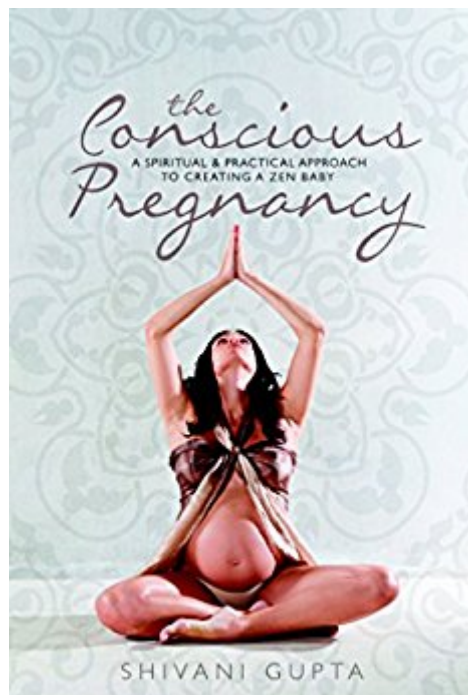




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# The Conscious Pregnancy: A Spiritual And Practical Approach To Creating A Zen Baby



## Synopsis

Pregnant women have been taught to not question doctor's orders. They have learned to comply with practices that are popular, but not entirely necessary. This militant way of unquestioning "because the doctor said so" can be disempowering to the expectant mother and outright even dangerous, in many cases. In *The Conscious Pregnancy*, Shivani Gupta offers a spiritual and practical approach that empowers the modern-day woman to not feel guilty about going against societal norms to have a blissful pregnancy and childbirth.

**WHAT YOU'LL LEARN:** The concept for *The Conscious Pregnancy* was born in the same delivery room where Shivani gave birth to Anya, her first child. Despite Shivani's healthy pregnancy, Anya had arrived seven days late and spent ten days in the Neonatal Intensive Care Unit (NICU) with a collapsed lung. It was a traumatizing childbirth she wishes upon no one—a bittersweet experience that became the impetus for Shivani to develop a new framework fusing Western practices with ancient Eastern healing modalities. Shivani vowed that when she became pregnant again, she was going to run the show—all the way into the birthing room. When Shivani gave birth to her second child, Aditya, her experience was much different than her first. Aditya arrived at 38 weeks and she delivered him with no complications. Shivani credits her conscious living framework for the heavenly childbirth experience the second time around because it prepared her mind, body, and spirit to make a Zen baby. For the first time ever, Shivani shares her framework publicly in *The Conscious Pregnancy*. Through her writing and work as an Ayurvedic Practitioner and Healer, Shivani is blazing trails to help women throw out the rules, trust their intuition, and run the show. *The Conscious Pregnancy* is comprised of five distinct phases a woman goes through before, during, and after pregnancy:

1. Building the Baby Palace (Pre-Pregnancy)
2. The Sad, Sick, and Spent Phase (Trimester One)
3. The Beautiful, Blessed, and Blissful Phase (Trimester Two)
4. The Eager, Excruciating, and Equipped Phase (Trimester Three)
5. The Rebuilding, Restoring, and Renewing Phase (Post-Pregnancy)

As you read the chapters and apply the tools that make the most sense to you, Shivani urges you to release the guilt we attach to why, what, how, and who we should be during pregnancy and childbirth.

**WHAT YOU'LL GET:** Here are some of the free resources and tools you'll get inside the book to help you navigate the journey before, during, and after pregnancy:

- Detox and Supplements Recommendations
- Reducing Toxic Burden in Your Home and Body
- The Conscious Pregnancy Lifestyle Self-Survey
- Simple Self-Care Rituals
- Ayurvedic Must Do's
- Basic Must Do's
- Ways to Channel Your Creative Energies
- Ways to Make the Third Trimester Tolerable
- Conscious Birthing
- The Conscious Pregnancy Lifestyle Choices
- The Conscious Pregnancy Diet Guidelines
- The 42-Day "Taking Care of Mom after Birth" Guide
- Terms, Definitions, and

Resources from the Experts (including additional information on birthing centers, homeopathy, energy medicine, and more)WHO THE BOOK IS FOR:-Women who are thinking about getting pregnant (in Chapter 1, youâ™ll learn why preparing at least six months to a year before conception is the best way to plan for a healthy and happy pregnancy and childbirth)-Women who already are pregnant (in Chapters 2 through 5, youâ™ll gain additional knowledge on Ayurveda and also basic must doâ™s every pregnant woman must know that can equip you for an optimal pregnancy and childbirth, and a conscious rest of your life)-Newly-delivered moms (in Chapter 5, youâ™ll learn crucial information to help you rebuild, restore, and renew your body, and youâ™ll also get a postpartum guide to help you develop a healthier and happy baby)

## Book Information

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## Customer Reviews

The Conscious Pregnancy is a beautiful book for any woman who is either looking to be pregnant or just cares about herself. The title is Conscious Pregnancy, but the information inside is for any woman who is interested in living a healthier life through truly simple habits and choices. Shivani shares her vulnerable experiences through pregnancies and birth while giving suggestions that make you see you have options that will be better for the baby and give your life more peace and

joy in the process. Instead of overwhelming the reader with all the things that can go wrong or every nuance of pregnancy you can experience "that's been done before" it provides a great attitude and mindset for living a happy life, pregnant or not.

This is the book of the moment for pregnant women and couples, midwives, doulas and educators. The Conscious Pregnancy is an empowering book offering a spiritual and practical approach for the modern-day woman. There is a lot of helpful advice, positive discussion and support about having a blissful pregnancy.

Gorgeous cover. Beautiful message. Perfect size and quick read for anyone interested in conscious living strategies that are easy to understand, implement and sustain regardless of whether you are trying to get pregnant.

It did not add any information that would be beneficial to my pregnancy. All what was written are already known and can be achieved easily through any Google search. Also her style of writing is very annoying and I really got bored reading it and was skipping paragraphs trying to find a new information or anything of interest. I am really regret buying this book

There is a plethora of information regarding alternative healing and pregnancy in circulation. As a life and health coach contemplating my own conscious pregnancy, I appreciate this concise overview founded in personal experience, ancient wisdom, and practical modernity. I applaud Shivani for drawing from lessons learned in the various aspects of her life and being bold enough to share them with others. I applaud Shivani for allowing this to be a meeting place for east and west. I would recommend this light yet informative read to life coaches, health coaches, doulas, midwives, medical practitioners, and men and women preparing for a child. This is a great resource for all family members supporting the process (thank you for highlighting the importance of that) to all become intentionally aligned. Wishing you every success and continued reach  
#wellnesswarriorsunite

I'm in my 30's and just now starting to consider starting a family ... I'm SO GLAD THIS WAS MY FIRST BOOK on the subject !! From page 1, you can feel it was written with kindness as a genuine attempt to educate and empower women to take control of their pregnancy journey and not buy into the fear-based stories we constantly hear. I'm so grateful and you will be too! It's a quick read and

practical guide you can refer back to... 5 STARS !!

It feels like I read this book in just one breath! With her knowledge, passion, and insight, Shivani brings sacredness and empowerment back to new mamas. Pregnancy is properly realized as a spiritual journey, and The Conscious Pregnancy provides everything we need for this sacred process.

This book has been an eye-opener for me—very empowering. It will definitely encourage anyone trying to conceive to have a look within themselves, listen to their bodies, be conscious, be present in the journey, and find ways to use wonderful natural methods. I can't wait to buy a handful of copies of this book to gift all my friends who are pregnant right now or trying to get pregnant!

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