



CHERISHED BABY

## Sacred, Conscious Pregnancy: 7 Keys

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**KEY 1:** Be aware of how you feel about your pregnancy.

**KEY 2:** Consider opening to your pregnancy and as a sacred journey; an initiation and 'Rite of Passage'.

**KEY 3:** Recognize your preborn child as a conscious being; a soul wanting to know they are welcomed. Nurture this connection. Partners/siblings too!

**KEY 4:** Become aware of your fears. Clear past traumas. Get help to move through them to confidence and empowerment.

**KEY 5:** Recognize birth as a normal, natural part of life. Birth is not an illness. Your body and your baby know how to birth. Practice connecting with your inner wisdom

**KEY 6:** Build your team. Who do you want/ need for this journey?

**KEY 7:** Inventory your life. What are your stressors? Your birth story? Your parenting style of choice? What are you grateful for? What choices will support your life's vision?

Might pregnancy coaching support you with these keys? Please email [holm.nc@gmail.com](mailto:holm.nc@gmail.com), call 425-483-5811 or text 206-972-0822 to contact Leubgythe (Nancy) Holm, Ph.D., PPNE\*

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