

(introductory music)

**DISCLAIMER:** Welcome to *Taking Back Birth*, a podcast for women who know the truth about birth and those who want to explore the path of radical birth love. I'm your host, Maryn Green. *Taking Back Birth* celebrates the power you have to make decisions in alignment with your own truth. Decisions not subject to anyone else's authority. Decisions that create experiences that will change your life. *Taking Back Birth* is a production of the Indie Birth Private Contract Association and indiebirth.org. No material on this podcast should be considered medical advice. Birth is not a medical event.

(music)

**MARYN:** This is a body scan guided meditation to raise your vibration. When you raise your vibration, you impact the entire universe while also enhancing your physical and mental immunity. Your body holds feelings. Yet when stressed, we all often don't consciously feel. The purpose of this meditation is to feel what's what and our power in altering what we want to feel while also raising the positive vibration.

Close your eyes. Just breathe. It's so natural in stressful time that we forget we can breathe in that we are breathing. So just notice there's no right way or wrong way to breathe. Just observe what your body knows how to do. Breathe all the way down to your feet, into your feet, into the soles of your feet, and ground them into the earth. Feel that connection here and now. Feel how strong your feet feel and how rooted and connected they are.

Now that you're grounded you're going to notice feeling specific sensations in specific areas. As always, do what's right for you and refrain from judging yourself. Scan your body and see if you can identify the sensation of fear. What does it feel like? Where is it? Remember just notice. Wherever you feel it, if you feel it may be unique for you. How you feel it may be unique for you. Maybe fear is deep within your body or on the surface. It may feel like a shaky or scattered sensation or whatever it feels like for you. Identify this place in your body and this feeling of fear, if you can as best as you can. Breathe. Breathe. Breathe life into this space, this feeling of fear. Replace the fear with a higher vibration. One of love. Maybe it's your reason for being. Maybe it's family or friends or a specific memory that brings up feelings of love. Soak into this shimmer, joyful feeling and try to capture it. Hold it like a photo with your body. Feel love. Fear can become love.

Next see if you can feel and identify the feeling of lack. Sensations of not enough, scarcity, and being left behind. Where in your body can you feel this? Do you feel this? Identify the place and the feeling, if it feels right for you, and use your breath to bring life energy to this space. Breathe into this space a feeling of true gratitude, whatever that is,

whatever that feels like for you. Maybe it's a deep trust in the process. Maybe it's waking up beside a beautiful baby. Maybe it's feeling just truly lucky for having food and gas in the car. Feel this deep, deep sensation of gratitude for all that is just as it is. You raise your vibration with feelings of gratitude.

Feel into your body again. Keep breathing. Is there any loneliness hiding out anywhere? Breathe and just mentally and physically, emotionally scan your entire body as slowly as you need to and see if you find a place where there is a feeling of isolation, loneliness, being separate, and vulnerable. It can be difficult to identify these feelings and to acknowledge that we all hold them at times. So if it feels right, breathe into these feelings and use your breath to feel them. We're not trying to ignore feelings or change them just because they don't feel good. First we must feel them and identify where we hold them. Is it possible to replace these feelings of loneliness with connection? What is true connection? Maybe to you, it's something bigger. Maybe you access the energy of trust, protection, and guidance by a higher source. Maybe true connection, for you, is with others. Can you feel the feelings of being so understood and accepted by another? You can replace these feelings of disconnect and loneliness with feelings of authentic connection.

Scan your body one last time for now and just notice. There is no judgment on what you feel or where you feel it. Everyone is different. It's simply the acknowledging that we do feel and often these feelings get stuck and can lower our vibration. Maybe more feelings are coming up as you're scanning. Perhaps make a mental note, if you desire, to save these feelings for later or another round or for some reflection on what is coming up for you when you're quiet and breathing and connected. Maybe you were able to raise your vibration through this exercise, and you feel transformed. Now you know the power of yourself and intention. And maybe you were not able to raise your vibration. Maybe these feelings feel more intense and stuck. Just acknowledge without judgment and know that you're right where you should be and that it's your choice to breathe in and feel or not or whatever method or technique you have for just being in your body as a human. There is no right way.

Breathe again and just send love to yourself. Whatever you were able to do or feel or accomplish or not accomplish is meaningful and loving yourself regardless does change your vibration and does affect the rest of the world. Love yourself for showing up today, for doing this meditation, for caring about your internal state which is absolutely all that we have control over. May all beings be free.

(closing music)