sacred Baby

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Resources

http://www.babycenter.com/0_quitting-smoking-during-pregnancy-compare-your-options_1406034.bc?page=3

<http://www.nlm.nih.gov/medlineplus/healthproblemsinpregnancy.html>

<https://www.thewomens.org.au/health-information/pregnancy-and-birth/a-healthy-pregnancy/common-concerns-in-early-pregnancy/>

<http://www.babycenter.com/pregnancy-health-problems>

<http://www.healthline.com/health/pregnancy/concerns-tips#3>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2866430/>

www.birth.com.au