

NICU Parent Support Audio Cast



Audio Messages of Information, Encouragement & Support for NICU Parents

With Your Host: Dr. Kirsti A. Dyer

Episode 4 - A Special Healing Blessing - Tibetan Bowls, Chimes & Bells

[Brief Music Interlude - 20 seconds. Tibetan Singing Bowl, Windchimes & "Tingsha" bells.]

Welcome

Welcome. You have accessed the NICU Parent Support Audio & Podcast Channel. This is a series of audio messages of encouragement and support for parents and families who have babies in the Neonatal Intensive Care Unit or the Intensive Care Nursery.

I am your host for this series of audio messages. My name is Dr. Kirsti Dyer.

I am a physician, professional health educator, professor, teacher, grief, loss & bereavement expert and author. I also happened to be a former NICU Parent.

Introduction

Today's episode includes a special healing blessing that our family wrote during the first few days when our daughter was hospitalized in the Intensive Care Nursery. We brought the blessing into the hospital & placed a copy over her bed where it remained until she went home.

We share this blessing you, another NICU family, to use with your own baby.

So on to the Blessing.

[Brief Music Interlude - 9 seconds. Windchimes & "Tingsha" bells.]

A Healing Blessing

May you be surrounded in comfort.

May you be filled with love.

May you feel the healing presence of those who hold you in their thoughts & prayers.

May these positive thoughts and blessings provide you with strength.

May you be sustained in health as you continue your healing journey.

[Brief Music Interlude - 5.5 seconds. Windchimes & "Tingsha" bells.]

May you relax.

May you be calm.

May you be serene.

May you rest as your body heals in your safe cocoon of comfort, love and strength.

May your body be transformed into one filled with love, happiness, joy and health.

May you continue to heal...

Moment by moment

Hour by hour

Day by day

Knowing that so many love you and wait to welcome you

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[Brief Music Interlude - 4.5 seconds. Windchimes & "Tingsha" bells.]

*May you feel loved.
May you be safe.
May you be protected.
May you be strong.
May you be healed.*

Mommy, Daddy & Kaarina

[Brief Music Interlude - 10 seconds. Windchimes & "Tingsha" bells.]

More about the Blessing

In addition to having a copy with my daughter in the hospital, we also emailed copies out to friends and family so they could also read the blessing and hold her in their thoughts. Copies were given to the Intensive Care Nursery (ICN) staff with our gratitude on the day she was discharged. A printable version is available at <http://www.journeyofhearts.org/nps/blessing.pdf>

About the Music

"Tingsha" chimes or bells and singing bowls are used in Tibetan Buddhism to start or end a meditation or teaching session, to focus the mind during meditation, or simply to create a moment of quiet concentration.

I included these musical instruments to enhance a moment of quiet concentration.

Thank You

Thank you for listening to the information in this episode from the NICU Parent Support Audio & Podcast channel our series of audio messages of encouragement and support for NICU Parents.

Please Visit the NICU Parent Support Site and Blog

I would like to invite you to visit the NICU Parent Support site at NICUParentSupport.org and the NICU Parent Support Blog at nicuparentsupport.blogspot.com. Some of the information for these audio episodes has been taken from articles and blog entries on these sites.

I hope that you will find this series of audio messages to be informative, encouraging, comforting and supportive to you during your time in the NICU.

Until the next time, I wish you strength for getting through your NICU experience.

[Brief Closing Interlude - 12 seconds. Tibetan Singing Bowl, Windchimes & "Tingsha" bells.]

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Music Source: Musical sounds Tibetan Singing Bowl, "Tingsha" chimes/bells and Windchimes performed and arranged by Dr. Dyer.



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