

Have a peaceful pregnancy and a fearless childbirth.

Meditations for Expectant Mothers and the Life Within

Written and spoken by Fanchon Shur. Inducted into Ohio Women's Hall of Fame for her ground breaking work in creating healthy communities.

Take control of your pregnancy and childbirth.

Build a closer relationship with your child during the prebirth period.

Experience the miracle of delivery through a sense of power and accomplishment.

Transform your fears into love and serenity as nature moves you from conception to birth.

An empowering exploration of your body's ability to bring new life into the world.

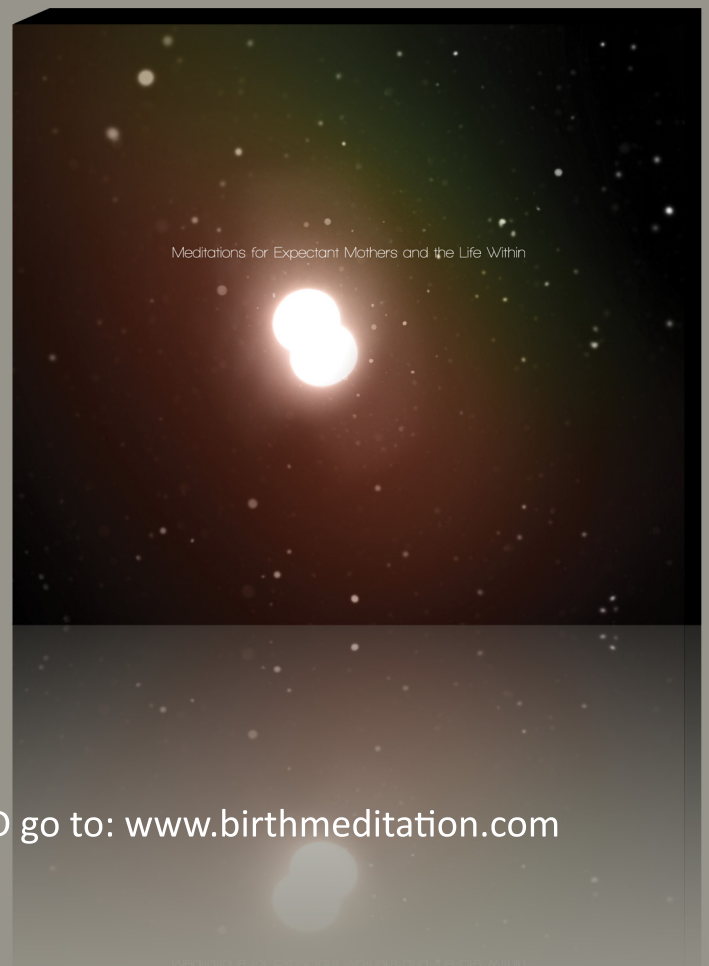
Fanchon's stirring narration reassures you with rhythm and gorgeous music.

During my labor the staff at Christ Hospital in Cincinnati said, "Your choice of music and meditation is one of a kind". It was calming and absolutely sensational to everyone that heard it in the delivery wing. This CD prepared and guided me through my first pregnancy and delivery by alleviating all myths, worries, fears and anxieties.

- Michelle Baxter, a first time mother

I was feeling apprehension about the possible c-section and overall nervous/anxious about entering motherhood once again. Your CD really helped me to center and focus, which is exactly what I had NOT been doing. The music in the background was also very centering and grounding. I enjoyed the mantras that you spoke again and again and it truly made me feel empowered and calm at the same time.

- Kendra Koch, mother



For more information and to order this CD go to: www.birthmeditation.com