

The Daily Soul Sessions

FOR THE PREGNANT MAMA

Sample Interview from Natural Birth and Baby Care Podcast:

Q: Okay, why don't you take a minute here to share a little about yourselves and your life and mothering journeys?

A: Hi Kristen! Thank you so much for having us today! We are really excited to be sharing The Daily Soul Sessions for the Pregnant Mama with your beautiful tribe of mamas! As you mentioned, we are sisters - we are also songwriters and all musicians! Kacey and I are identical twins and we live in Redondo Beach, CA and our older sister Kara lives in Denver, CO where we grew up. I'm Kate - I became a mama 2 years ago when I had my daughter Sloane. My twin sister Kacey had her daughter Stella 2 years ago as well. Apparently that's what identical twins do - have babies at the same time! We are both pregnant again and due only 10 days apart this time! Our older sister Kara had her son JJ 3 years ago, and is due any day now with her second! It has been so much fun to go on this motherhood journey together.

Q: Tell us about the book - and what inspired you to write it?

A: Getting pregnant on accident inspired me to write it! My husband and I were planning on starting a family a few years in the future, and when I discovered I was pregnant with Stella, I wasn't ready for it. Being a songwriter, I write all the time. Whether it's 3 minutes of inspiration put to music, or just journal entries. I started writing morning meditations to help me come to peace with the fact that I was PREGNANT! And that's how The Daily Soul Sessions came to be - it's 280 soul sessions, one for every day of pregnancy. Honestly the book was halfway written before I realized it was a book. Or before Kate informed me it was a book.

Kate: This is Kate now, I had bought every book and every app for pregnancy under the sun, looking for something to help me feel really connected to my pregnancy. And I couldn't find anything. I'm pretty sure I complained about this daily to Kacey and Kara, and finally Kacey was so fed up with me, she sent me a couple of the daily journal entries she'd written. And boom - I knew it immediately. This was exactly what I had been searching for - and I knew we had to finish writing it.

Q: I love the whole concept of the book. I really enjoyed having something to read daily during my pregnancies, but the standard quasi-clinical pregnancy app and journal entries sometimes do leave you wanting more. I like that you focus on something deeper - something perhaps more personal and focused on not just on pregnancy but the "you" inside that pregnant woman. Could you share more about choosing that focus?

A: Honestly that focus chose me! Being pregnant suddenly becomes about everything but you - it's about the foods you can and can't eat, it's about what you can and cannot do, it's about blood tests, and all these crazy symptoms that you've never experienced before, and baby baby baby.

And yes there are a lot of books out there that address that, and they are so important to read during this time. But I needed something to remind me that I was still me. And to give me a kick in the behind to not get overwhelmed and let the worries of "was I doing this pregnancy thing

“right” " take over. So I woke up each day during pregnancy and asked myself how I was feeling. Am I feeling fat? How can I move through that feeling and be more self loving. Am I feeling sad? How can I defeat that feeling today. Am I feeling needy, am I feeling nervous, am I feeling worried. Yes you are sharing your body with another human being, but you're still you having these feelings, and I just had to create a book that would help me and all the other mamas-to-be combat these feelings along the way.

Kate: Mom guilt is a very real thing - we all know that by now! - and I think that a lot of expecting mamas feel guilty and scared to admit that they are feeling overwhelmed and anxious and fat! I know I was! It's not easy to gain weight, and lose yourself in a pregnancy. But the reason why I love The Daily Soul Sessions so much is because it helped me realize that it's essential to remember to come back to me and find the beauty in all of these precious mama moments. Every day.

Q: There's a big emphasis on being positive and grateful throughout the book - something I think everyone could use a daily reminder of (maybe you could do daily sessions for baby's first year - and beyond - next??!). Do you think cultivating that positive mindset has an impact on pregnancy and motherhood?

A: YES! IT is a given fact that gratitude begets gratitude and counting your blessings increases your blessings. If you have thoughts of fear and worry and anxiety all the time, that will start to take over your life. But life is all about balance, so you have to accept the bad to get to the good. You need to acknowledge the negative to move onto the positive. Sometimes that's just a daily practice of cultivating that positive mindset, which I hope The Daily Soul Sessions does for everybody. A daily reminder of how to stay mindful. And yes, Kristen! We are actually hard at work on the next book - The Daily Soul Sessions for the New Mama or Every Mama??! Working title!

Q: There's a lot of encouragement throughout the book, even for those days when you're not so sure, for those women who fell pregnant unexpectedly, or who are wondering what they were thinking. A reminder that I am enough - I love that you put that in there. How can mamas grab that sense of "I am enough" even when things feel really tough?

A: Oh! It's so hard isn't it!? Being pregnant, being a mama!? You are worried that you aren't doing enough every day...I know it - we know it! We are always texting each other saying - My kid is watching Micky Mouse again!!

But this goes back to cultivating the positive mindset. What's great about TDSS is that it's literally a manual to do that each day of these 9 months. If you read it every day, you have the opportunity in that moment to find the magic in that day, to be creative - whether that's painting or nesting or taking a nap or taking a walk and noticing the nature around you. All while acknowledging the incredible change that's happening inside of you. What do they say? Motivation is like a shower, they recommend it daily? :) Being motivated is a practice, and you have to choose to do it every single day. And if you say "I am enough" every day, you are going to start believing it! And that's what TDSS helps you do!

Q: Another treat found in journeying through The Daily Soul Sessions is this sense of familiarity - that she understands what I'm feeling and going through - she expressed it exactly! Maybe that's the lyrical expression of songwriting coming through, but I just loved those accurate glimpses of shared experiences and feelings. I'm so glad that even while encouraging a positive outlook, you also acknowledged those feelings and their wide range. Do you think that we as women need to talk more about these ups and downs, the reality of feeling on top of the world with your secret (or not so secret) one moment, and the reality of pregnancy, birth, and motherhood weighing down in the next? How can we acknowledge these and still keep that gratitude about pregnancy and motherhood?

A: KACEY - Well first of all thank you for those kind words. I'm so humbled that mamas feel this way about the book - but the reason why you feel like I understand exactly what you're going through is because I went through exactly what you're going through! And what you're saying is right, the reality of pregnancy and birth really weighed on me, but I found that the more I acknowledged it, talked about it, prayed about it, meditated on it, and became mindful toward it, the easier it was to get through it!

KATE - I think its just proof that women are all on the same level and either don't realize it or we are scared to talk about it. We, for some reason, feel like we are being selfish when we are feeling all about me me me and not the baby. What we don't realize is the pregnant woman next to you, or the woman with a toddler, or your mother has gone through the exact same thing! And yes, even your mother in law! But thats how you acknowledge it - embrace the tribe of women around you. Find those women. Talk about it all, share everything. Soon you'll be laughing and crying and realizing none of us are alone. And knowing the gratitude that comes with becoming a mother when we realize it's the greatest gift we will ever receive!

Q: I've been reading your blog and saw the post on how writing helped you stay sane throughout pregnancy. I thought it was really interesting because I just recently learned about Julia Cameron's Morning Pages. I'll link to the blog post in the show notes. Anyways - I thought that was really cool, and how you emphasized this special kind of creativity that flows through pregnancy. Do you think all women can dip into that creativity?

A: Well as I talk about in the book, this is the most creative time in our lives. Our bodies are literally creating a miracle as a new human being. So it really is a special creativity that flows through pregnancy. And the way I tap into it is through my morning pages from Julia Cameron's Artists Way that you just mentioned. It's basically - get up 15 minutes earlier than you usually do, and immediately sit down and journal, write. Write anything, whatever comes to your mind, it might come out as a to do list, it might come out as an angry rant over something that just happened, it might come out as "I don't know what to write" for 3 pages! Whatever, just write.

The thought process behind this being - it's essentially a sweeping out the cobwebs of your brain so you can get to the interesting thoughts...or in pregnancy, sweeping out the negative thoughts and anxiety to get to the positive and the magic of pregnancy. Let me be clear, it doesn't matter if don't think you're a creative person or a writer (you are! But that's another podcast for another

day!). Just do it! I am completely embarrassed by the things I write 98% of the time...but the other 2% became The Daily Soul Sessions. And that 2% for you can become a hidden passion or a hidden talent or hidden thoughts that you need to uncover!

Q: You give many prompts for both introspection and for awareness of our part in the greater world throughout the book. Do you think pregnancy is a good time for this? How can a woman use this time as a gift to become more of the person she wants to be?

A: Well first of all, Pregnancy is a very introverted time. On the other side of that, it's also the time when you desperately need other people's support. Let's be honest, the 1st trimester when you're not supposed to tell anybody was the time when I needed people the most! This gigantic explosion of change is happening inside of you, and you're supposed to keep it bottled up and only between you and your husband or partner?! Oh my gosh, our poor husbands!

So from the beginning of pregnancy there's a duality of introspection and awareness of the greater world. I think it's because we are going from single woman to mother. So it is a gift. We have to use this time to start contemplating how we want to raise the next generation. It's a lot of responsibility - but it's awesome. Think back to your favorite childhood memories. You get to create those kinds of experiences and memories over and over for your kids. And you can't help but think about that when this child is growing inside of you. So use this time to think about what kind of mother you want to be! And honestly, The Daily Soul Sessions can help you do that!

Q: Anymore tips for helping mamas enjoy the crazy, fun, and perhaps creative ride of pregnancy?

- 1.) Find a prenatal yoga class!
- 2.) Write in the mornings! Or evenings or whenever you can. Just get out all the the crazy thought you're having so you can move on from them! And acknowledge your intuition. if your soul is saying stay inside and nest, then do that! If your soul is saying go out and be with friends or be social - do that! Don't let societal trappings of "this is how pregnant women should be" dictate your life. Trust yourself and NEVER COMPARE Yourself to anyone else! Teddy Roosevelt said "comparison is the thief of joy." That is a whole other book we have to write, but don't do it!
- 3.) Remember to do things that you love - the things you did before you were pregnant - concerts, friend for dinner, reading, naps - sushi dates that only include a glass of ice water and California roll or 2!