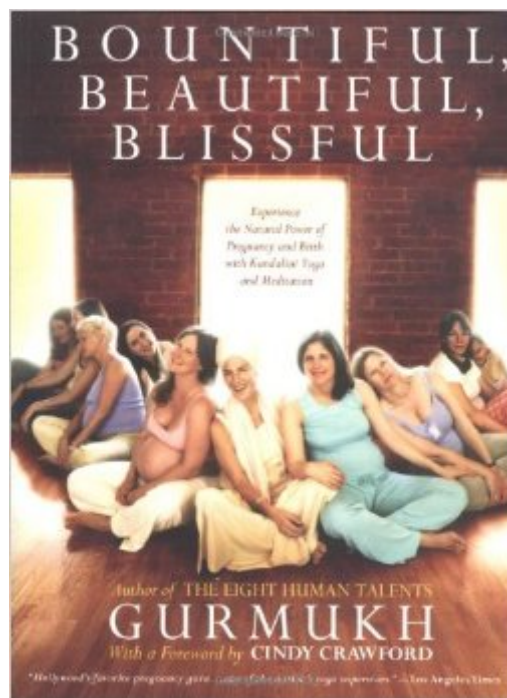


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# Bountiful, Beautiful, Blissful: Experience The Natural Power Of Pregnancy And Birth With Kundalini Yoga And Meditation



## Synopsis

From internationally renowned yoga teacher Gurmukh comes a book on pregnancy unlike any other. Bountiful, Beautiful, Blissful is a treasury of wisdom, information, and inspiration for pregnancy and motherhood based on the spiritual and physical practices of Kundalini yoga, which Gurmukh has taught for the last thirty years. With illustrated, step-by-step instructions, she teaches time-tested techniques, meditations, and exercises that will help you physically, mentally, and spiritually. In the timeless way that women have passed down wisdom surrounding birth and child rearing to one another for centuries, Gurmukh weaves folk stories and contemporary testimonials into a program designed to help you get profound results in the shortest possible time. The sections in this book cover each trimester of pregnancy as well as delivery and life with the baby. In her wise, gentle, and comforting voice, Gurmukh suggests meditations, exercises, and yoga positions to respond to the various needs of expectant and new mothers as you undergo dramatic body changes. Gurmukh also helps you explore and, when necessary, heal your own history and unconscious attitudes about pregnancy, birth, and parenting. In Bountiful, Beautiful, Blissful, Gurmukh gives you all the tools you need to have a healthy and happy pregnancy while increasing your connection to your partner and building compassion and prosperity. The ancient practices of yoga can lead you back to your own power as a woman, capable of more than you ever dreamed. All you need is a belief in the possibility of change and a commitment of as little as three minutes a day. Gurmukh has helped thousands of women and their families find fulfillment through the healing movements and meditations of Kundalini yoga---and she can help you, too!

## Book Information

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> Yoga

## Customer Reviews

I bought this book after reading some very positive reviews on .com. Unfortunately there are grave misconceptions and mistakes in Gurmukh's book, which means I don't dare trust her advice. Some of the worst mistakes include:

**Nourishment** - Gurmukh claims there is more protein in broccoli than in meat (p 80). She suggests pregnant women should try a vegetarian or vegan diet. There is very little protein in broccoli (3,5%) whereas there is a lot in meat (15-20%). However there is plenty of protein in soy flour (37%), nuts (15-25%), beans, peas and tofu (8 - 10%). Gurmukh's claim is wrong, potentially harmful and unnecessary, since there are lots of great sources for vegetable protein, just not broccoli.

**Exercise** - Gurmukh says she once had a student who was a dancer on a fairly rigorous training schedule. She ended up having a C-section because her cervix would not dilate (p 151). Gurmukh thinks her abdominal muscles might have been so tight that she couldn't let go. I have studied the subject of pregnancy and exercise carefully and versions of this story are often used to scare women to take it easy during their pregnancy. Yes, there are exercising women who had to have a C-section. But this complication in childbirth is more common in women who exercise little or not at all! Abdominal muscles cannot get too tight to give birth, it is the cervix and uterus that are involved in the birth process. Exercising women who generally find it easier to relax than those who don't and recover faster after childbirth. Read James F. Clapp, "Exercising through your pregnancy" for well researched information.

**Heavy Metal** - Gurmukh says that heavy metal is bad for your baby (p 88).

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Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras)  
YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal)  
Kundalini: Kundalini Awakening Mastery, Proven and Fast Working Techniques to Awaken Kundalini Energy Now!  
Yoga Kundalini Upanishad: Vedantic View on Kundalini  
Yoga Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)  
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