

How to prepare a Shoulder Anchor

Introduce it with the 321 Relax, or the deepener.

Now that you are very relaxed allow yourself to connect with that moment when you felt a sense of calm, achievement, strength or purpose. You choose the moment that is right for you. Allow yourself to connect with that feeling. If it were in your body where would it be? If it were to have a colour what would it be? Allow yourself to really connect with that feeling.....be back in the moment, aware of what is around you, allowing it to come into your mind vibrant and gently powerful. That's right **(Partner put hand on shoulder)** savour that feeling right now, really allow yourself to experience it again. **(Partner take hand off shoulder)**.

Now I want you to rewind it and replay it like a film, rewind it now to the beginning and play that moment again, now. The feeling is stronger this time as you imagine stepping into the film of that experience again really immerse yourself in **(Partner's hand on shoulder)** that's right allow that feeling to be remembered by every cell in your body, connecting with your power, resourcefulness and strength... **(leave it for a bit then take partner's hand on shoulder)** now rewinding it back to the beginning again and replaying that memory, it's brighter and more vivid now, that feeling coming back really strong now. **(Partner's hand on shoulder)** that's right feeling that connection and strength in the moment. Every time you feel a hand on your shoulder you will instantly feel stronger, re-energised, powerful and know at a VERY DEEP LEVEL

that YOU CAN DO THIS. **(Partner's and off their shoulder)**

Every time that you practise your anchor you will connect with that feeling more and more deeply, so that when you feel a hand on your shoulder during birth you will instantly know that you CAN DO THIS, you CAN BIRTH YOUR BABY.

Now coming back into the room, Awake, alert and energised. Opening your eyes.

