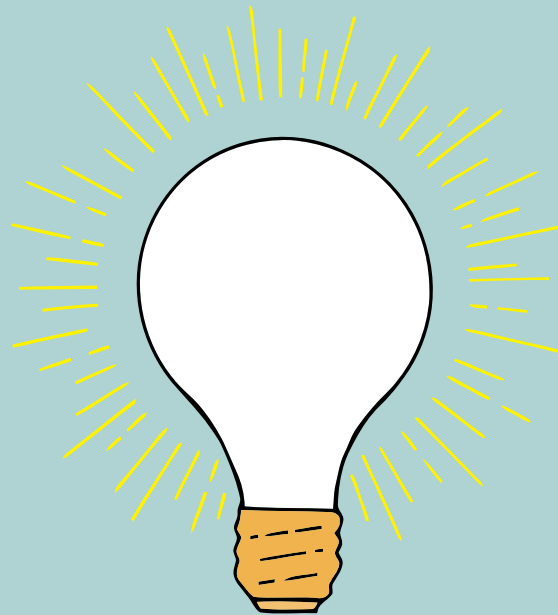


# The Sterling Birth Method

## Phase 1: Creating Clarity



**Illuminate**

*Sterling Parents*

# Guided Visualization # 1

## THE ILLUMINATION MEDITATION

Remember- don't limit yourself to what's possible, it's okay if what you conjure up is a fantasy. This is about illuminating your values and desires.

Find a comfortable position. Gently close your eyes.

Take a deep breath. Relax your jaw and shoulders.

Scan your body and let go of any tension you find.

Take another deep breath, and sink deeper into your position. Relaxing and going deeper into yourself.

**I want you to imagine you are in labor, or if you are planning on a belly birth, you are in the preoperative area waiting to go back to the operating room.** Spend a moment visualizing exactly what you want this to look, feel, smell and sound like.

Take note of where you are. Soak in the feeling, do you smell anything? Is there music? The sound of water? Who is there? What are you doing?

**Now let's transition to pushing, or if planning a belly birth, to where your surgery and birth will occur.** Spend a moment visualizing exactly what you want this to look, feel, smell and sound like.

Has your space changed? Has the feeling changed? Try to give a name to how you are feeling, to how you want to feel?

Soak in the feeling.

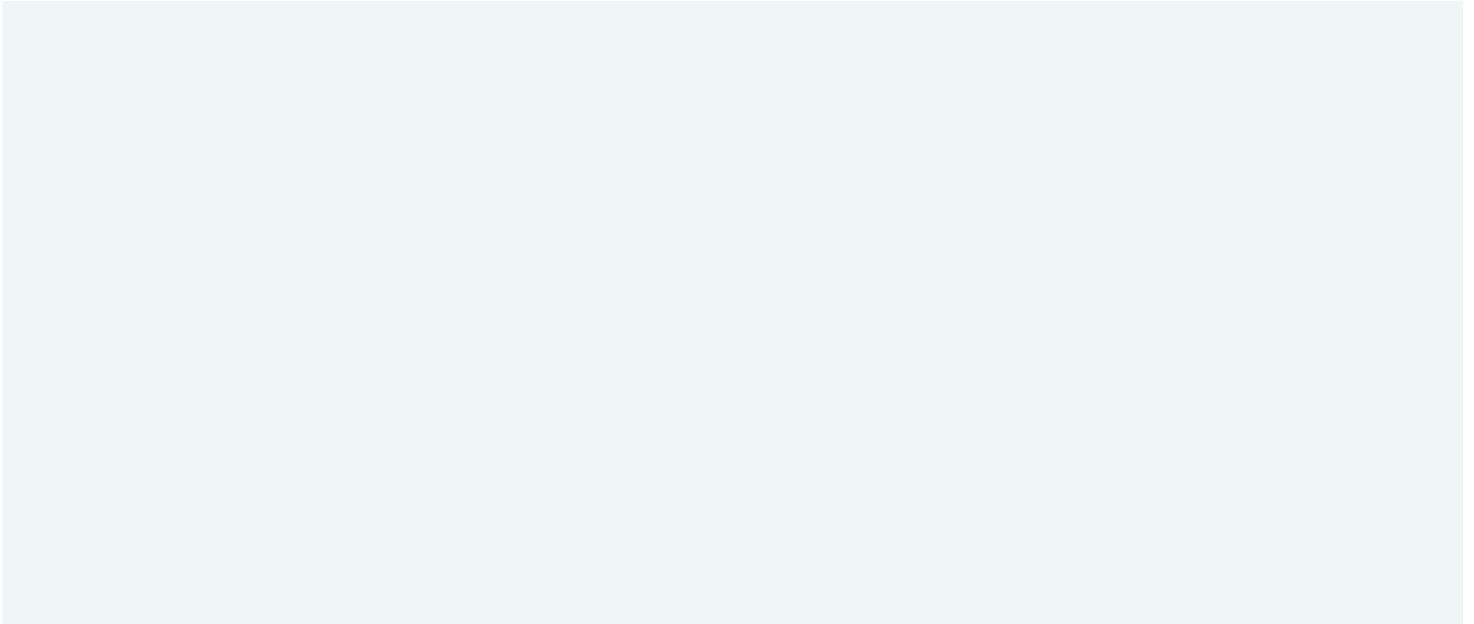
Do you smell anything? Is there music? The sound of water? Who is there? What are you doing?

**Now I want you to visualize that your baby or babies have arrived.** Spend a moment visualizing exactly what you want this to look, feel, smell and sound like.

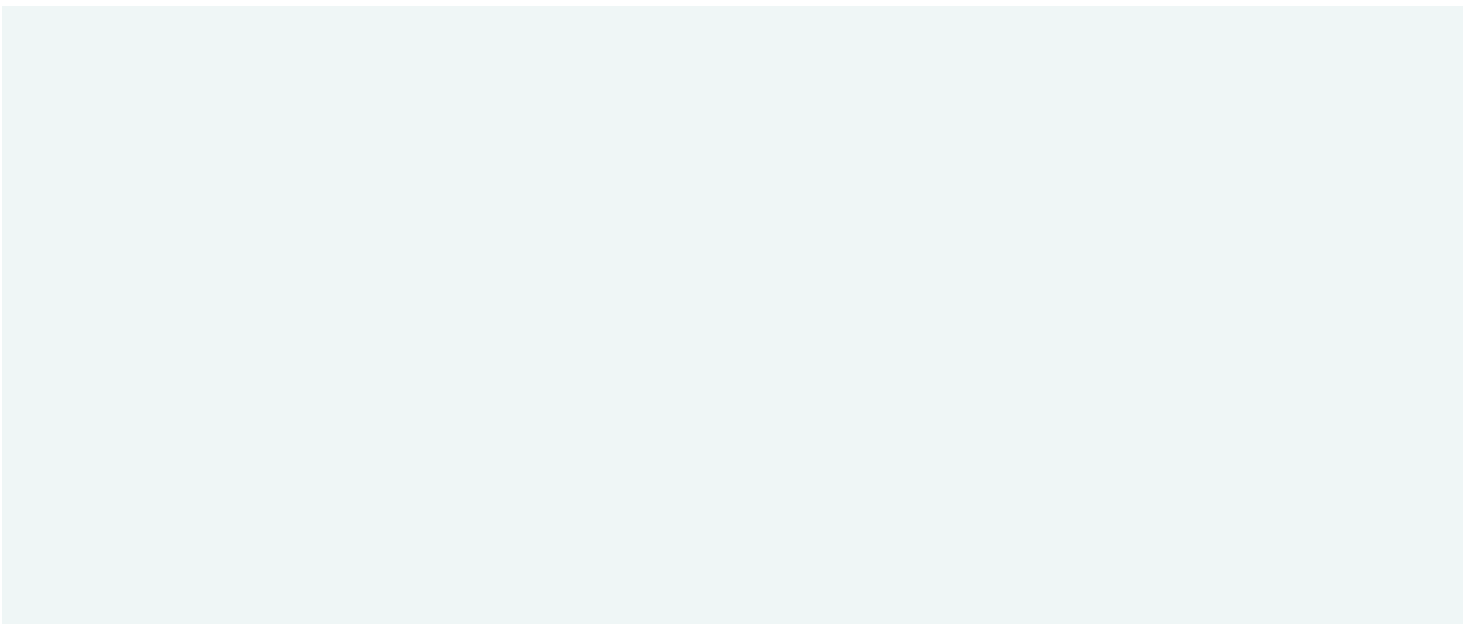
What are you doing? How do you feel? Are you in the same space? What does it look like? Are you saying anything? Are other people there?

# Guided Visualization # 1

How did you feel emotionally during your ideal birth?

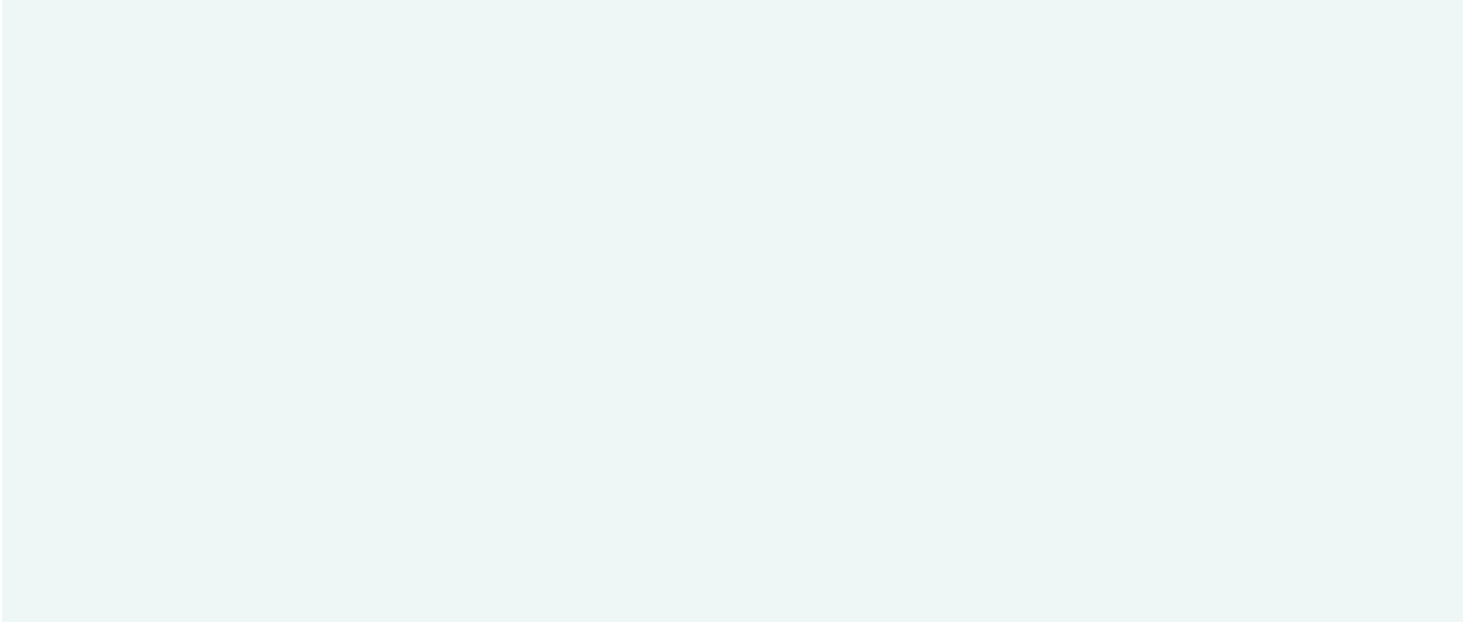


How did you feel physically during your ideal birth?

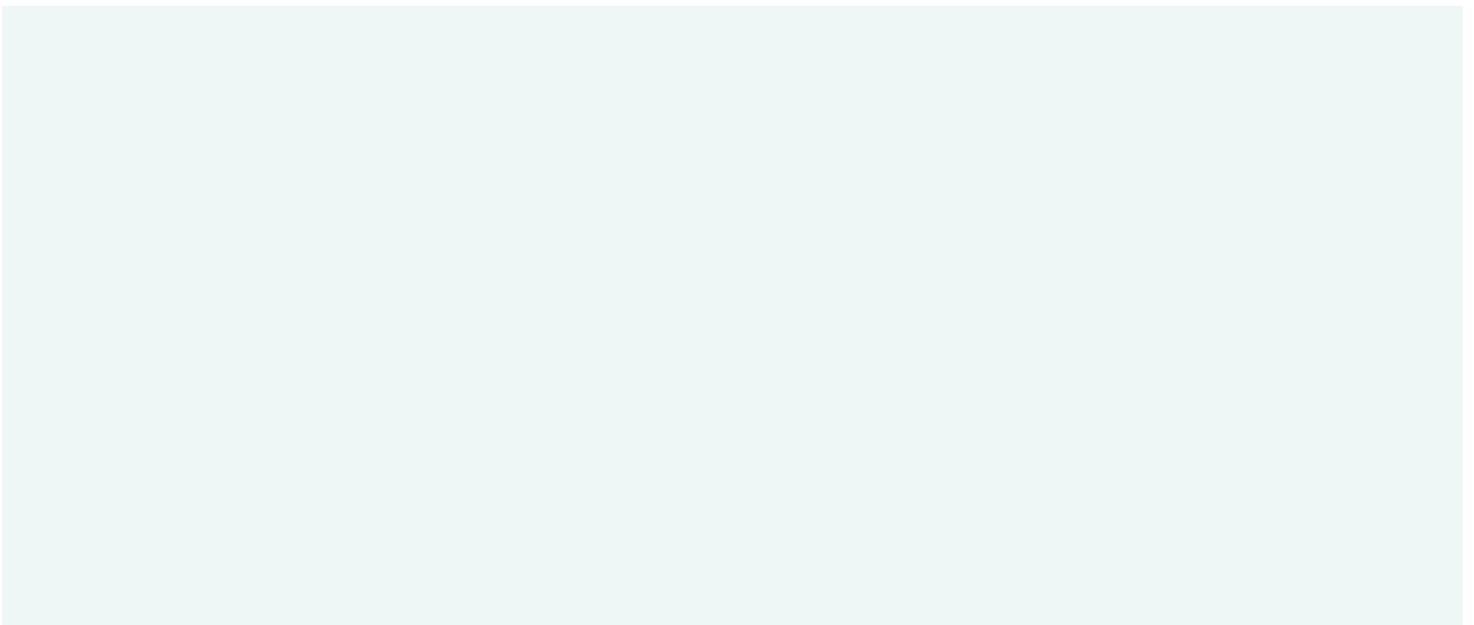


# Guided Visualization # 1

What did your ideal birth look like? What spaces did you envision?

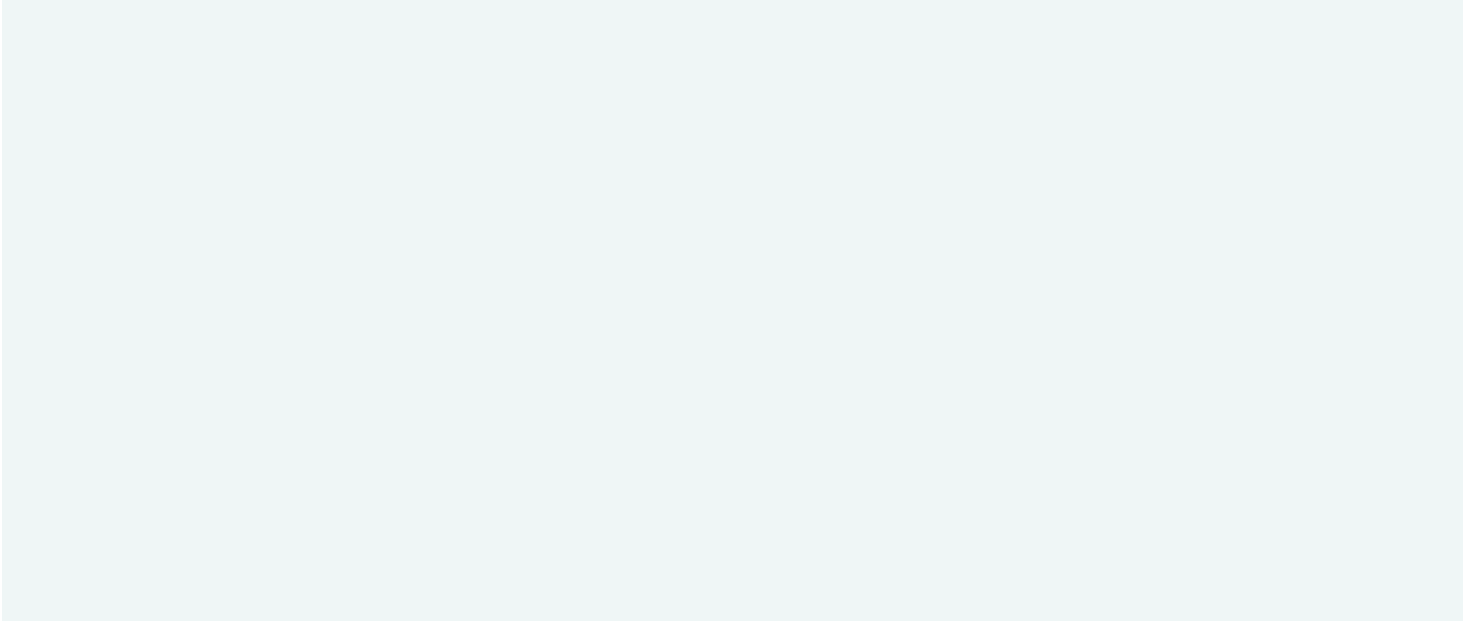


What sounds did you conjure for your ideal birth?

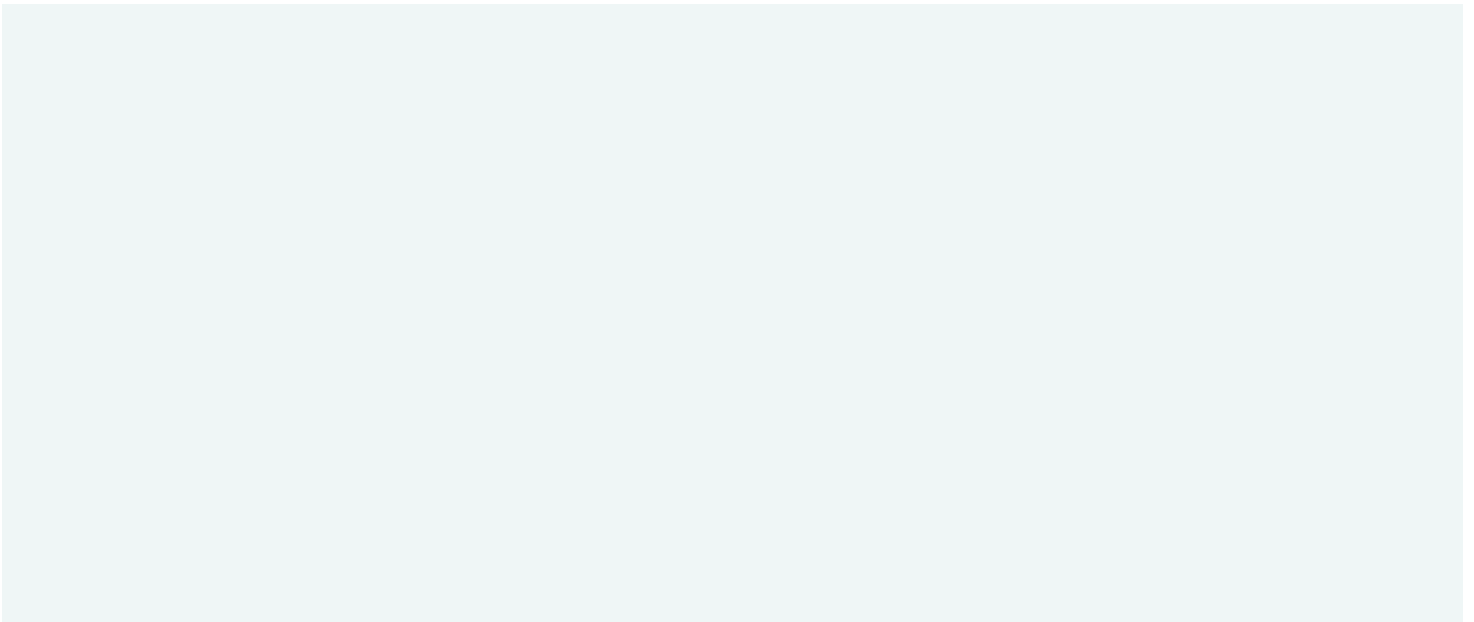


# Guided Visualization # 1

What did your ideal birth look smell like?



Who was with you during your ideal birth? What did they say to you?  
How did they make you feel?



# Guided Visualization # 1

# RESULTS

My Desires

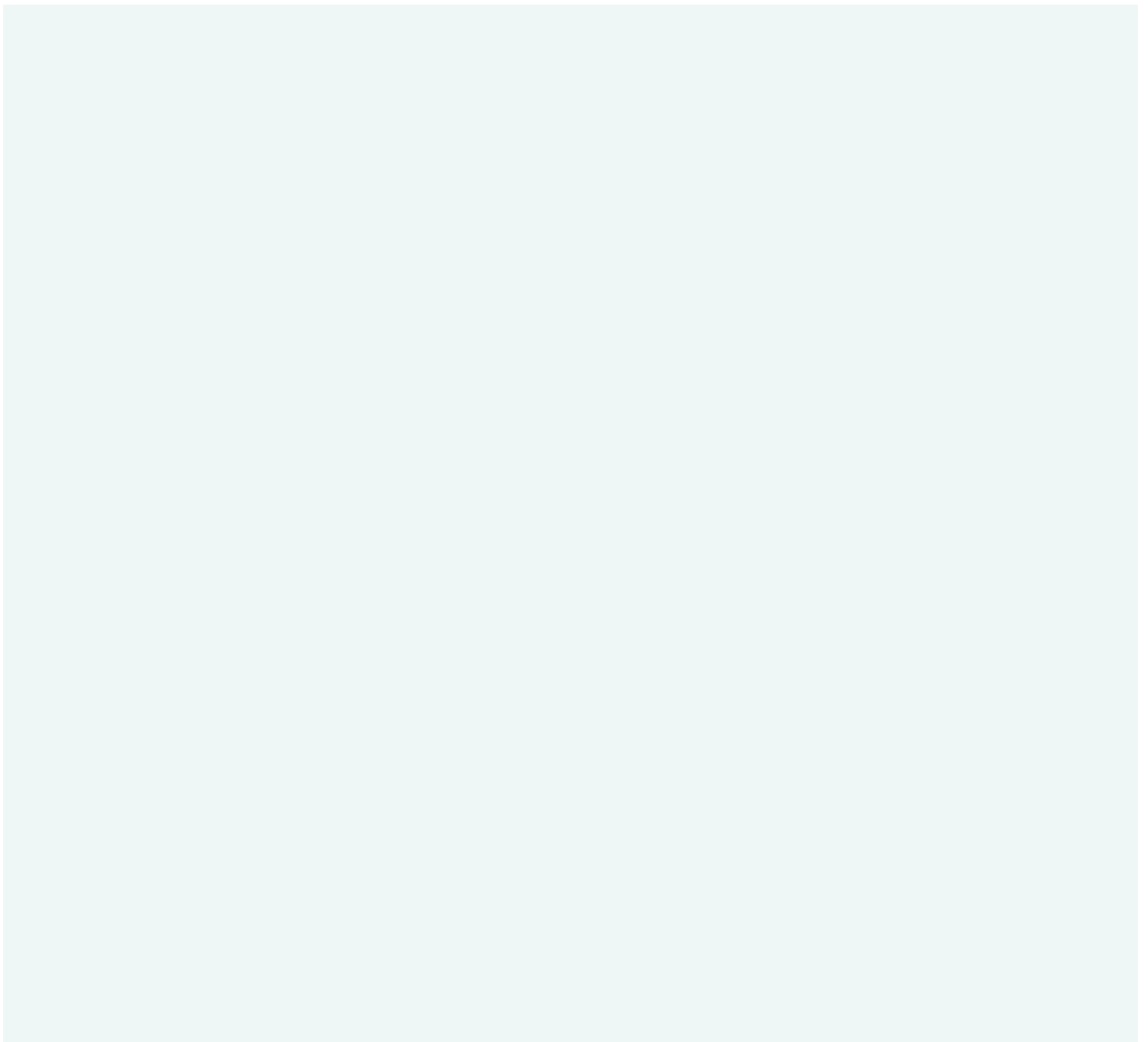
My Why

A series of seven horizontal bands of different colors: light orange, light teal, light orange, light yellow, light pink, light teal, and light orange. These bands are intended for writing the user's responses to the 'My Desires' and 'My Why' prompts.

# Guided Visualization # 1

# RESULTS

What did this visualization reveal to you about what is important to you for your birth?



# ILLUMINATION

## Fears & Worries

What are your worries & fears about birth? Get them all out and into the light and on the page!

# ILLUMINATION

## Fears & Worries

What are your worries & fears about birth? Get them all out in the light and on the page!

A large, empty light blue rectangular area intended for writing.

# Illuminating Fears & Worries

My fear/worry

My next steps

A series of horizontal colored bands for writing. From top to bottom, the colors are: light orange, light teal, light orange, light yellow, light pink, light teal, and light teal.

# Pick 3 Birth VALUES

Based on what you learned during during the Illumination meditation (guided visualization #1) AND In your exploration of your worries and fears, pick 3 birth values. You will come back to these values when making decisions and navigating birth preparation and birth itself.

Acceptance	Intuition
Adventure	Joy
Appreciation	Love
Autonomy	Mindfulness
Calmness	Motivation
Collaboration	Optimism
Comfort	Open-mindedness
Connection	Peace
Cooperation	Preparedness
Closeness	Presence
Creativity	Resilience
Empathy	Safety
Encouragement	Security
Flexibility	Simplicity
Freedom	Spirituality
Fun	Stability
Grace	Trusting
Gratitude	Understanding
Health	Versatility
Honesty	Warmth
Humor	Wisdom
Independence	Zeal

# Birth Values STATEMENTS

Create a statement for each values. You will use these statements to communicate what's important to those who will care and support you during birth.

## BIRTH MANTRAS

write any other statements or phrases that feel empowering or calming