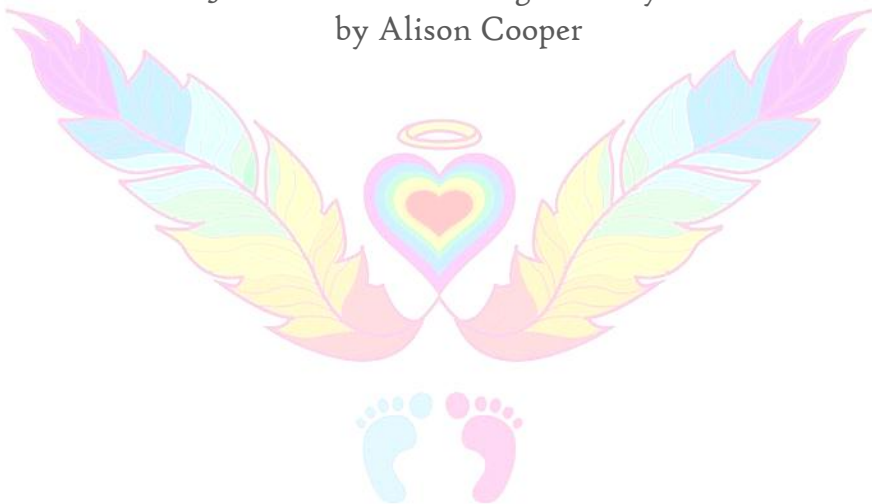


# Over The Rainbow

A Journal for Miscarriage & Baby Loss  
by Alison Cooper



Over The Rainbow Miscarriage & Baby Loss Journal by Alison Cooper

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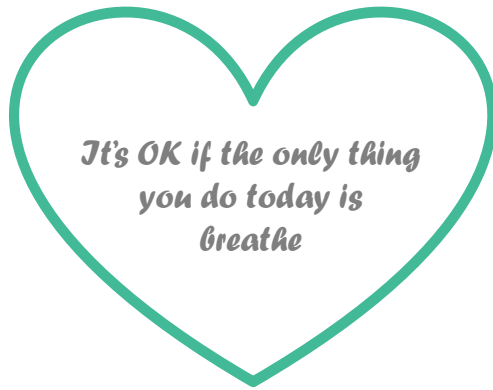
Ingram Spark





*I'm sorry for your loss.*

*I personally know that finding out your baby has died is the worst feeling imaginable. The shock is unbearable. It feels like your heart has been ripped apart and you struggle to even breathe. You have no idea how you will ever function again. Your dreams of your future together, shattered. My hope is that this journal will be a helpful tool in your healing journey. Sometimes you don't want to talk to anyone but venting your feelings can be very helpful & journaling is a fantastic way to do so. This applies for anyone affected, not only the parents.*



Grief is a normal and natural reaction to loss, it is the emotional suffering you feel when someone you love is taken away.

Physical symptoms such as tiredness, exhaustion, difficulty breathing, loss of appetite or comfort eating can appear, so just be aware of them. If you have any concerns then speak to your doctor

You have permission to rest  
Take time for you  
You will make it through  
It won't be easy  
But you will make it



I can't go over or under it

I have to go through it

I must surrender to what is

And allow all thoughts and feelings to come forth

I release all pain trapped inside of me

I will rise from the Ashes and be a new better version of me

I accept the transformation



## Using the journal

Journaling is an effective tool to use in the healing process when you don't know where to turn. Sometimes words are hard to find so it also enables you to draw or stick things to show how you are truly feeling. Your journal can be kept forever to revisit any time in the future, and one of the best things is that it is private - you can add anything you like and no one ever has to see if you don't want them to. You can be the real you, with no fear of being judged.

Try not to think too much about what you are writing, don't worry about spellings or grammar, just go with the flow.

Parts of the journal have been deliberately left open for you to write, draw & express in any way that you like with just a few prompts. It is beyond the toughest of times for you right now, but you need to grieve in your own unique way. Believe that it's possible to live with the grief and move forward. Please do not think that you are alone - there are people out there who would be honoured to walk this path with you: your partner, husband, friend and sometimes the least expected people step up for you.

No two people will ever grieve in the same way & I can only share what I found useful to me in the hope that you may find something that resonates with you. Please do take as little or as much from the suggestions you feel comfortable with. Add your own ideas to the pages and just do what feels right for you. As you visit the sadness and darkness of your grief, my hope is that you will also find your inner light

I wish you the very best and please know that you are never alone.

Namaste

Ali x



## *About the baby...*

Does the *baby* have a name?

If they have one, how was the name chosen?

Baby's date of birth:

Was there more than one *baby*?

Do you know how much they weighed?

Anything else you'd like to add about them?...



What happened?...













Is there anything you'd like to tell your baby?



Your baby was and still is part of you & your family











Who I told, how they reacted...



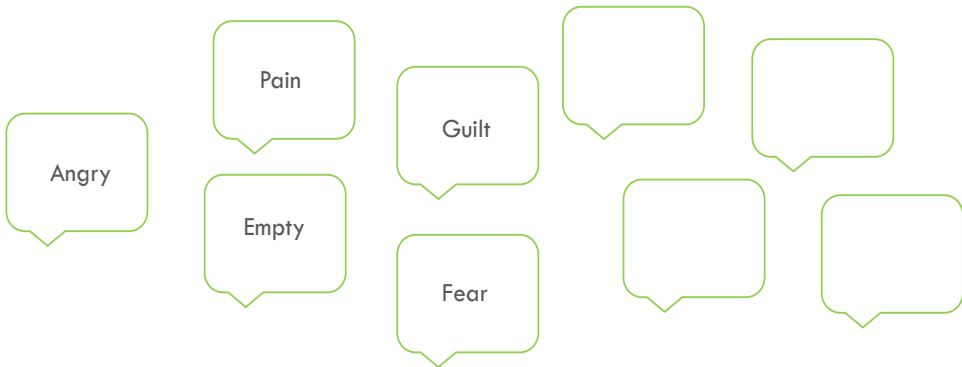
I take one day at a time



Date:.....

How I feel today...

Colour in, cross out and/or add your own words



Draw a picture of how you feel:

A large, empty rectangular box with a thin green border, intended for the user to draw a picture representing their current feelings.

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



## How to get through each day

Initially, you may not want to get out of bed, and that is perfectly OK. Here are some ideas that might help you through the day, even just for 5 minutes, if you feel up to it. You must do what feels best for you. It is your right to feel the way you do.

\*A soak in the bath

\*Sit in the garden and listen to the sounds of nature, feel the sun, breeze or rain on your face

\*Go for a walk and notice things that are around you. The trees, the leaves, the flowers, look up at the sky...

\*Ask for what you need

\*Write in your journal

\*Snuggle up in a blanket

\*Diffuse essential oils

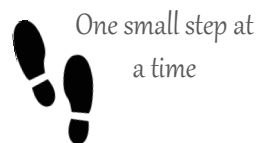
\*Read a book/magazine

\*Pets are great healers. If you don't have a pet you could volunteer at a pet rescue shelter or join borrow my doggy

\*Cuddle

\*Meet friends

\*Accept help



Listen to some music

My 10 favourite songs

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Breathe. You will make it through this, there will be many up's and downs. Life throws us things that we think is the end but it can also be the beginning of something new. You can survive this. Don't give up. You are not alone.



## Creative healing

Art and creativity is a great healer.

We all have different ways of expressing ourselves. It could be painting, drawing, music, singing, dancing, gardening or any other outlet you enjoy.

Sometimes it's impossible to find the words we need to express our feelings, but anyone can create something and it's extremely therapeutic and healing.

Many beautiful pieces have made from people who are grieving. Yet, it's about the process - not being the best artist.



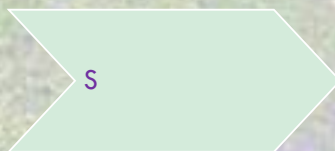
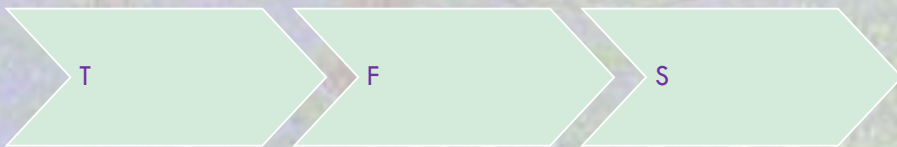
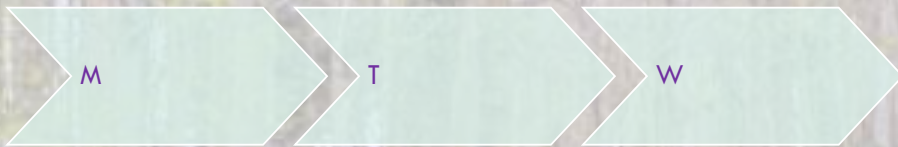
### My healing

This is the Fairy garden I made after I lost my daughter Ada. It now has pride of place in our garden. To me, just the process of making it was healing. I adore having it where I can easily see it every day & when the roses appear it's just beautiful. Each year I seem to get an extra flower which so far has corresponded with Ada's age, it's like a message from her that she's still around.



Week beginning.....

One thing to get you through today...



I am going to get through this 1 day at a time

Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*





Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I take one day at a time



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I take one day at a time





Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?

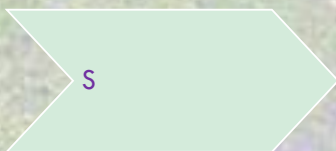
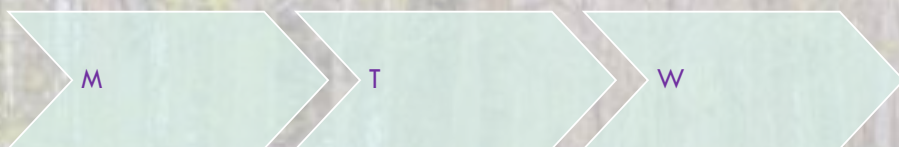


I take one day at a time



Week beginning.....

One thing to get you through today...



*I am compassionate to myself and towards others*

Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I take one day at a time





Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I take one day at a time





Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*



Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I take one day at a time*





## FOREVER CHANGED

IF YOU LOOK CLOSELY AND FEEL AT THE PARTS OF A FEATHER, THEY ARE FLEXIBLE AND THEY STRETCH. BUT IF YOU PULL A LITTLE TOO HARD IT LEAVES A SPACE - A HOLE - AND IT HAS A NEW STRUCTURE. IT STILL LOOKS PRETTY MUCH THE SAME TO ANY OTHER PERSON THAT LOOKS AT IT, BUT IT WOULD NOT WORK IN EXACTLY THE SAME WAY AS BEFORE. WHEN WE LOSE A BABY WE LOOK THE SAME ON THE OUTSIDE. OUR FRIENDS AND FAMILY KNOW IT MUST BE HURTING US, BUT THEY CANNOT KNOW HOW MUCH UNLESS THEY HAVE EXPERIENCED IT, AND EVEN THEN IT IS DIFFERENT FOR EVERYONE.

PEOPLE GENERALLY FEAR DEATH AND DO NOT WANT TO TALK ABOUT DYING OR GRIEF, SO WHEN SOMEONE THEY KNOW LOSES A BABY THEY DON'T REALLY UNDERSTAND, AND THEY DON'T KNOW WHAT TO SAY. IT IS NOT THEIR FAULT. WELL MEANING FRIENDS OR FAMILY MAY SAY, 'IT JUST WASN'T MEANT TO BE' OR 'AT LEAST YOU CAN TRY AGAIN' FOR THEY CANNOT CONTEMPLATE THE ACTUAL LOSS THAT WE FEEL FOR THE BABY THAT WE WERE CARRYING INSIDE OF US. IT CANNOT BE REPLACED, EVER.

THAT LITTLE PIECE OF US WILL NEVER BE THE SAME AGAIN. WE ARE FOREVER CHANGED



What can you do to look after yourself?

Massage

Reiki

Spa day

Lunch with friends/family

Weekend away

Holiday

Acupuncture

Reflexology

Exercise (if allowed)

Dance

Gardening

Join a support group

Other ideas:



*I take one day at a time*

Date.....

Write, draw or stick anything you like to express your feelings today

I wish my family would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I surrender to my feelings

Date:.....

My family & I

Today we talked about....







Date.....

Write, draw or stick anything you like to express your feelings today

I wish my friends would...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



The power is within me to work through this

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Today I will...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



Peace begins with me

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

When I'm alone I...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I respect myself and my feelings



Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Do I need to ask for help today?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I never give up

Date:.....

My family & I

Today we talked about....



Date.....

Write, draw or stick anything you like to express your feelings today

People supporting me right now...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I love and accept myself*

Date:.....

My family & I

Today we talked about....



Date.....

Write, draw or stick anything you like to express your feelings today

The hardest part is...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I am loved

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

My family helps me...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



It feels safe for me to express my feelings

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

How can I help myself?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I am enough

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Have you been out today?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I am loved*

Date:.....

My family & I

Today we talked about....







Date.....

Write, draw or stick anything you like to express your feelings today

Do you have a favourite quote or poem?

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I value my life

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Are you eating healthily? What could you change?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I love every cell of my body*

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Can you write a few words that give you hope for the future?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I take care of myself



Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Did anyone call today?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I am special, I am me

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Did anyone call today?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*I am grounded*

Date:.....

My family & I

Today we talked about....







Date.....

Write, draw or stick anything you like to express your feelings today

Did anyone call today?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



1 release my sadness

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Did anyone call today?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I release my emptiness

Date:.....

My family & I

Today we talked about....





Date.....

Write, draw or stick anything you like to express your feelings today

Did anyone call today?...

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



I am a survivor

Date:.....

My family & I

Today we talked about....









Chakras are energy centres in our bodies that vibrate the colours of the rainbow. They are like little wheels spinning away whilst we are totally unaware. Everything that happens to us on an emotional and mental level has an energetic impact which can impact our physical body. There are seven main chakras that we will focus on in this journal (though it should be noted that there are also another pair of chakras located in the soles of your feet that are used for grounding). Here is a brief outline of the ones we will focus on.

**The Root Chakra** vibrates a red colour and is located at the base of the spine. A main link with nature and Earth and deals with issues of a physical nature. Your root chakra may be weak if you feel a general lack of energy, are stuck in an unrewarding career or have foot or leg pains or immune disorders.

**The Sacral Chakra** vibrates an orange colour and is located under the navel area. It deals with issues of creativity and sexuality. Your sacral chakra may be weak if you find it difficult to open up in relationships or find it difficult to see how anyone could desire you.

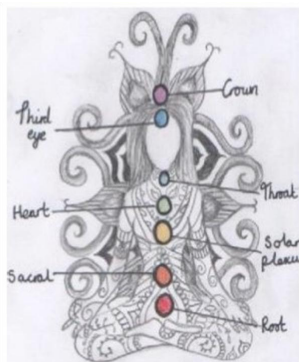
**The Solar Plexus** vibrates a yellow colour and is located in the centre just under your rib cage. It deals with issues of willpower, ambition and action. Your solar plexus may be weak if you have self-esteem issues, feel embarrassed by what people think of you or suffer stomach pains/anxiety.

**The Heart Chakra** vibrates a green & sometimes pink colour and is located in the centre of your chest by your heart. It deals with love, compassion and belonging. Your heart chakra may be weak if you are unable to let a situation rest because it didn't go your way, are clingy in relationships or experience chest pain, asthma or allergies.

**The Throat Chakra** vibrates a royal/light blue colour and is located right in the centre of your throat. It deals with self-expression and communication. Your throat chakra may be weak if you are afraid to speak your opinion around others, experience sore throats, swollen glands and are the quiet one in your professional or social circles.

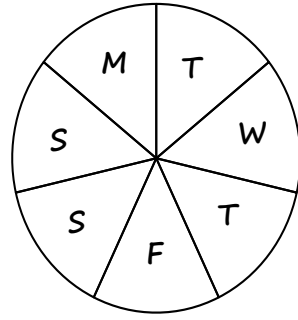
**The Third eye** vibrates a dark blue/light purple colour and is located right in the centre of your forehead. It deals with intuition, sense of purpose and direction in life. Your third eye may be weak if you are indecisive and unconfident of the decisions you make in life. You may experience headaches or tension in your brow area frequently.

**The Crown Chakra** vibrates a dark purple/gold colour and is located at the crown of your head. It deals with your connection to the divine in and around you and supports your central nervous system and brain functions. Your crown chakra may be weak if you feel lonely or insignificant, migraines or tension headaches or define yourself by what you have.



WEEK BEGINNING:.....

## ROOT CHAKRA HEALING



### *Shower Meditation: Root Chakra Cleanse*

*When in the shower place your dominant hand gently on your root chakra (your genitals) and your other hand open into the spray of water & repeat over and over out loud or in a whisper,*

*'I wash away anything that is not serving me for my highest good, I am grounded, I am safe, I have courage, I am loved'.*

*Feel and make a note of the water on your skin and imagine it all washing away taking any negative thoughts with it in to the plug hole keep repeating until you feel a release.*

#### Crystals:

Ruby  
Red Calcite  
Red Garnet  
Red jasper  
Bloodstone

Obsidian: Apache Tear (women, can place on your breast)  
Or any other red crystal that you are drawn to.

Lay with the crystal on your base chakra for at least 15 mins every day if you can. Listen to your favourite music if it's easier and just breath. Slowly breath in and out, notice each breath

#### *Breathing Exercise:*

*Close your eyes and as you breathe in imagine breathing in the colour red from your toes right up to the top of your head. Imagine the bright red colour filling you up and giving you loving energy. As you breathe out imagine all the sadness & negative emotions leaving you as the colour black. Repeat until you feel you need to.*

#### **Eat red foods every day:**

**Apples**  
**Raspberries**  
**Strawberries**  
**Peppers**  
**Beetroot**

Walk outside barefoot for 20 minutes.

Sit on the grass or beach and absorb the Earth's energy

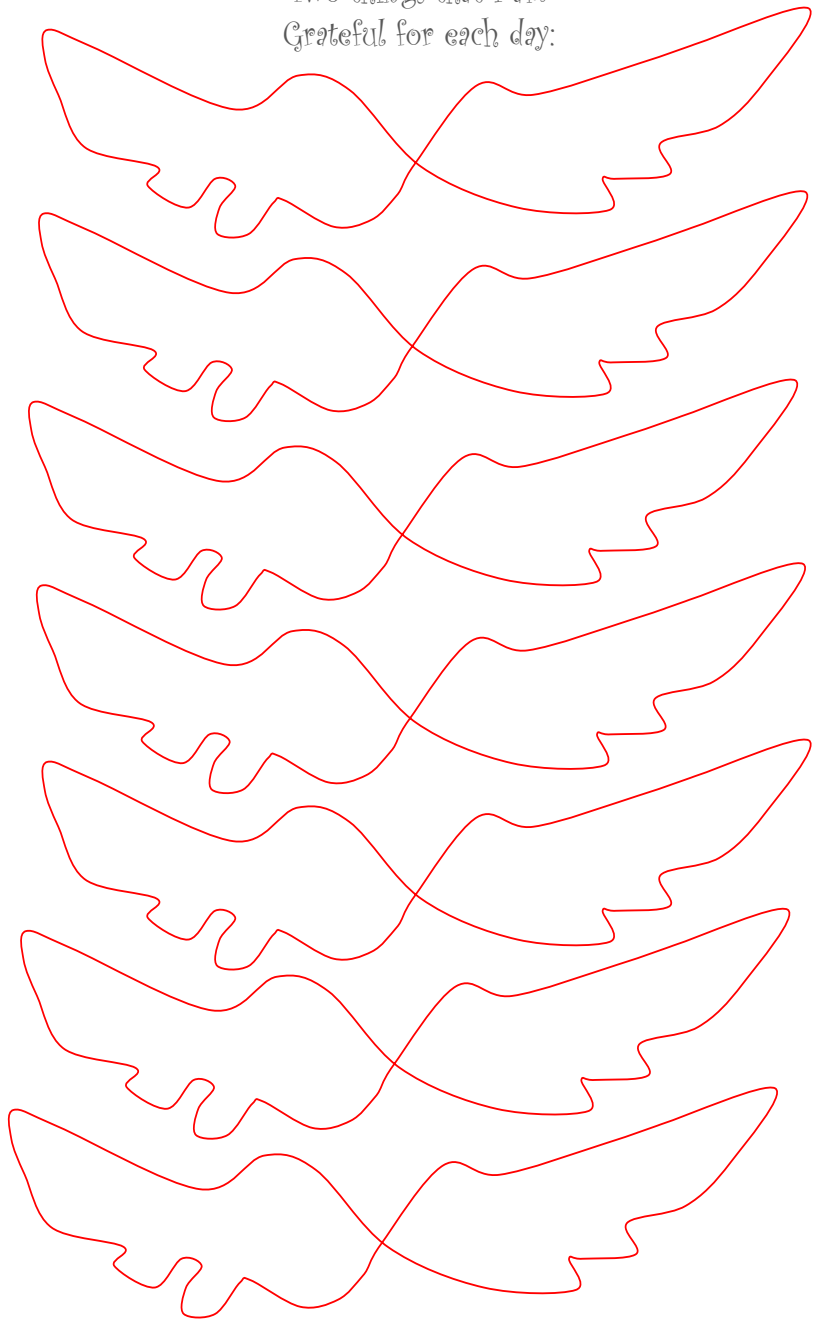


Mudra & Chant  
Place the tips of your thumb and index finger together. Chant the sound LAM

Add a few drops of Cyprus or cedar wood or cinnamon oil to your bath

# ROOT CHAKRA HEALING

Two things that I am  
Grateful for each day:



## ROOT CHAKRA HEALING

As you Continue with the daily exercises write or draw whatever you feel like

You might like to include the following:

What am I feeling?

What would make today a good day?

Could anything make me feel better?



Date:.....



Date:.....



Date:.....





Date:.....



Date:.....

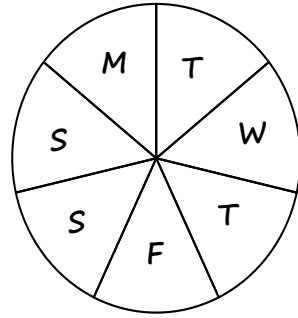


Date:.....



WEEK BEGINNING:.....

## SACRAL CHAKRA HEALING



### Shower Meditation: Sacral Chakra Cleanse

When in the shower place your dominant hand on your sacral chakra (located in the lower abdomen) and your other hand open into the spray of water & repeat over and over out loud or in a whisper,

*'I wash away anything that is not serving me for my highest good, I feel safe, I feel warm, I feel creative, I feel loved'*

Feel and make a note of the water on your skin and imagine it all washing away taking any negative thoughts with it in to the plug hole. Keep repeating until you feel a release

Drink lots of water & cinnamon bark tea

Crystals:  
Citrine  
Orange Carnelian  
Orange Calcite  
Amber

Or any orange crystal that you are drawn to

Spend time by water this week if you can. A lake, a river, the sea or even swimming.

Lay with the crystal on your sacral chakra for at least 15 mins every day if you can. Slowly breath in and out, notice each breath

### Eat orange foods every day:

Almonds  
Melon  
Pumpkin  
Oranges

What do you notice about the taste, if anything?



Try and do something that you enjoy this week. Sing, cook, walk, swim, ride a bike, dance anything



### Breathing Exercise:

Close your eyes and as you breathe in imagine breathing in the colour orange from your toes right up to the top of your head. Imagine the bright orange colour filling you up and giving you loving energy. As you breathe out imagine all the sadness & negative emotions leaving you as the colour black. Repeat until you feel you need to.

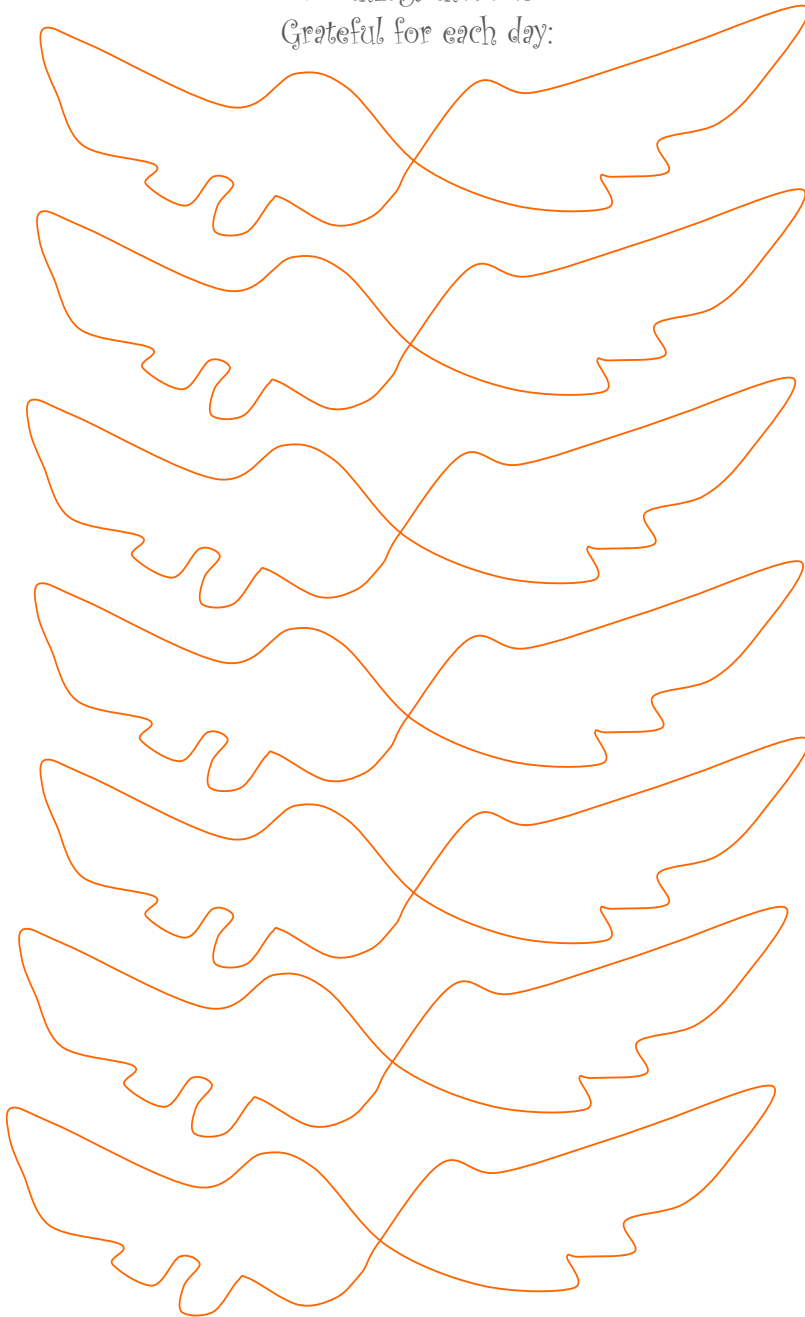
Add 1 cup of Epsom salts and a few drops of jasmine, neroli or orange essential oil to your bath

### Mudra & Chant

Place both hands in your lap, palms up on top of each other – left hand underneath. Touch the tips of your thumbs together. Place over your sacral chakra and chant Vam

# SACRAL CHAKRA HEALING

Two things that I am  
Grateful for each day:



## SACRAL CHAKRA HEALING

As you Continue with the daily exercises write or draw whatever you feel like

You might like to include the following:

What am I feeling?

What would make today a good day?

Could anything make me feel better?



Date:.....



Date:.....





Date:.....



Date:.....



Date:.....

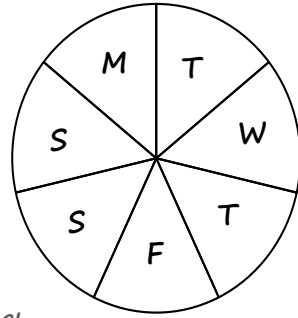


Date:.....



WEEK BEGINNING:.....

# SOLAR PLEXUS CHAKRA HEALING



### Shower Meditation: Solar Plexus Cleanse

When in the shower place your dominant hand on your solar plexus chakra (located just above the navel) and your other hand open into the spray of water & repeat over and over out loud or in a whisper,

*'I wash away anything that is not serving me for my highest good, I do enough, I am enough, I am powerful, I love and accept myself'*

Feel and make a note of the water on your skin and imagine it all washing away taking any negative thoughts with it in to the plug hole. Keep repeating until you feel a release

Light a fire outside, sit and see the sun rise or sun set. Take in the energies

Crystals:  
Pyrite  
Tigers eye  
Citrine

Lay with the crystal on your solar plexus for at least 15 mins every day if you can. Slowly breath in and out, notice each breath

Get creative. Paint, draw, craft, take photographs. Anything creative will help to strengthen your solar plexus

### Eat yellow foods every day:

- Corn
- Pineapple
- Bananas
- Tumeric
- Squash



Learn to say no to other people if it's not right for you

Try any exercise that helps strengthen your core muscles.

*Pilates, yoga, sit ups. Do as much as you feel able to do*

### Mudra & Chant

Place your hands just under your solar plexus, in front of your stomach. Join your fingertips pointing away from you outstretched but cross your thumbs over at the top. Chant Ram

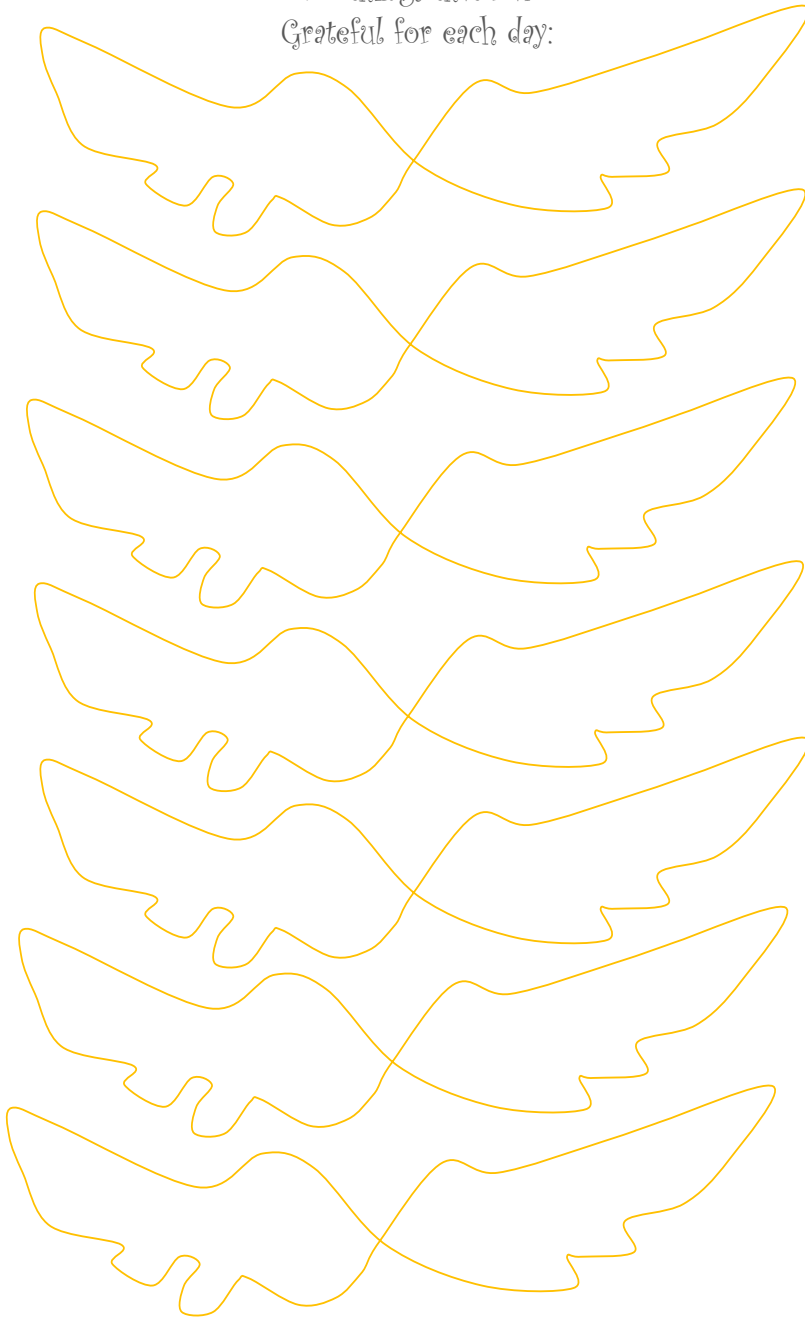
### Breathing Exercise:

Close your eyes and as you breathe in imagine breathing in the colour yellow from your toes right up to the top of your head. Imagine the bright yellow colour filling you up and giving you loving energy. As you breathe out imagine all the sadness & negative emotions leaving you as the colour black. Repeat until you feel you need to.

Add 1 cup of Epsom salts and a few drops of ginger, bergamot or lemon oil to your bath

# SOLAR PLEXUS CHAKRA HEALING

Two things that I am  
Grateful for each day:



## SOLAR PLEXUS CHAKRA HEALING

As you Continue with the daily exercises write or draw whatever you feel like

You might like to include the following:

What am I feeling?

What would make today a good day?

Could anything make me feel better?



Date:.....





Date:.....



Date:.....



Date:.....



Date:.....

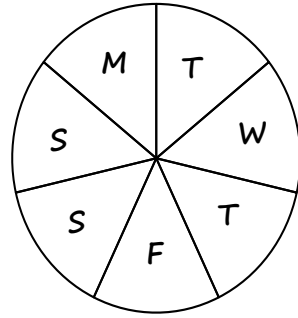


Date:.....



WEEK BEGINNING:.....

# HEART CHAKRA HEALING



### Shower Meditation: Heart Chakra Cleanse

When in the shower place your dominant hand on your heart chakra (located in the centre of your breastbone) and your other hand open into the spray of water & repeat over and over out loud or in a whisper,

*'I wash away anything that is not serving me for my highest good, I give love, I am loved, I love myself, love fills my heart and heals me'*

Feel and make a note of the water on your skin and imagine it all washing away taking any negative thoughts with it in to the plug hole. Keep repeating until you feel a release



### Eat green foods every day:

- Spinach
- Kale
- Lettuce
- Broccoli
- Avocado
- Grapes

### Notice how they feel in your mouth

Mudra & Chant  
Lightly join the tips of your right finger and thumb & place in front of your heart. Place your left hand on your knee.  
Chant Yam

### Drink liquorice tea

Connect with the air outside & nature.  
With people and animals.  
Ask for help

### Breathing Exercise:

Close your eyes and as you breathe in imagine breathing in the colour green from your toes right up to the top of your head. Imagine the bright green colour filling you up and giving you loving energy. As you breathe out imagine all the sadness & negative emotions leaving you as the colour black. Repeat until you feel you need to.

- Crystals:
- Rose Quartz
  - Jade
  - Emerald
  - Diamond

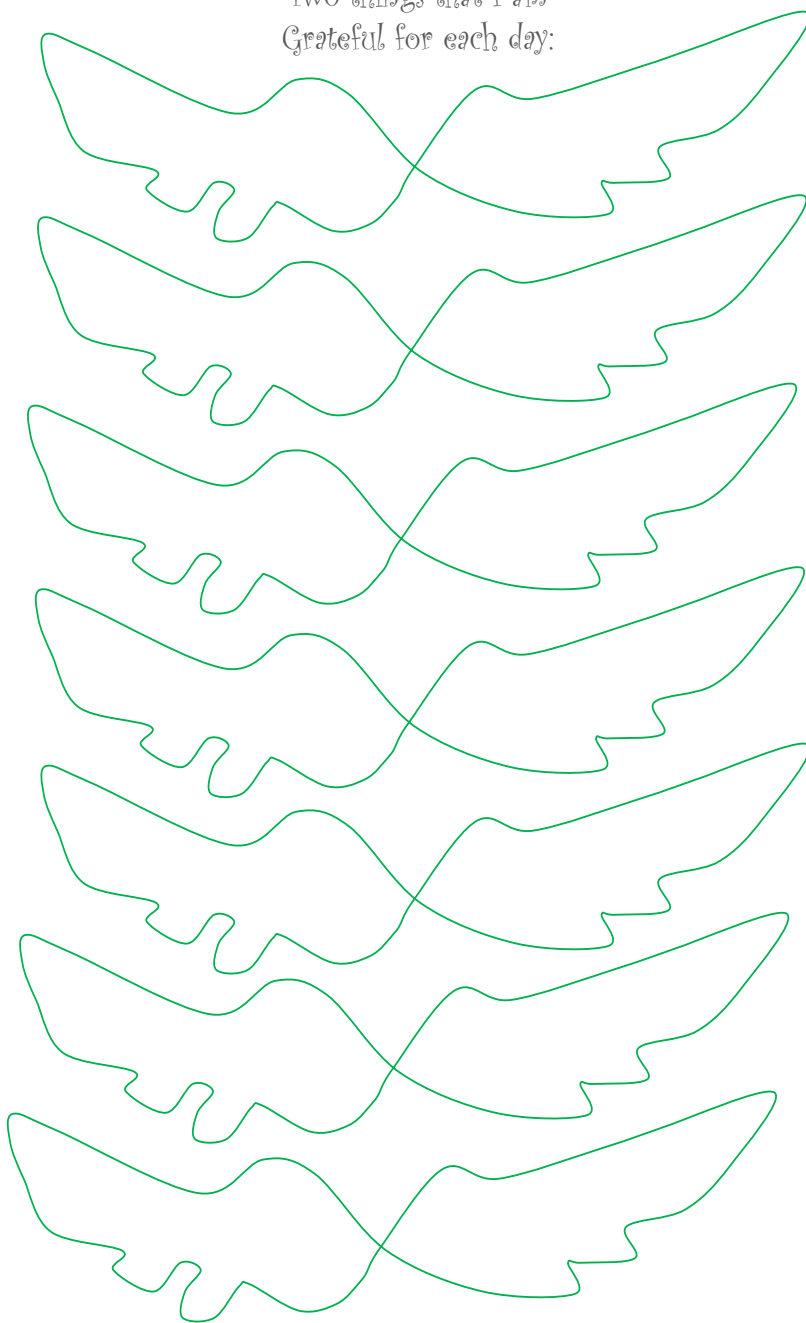
Or any other pink or green crystal that you are drawn to

Add 1 cup of Epsom salts and a few drops of rose or eucalyptus oil to your bath

Lay with the crystal on your heart chakra for at least 15 mins every day. Slowly breath in and out, notice each breath

# HEART CHAKRA HEALING

Two things that I am  
Grateful for each day:



## HEART CHAKRA HEALING

As you Continue with the daily exercises write or draw whatever you feel like

You might like to include the following:

What am I feeling?

What would make today a good day?

Could anything make me feel better?





Date:.....



Date:.....



Date:.....



Date:.....



Date:.....

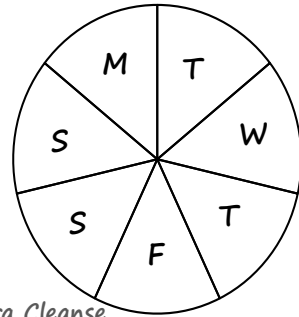


Date:.....



WEEK BEGINNING:.....

## THROAT CHAKRA HEALING



### Shower Meditation: Throat Chakra Cleanse

When in the shower place your dominant hand on your throat chakra (located in front at the base of your neck) and your other hand open into the spray of water & repeat over and over out loud or in a whisper,

*'I wash away anything that is not serving me for my highest good, I speak clearly, I express myself freely, I use my voice to express my needs'*

Feel and make a note of the water on your skin and imagine it all washing away taking any negative thoughts with it in to the plug hole. Keep repeating until you feel a release



### Eat blue foods every day:

Blueberries  
Blackberries  
Mushrooms  
Barley

### Notice how they feel in your mouth

### Drink hot lemon with turmeric

#### Mudra & Chant

Cross each of your fingers together on the inside of your hands and let the thumbs touch over the top, raise them slightly. Think about your throat chakra and chant Ham

### Breathing Exercise:

Close your eyes and as you breathe in imagine breathing in the colour light blue from your toes right up to the top of your head. Imagine the bright light blue colour filling you up and giving you loving energy. As you breathe out imagine all the sadness & negative emotions leaving you as the colour black. Repeat until you feel you need to.

Crystals:  
Turquoise  
Blue Calcite  
Aquamarine

Or any other blue crystal that you are drawn to

Lay with the crystal on your throat chakra for at least 15 mins every day. Slowly breath in and out, notice each breath

Go outside and look at the blue sky.

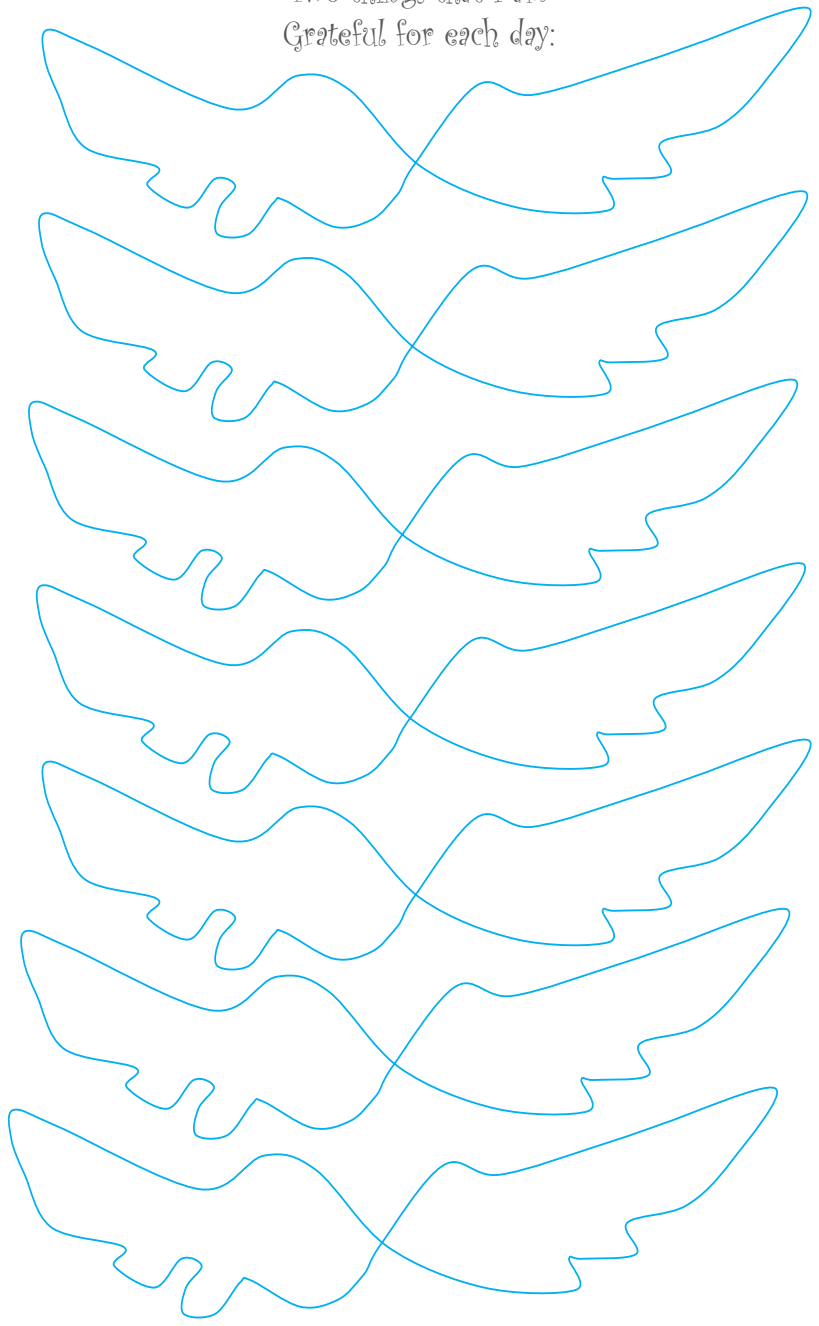
Express yourself, sing a song, call a friend, write a letter to yourself and write in the journal.

*Breathe in and out and notice each breathe you take, focus on it*

Add 1 cup of Epsom salts and a few drops of lavender or geranium oil to your bath

# THROAT CHAKRA HEALING

Two things that I am  
Grateful for each day:





## THROAT CHAKRA HEALING

As you Continue with the daily exercises write or draw whatever you feel like

You might like to include the following:

What am I feeling?

What would make today a good day?

Could anything make me feel better?



Date:.....



Date:.....



Date:.....



Date:.....



Date:.....



Date:.....



WEEK BEGINNING:.....

## THIRD EYE CHAKRA HEALING



### Shower Meditation: Third Eye Chakra Cleanse

When in the shower place your dominant hand on your Third Eye chakra (located in between your eyes) and your other hand open into the spray of water & repeat over and over out loud or in a whisper,

*'I wash away anything that is not serving me for my highest good, I release negativity so that I can see and think clearly, I am calm, I connect to my inner light'*

Feel and make a note of the water on your skin and imagine it all washing away taking any negative thoughts with it in to the plug hole. Keep repeating until you feel a release

*Buy some purple flowers*

Light therapy.

Sit outside in the sun – even if it is cloudy or raining

### Breathing Exercise:

*Close your eyes and as you breathe in imagine breathing in the colour light purple from your toes right up to the top of your head. Imagine the bright light purple colour filling you up and giving you loving energy. As you breathe out imagine all the sadness & negative emotions leaving you as the colour black. Repeat until you feel you need to.*

### Eat purple foods every day:

**Figs**  
**Aubergine**  
**Blackberries**  
**Grapes**

### Notice how they feel in your mouth

Crystals:  
Moonstone  
Sodalite  
Florite

Or any other purple crystal that you are drawn to

Lay with the crystal on your third eye chakra for at least 15 mins every day. Slowly breath in and out, notice each breath

How do you see what's going on around you? Focus, not on what might be or what you think but what really is

### Mudra & Chant

Place your hands in front just under your breast. Touch your middle finger tips together out straight and pointing forwards. All the other fingers are bent and touch at the upper two phalanges. Your thumbs pointing towards you and the tips touch together.

Chant Om (sound Aum)

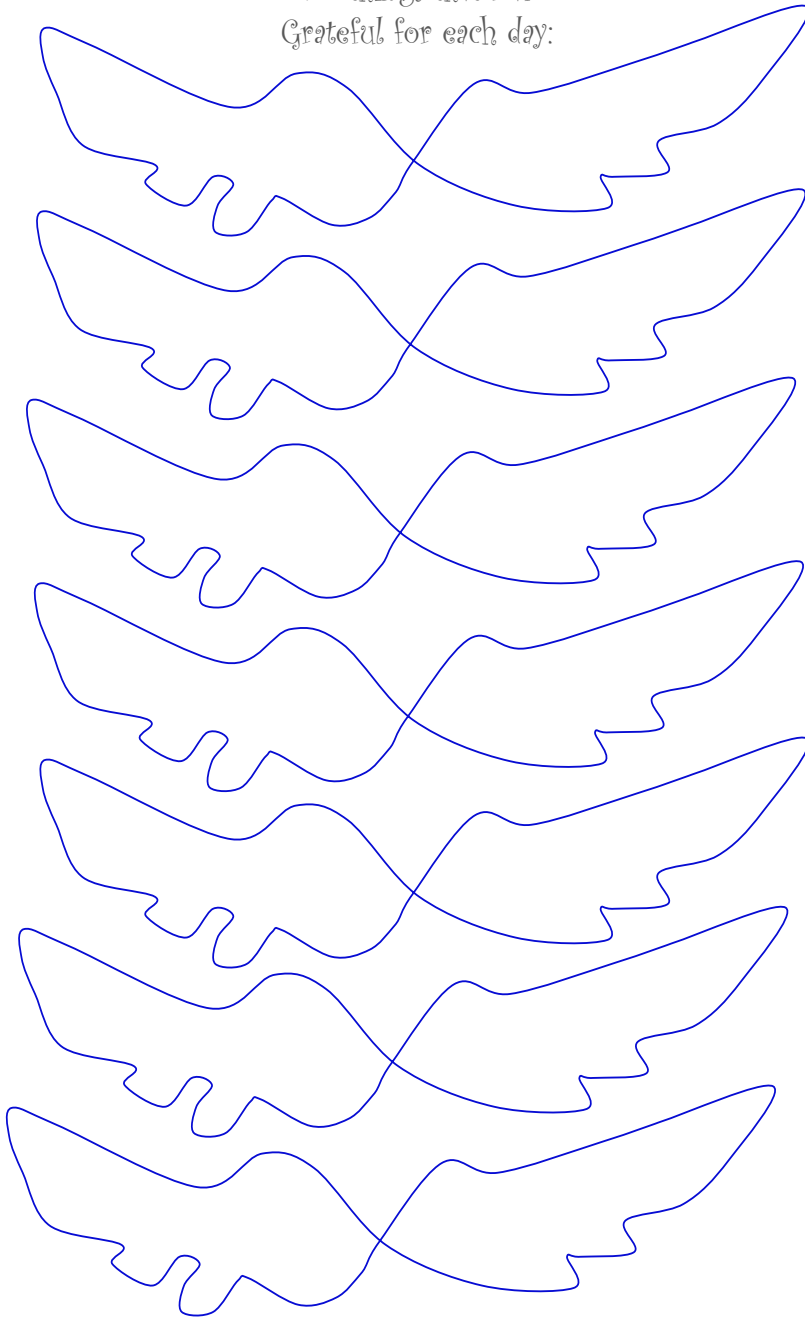
### Drink jasmine tea

Add 1 cup of Epsom salts and a few drops of sandalwood or clary sage oil to your bath



# THIRD EYE CHAKRA HEALING

Two things that I am  
Grateful for each day:



## THIRD EYE CHAKRA HEALING

As you Continue with the daily exercises write or draw whatever you feel like

You might like to include the following:

What am I feeling?

What would make today a good day?

Could anything make me feel better?



Date:.....



Date:.....



Date:.....



Date:.....



Date:.....



Date:.....





WEEK BEGINNING:.....

## CROWN CHAKRA HEALING



### *Shower Meditation: Crown Chakra Cleanse*

*When in the shower place your dominant hand on your crown chakra (located on the top of your head) and your other hand open into the spray of water & repeat over and over out loud or in a whisper,*

*'I wash away anything that is not serving me for my highest good, I release exhaustion and welcome refreshment, I release the need to know why, I trust my life's plan, love opens and heals me, I am at peace'*

*Feel and make a note of the water on your skin and imagine it all washing away taking any negative thoughts with it in to the plug hole. Keep repeating until you feel a release*

### *Breathing Exercise:*

*Close your eyes and as you breathe in imagine breathing in the colour purple or gold from your toes right up to the top of your head. Imagine the bright purple or gold colour filling you up and giving you loving energy. As you breathe out imagine all the sadness & negative emotions leaving you as the colour black. Repeat until you feel you need to.*

Rest. Sleep is so important, if you are finding it hard to sleep at night then try and take naps throughout the day if you can

Crystals:  
Amethyst  
Lepidolite  
Rock Quartz

Or any other white crystal that you are drawn to

Hold the crystal in your hand for at least 15 mins every day & slowly breath in and out, notice each breath. Or place it under your pillow or by your bedside at night.

Connect with all elements.

Dance  
Sing  
Chant

Meditate  
Meet friends & talk

**Nourish your body, consider a detox. Eat fresh foods:**

**Fresh fruit  
Fresh vegetables  
Fresh juices  
Fresh water**

**Notice how they feel in your mouth as you chew**

Mudra & Chant

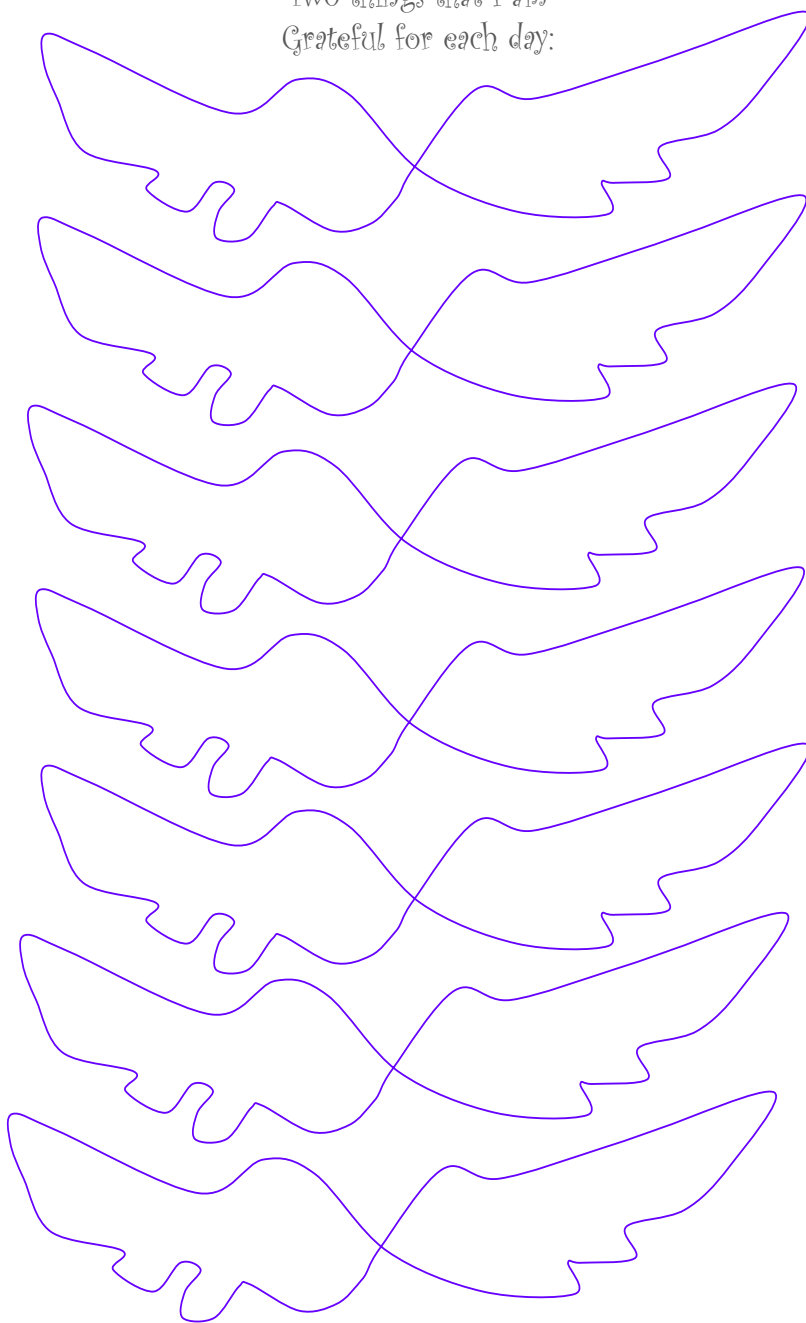
Place your hands in front of your stomach. Stretch your little fingers to touch at the tips away from you. Cross the rest of your fingers with your right thumb above the left. Think of your crown chakra being filled with light but do not Chant

*Buy some purple or white flowers*

**Add 1 cup of Epsom salts and a few drops of frankincense oil to your bath**

# CROWN CHAKRA HEALING

Two things that I am  
Grateful for each day:



## CROWN CHAKRA HEALING

As you Continue with the daily exercises write or draw whatever you feel like

You might like to include the following:

What am I feeling?

What would make today a good day?

Could anything make me feel better?



Date:.....



Date:.....



Date:.....



Date:.....



Date:.....





Date:.....



## AFTER THE CHAKRA HEALINGS

How do you feel?

Did you notice anything change?

Do you have a favourite crystal? Why? What did you like about it?

What was the most useful or enjoyable chakra healing exercise? Why?

Is it something you will continue to do? Why?

Any other comments?



I am love

Date:.....









*In my heart forever...*

*Since my losses my life has turned around, upside down & inside out but you can come out the other side & despite everything I am now grateful for it all. I know that can be a very hard concept, especially when you are in the thick of it all and it's still so raw for you. Believe me, it's something I never thought I'd say in a million years but, I truly am grateful.*

*I now appreciate life fully, I appreciate others, I love helping others, I am mindful, I will now accept help myself, I found my voice and I love myself & others fully. It's taken time but my life has been enriched by all of my experiences.*

*Baby bean & Ada have shown me what it means to love unconditionally. We have a very special bond forever, I carry them in my heart and know they are with me every day. I know we will meet again one day & until then, I love life.*



*I am grateful you've shown me what unconditional love is, thank you*

Date:.....

Write, draw or stick anything you like to express your feelings today

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*It feels safe for me to express my feelings*

Today I am grateful for...

1

2

3



I am love



Date:.....

Write, draw or stick anything you like to express your feelings today

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*It feels safe for me to express my feelings*

Today I am grateful for...

1

2

3



*I am loved*

Date:.....

Write, draw or stick anything you like to express your feelings today

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*It feels safe for me to express my feelings*

Today I am grateful for...

1

2

3



*I am love and I give love*

Date:.....

Write, draw or stick anything you like to express your feelings today

On a scale 1-10  
(10 being the saddest)  
how do you feel today?



*It feels safe for me to express my feelings*

Today I am grateful for...

1

2

3



Date:.....

## Friends

Has your circle of friends changed?

Have you met any new friends?

How have they helped you?



Today I am grateful for...

1

2

3

Write your own affirmation here:





Date:.....

## Memories

Would you/ did you create a memorial space?

If so, where is the space & what does it look like?

Do you have a photograph you might like to stick in here?



Today I am grateful for...

- 1
- 2
- 3

Write your own affirmation here:



Date:.....

Do you feel responsible for what happened?

Why?

Do you think you could have done anything differently?

Do you think anyone else was to blame? Why?



Today I am grateful for...

1

2

3

Write your own affirmation here:



Date:.....

What would you tell others about losing a baby?



Today I am grateful for...

- 1
- 2
- 3

Write your own affirmation here:



Date:.....

Has it made you want to do more things?



Today I am grateful for...

- 1
- 2
- 3

Write your own affirmation here:





Date:.....

What can you do to honour the baby on their birthday and anniversary's?



Write your own affirmation here:



Date:.....

What do you plan for yourself moving forward?



Write your own affirmation here:



Date:.....

Who has been the most helpful person and why?



Write your own affirmation here:



Date:.....

Do you think your grief will ever end? Why/why not?



Write your own affirmation here:





Date:.....

Why do you think this has happened?



Write your own affirmation here:



Date:.....

Has your relationship with your partner/family member changed?

How?



Write your own affirmation here:



Date:.....

What memories are you grateful for?



Write your own affirmation here:



Date:.....

Did anyone say anything that was hurtful?

Do you think they meant well?

Can you forgive them?



Write your own affirmation here:





Date:.....

What has been the most helpful thing that someone trying to help has said to you?

Why?



Write your own affirmation here:



Date:.....

Would you like to help others going through a loss/ miscarriage?



Write your own affirmation here:



Talking about your *baby* is perfectly okay.  
If anyone reacts badly it is a reflection of them and not you.  
Be you.  
No one will ever be in your shoes.  
All babies matter.





Date:.....

Have you noticed any signs that the baby is around you?

For example feathers, robins and other birds, repeating numbers or words,  
Dragonflies, music and rainbows are some things you may notice



Write your own affirmation here:

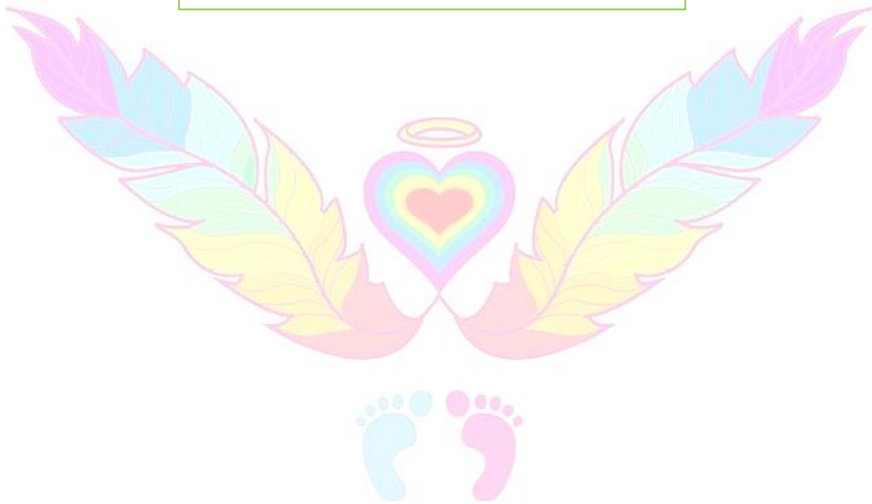
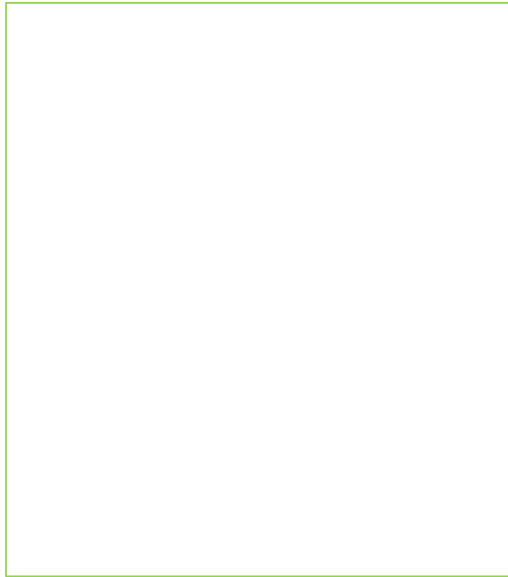




Date:.....

Draw a picture of yourself now

Is there a difference from the first picture you drew?



Write your own affirmation here:

Date:.....

Would you have a memorial tattoo done?

If you had one, draw some designs of what might it look like?



Write your own affirmation here:





# Trying to Conceive Again

Mind, body & soul

## Understanding The law of attraction

We can use the law of attraction in all aspects of our life. The way to use it when trying to get pregnant is by already thinking that you are and then letting go of the outcome. When we focus on wanting a baby so much then we are sending out vibrations of lack to the Universe, it's not our fault and obviously sadly some babies are never meant to be. I didn't know about this when we were trying to conceive. When we desperately want something so bad then we don't get it, not to make us angry or because we've done something wrong but because our focus is on the outcome & therefore 'lack of' which we send out in to the Universe just with our thought process.

In order to become pregnant and have a baby we have to get to a point where when we think about having a baby we think we have one already and then have fun, enjoy life and not think about it so as not to attract lack of.

How many people do you know who try to conceive for years and when they give up they are blessed with being pregnant, this is because they've released the outcome. This happened to me with my first son.

## Eat healthily

Organic food is really worth the investment if you can but any food grown from the Earth is a must. Avocado's, Asparagus, Broccoli, Bananas, leafy greens & lentils are all naturally rich in folate & this is by far the best usable resource for your body. Fresh fruit and vegetables, herbs and spices & avoid processed food. The Earth's nurturing vibrations will care for you and your baby and this is an important step that so many ignore.

## Supplements

As general advice I would suggest to supplement with the best quality probiotic you can afford as gut health is top priority. Also vitamins B12, B6 and methylfolate and NOT folic acid. Check any B complex or prenatsals do not contain folic acid. If you don't tolerate methylfolate very well then folic acid can be more suitable for you. Around 50% of the population have depleted resources of folic acid and cannot process the man made version so it gets stored in the body. There is a MTHFR test but many UK doctors do not test and will tell you that folic acid is okay, please do your own research and then make an informed decision yourself.

## Once Pregnant

It's an easy thing to say but once pregnant try and enjoy the pregnancy. Try and think positive thoughts such as

I am so happy my baby is coming to me  
I am confident, joyful and at peace in this pregnancy  
I love bonding with my baby  
I am grateful for the perfect baby growing inside of me (my partner)

It's not easy after a loss but you can do it a day at a time.  
Once your mind, body and soul are connected anything is possible.



Date:.....

## Trying to Conceive Again

If and when you feel ready; write your future baby a letter here. What do you want them to know? Write as if you are already pregnant again. Imagine bringing your baby home, what would it feel like? What does their face look like? Once your letter is written try and relax and be at peace, trust that the universe will provide for you. Now relax, enjoy life and focus on other things that bring you joy and your baby will be on it's way.















*Your baby will always be with you  
and you with them,  
they are just over the rainbow.  
Look for the signs.  
Soul to soul you are connected,  
your pure divine love  
can never be broken*

My hope is that this has been a useful tool for you to have worked through your own healing. You may or may not see it yet but we really are blessed to carry a love like no other for eternity. Take some comfort in knowing that your baby's soul is with you, watching and wishing that they could take away your pain. If you can be still & silent for long enough you might even feel or hear them yourself, notice the signs. This is just the beginning of the new you so be proud on how far you have come and know that your souls are forever connected.

You are amazing.

**Life is for living  
I am so proud of me**



In memory of baby bean 2009  
& Ada; born too early 7<sup>th</sup> November, 2010