



Birth Visualisation

Let yourself completely relax by deepening your breathing. Feel as if your whole body is heavy, sinking down into thick, luxurious carpeting or sand at the beach. Let any thoughts or concerns of the day leave you on your out breath. Now feel any tension you might have in your shoulders and let it go down and out of your arms so that they lie relaxed and loose. Let your stomach be released, rising and falling as you breathe, and imagine any tension there going out with your out breath. Let any tension from your buttocks and thighs flow down and out your legs. You don't need that tension and your legs don't need to support you now.

With your minds eye, travel to the back of your neck and around your eyes, letting any tension fall away on the lines of your hair. Just let it fall completely away. Feel your throat loose and relaxed, and imagine the air coming in your throat and going all the way down to your vagina, gently surrounding and cradling your baby.

Now let yourself imagine what your baby might look like on the inside, floating in the waters, gently rocked by your breathing and soothed by the beating of your heart.

Imagine a window through which you can see your baby, healthy and growing inside you. Let yourself imagine the red walls of the uterus, firmly supporting your baby, and the placenta, so dark and healthy with its two arteries and vein in the cord.

Just as your body knows how to nourish and support your baby through the placenta it also knows how to give birth. And just as your inner organs have changed to make room for the growing baby, so any inner growth or learning that needs to take place will do so naturally, without effort on your part.

Now imagine a day in the future when it will be the perfect time for your labour to begin. You have been feeling an intermittent tightening in your lower belly not unlike the contractions you often feel during the last weeks of your pregnancy. But as the contractions become more intense and more regular and more intense you realise you are in early labour. Your body and baby have begun the process of birth, just as nature intended.

You talk to your baby, telling it how you feel, now that you will soon see each other and touch skin-to-skin. You have told your partner and birth attendant, and now you decide to go for a walk or continue your normal activities, breathing through the contractions as necessary. If it is night, you go back to sleep until contractions wake you with their growing strength.... (pause)

Now you feel a contraction growing and building, like the sound of a train approaching from far away, getting stronger and more intense, building until it is right upon you. Then it slowly fades as it goes off into the distance. And you rest between contractions as the natural process of labour continues, perfected through countless generations of women... (pause)

As you feel the next contraction starting to build, you open to what your body genetically and instinctively knows, letting it build and build, feeling it become harder and stronger as you welcome its intensity. You hear your deep and steady breathing as the contraction builds toward the peak.. and then gradually eases off and fades away.



You rest, calling on the core source of inner strength that is always available to you.
(pause)

Now you feel another contraction starting to build, like a wave that builds and builds and finally peaks before sliding in to shore. And you feel a gush as your waters break and flow out, warm between your legs. And you rest, and your baby rests, being massaged and prepared for birth by your strong and effective contractions. (pause)

And now as you feel an intense contraction that nearly takes your breath away you surrender to its power and imagine it opening your cervix right over your baby's head. You allow this energy of birth to flow through you, like water through a channel, a clear, open channel for the birth of your baby. And then you rest, gathering your strength for the next contraction. (pause)

The sensation builds rapidly again, and you open, visualizing your baby's head sliding right down through the circle of your open cervix. You are one with your contractions, their rhythm is yours, and you dance with them. You release everything to the power of these contractions, which now seem back to back. You feel the love and support of your partner and attendants and you feel your connection with all women as you open to the energy of birth. And then the contraction fades away, and you rest, and your baby rests, preparing for the journey of birth. (pause)

As the next contraction starts to build, you call on your inner strength and courage. You remember your baby who is working to find the perfect pathway through your birth canal, into your loving arms. As the contraction builds, you feel as if you need to have a bowel movement. But it is the baby you feel soon to come out. You breathe through this new sensation and feel excitement and new energy filling you as you realise your baby is starting to descend. (pause)

Now you are completely open as the next contraction builds and builds, surging through you. You help the natural pushing of your uterus with your own efforts. You take several deep breaths, almost as though you are in the excitement of making love. Then you direct your energy downward and outward, opening like a rose, relaxing your vagina and perineum. Your throat and face are relaxed, your legs are open and floppy. As the contraction subsides, you breathe deeply and relax totally, giving yourself and the baby plenty of oxygen. (pause)

The next contraction swells and builds with that catch in your throat, and you feel the baby come down as you completely open. You surrender to the intensity and allow it to happen. You let your strong uterus push your baby out. Your face and throat, like your pelvic floor and perineum, are loose and relaxed. Your muscles stretch naturally over your baby's head. (pause)

You completely relax between contractions, and your birth attendant gently massages your supple perineum, helping it to stretch easily. And now as the contraction builds, more of your baby's head is visible as it oozes down and stretches the opening of your vagina. And you allow it to happen, opening completely. And the contraction fades, and you rest. (pause)

The contraction builds again and you feel a stinging sensation as your healthy skin stretches to let your baby out. You know that the baby is close to crowning. You breathe



through the contraction and touch your baby's head as your birth attendant supports your perineum. You open with the contraction and then relax totally as it subsides. (pause)

As the next contraction builds, you breathe through it while your birth attendant gently guides your baby's head out. The sensation is intense and so is the release once the head is born. Feeling excited, you wait for the next contraction while your baby is suspended between two worlds, not yet born and yet no longer Foetus.

After two or three timeless minutes another strong contraction comes and births your baby completely. You reach down and touch the baby. Your baby breathes and pinks up immediately, having been massaged and prepared for birth by the strong contractions of the uterus. As you gaze into the eyes of your newborn for the first time, you are lost for a moment in their depths. Allow yourself to imagine what it will be like for the two of you, holding your new baby for the first time. (pause)

After some time being with your baby, you put your baby to your breast and after a few preliminary licks and tastes, your baby latches on and begins to suck. You feel a contraction again and hand your husband the baby, whose cord has been cut after it has stopped pulsating. Your placenta comes completely loose from your uterus and is pushed out naturally. Your uterus continues to contract firmly with minimal loss of blood. You wonder at yourself for the miracle of birth, and take this time to share together as a new family. (pause)

And now let this vision fade into the future, to the time your body knows is right for your baby to be born. And turn your attention now to your baby in your current state of pregnancy floating in the waters, protected, healthy, growing. Feel your body, which knows how to grow this baby, and feel that any changes or learning that need to take place do so naturally without your having to worry about it for your body knows how to give birth. (pause)

Now feel your arms and legs, moving your feet and hands as you become more aware of the room in which you are lying and slowly open your eyes, feeling relaxed and refreshed.