



MANIFEST LIFE: A TRAUMA-INFORMED PRENATAL YOGA AND HEALING SERIES

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THE TRAUMA-CONSCIOUS
Yoga Institute



INTRODUCTION

WELCOME TO MANIFEST LIFE!

Friends, I am so pleased that you are here. Pregnancy is such a powerful time. A time of expansion and growth, in more ways than one- an incredible time to heal and deepen our connection to ourselves and the life growing within.

It is my mission to help birthing people heal and find their voice and self-authority in their pregnancy, birth and parenting journeys.

The activities in this workbook will help you dive deep into many different areas within your past and present, as well as set positive intentions for your future. Every exercise in this workbook is one that I've personally done, usually many times, as well as shared with clients. The work here is truly alchemical and I invite you to move at your own pace and revisit the practices that resonate the most deeply and provide the most healing.

Within each chakra chapter on your course dashboard, I give a suggested outline of how to integrate the workbook practices with the guided audios and movement/yoga sequences within that chapter.

As a note, the practices in this course are not a replacement for a relationship with a licensed mental health professional.

Again, thank you for your presence, your devotion to your health and healing, and for entrusting me to be of service to you at such a special, sacred time.

Peace to you. Let's begin!
Nityda



ROOT: I TRUST

ROOT INVOCATION

We are held- we and the precious gift of life growing inside us, cocooned inside the safety of our womb, are unconditionally held and protected. Our bodies are meant for this. Our bodies know how to do this. The wisdom within our bodies is beyond what our minds can comprehend yet we trust unconditionally our bodies' innate capacity to grow, nourish and sustain life. We are intricately connected to our ancestors and all who've walked here before us, birthing life from their wombs and walking the future generations closer to freedom.

ROOT: MY FAMILY, MY CULTURE, MY BELIEFS

Our current belief system, as well as our conscious and unconscious fears, have been informed by our family of origin (or adoptive family or chosen family) and culture (this extends to the media and our education system).

I invite you to explore how your upbringing has influenced your current beliefs and value systems as well as fears around pregnancy, labor, birth, and parenthood.

My Family of Origin (or Adoptive/Chosen Family)
views _____ in this way.

Conception: _____

Pregnancy: _____

Labor/Birth: _____

Parenthood: _____

And this has informed my personal beliefs/fears that:

**What is my place in my Family of Origin (or Adoptive/
Chosen Family)?** _____

**Has my place in my Family of Origin (or Adoptive/
Chosen Family) influenced my personal beliefs/fears,
and how?** _____

1. Family of origin relates to birth family or biological family, most specifically your immediate family and those who lived in the house with you growing up

The Society and Culture that I grew up in, including the media and education system, views _____ in this way.

Conception: _____

Pregnancy: _____

Labor/Birth: _____

Parenthood: _____

And this has informed my personal beliefs/fears that:

What is my place in my Society/Culture?

Has my place in my Society/Culture influenced my personal beliefs/fears, and how?

***To see the rest of this exercise please register for the full course at:**

<https://bit.ly/traumainformedprenatalyoga1>

ROOT: CULTIVATING TRUST IN THE BODY

Whether or not you're carrying unresolved trauma in your body during your pregnancy, you may find trusting your body challenging. This is very common, perhaps even more so for first time parents who have not experienced these types of body changes before.

You may have fear around your body's ability to sustain the life of your baby, grow a healthy baby, carry a healthy baby to full term, birth a baby, or support you through parenthood. You may be concerned about what your aches, pains, and physical symptoms mean about you and your baby's health.

It's also common for pregnant people to have body image concerns arise especially as their bodies become the focus of friends, family, care providers and strangers alike.

Please use these prompts below to help you connect to your relationship with your body today. I invite you to come back and revisit these questions from time to time to see what's shifted.

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RELEASE: CUTTING CORDS

The Womb's Truth:

My womb is a place for creativity, compassion, nurturance, growth, and love. The generative wisdom of my womb, literally breathing and birthing life into this world, is the power source that sustains this Universe, that keeps this world going, the wellspring of life itself, a reflection of Divinity in this earthly realm.

Womb work is beautiful work to do. As parents, our motivational drives and instincts are centered around protecting our children, so now more than ever this work is of paramount relevance and can feel incredibly empowering.

This work can be done with the assistance of a licensed mental health professional specializing in trauma, or on your own if that's comfortable for you.

I invite you to place your hands on your womb, take some deep breaths, and send thoughts of loving kindness to your baby and your womb that safely cocoons them. Silently, or aloud, especially if in your second or third trimester where your baby can hear the sound of your voice.



Let your baby know: ***I will always protect you. I will always love you. I will always do my best to keep you safe. Any pain I feel does not belong to you. You are pure love and pure light and pure joy- I will always help you remember this.***

Let your baby know you are excited for their arrival! And let them know it's important to you that you release pain and fear from your body to create even more space for their ever-expanding, loving, joyous presence.

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EMPOWER: STATING YOUR PEACE

Sometimes there are things we needed to say to another that we didn't get the chance to say at that time. For example, we may have words for the person that hurt us, or we may have lost a loved one but there was more we needed to tell them that we didn't have the chance to say. Healing comes with finding and using our voice.

I invite you to make a list of the people who you never got to state your peace to. Use more paper if needed.

One at a time I invite you to write a letter to each person on your list. Take your time with this. Instead of actually sending the letter you can imagine the person sitting across from you, with your support system and guides around you if desired, and read this letter aloud, imagining that you are reading it to this person. As you read and afterward, allow your body to move and shake free any residual trauma and tension.

ENLIGHTEN: ATTENDING TO THE WOUNDED PLACE

After listening to the audio, ***Attending to the Wounded Place***, I invite you to take some time here to write about your experience: what showed up for you, your emotional responses to what showed up, what's left to be healed etc. This is a practice to be visited regularly, especially if you find that parts of you are needing your attention and healing.

[illegible]

EVOLVE: HEALING THE MOTHER WOUND

During the organic cycle of pregnancy it is natural that our own mother wounds be awakened. This is to be expected. As we prepare for motherhood, whether this be our first child or our fifth, it is a wonderful time to heal our own mother wounds.

What is the mother wound? Mother wounds are emotional and embodied scars that burden us as a result of our relationship with our mother and the previous generations of mothers in our lineage. Mother wounds relate to the intergenerational trauma that is passed down to us in our DNA by way of the parent-child relationships that came before us, as well as the parent-child relationship we had with our caregivers, specifically our mother or that person in the maternal role.

In Western psychology, we speak about the “good enough mother,” a term coined by British pediatrician and psychoanalyst, Donald Winnicott in 1953. This was a theory based on the idea that children actually benefit from imperfect parenting (parenting that is intentionally kind and not abusive). I remember in one of my undergraduate psychology classes having a professor relate this to our own parenting, saying that it’s okay to make mistakes as a parent- we can’t be perfect but if we try our hardest we can be “good enough” to raise children that grow into well-adjusted members of society. There are many intricacies that come up here that relate to the systems that operate in the West including the patriarchy, but all in all, many of us had “good enough mothers.”

As a note, if you were adopted or had multiple caregivers filling the maternal role, you may choose to do this for each- the choice is yours.

***To see the rest of this exercise please register for the full course at:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

EVOLVE: PREPARING FOR THE FOURTH TRIMESTER

If you go to google and type in “Postpartum Plan Template” you will be met with many great resources around creating a fourth trimester plan. One such template you can find at Earth Mama Organics: <http://blog.earthmama.com/earth-mama-free-lying-postpartum-plan/>

In addition to finding a postpartum plan template that resonates with you and hiring a postpartum doula, if the resources are available to you, I invite you to practice the following with me.

In her book, *The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality*, Kimberly Johnson describes how “many cultures share the idea of a Golden Month, or lying-in period, that is often around 40 days.” This is considered a sacred time during which the mother is invited to rest and is often mothered by her own mother and/or other women in her community.

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