

Inner Power Hypnobirthing

Glove Anaesthesia

Suggestions to help with the stronger contractions: -

Method One

Try to visualize the ‘feeling’ of the contractions as a shape – what shape is it? How big is it? Is it in more than one place?

If you were to give that ‘feeling’ a colour what colour would it be? Perhaps a strong vibrant colour to match its intensity.

On a scale of 1 to 10, with 1 being low and 10 being high, where on the scale would the intensity of your feelings be?

Think about the ‘feeling’ in these ways, and consciously now reduce the severity of these ‘feelings’ – reduce the number on the scale down – down – down. As you do this watch as the colour fades from a vivid shade to the palest shade possible and as this happens, the shape becomes smaller and smaller until it is the tiniest speck.

You do not want to get rid of the ‘feeling’ completely, as it is there for a purpose so you can work with your body to have a wonderfully natural birth. However, it is possible for you to manage the ‘feelings’ at a comfortable level.

Method Two

When your partner touches your shoulder (or any place that you would like to be touched – could be your arm or hand), you feel, and are, more and more relaxed and calm. And so the touch also anaesthetises the ‘feeling’ of the contractions.

Method Three

Imagine a bowl full of hot water – just a bearable temperature for your hand. Imagine that you are placing your hand into the bowl of hot water and imagine the feeling as the heat transfers from the water to your hand until it is full of the penetrating heat.

You can now visualize your warm hand on any part of your body where you feel the ‘feeling of the contraction’ and the heat is transferred to your body and as this happens, your body is anaesthetised by the heat – just feel how the warmth is taking away any residual ‘contraction feeling’ until you feel, and are, quite comfortable.

Remember that when you are in a very deep state of relaxation you do not feel fear, tension or ‘pain’. So, use your imagination to the very best of your ability and this enables you to have a wonderfully, natural birth.

With compliments from Paola Bagnall