

# Impact of Creative Visualization during Prenatal Period

Dr. Swarn Lata Verma

Department of Human Development, Bhilai Mahila Mahavidhyalaya, Durg Vishwavidyalaya

**Abstract:** “Creative visualization”, is a form of mental imagery that can program one’s subconscious thoughts, changing perceptions and responses from negative to positive. This program was organized in sessions. A sample of 30 pregnant mothers sorted out by analysis of self made questionnaire was observed. Pregnant mothers of age range 20-22 yrs, expecting for the first time and of middle socioeconomic status were given visualization sessions every week. It was found that there was change in parental attitude towards their expecting child. Emotions of aggression, depression and anxiety were found to be under control and expecting parents had prepared themselves for happily welcoming their new born child.

**Keywords:** Creative Visualization, prenatal period

## 1. Introduction

Prenatal period is the time when a human embryo develops into a miniature human being. The average length of time is 38 weeks from the date of conception. There is great influence of hereditary and environmental factors during this period. There is change in physical, physiological, emotional and psychological conditions of pregnant mothers.

Bruce H. Lipton observed a new concept i.e. “GENETIC DETERMINACY” i.e. genes play an important role in controlling biological expression and behavior by turning themselves on an off.

Pennisi, 1996. On the other hand reveals that parents also provide non-genetic contribution that can enhance or decline chances of survival of offspring. The mother’s emotions are one of these factors.

Pregnancy itself is an unbalanced state but it is the responsibility of mothers to prepare physically and emotionally healthy child. She should develop positive emotions. Resolve stress quickly by singing, talking or sharing love and affection with the child to be born.

Verny Thomas comments, “Positive maternal emotions advance the health of the unborn child”.

On the basis of above mentioned studies the program of “CREATIVE VISUALIZATION”, suggested by Verny Thomas was organized in sessions.

“Creative Visualization” is a form of mental imagery that can program one’s subconscious thoughts, changing perceptions and responses from negative to positive. It helps cure diseases, enhance better growth and development and make positive states of mind by changing basic attitudes and concepts of individual.

## 2. Method

“Creative Visualization program” was organized in sessions. For present study self made questionnaire form was given to 100 pregnant women to know about their physical, physiological, emotional and psychosocial status. A sample of 30 pregnant women who were expecting for the first time of age 20-22 yrs and from middle income group showing emotions of aggression, depression or anxiety were segregated as representative sample.

**Table:** Showing Criteria for the selection of representative sample.

	Age	Socioeconomic status	Pregnancy status	Emotional status	Physiology
Group I	20-22 yrs	Middle Income group	First time Expecting	Showing Frustration	High B.P.
Group II	20-22 yrs	Middle Income Group	First time Expecting	Showing Anxiety	High B.P.
Group III	20-22 yrs	Middle Income Group	First time Expecting	Showing Depression	Low B.P.

## 3. Methodology

Three groups of sample were segregated. The first group consisted of 10 pregnant women expecting for the first time, of age range 20-22 yrs from middle income group with high blood pressure but showing symptoms of aggression.

The second group consisted of 10 pregnant women expecting for the first time of age range 20-22 yrs from middle income group, with high blood pressure, but showing symptoms of anxiety.

The Third Group consisted of 10 pregnant women expecting for the first time, of age range 20-22 yrs from middle income group with low blood pressure but showing symptoms of Depression.

As suggested by Verney Thomas, sessions were arranged for all the three groups every week.

Session –I : The sample for study was taken to a place free from interruption and noise. During 3<sup>rd</sup> month of their prenatal period, they were asked to practice, realizing,

seeing, feeling and even hearing their healthy baby's Fetal heart beat by keeping their eyes closed.

Fetal heart beat was experienced using Fetal heart beat measuring instrument.

Session-II- The sample was shown pictures of fetal growth in different stages. They were explained how a fetus develops, moves and also enjoys mothers warmth, emotions etc. while in the womb.

Session –III- They were asked to practice day dreaming, enjoy happy self and healthy growing baby. For enhancing this activity few healthy and beautiful pictures of baby were shown to them. Eg. Lord Krishna etc.

These three sessions were repeated every week and counseling about balanced diet, exercise during pregnancy and methods for maintaining emotional balance was given by Nutritionist, Doctors and Counselors.

They were asked to practice guided Imagery daily in their home.

Guided Imagery developed by James Goodlhatte a certified holistic lifestyle coach.

- 1) Imagine your Growing Baby.
- 2) Visualize how a healthy child looks like.
- 3) Sense what a healthy child feels like.
- 4) Hear what a healthy child sounds like.
- 5) Imagine how his heart pumps blood.
- 6) Imagine how he shows movement
- 7) Imagine How his cells are multiplying.
- 8) Observe and realize your child smile in womb.
- 9) Hear and sense his length, feel her move in Joyful mood.

#### 4. Observation and Analysis

The result of creative visualization was analysed after 3<sup>rd</sup>, 6<sup>th</sup> and 9<sup>th</sup> month of prenatal period through questionnaire made by investigator.

- 1) It was found that the aggression level of expecting mother had slowed down and she had started controlling her aggression by sublimating / concentrating towards other positive activities such as singing reading good books or changing work.
- 2) Lowering of high blood pressure, change in parental attitude and even emotions were changed from negative to positive.
- 3) Through longitudinal study of pregnant mothers it could be concluded that in the end family environment, marital relations and even health of mother was found to be normal. The child born to these mothers were happy, healthy and full term.

Verney concludes "Positive maternal emotions have been shown to advance the health of unborn child". According to him "Thoughts which infuse the developing baby with a sense of happiness or calm can set a stage for a balance, happy and severe disposition through out life" while Deepak Chopra comments "when one feels joyful, his/her body produces natural pleasure chemicals". These chemicals are

called "ENDORPHINS" and "ENCEPHALIN" which make him relaxed and comfortable.

If mother is happy, without stress the child's nervous system works smoothly and when she is calm and centered, her baby grows peacefully.

#### 5. Conclusion

It was concluded that as a result of creative visualization, change in mother's attitude towards their unborn child was found to be positive.

Their B.P. was found to be normal. Emotions of depression, aggression and anxiety were found to be under control.

Expecting parents both mother and father had prepared themselves for happily welcoming their new born child.

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