



AMANDA SEARS

GUIDED
MEDITATIONS,
BLESSINGS,
AFFIRMATIONS
& RITUALS

Guided Meditations, Blessings, Affirmations & Rituals

For the Soulful Parenting Journey

A sacred opportunity to support conception, connection, communication and coherence.

These beautifully guided meditations, blessings, affirmations and rituals are designed to nourish and support you at every stage of the Parenting Little Gods journey. Whether you are calling in a soul, nurturing a growing child, or seeking deeper family harmony, these offerings are here to hold you in love and remembrance.

Each practice invites you to drop into presence, attune to your intuition, and strengthen the sacred bond between you and your child — body to body, heart to heart, soul to soul.

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Guided Meditations

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**Each meditation is available here in text format or it is suggested you record yourself using something like a voice recorder app on your phone to create an audio recording for yourself, from yourself, so you can listen or read in your own rhythm. (You are the best guide for you).*



Guided Meditation: Connecting to Soul

Purpose: To attune to the soul of your child — before conception, during pregnancy, or at any stage of their life — and strengthen the golden thread of love and remembrance between you.

Begin by finding a quiet, sacred space where you can sit or lie down comfortably. Close your eyes and take three deep breaths — in through the nose, out through the mouth. Let the outside world soften and fall away.

Now gently bring your awareness to your heart. Feel its rhythm. Feel the warmth. Imagine a soft, golden light glowing at the centre of your chest — this is the divine spark of your soul.

From this golden spark, allow a thread of light to extend outward... gently, softly... reaching out through space and time... reaching toward the soul of your child.

Whether your child is already born, still in spirit, or yet to be conceived — trust that their soul is listening.

Whisper in your heart:

“I see you.
I remember you.
I am here to love and honour you.”

Feel their presence now, however it comes — a soft warmth, a flicker of light, a wave of knowing, or even tears. Let it rise.

If there is anything you wish to say, say it now — heart to heart, soul to soul. There is no time here, no barrier.

Breathe in their love.
Breathe out your devotion.

Now, visualise your heart and theirs connected by a radiant thread of light — glowing, vibrant, alive. This is your eternal bond.

Let this connection anchor deeply within you — a thread you can return to anytime, in any moment of need or joy.

When you feel ready, place your hands on your heart and whisper:

“I am listening.
I trust in our journey.
I honour the soul you are.”

Take three slow, deep breaths.
Begin to return to your body, your room, your breath.

When you're ready, gently open your eyes — carrying the soul-light of this connection with you.



Guided Meditation: Conscious Conception

Purpose: To consciously open the body, heart, and soul to welcome a child of light — whether in physical conception or spiritual invitation — with sacred intention and sovereign grace.

Begin in a quiet, comfortable place where you feel safe, soft, and supported. Allow your hands to rest gently on your womb space (physical or energetic). Close your eyes and begin to breathe slowly and deeply.

With each breath, feel your body soften...

Feel your mind slow...

Feel your heart open...

Now imagine a soft, shimmering light above you — pure, radiant, and divine. This is the light of Source, of Creation, of Life itself.

Invite this light to gently pour down into you...

Through the crown of your head...

Down your spine...

Into your heart...

And down into your womb.

Let your womb glow with this divine light — a sanctuary of golden warmth and vibrant stillness.

This is the temple. The garden. The gate.

Now speak within your heart:

“Beloved soul,
I invite you,
I honour you,
I welcome you,
In your own time,
In your highest way,
For the highest good of all.”

Feel this invocation ripple through the quantum fields.

Feel it echo through the stars.

You are not calling with desperation — but with reverence. You are not asking with fear — but offering with love.

Now place a rose — in your mind’s eye — within your womb. Any colour that arises. This rose is your symbol of openness, of sovereignty, of readiness.

Let the soul of your child see it.

And listen.

There may be a message...

A symbol...

A feeling...

Or simply stillness.

Receive it with gratitude.

Now say:

“I trust the unfolding.

I surrender to divine timing.

I am the vessel,

The garden,

The guide.”

Take a deep breath. Feel the anchoring of your prayer into your body.

And when you're ready, slowly return — carrying with you the quiet power of this sacred invitation.

Guided Meditation: Womb Connection

Purpose: To deepen your connection with the soul of your child during pregnancy (or in preconception or postpartum reflection), creating a sacred space of safety, listening, and love within the womb field.

Find a quiet space and settle into stillness.

Place both hands on your womb — the space of sacred creation — whether physical or energetic.

Close your eyes, and begin to breathe gently, as though breathing into your womb itself.

With every inhale, feel warmth grow beneath your hands.

With every exhale, feel tension and doubt dissolve.

This space is holy.

This space is alive.

This space is listening.

Now imagine your womb glowing like a pearl — soft, luminous, and radiant from within.

This is your child's sanctuary... the cosmic cradle where spirit and matter merge.

Breathe into this light.

And gently speak within your heart:

“Beloved one,
I am here.
I feel you.
I honour your journey.
I welcome your presence.”

Now listen.

Allow your heart to open as your womb becomes a portal of communication.

Perhaps you feel sensations.

Perhaps you see colours.

Perhaps you hear a word or phrase...

Or simply feel peace.

Allow yourself to be the translator of this sacred exchange — no need to analyse, just receive.

Now say:

“I trust in our connection.
I honour your timing.
I anchor safety and love into every cell of our shared space.”

Let the breath carry this intention into your womb.

Visualise a soft golden cord flowing from your heart into the centre of your womb — weaving love, support, and presence into your child's field.

This is not attachment — it is attunement. It is the sacred thread of togetherness.

Feel the gratitude...

The quiet power...

The miracle of two souls dancing as one.

When you are ready, gently place a kiss on your fingertips and rest them again on your womb.

Seal the connection with love.

And return, slowly, to waking presence.



Guided Meditation: Baby & Child Communication

Purpose: To attune to your baby or young child's soul essence and receive guidance through intuitive heart-based connection — whether they are in the womb, newborn, or already Earthside.

Find a quiet moment where you can sit or lie down in comfort.

Place one hand on your heart, and the other on your lower belly or lap — wherever you feel your child's energetic presence most strongly.

Take a few gentle breaths in and out, and let your body soften.

Allow yourself to imagine — or simply feel — your child's soul essence.

Perhaps they are near you now in the room.

Perhaps you feel them as a light or presence in your awareness.

Perhaps they are simply nestled close to your heart.

Now bring your attention into the space between you.

A golden bridge forms — one of light, trust, and love — connecting your heart to theirs.

Let your breath move gently across this bridge.

Inhale... presence.

Exhale... love.

Now say silently or aloud:

“Beloved one,
I open my heart to you.
I am listening.
What would you like me to know?”

Pause.

Feel.

Receive.

Let any impressions — feelings, images, memories, words or simply knowing — rise gently into your awareness.

You do not need to force or interpret.

Just receive like sunlight on your skin.

Now you may speak back:

“Thank you for trusting me.
Thank you for choosing me.
I honour your wisdom and I honour mine.”

Feel the energy between you strengthen.

This is a soul-to-soul communion.

It doesn't require perfect words — only your presence, your love, and your willingness to hear.

You might wish to ask:

- ★ “Is there something you need from me right now?”
- ★ “How can I best support your journey?”
- ★ “What brings you joy?”

Listen gently, even if no answer comes in words.

Your child's soul is speaking in energy, and your heart will carry the message where it needs to go.

When you feel complete, offer a soft smile, or place your hands together in prayer over your heart.

“Thank you, my love. I hear you. I feel you. I am with you.”

Breathe deeply.

Return with softness.

You are now more attuned than ever to your child's true essence — and they, to yours.



Guided Meditation: Family Field Coherence

Purpose: To bring harmony, alignment, and energetic coherence to your family field — creating a loving, unified space where all members are seen, supported, and connected.

Begin by finding a comfortable position where you feel grounded and undisturbed. Place your hands gently over your heart or let them rest open in your lap.

Close your eyes and take three slow, conscious breaths.

Feel your own energy — your centre — as a glowing light within your heart space. This is your anchor, your truth, your presence.

Now begin to feel the field of your family.

See or sense each member — your partner, your children, those in your home — as glowing points of light.

Each one with their own colour, rhythm, and radiance.

Imagine these lights slowly beginning to pulse in harmony — like stars in the same constellation.

Now call your family field together — a shared space of love and grace.

Say silently or aloud:

“I call our family field into coherence.

I invite unity, love, and divine alignment for each of us — and for all of us as one.”

Breathe into this sacred invitation.

See a sphere of golden-white light begin to envelop your entire family.

It expands gently to include not only those physically present, but also the soul essence of your children, your ancestors, and your greater soul family.

This is the harmonic heart of your family field.

Within this field, speak a blessing:

“May our home be a sanctuary of peace.

May each being be honoured and free.

May love be our language.

May harmony guide our path.

And may this sacred bond grow stronger every day.”

Now, one by one, offer love to each member of your family — as a beam of light, a gentle prayer, or a wordless embrace.

- ★ To your child: “I see your soul. I honour your path. I love you.”
- ★ To your partner (if present): “I see your effort. I honour your presence. I thank you.”
- ★ To yourself: “I see your heart. I honour your growth. I celebrate you.”

Let all of these threads weave together — forming a lattice of trust, love, and clarity.

Breathe.

Feel the resonance.

Let this energy soak into your field and your home.

You may choose to anchor this coherence with a gesture — a touch to your heart, a shared hug with your family, a bell rung in the space, or simply a whispered “thank you.”

“And so it is. We are held. We are one. We are love.”

When you're ready, return gently.

Your field is harmonised.

Your family is connected.

Your love has rippled across realms.

✨ 10 Affirmations for Conscious Parents

1. I was chosen for this sacred journey — I am the perfect guide for my child.
2. My presence is enough. My love is a powerful force of healing.
3. I trust my intuition — it speaks the language of the soul.
4. I hold space for growth, not perfection.
5. My child is divine, sovereign, and deeply wise.
6. Each moment is a chance to reconnect with love.
7. I honour my own needs as I care for my family.
8. Even in chaos, I am centred in peace.
9. I am learning, just as my child is — we evolve together.
10. Every challenge is an invitation to deepen our bond.



6 Blessings for Everyday Moments

1. Morning Light Blessing

May this day be filled with grace.
May our words be kind, our hearts open, our energy clear.
We walk in light, together.

2. Mealtime Blessing

We give thanks for this nourishment.
May it fill our bodies with vitality, our hearts with joy, and our home with harmony.

3. Sleep Blessing for Your Child

May the stars watch over you.
May your dreams be sweet and full of light.
You are safe. You are loved. You are home.

4. Parent Re-Centreing Blessing

I call all parts of myself back into wholeness.
I breathe in calm, and exhale what is not mine to carry.
I return to presence. I return to love.

5. Transition Blessing (for big changes or phases)

As we move from one chapter to another,
May we do so with ease, courage, and curiosity.
We welcome the new, and honour the journey that brought us here.

6. Family Circle Blessing

May our family be a circle of strength and surrender,
Rooted in love, open to joy, and guided by truth.

3 Simple Family Rituals

1. The Golden Thread Ritual (Daily Connection)

Each morning or evening, imagine a golden thread connecting each family member's heart. Hold hands or close your eyes together and say:

“We are connected by love, seen and unseen. Our hearts are always in harmony.”

Great for reuniting after a busy day or before sleep.

2. Sound and Stillness (Energetic Reset)

Use a chime, bell, singing bowl, or even a breath cue.

Everyone pauses, takes a breath, and gently listens to the sound fade.

This ritual recentres the nervous system and invites peace — especially helpful in times of tension or overwhelm.

3. Earth Offering Walk (Gratitude Ritual)

Take a family walk and gather small natural treasures — leaves, feathers, flowers.

At the end, place them in a sacred space or on the earth and say:

“Thank you, Earth, for all you give. We offer our love and gratitude.”

A powerful way to anchor seasonal shifts, birthdays, or new phases.