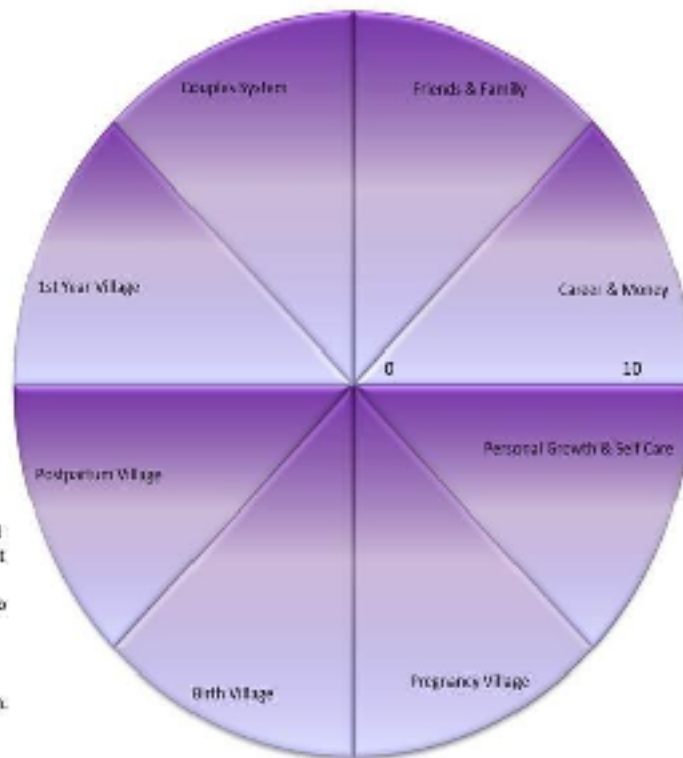


## Perinatal Wheel of Wellness



### **Frequency and Postpartum Stage:**

(1) Rank your level of satisfaction in each facet (0-10) by drawing a curved line to create a new outer edge. What would make it a ten? Start creating your ideal. What steps do you need to take? What resources do you have? Who is in this village?

(2) Use Create Your Vision Meditation. Explore & Discover. Put it on paper.

Create Your Vision Meditation : Sit in stillness. Gently close your eyes or focus on a non-moving object. Draw your awareness to you breath. Notice its' rhythm. Inhaling through your nose, exhaling through your nose. As you continue to settle into your breath bring your awareness to your heart. Notice a bright light. Pick a soothing color. With each inhale, the light brightens, and with each exhale, the light lightens. Once your are settle into this stillness, focus on an area of the perinatal wheel. Vision this area. What does it look like? Who is there? Where are you? Seek out as many details as possible. And when you are ready, ask your Self, "What is my ideal?" "What speaks to my heart?" "What serves me?" When you have gathered enough information. Draw your awareness back to you breath. Inhaling though your nose, and exhaling through your nose. Start to wiggle your toes, fingers, and slowly start to create movement in your body. When you are ready open you eyes, and journal your experience.