

# Krista's Birth Vision

(It was an inspired moment that Krista created her Birth Vision. She lovingly gave me permission to share it in hopes to inspire you to create your own.)

## Thoughts on Labor

I want to remain constantly aware and open to the awesome power of bringing a new life into the world that will come through me, but not from me. I will lovingly fall into the caring hands and voices of my support team, to share in the birth energy and to keep my mind in the right space for a beautiful magical birth.

While I have a good idea of what I'd like my birth to be like, there is the uncertainty of its intensity . . . which may or may not be perceived a pain on my part. It seems to me that resistance to the opening up and letting go . . . causes pain, so any means of assisting me release any resistance (whether physical or psychological) will allow for a new energy to flow forth (especially in breath and sound). Some ideas to help this happen are:

- Hot compresses
- Massage
- Homeopathic remedies
- Hugs from Jonathon
- Soothing voices
- My music
- Relaxed breathing

Of course, any other techniques or ideas coming from experience, or even spur of the moment are welcome and will help me a great deal.

Lastly, I would like to be reminded to do the following things:

Place my hand on my baby's crowning head

See this part of the birth in the mirror

I'd like to cut the cord once the placenta is born. Have a new family picture taken (not posed) during our first moments together.

## My Support System

I want to revel in the sensations of birth. . . with loving caresses from Johnathan. . . his physical love and support acting as a sling for me to collapse into. I want to have his tender love and presence to freely and completely join me in the sensual event of labor.

From Valeriana, I would welcome her experienced intuition and gentle guidance to keep my mind and body working as a partner with the universal life force. Her strong, gentle gaze and healing power will be a source of strength for me.

From Jennifer, I would like to have not only her presence and hands-on healing of therapeutic massage, but the freedom to enjoy and share in the birth energy.

From everyone present, I would appreciate their support in the balance of a healthy atmosphere, as well as attuning themselves to the energies present and giving guidance and reassurance through non-verbal means . . . such as offering me a drink, giving gentle massages, holding my hand, breathing deeply with me, etc. . . or through simple language that would invoke helpful imagery, such as . . .

‘let go’ ‘OPEN’ ‘give in’ ‘melt’ ‘flow’ ‘release’

I would also welcome the freedom and encouragement to make primal sounds and low moans to facilitate the baby coming down and out.

#### Atmosphere

If at night, I would enjoy the comfort of candlelight throughout the apartment. I have selected specific music I would like to listen to throughout labor and will have it set aside to choose from. I prefer music to silence, as it helps me to open up my awareness and release tension.

I like there to be a healthy balance between a joyous atmosphere in which we are all laughing and sharing in the wonder of birth, and a more subdued, focused atmosphere, with low conversations and soothing voices when I need it . . .

We'll have some cameras lying around, and anyone can feel free to take pictures during the labor and birth,

I feel comfortable being naked and would like my body to be free and comfortable, I welcome hands-on help from everyone. . . especially Jonathan.

Most of all, I just want my mind to be easy and my feelings floating free to revel in this new soul's ecstatic birth.

