

10 minute daily LOVE bubble

Eye contact

*10 minutes
skin to skin or
massage*

Touch

Oxytocin

Smell

Talking

ENJOY CREATING YOUR LOVE BUBBLE

Love bubble meditation [link](#)

Love bubble spotify playlist [link](#)

To find out more about baby massage, visit

www.blossomandberry.com

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Love Bubble Meditation

Begin your meditation by choosing a comfortable position to relax.

Bring your baby to you. Find a place on your body that is comfortable for your baby to rest and relax. If possible, practice skin to skin by unbuttoning your shirt or lifting your top so that baby's chest is skin to skin with yours.

If you prefer to gaze at your baby, place him/her in front of you and rub your hands together to warm them and then place one hand or both of them on your baby's belly.

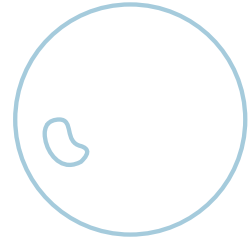
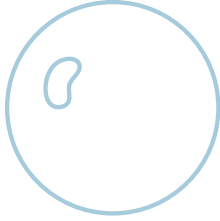
Start to synchronise your breath with your baby's breath.

Become aware of how you are connected. How your body is an extension of his/hers. Become aware of how your baby feels in your arms or through your hands. Connect to the beauty of this moment and the connection that flows between you. Tune into your baby. Fully sense his/her presence with you.

Gradually notice the stillness of your body. Relax your stomach, chest and shoulders and begin to focus on your breath.

Breathe in deeply through the nose, allowing the air to flow down to your diaphragm, and then release. Connect to the breath and become aware of how that feels in your body. The gentle rise and fall of your chest as you effortlessly breathe. Feel the flow of life within you.

Become aware of how your body feels when you connect with the breath. Feel your body begin to feel heavier, letting go of any tension in the body. Let your shoulders relax and release any tension in the jaw. Unclench your teeth. Feel a wave of relaxation entering your body from the top of your head and travelling down your body towards your toes. With each breath, relaxing more deeply. Trusting, releasing and letting go. Feeling safe. Feeling secure. Feeling held.



Close your eyes and begin to see yourself and your baby. See yourselves connected together. You are the same. You are one.

Now, begin to imagine a big bubble all around you. This is a love bubble. It is the most beautiful bubble you have ever seen. Light, shiny and iridescent. Surrounding you both. Protecting you both. Shielding you from sound, from noise, from anything that is overwhelming you.

Now you are safely in this love bubble, begin to visualise a place that you have been in the past where you felt relaxed and at peace. See it, hear it, feel it. Recreate the sensations of that place, that time and now fill up the space inside the bubble with this environment.



Use your senses to fully feel, see and hear everything around you.

Now I want you to find 5 words that describe how you feel inside this love bubble. Any words that represent what you feel, hear and see.

Using these words set your intention for the time you and your baby spend together. When you connect with each other. When you have quiet time. This is the love bubble of positive energy you are surrounding yourself in.



Now think about your life in the present moment.

Who are the people you are surrounded by? Do they feed this positive energy? Do they energise and make you feel joy? If so then let them enter your bubble and be with you. If they don't then you have the protection of the bubble to keep your energy high and you can keep them outside the bubble. Now do the same with anything else arising in your thoughts. People, places, experiences, words. Again, bring into the bubble all that energises you, brings you joy and makes you feel supported and loved and move out all the things, feelings and experiences that don't.

Think about your life and ask yourself is there anything else you can do to have more of this positive energy in your love bubble and if so, invite it in.

Now imagine the bubble is gently sealing with all this positive energy inside. Keeping you safe. Giving you a place to be you. To explore all your feelings and be supported.

If you ever feel negative or overwhelmed you can return to the love bubble to feel safe and protected.

So, in a moment we are going to bring our attention back into the room.

Back into our bodies.

Reconnecting with the breath entering and leaving the body.

Becoming more aware of our surroundings and sensations in the body. Feeling our babies close to us.

We are going to introduce a bit of movement into the hands and feet.

When you are ready you can gently open your eyes and meet the room.

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The Five Foundations Of Connection

