



***Yoga, Pregnancy & Mothering: Giving Birth to Conscious Beings  
Serving Pregnant Students & New Mothers in Yoga  
Part II: Using the Koshic Model - The Bliss Body***

1. Using the Koshas to Explore Pregnancy Experience
  - a. The Koshas are the dimensions or levels of human being. They offer a map for the journey of self discovery. This map of being comes from an ancient spiritual science called Vedanta. These dimensions can be described as bodies: physical, energetic, psycho-emotional, wisdom and bliss.
2. Anandamayakosha: The Bliss Body
  - a. Relates to true self, which is more fundamental than personality. The nature of this self is one of inner bliss, contentment, stillness. Through a process of deepening our awareness of our true nature, we come to realize ourselves as complete and while in each moment. Yoga postures, breathing and meditation techniques can help develop the calm concentration in which insight can arise.
3. Anandamayakosha
  - a. What is happening in a woman's bliss body?
    - i. A pregnant woman's body can be viewed as a primal expression of unity: The womb is close to the original source of unity. This unity gives us a sense of contentment, peace and bliss not dependent on external conditions. Identifying who we truly are and understanding the part we play in the universe brings all levels of our being into harmony. Fostering an experiential awareness of connection can offer profound glimpses of a unity which is intrinsic, innate, the essence and foundation of who we are and of existence itself.
  - b. Practices to support her through this period
    - i. Practices which can lead to an experiential opening, dissolving separation fostering connection and an experience of joy.
      - (1) Hyrydakash dharana
        - (a) Observing fears arise in the heart. Exploring feelings as objects – transforming “my fear” to “the fear” and allowing it to melt in the warmth and love of the heart.
        - (b) Visualize a flower – a flower you most attune with – imagining it deeply grounded in the earth, the nectar of love and sweetness arising from the flower then spreads though out the body, nourishing the entire body/mind (can use other images from nature)

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### (2) Meditation

- (a) Holding only warmth or love in the heart
- (b) Holding only open flower (can use other images from nature)
- (c) Metta – Loving Kindness Meditation

### (3) Prayer & chanting

- (a) Ātmā Hrdaye (Let my life force be linked to my Heart) Hrdayam Mayi (Let my Heart be linked to the Truth within me) Aham Amrte (Let this Truth be linked to the Eternal) Amrtam Ānandam (That Eternal which is Unending Bliss)
- (b) May the Long Time Sun Shine Upon You