

## “Love to Your Lips”

A Guided Meditation/Poem for the Expectant Mom

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Please use the below meditation poem as a pathway to connect with your unborn child. He will not understand the words, of course, but he will understand the feelings that the words are rooted in, the essence of the spoken. Before reading, find yourself in a calm, quiet place. When you begin to recite, visualize your child outside in a sacred sanctuary, maybe surrounded by wildflowers and butterflies or anything that is comforting to you. Read through this meditation a number of times to convey a message of true peace and harmony here on Earth... even in the midst of crisis today. **We imagine our reality, we feel our reality, we live our reality, we make the world a better place!** This meditation comes through me, from my 10-month old daughter, Catherine Rose, a child who is now at peace. Her spirit talks of the essence of nature she feels, and she shares this experience with you and your child!

~Namaste~

*Sit to the South on a step made of wood,  
smiling around yourself.  
Hang your legs and dangle your feet to the Earth,  
Whisper your toes to the green grasses.  
Stories known by the child of enchanted memories,  
will blow in the wind today.  
In the direction of the divine child,  
of me and of you.  
Powerful yet Soft  
Love to your Lips, she says*

*You swim.  
You feel the sacred water of the pool missing her mother....  
As you move through her and with her, she caresses you even so.  
Your heart becomes bold,  
returning to the ocean once more.  
Free your soul of fear and flow!  
Powerful yet Soft.  
Love to your Lips, She says.*

*You walk.  
Entranced by nature and your senses,  
your Eyes see beyond the trees, and  
Your Ears hear deep into the sky.  
The sweet taste of nectar dives into your being,  
as wild blackberries come into your belly.  
The smell of white sage burning strong, reminds you to dance with the drumbeat of Mother Earth, the  
Divine Mother.  
Everything is how it should be,  
Powerful yet Soft your Heart Is!  
Love to your lips, She says.  
Love to your Lips, She says. Love to your Lips.*