

Short Visualizations

Visualization to change unwanted sensations

(make the class aware that this is anonymous before they do it they won't have to share it, say that they can be as creative as they like, unleash the power of their imagination!)

Imagine you have an unwanted sensation in your body, turn your attention to that sensation, using your imagination - if that sensation had a colour and shape what would it be? You may even be able to bring an image into your mind that represents that sensation. Now, using your imagination, how would you change that colour, shape or image to make that sensation feel different and better? Allow yourself to change that sensation using images, colours and shapes, until the sensation has disappeared completely and for good. (leave for a couple of minutes). Well done, now open your eyes when that sensation has gone completely and for good.

(after the visualization, you can give examples of other ones that people have used or shared. I share the one of ice cubes in the blood being directed to the part of the body that needs to be numbed)

Father Section Short visualization

The mothers in the room, just close your eyes and with your eyes closed imagine you are at the place where you are birthing your baby, imagine yourself breathing through your contractions...feeling very focused strong, centred in your birthing zone, with your partner sitting nearby, not doing or saying anything....just sitting nearby. Now, I'd like you to imagine that your partner gets up and leaves the room, be aware of how you are feeling – it may be a thought or a sensation. Pay attention to it. Opening your eyes, back in the room. Tell me what you experienced.