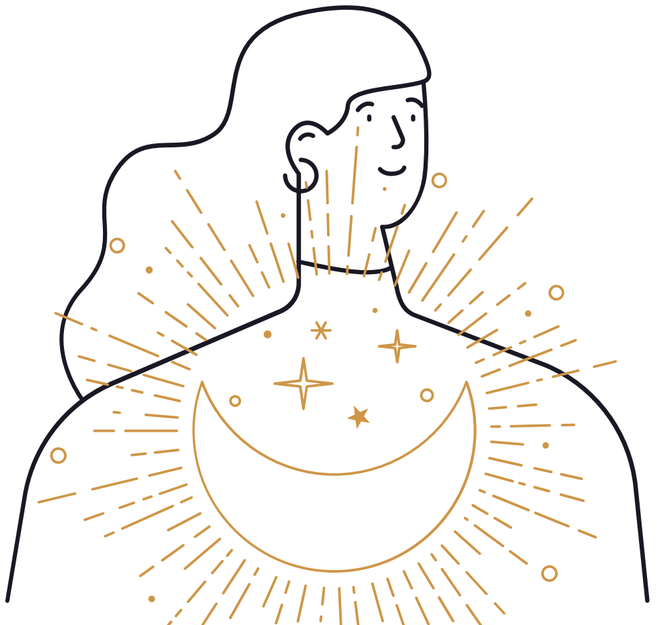
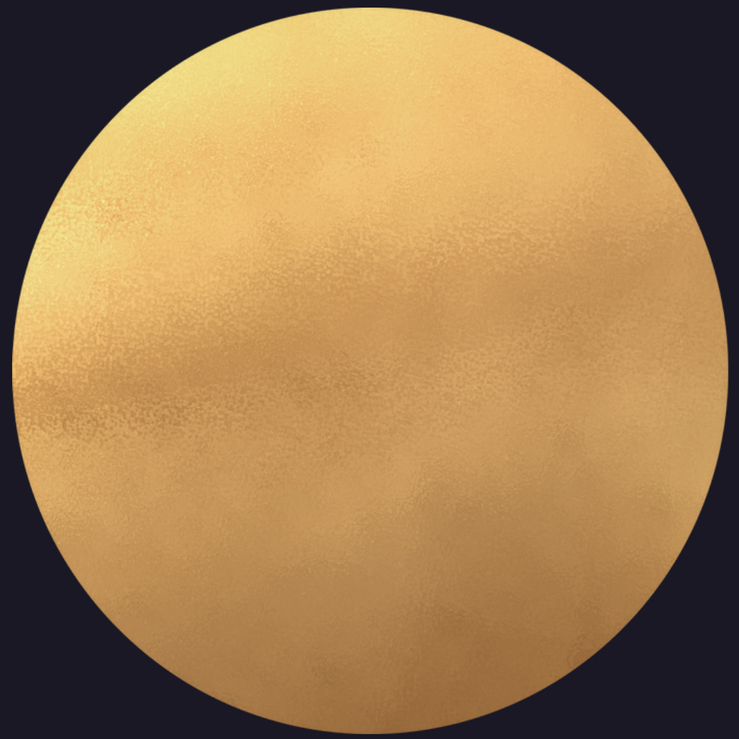
The Bliss Phenomenon of Postpartum

We all know that early motherhood is filled with many **ups and downs**.



There is much beauty and many challenges, but for a moment I want you to bring to mind the feeling of holding your baby when you are completely in the moment – overwhelmed with love and in awe of the seemingly ordinary.



AT THIS MOMENT, YOU ARE FULLY CONNECTED WITH YOUR BABY, AND YOU ARE CONNECTED WITH THE DIVINE.

THE FLOW OF SPIRIT OR ENERGY YOU FEEL IN THESE MOMENTS IS NOT SOMETHING NEWLY CREATED.

THIS FLOW IS ETERNAL

YOU HAVE SIMPLY TAPPED INTO IT— POSSIBLY FOR THE FIRST TIME.

This felt experience is one of the sacred and meaningful gifts of postpartum to explore on your path of growth in early motherhood.

I hesitate to put a word to this state of flow, but for reading purposes
I will call this rich and full experience,

KNOW THAT BLISS CANNOT BE CREATED OR DESTROYED.

WE CANNOT CREATE BLISS, BUT WE CAN ALLOW FOR BLISS.

WE CANNOT DESTROY BLISS, BUT WE CAN INHIBIT BLISS.

BLISS EXISTS AS AN INTENDED INNER STATE,
AND THIS STATE CAN BE
COVERED OR IT CAN BE **UNCOVERED**.

SOMETIMES WE DRAW THE CURTAINS CLOSED, BLOCKING THE LIGHT.

SOMETIMES WE PULL THE CURTAINS OPEN AND LET THE SUN SHINE.

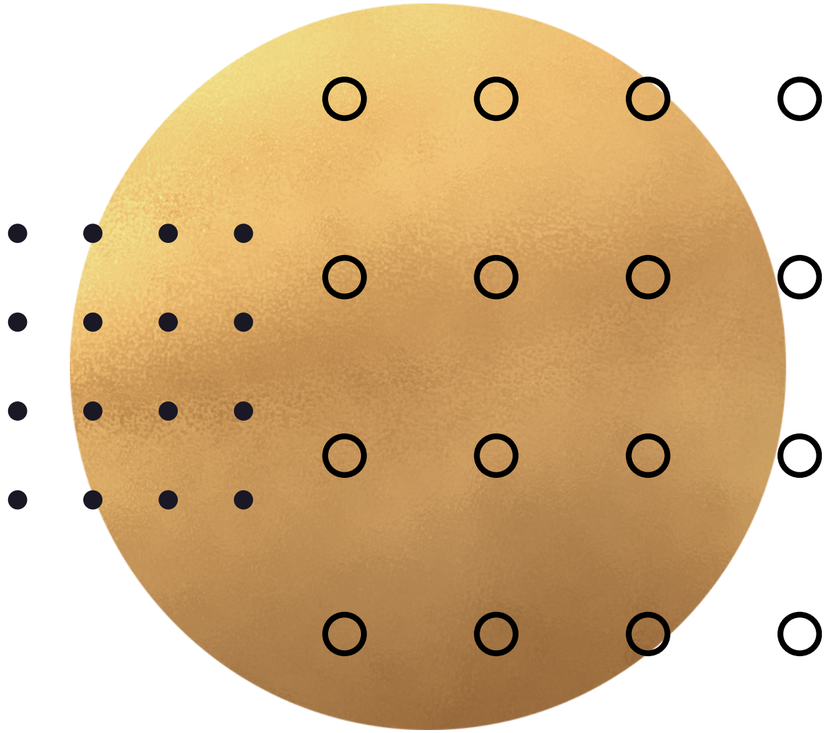
The curtains represent our unconscious, that which keeps us in in internal darkness.

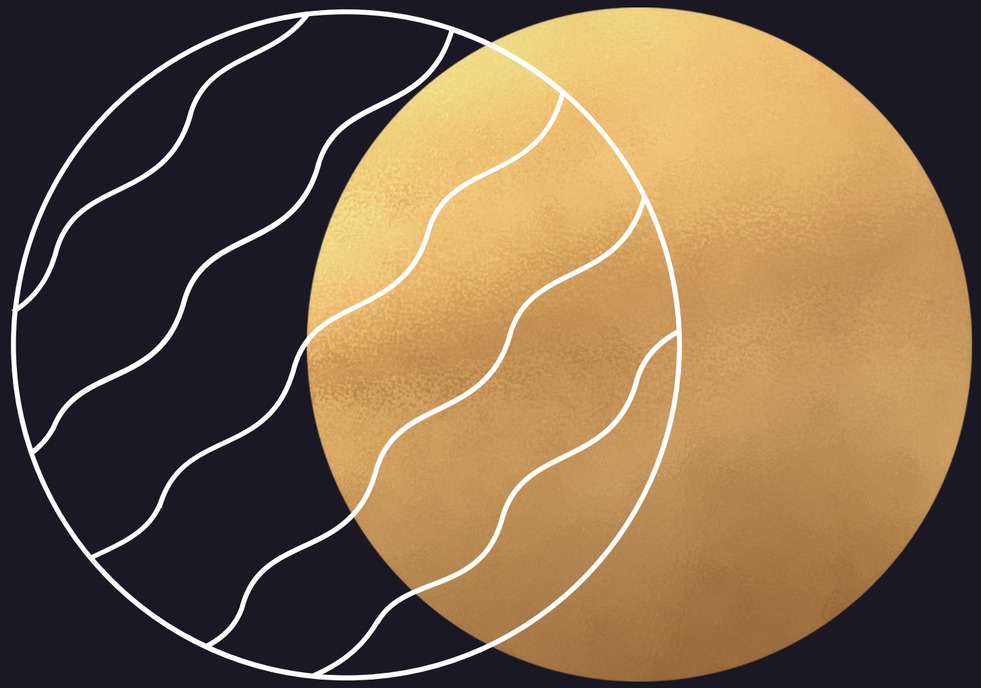
The curtains represent our masks, our personas, our falsehoods.

The curtains represent our ignorance, our conditionings.

FROM DEFICIENCY TO FULLNESS

When we pull back the curtains, we can move from a place driven by our barrage of thoughts and feelings, into a place of pure essence, of pure being, a place of fullness, of completeness.





THE BLISS PHENOMENON OF POSTPARTUM

Uncovering this essence is a part of spiritual growth, and in early motherhood we are gifted the opportunity to experience this phenomenon,

we not only see our state of Divinity,
we experience our state of Divinity,
and we allow that Divinity to flow forth.

If you are enjoying this content and want to learn more, please reach out kellyvanzandt@gmail.com

POWERFUL POSTPARTUM