



# *Hypnosis For Childbirth*

*Hypnotherapy Script Package*



# Birth Preparation – 1

## Birth Preparation, Part One.

(Therapist note: There is a lot here; you may want to break this up into two or more sessions)

About 30 minutes.

Arm drop, anesthesia, touch anchoring and deepening, elevator deepening, anchoring sounds to deepen, and imagining birth.

Find a comfortable place to relax. Make sure that there will be no interruptions and if your coach or your partner is there, allow your coach or your partner to be there with you to help you to strengthen the responses that you are going to have in this session for having a very calm and effortless childbirth.

Notice the way your body feels right now and get as comfortable as you can.  
And let any tension in your body melt away when you take three deep breaths, so that on the third deep breath you feel your body just melting and sinking right down, very easily, very quickly.  
Good.

And just wait for that third breath and the moment that you exhale your body is going to relax, going to completely let go and you're going to feel as if you are melting down into the chair or the bed that you're on.

There, now feel that letting go.

Feel how good it is to just sink and let go.

And now, when I count to three I want you to double that feeling.

The moment I count to three, double that heaviness in your body, let your body sink twice as deeply.

One, two, three.

Feel it.

Heavier, heavier still.

Good.

Now, I'm going to count to three again and this time I want you to let your entire face relax, let your entire face become soft, relaxed, let the muscles and the skin just melt on the count of three.

One, two, three.

Melt, let your entire face melt.

Now let that go down through your body like a wave so that that heaviness is moving down through your body.

Feel it, just all the way down to your toes, relaxing every part of your body. And now once again when I count to three let your body relax twice as deeply.

One, two, three.

Good.

Now I'm going to count from ten down to one.

Begin to let all of the sounds around you relax you deeper and the sound of my voice, allow my words to relax you deeper and any sounds around you, any sounds outside of the room that you're in or any ordinary, everyday sounds will simply become soothing, relaxing sounds and put you into a deeper state of trance.

Ten, with each number double the relaxation in your body.

Nine. Deeper relaxed. Know that your mind and your body is going to go into a very beneficial

state of trance.

Eight. Sinking and floating down.

Seven.

Six. Let the music float through you and melt away any remaining tension or tightness.

Five. Let go, really let go now on the next number any tightness left in your body at all, let it melt.

Let your body become so heavy that it feels as if you're sinking into the bed.

Four. Deeper relaxed.

Three. Nothing that you to do. Nowhere that you have to be.

Absolutely nobody wanting anything from you.

Two. Deeper relaxed.

One.

(if you are a therapist who is doing the training, you will be lifting your clients arm during this next sequence)

(if you are showing the birth partner, show him/her how to lift the arm to release the tension)

I want your partner now to lift your arm, one of your arms and just hold it up.

And let your arm be as loose and limp as a wet dishrag so that there's just no tightness, no muscle tone in that arm.

Let the muscles in that arm, the joints, the bones, everything be so relaxed that your arm actually feels too heavy to lift yourself.

So now, let your partner hold your arm.

On the count of three your partner is going to drop your arm.

The moment your arm drops your mind is going to go into that state of trance where your body is completely relaxed, where there is not a care or effort in the world, you'll simply sink right down into that very beneficial state of trance.

Now on the count of three, drop that arm.

One, two, three.

Let go, even deeper now, let go, let go.

Now every time that your arm is lifted like that, the moment that it drops, your mind and your body is going to go into a very beneficial state of trance.

There is a part of your mind that hears my words right now, a part of your mind that is listening to my voice, that knows exactly what to do for you to go into a comfortable, pleasant state of trance.

This part of your mind knows how to allow you to have an easy, natural birth.

This part of your mind knows that birth was meant to be easy and natural and comfortable.

The part of your mind that's hearing my voice knows how to go right into that state where your body is relaxed, where you're moving with the baby and with the contractions to help to guide that baby out of your body easily and effortlessly.

Now your mind hears my voice and knows that this is true.

So now, any time, if there's any tightness in your body or any discomfort at all, the moment that your arm is lifted and then dropped, all of that tightness will melt away and your body will go into this state, heavy, loose, limp, and relaxed.

Now I want your partner to lift your arm again.

Hold that arm, make sure there's no tension in it, no tightness.

Lift it up and on the count of three let it drop, let your entire body melt again.

One, two, three.

Good.

Now feel that heaviness, that wonderful letting go in the muscles, the skin, the joints in your body.

Good.

Now on the arm that your partner was holding, I'd like you to feel your partner's touch.

A gentle stroking touch on the back of your hand.

And I want you to let that touch begin to create numbness, a loss of sensation in your hand.

Now your partner continues to stroke your hand and you can feel that sensation floating out of

your hand, beginning to get more and more numb, almost like the feeling of when you have Novocain at the dentist and your skin becomes numb.

And then underneath that, the tissues, the muscles become numb.

Let your hand lose the sensation from the wrist down to your fingers.

The more that you feel that stroke, the more the sensation begins to leave your hand, becoming more and more numb so that all you feel is the pressure of the touch, but none of the sensation.

Even number, let your hand get cool now.

Even cooler.

Now the stroking of the finger makes your hand cooler, cooler, even cooler. And soon your hand will be completely numb, relaxed and comfortable.

With no sensation other than a little bit of pressure of the touch.

Now if your partner wanted to, he could pinch the back of your hand or touch it, press it in certain ways that you'd feel the pressure but no sensation.

Now take that hand and let it slowly lift and raise and go right to the area of your belly, right on the area around your uterus and the sensation, that tingling numbness, that coolness in your hand, is going to make the area of your body around your uterus and your belly just as numb, to lose any sensation or any discomfort that's there and you can see it with your mind's eye.

You can feel it beginning to spread all around your belly, all the way around to your back.

And if you need to you can move your hand just a little bit and feel that sensation that's cooling, numbing, moving into that area of your uterus and every time you move your hand it transfers that anesthesia from your hand to all the muscles around your belly, allowing your uterus to do what it knows how to do, what it was specifically made to do while all the muscles around it relax comfortably, become wonderfully anesthetized.

Now begin to notice from your hand if there's a color flowing from it or a light.

Notice the places where you touch your hand, how it changes that area of your belly.

Let that entire area around your midsection, around the baby, become completely numb now.

Every time you touch it more and more numb.

You feel the pressure of your hand, but only a little bit of pressure.

That area is now comfortable, numb, anesthetized. And any time that you want to do that, to be able to let go of any sensation in the area around your uterus or around your back, you simply allow your hand to get cool and numb and then bring it up to your belly. And when you touch your belly that color, that light from your hand will flow all around your belly, all around the muscles down through your back, and will make the sensation go away, bring in that coolness and that numbness, allowing your mind to let go of all sensation all around your belly, all the way down through the area around your cervix, all the way through the birth canal.

Now, when I count to three, I want you to let yourself open your eyes and stay in trance.

Allow your body to still be heavy, loose, and limp.

Allow your right hand to remain cool and numb.

Allow the area around your belly to be cool and numb so when I count to three, you can open your eyes.

One, two, three. Now open your eyes.

Your body and your mind remains in trance.

Opening your eyes allows you to see and experience what's happening in a calm and relaxed way.

And when you want to go into a deeper state of trance just as you're going to do in a moment, you take three more breaths.

On the third breath, as you exhale your eyes close and your body again gets heavy, your mind floats and drifts down deeper.

Now, take three breaths.

One. Good.

Two. Good.

Three... now as you exhale, completely letting go, your eyes close, your face melts all the way

down through your spine, your back, your entire body now becoming heavy, loose, and limp.

And now allow yourself to go into an even deeper state of hypnosis.

I want you to imagine that you're in an elevator, a comfortable, open, roomy elevator.

This elevator is going to take you down to deeper levels of your awareness, levels of your awareness where you can totally, completely block out any discomfort, where you can let your body relax and flow with the birth process so effortlessly that the birth takes very little time, that your baby is born knowing that it is very welcome and wanted, to create the most comfortable environment for you and for that baby.

So now be in that elevator in the most comfortable chair and as I count from ten down to one you're going to go down to a very deep state of mind.

...A state of very deep hypnosis...

...Where you can allow your body to experience this birth with no discomfort whatsoever.

...Easily, effortlessly.

And now, as I count, let yourself go down.

Ten, floating down now.

Nine, easily, quickly, effortlessly, floating down.

Eight, letting go.

Let your mind go into a very deep state of trance.

Seven, deeper down, floating down the elevator.

Let it take you, surrender to it.

Seven, six.

Deeper down.

Five.

Four, no effort at all, your body becoming more loose, limp, and relaxed.

Three, the deeper down you go the more numb your hand becomes, the more cool and numb your hand becomes.

Three, cooler and number, even heavier.

Two, down deeper.

One.

Now at this moment in that elevator, open the doors and let yourself float right out of there.

Let yourself take a walk along a beautiful path or float among the colors in the clouds.

And if you'd like you can float over the area where you are having a baby and you can watch it from above, you can observe it from other places in total, complete comfort.

Or you can just float among the colors out there, the path, feel the warmth of the sun or the coolness of the breeze.

You can let yourself drift and wander to beautiful places.

And any time that you feel a contraction you understand that it's only a contraction.

You feel the pressure, completely comfortable in every way.

You allow your body to do what it does naturally.

This is easy for you now, in this state of awareness, in this state of hypnosis, you allow my voice to guide you and you allow your body to find the perfect wisdom to allow this birth to be easy and effortless.

And any time that you want to, you can open your eyes and remain in trance.

Every time that you close your eyes again you will go back down into a very deep trance, instantly and easily.

Any time you feel your hand being lifted and dropped, the moment it drops you will go into a very deep state of trance just as you are now, all the tension and tightness will melt out of your body quickly and easily.

And this birth, for you, will be completely comfortable, easy and enjoyable, just as you want it to be.

Now allow all the sounds around you to relax you deeper.

Imagine for a moment that you are in the room that you're going to be having your baby.

There may be other people around that are making some sounds or some noises; they may be talking.

Now all of these sounds can simply relax you deeper.  
You may hear them in a new way.  
Maybe they'll be comforting sounds that seem far off and in the distance.  
Maybe they'll be voices that are reassuring and comforting for you.  
Whatever you hear, every sound will relax you deeper and take you into a deeper state of trance.

You continue to drift and float, teaching your body how to reach this deep state of trance, hearing my voice, allowing the music to relax you.  
And allow this part of your inner mind to hear my voice and allow these words to have the effect that you desire.  
When it's time for your body to give birth, your body is going to do it in a way that is natural and easy.  
Any time that you notice a contraction, you'll simply notice the pressure and you will flow with the pressure, you'll notice that your entire body and your energy flows easily and effortlessly with the pressure of moving the body, moving that baby out of your body.  
The sensation that you feel will be comfortable and the contractions that you feel will feel purposeful and positive and all of your thought and energy will easily flow with them, moving the baby out as gently and easily as you desire.  
Your birth of your baby will be a natural process.  
Your body knows how to have a baby, comfortably, easily.  
And your mind now knows how to relax deeply to let that happen and allow that to happen.

Now let your mind hear my words again.  
Any time that your arm is lifted and then dropped you go into a very deep state of trance.  
Any time you want to go into a deeper state of hypnosis you take the elevator down from ten down to one and when you get down to the bottom you will be completely, totally in a state of comfort.  
Any time that you open your eyes your body and your mind remains in trance.  
You can talk to those people around you while your body and your mind remains completely relaxed and in trance.  
And any time that you open your eyes, the moment that you close them you will go again into a deeper state of trance, feeling your body letting go.  
And when you want to deepen that state yourself, you can take three breaths and on the third breath your body again will sink and let go.  
And you'll know which one of these is the best and most appropriate for you to relax that deeply.

Now in a moment I'm going to ask you to return your awareness to the room.  
First I want you to send a wave of appreciation over your entire body, a wave of gratitude for the birth that you're going to have, for the gift that you're giving to your baby and for the experience that for you is going to be pleasant, comfortable and calm.  
So again, another wave of gratitude.  
Your body knows how to create a birth that's easy, natural, and comfortable.  
You can trust your body to have a birth that's easy, comfortable and natural.  
Now in a moment you're going to bring your awareness back to the room and bring your energy all the way back into your body.  
When you bring that energy back into your body, you'll bring all of the sensation back into your body.  
And as I count from one to five, you'll notice that energy moving back in.  
And when I get to five, you'll feel very wide-awake, very clear-headed, and very refreshed.  
Every time you hear my voice, every time you listen to this tape, and every time you allow yourself to go into a deep state of hypnosis, your mind will tell you just what to do, your body will respond beautifully and instantly and you will be able to achieve a state of trance that is comfortable.  
Deeply comfortable.

And now bring your awareness back to the room, back to my voice.

One, bring the energy into your legs and arms.  
Two, bring that energy all the way up into your body.  
Three, your body balanced, integrating the new lessons and learnings.  
Four, your eyes will feel cool and refreshed.  
And five, clear-headed and refreshed.  
Open your eyes and take a nice deep breath.  
Good. Now take another nice deep breath.  
Good.

## Birth Preparation - 2

This session uses some symbols and preparation from session one

This session is preparation, to be used in several times before the actual birth

During this session you will prepare your body and your mind to be able to go into trance very quickly and very easily.

When you have a contraction and also to allow your partner to create certain triggers and cues that are going to put you deeper and deeper into relaxation, into a state of hypnosis, to release tension and stress from your body, to have a beautiful peaceful birth.

So if your partner is with you right now, during this session there is a time where I'll ask for your partner to stroke your arm, to just run the back of the fingers along your arm from the wrist all the way up to the shoulder in one continuous motion and back down, all the way to the wrist and back up.

This light touch can be a very good trigger to relax the body.

It can stimulate endorphins which make us not feel pain quite as much and release stress from our body. So... that touch will be one of the triggers that you're going to learn and use in this session.

The other trigger is a touch on the shoulder so your partner, while counting from ten down to one, every time that the words "deeper relaxed" are said, your partner will touch your shoulder.

Now your partner may say the words "deeper relaxed" to you while you are in labor or during your practice sessions may say "deeper relaxed" and touch your shoulder.

What you want to do is let your body respond by just melting to that touch and to that phrase.

During this session there are two things that your partner will be doing and when we begin to practice and have an imaginary contraction beginning, your partner will stroke the back of your arm up and down continuously... and then when I count from ten down to one, and every time I say "deeper relaxed", your partner will touch your shoulder and your body will melt in response.

So... right now I want you to use the technique from the deep trance training and stare at a spot on the wall.

And your mind should be very good at this by now.

Stare at that spot and notice everything around you.

Now focus in on that spot and feel yourself being drawn closer and closer to that spot. Your eyes getting so tired, your face relaxing.

Take a deep breath, hold it just for a moment, let it out.

Good. Feel the stress melting from your body.

Take another deep breath now and as you inhale just hold it for a second and this time as you exhale now, feel your body melting, melting, just letting go, it feels so good to let go.

And now, one more deep breath and just notice the muscles in your face and your eyes, your eyes are just too heavy to keep open, so ready to close as you exhale your body melts into the bed, your eyes are too heavy to keep open and you feel them melting, closing down to your cheeks and that wonderful wave of heaviness melts down through your body.

Now, I want you to let your mind continue to relax as I count from ten down to one.

With every number you'll relax twice as deeply and your mind will begin to descend into a wonderful, blissful state of trance.

Between each number hear the words "deeper relaxed", feel the touch of your partner's hand on your shoulder and if your partner's not there right now, just imagine that wonderful touch of someone who cares and someone who's assisting you touching you on the shoulder.

Ten, deeper relaxed, good, let it go.

Nine, deeper relaxed, good, let it go.  
Eight. Seven. Six, notice the way that your mind just floats and drifts down.  
And if you're looking at that spot in the center of your forehead from inside of your head you're being drawn into that velvety darkness feeling that bliss and that peace.  
Seven, six, five.  
Deeper relaxed.  
Feel that touch on your shoulder now.  
Four. Three.  
Begin to let all the sounds around you relax you deeper, the ordinary, everyday sounds, the sound of my voice, the sound of the music, everything around you relaxing you deeper.  
Two. Deeper relaxed.  
Good.  
Doesn't it feel so good to let go?  
And One... Deeper relaxed.

Now you are going to let your mind create a very profound trigger.  
You will feel a touch on your shoulder that is going to instantly and automatically put your mind into a blissful state.  
(birth partner or therapist should touch the shoulder and hold it for a few seconds then release)

The next time that you feel this touch on your shoulder you will feel a wave of comfort and heaviness move through your body, and you'll feel even more relaxation, even more tension leaving the muscles, you'll feel your muscles melting even more.  
Ready? Now, feel that touch on your shoulder.  
Deeper relaxed.  
Good.  
Feel that warm wave just moving through your body.  
Doesn't it feel so good...  
And I want you to let your mind now imagine... knowing that this is only practice... and during this practice your subconscious mind knows that your body remains in a comfortable healthy state while your mind can also practice an imaginary contractions.  
Your body, and uterus remains comfortable during this practice.

Now **imagine** the beginning of a contraction... the feeling at the top of the uterus or at the back of the uterus.  
The moment it begins you feel your body relaxing; you feel the touch on your shoulder and words "deeper relaxed".  
Your eyes close and become heavy, loose, and limp.  
You begin to feel your partner's touch now on the back of your arm, slowly moving up your arm.  
And when the touch slides down your arm your body lets go.  
You feel that touch moving back up, so light, so soft, all the way up on your arm to your shoulder, all the way down to your wrist.  
And as your uterus begins to have that wave of movement, you feel pressure, only pressure.  
You feel the purpose of that pressure.  
You continue to feel the touch on the back of your arm all the down to your wrist and up to your shoulder.  
You go deeper and deeper in trance, your body is loose, limp, and relaxed.  
Loose, limp, and relaxed and t any time if your partner notices any tension, you'll feel that touch on your shoulder and you'll hear the words "deeper relaxed" and a deep wave of relaxation moves through your body. Good.

Now you notice your uterus beginning to loosen up to let go.  
The contraction is over.  
You take a nice deep breath, you count to three - one, two, three, and you can open your eyes feeling energized, comfortable.

Good.

Now you're going to let your mind practice again.

And imagine the beginning of a contraction now.

You feel that tightening, a little bit of pressure.

You take a deep breath and close your eyes.

You focus on the area in the center of your forehead, you feel your partner's touch on your shoulder, deeper relaxed.

Now you feel the touch on the back of your arm and you notice your body responds beautifully.

That touch on your arm allows your body to become loose, and limp, and relaxed.

The softness floats through your body as your mind is focused on the velvety darkness behind your eyelids, floating and drifting into that velvety darkness. It's so easy for you to relax.

You feel only pressure, purposeful pressure that is moving the baby down.

Good.

And now you notice that your uterus is beginning to relax to release the contraction.

Good.

And you count to three – one, two, three and you open your eyes and you feel very refreshed, very comfortable.

Now in the next imaginary contraction I want you to allow yourself to turn the switch off in the back of your head that turns your body off so you really feel that entire kind of body numbness that takes over your body.

So imagine another contraction.

You begin to feel the tightness or the pressure.

You take a deep breath, close your eyes, you feel your partner's touch on your shoulder, deeper relaxed now.

Feel the touch along your arm.

Good.

Feel that touch on the back of your arm moving up and down.

And just go right to the back of your head, turn the switch off, and feel the sensation changing in your body, becoming numb, relaxed, loose and limp.

The sensation leaving your body, you feel only pressure.

Sensation leaving your body, becoming numb as a wave of anesthesia has taken over your body.

It feels so good to allow this to happen.

And want this to happen.

Flowing through your body, turn that switch off.

Your body becoming more numb, releasing sensation, feeling only pressure.

You feel that wonderful touch so soft on the back of your arm, good.

And then you notice that the contraction is coming to an end, your uterus is relaxing and as it relaxes you hear yourself or your partner counting to three – one, two, three.

And you feel that wonderful feeling... your eyes opening.

And you can leave that switch in the off position, there's no need for you to move your body right now.

You can just leave your body in that totally loose and limp feeling, without sensation, feeling that numbness all over your body.

And then imagine the beginning of another contraction, right at the top of your uterus; in the back you feel that tightening.

Take a deep breath, focus on that spot on the wall, feel yourself very quickly going down into trance, your eyes are too heavy to keep open, when they close you focus on the center of your forehead.

Now you feel the touch on your shoulder, deeper relaxed.

And the touch on the back of your arm feels somehow different this time, because your body is more numb.

You feel that as only pressure, your body becomes more numb.

More anesthesia flowing through your body as you feel your partner's touch on the back of your arm.

Your body loose, limp, relaxed, numb.  
The anesthesia flowing through your body, you feel only pressure.  
That pressure has such a purpose, your baby is moving down through your body.

Now imagine that beautiful rosebud and let your body open.  
Allow that image of that rosebud to begin opening your cervix, opening the birth canal, allowing all of the bones in the pelvis and the joints, the ligaments to soften and open.  
Your baby will be born easily and gently, flowing out of your body, since your body is so relaxed.  
Just let that rosebud keep opening and opening and opening.  
And then notice the contraction begins to relax.  
Your uterus relaxes, the muscles relax and as you count to three or your partner counts to three, you're wide-awake.  
You can leave the switch for your body in the off position if you'd like or you can turn it back to the on position and have all the sensation come back, it's up to you.  
Good.  
One, two, three.  
Take a nice deep breath. And if you'd like you can open your eyes.

And let your mind have another practice.  
Your subconscious mind knows that this is only practice.  
And now, imagine feeling another beginning of a contraction, that sensation the top or the back of your uterus beginning.  
You stare at that spot, your eyes become heavy and they close, you take a deep breath, you feel the touch on your shoulder and the words "deeper relaxed" and you go into that comfort, it feels so good to just go into that comfort.  
Now feel the touch on the back of your arm, that wonderful touch as your body becomes numb, the anesthesia flowing through your body.  
And then, notice the rosebud. You allow your body to relax to become open, to allow that rosebud to open your body, open your body.  
The ligaments, the joints, the bones all becoming more open and flexible. Your cervix opening, your birth canal.  
The baby will flow out of your body gently and easily.  
You feel only pressure.  
Your body is comfortable, relaxed, loose, and limp.  
And as the contraction comes to an end you feel your uterus relaxing and then you bring your awareness back to your body and you hear the counting to three or you count to three in your own mind – one, two, three.  
And bring your awareness back to the room and you can open your eyes. Good.

Now this time when you feel the beginning of a contraction, I want you to let your mind and body go instantly into trance.  
You don't have to take a deep breath, you don't have to feel the touch on the shoulder, even without the touch on the back of your arm.  
All on your own you can let your body go through those steps easily and quickly.  
So now imagine the beginning of a contraction, the sensation at the top or the back of your uterus.  
You focus on the spot, all the things around you in the room fade away, you feel your eyes becoming very heavy.  
They close and you focus on the spot in the center of your forehead and you say to yourself "deeper relaxed".  
Say that now silently in your mind – deeper relaxed.  
And during this contraction you count from ten down to one in your own mind.  
Ten, deeper relaxed.  
Nine, deeper relaxed.  
Eight, deeper relaxed.  
Turn the switch off at the back of your brain, turning your body off.

The numbness and the anesthesia flowing through your body.

Seven, deeper relaxed.

Six, good, it feels so good to let go, deeper relaxed.

Five. Four. Three. Two. One. Good.

Let your body be so loose and limp, so wonderfully relaxed that you feel wonderful, you feel only pressure.

You imagine that rosebud as your body becomes more open and more open and more open, you feel everything relaxing.

And now as you notice the contraction ending, allow your mind to bring you back to awareness, a little bit more alert and aware as you count to three in your mind.

One, two, three – and you can open your eyes.

And any time while you're in labor, if your partner's not there, you use this technique to put yourself in that wonderful, blissful state to go into trance easily and quickly.

You'll instantly stare at the spot on the wall, you'll notice everything around you then be drawn into that spot.

Feel your eyes close, take the breath and you will count from ten down to one as you are allowing your body to become numb, loose, and limp.

When you hear yourself say the words "deeper relaxed" in your mind, your body will respond.

Now take yourself one more time to the point where you are actually giving birth to the baby, where the baby is being born so you feel this contraction that is more intense, more purposeful.

You feel your eyes closing, your body relaxes and you move with the downward pressure.

You move all of your thought and all of your energy into the downward pressure while your legs and arms remain relaxed, the muscles in your face remain relaxed.

There is absolutely no sign of tension.

You focus all of your attention on the downward movement of the baby.

Right now allow your body to remain relaxed. If this were the birth of your baby, during the moment where you are moving the baby out of your body, you'll notice that your body takes that image of the rosebud, and opens and opens and opens as you breathe down with the baby, move down with the downward pressure.

And you feel very focused and you feel you are one with the baby moving down with the pressure as the baby moves through the birth canal, flowing out of your body.

You move down with that pressure as the baby moves through your body, easily, everything stays relaxed and focused on the area of downward pressure it is purposeful, powerful.

You move with it, your mind, your breathing, your intention.

And your body becomes so relaxed that the baby flows out, easily, absolutely no resistance, your body moves with the pressure, flowing with the baby out of your body.

Now imagine that baby moving out of your body and right onto your belly, your baby laying there on your chest.

And you realize that this birth that you just experienced is the way that nature intended for you to have birth... For it to be a peaceful and gentle experience.

You realize that you allowed your baby to be born in the most peaceful circumstances, the most gentle environment, feeling loved, feeling nurtured, feeling that this birth is the most purposeful, beautiful experience.

So let your mind learn right now that this is how you experience birth.

That this is the birth that you deserve to have.

You turn this birth over to your body, to allow nature to show you how birth really feels.

Gentle... peaceful.

You are able to stay focused, allowing your body to relax deeply during the birth, knowing that your baby feels loved and nurtured.

So now I want you to bring your awareness back to the room and back to my voice.

Just bless that beautiful experience that you're about to have with the baby that you will soon meet.

And just notice the gratitude that you feel for your body, the way your body responds, the

experience that your body has in learning how to relax so deeply, how grateful you are that this is how you'll experience birth.

And then bring your awareness back to the room and back to my voice and as I count from one to five bring all of the energy back into your body.

When I get to the number five you'll feel very wide-awake, very clear-headed and refreshed.

One. Two, bring the energy into your legs and arms and up into your body.

Three. Four, your eyes will feel cool and refreshed, your body balanced and at peace.

And five. Wide-awake, clear-headed, and refreshed.

Take a nice deep breath. Good.

Now I just want you to put your hands on your belly in the area of your baby and allow your hands to have kind of an energy, or a light, or a message.

And let that feeling of light and warmth and love flow from your hands into your uterus and into the baby so the baby is just bathed in a beautiful light.

Feel that energy from your hands, your baby feels it too.

And send that message of love so that your baby knows that you're preparing to have a nurturing birth.

And just feel that energy from your hands surrounding your baby.

And notice the response from your baby.

Many babies during the hypnosis sessions become more active.

They like the way it feels when the body is so relaxed, when the endorphins are flowing and there is so much peace all around you.

The babies respond in such a comfortable way to be able to move and feel their own body responding.

You're so connected with your baby, sharing thoughts and feelings, allowing the baby to know that this world is a safe and loving place.

Allowing the baby to know that it's being born into the perfect family... Allowing that baby to feel love.

# Hypnosis for Childbirth Birth Relaxation

This session is used during labor

This session uses images and suggestions that were created in the preparation sessions, 1 and 2.

Take a nice deep breath and let go of any tension, any worry, or any concern.

Just feel yourself breathing out and letting go.

In the next few moments your body will relax so deeply that there's absolutely nothing that you have to do, nothing you have to figure out, nowhere that you have to be, nothing to do but just relax.

So focus on your breathing right now.

Notice how soft and gentle your breathing can become, almost as if it's like velvet.

Now I'm going to count from ten down to one and as I do, you allow your legs, your arms, your neck, your back, your shoulders, your hips, all of the muscles in your body to relax deeper. During the time that you're listening to this CD and during the time that you are in the process of moving this baby out of your body... any time that you feel movement in your uterus you will simply begin to breathe down with the process of your uterus moving and pushing the baby downward.

Every time that you feel a contraction coming you'll feel that rosebud... that image that opens your cervix... as you fully expect and desire to have your cervix open quickly... and easily... and comfortably.

So as you hear my voice... and as your body relaxes... and you enjoy this trance... anytime that you feel your uterus beginning to push or contract you simply float with it... breathe down with it... bring the light down through your head that surrounds your uterus... makes it as comfortable and purposeful as possible.

Now... Enjoying the experience, moving with it.

Now as I count from ten down to one, really let yourself relax.

Let yourself go into that state of mind that you know so well, that feels so good, so wonderfully relaxing.

So with each number relax twice as deeply.

Ten, feel your body sinking down.

Nine, deeper relaxed with each number, feel your legs beginning to get heavy, so heavy, loose, and relaxed that you don't even care to try to move them.

Your legs so relaxed that if anybody were to lift them or move them they would just feel as loose and limp and relaxed, as soft and heavy, completely relaxed.

Eight, deeper relaxed now. Let your arms get heavy.

Your arms so heavy, so wonderfully relaxed, loose and limp and heavy, so relaxed that if anybody were to lift them or touch them that you'd feel that touch relaxing them even more.

You'd feel them so loose and limp and relaxed, so comfortable, heavy.

Seven.

Six.

Deeper relaxed.

Five. Feel the music moving through your body, every note of the music finding its perfect place, its perfect way to touch your body, to make your body more in tune with this process of birth.

Four. Deeper relaxed now.

Sinking down further into the chair or the bed that you're in, sinking down even deeper now.

Three. Sinking so deep down that you almost feel as if your arms, your legs, your head, your back, and your hips are actually sinking into the bed.

Three, two. That the bed is becoming so soft, so soft and puffy that it feels almost like a cloud or

a marshmallow.

One. Deeper relaxed and now every breath that you breathe relaxes you deeper and it feels as if you are sinking into a cloud, into a puffy, soft cloud and in a moment when I say "deeper relaxed" you'll feel that wonderful feeling of actually sinking down into the cloud. It will become a cloud.

It will hold you safely, securely and softly.

When I say "deeper relaxed" and snap my fingers you'll sink right into that cloud.

Ready now – one, two, (snapping fingers) three.

Deeper relaxed now.

Deeper relaxed, good.

Deeper relaxed.

In a moment that cloud is going to lift you up, lift you lighter and lighter while your entire body stays so wonderfully relaxed.

You'll be able to float and lift as light and peaceful as you could ever imagine on that cloud.

So just enjoy this moment.

Remember to bring the light in at the top of your head and let that light float down through your head, all the way down through your spine, through your chest, and as it gets to the top of your uterus that light makes a beautiful light all the way around your uterus, soothing it, comfortably, and if you need it to, that light will numb the area around your uterus allowing it to still contract and push, but that light soothes and comforts your uterus.

Let that light float down further to your cervix.

All the way down through the birth canal.

Take a nice deep breath and let it out and feel your body beginning to sink.

Take another nice deep breath.

And as you let this breath out, feel how good it is to release tension or tightness from your body.

To feel your entire body beginning to melt.

Now as you begin this experience you'll notice that things around you will relax you deeper.

The sound of my voice and the sound of the music will relax your body.

You'll also notice the sounds around you, the normal everyday sounds of people preparing for the birth of your baby, people helping you, possibly even touching you, all of these things will relax you deeper.

Almost as if you'll feel that you're a distance away, or that you're feeling them in another way or hearing them in another way.

But it becomes okay to allow the sounds around you to relax you deeper, no matter what sounds they are, even sounds from other rooms or from the hallway.

You know that your experience of having a baby is going to be a pleasant and comfortable one.

No matter what anybody else says or what anybody else has told you this is what you choose is a comfortable and relaxing, an extremely nourishing experience for your body, mind, and spirit and for that of your baby.

You know this to be true.

And just knowing this relaxes you even deeper now.

You know that you're comfortable right now.

You're going right down into your wonderful state of trance, where your body is relaxed and learns how to flow with the process of birth.

You're confident and in control.

You know that you have everything that you need to experience this birth as comfortable and nourishing, as a beautiful and positive experience.

You have everything you need to allow this to happen. Gooooood.

And notice how good you feel... How wonderful it is to be in control.

Now this cloud is going to begin to lift you up.

You feel yourself getting lighter now, lifting, gently, softly, lifting.

Any sensations in your uterus are welcome as you know that those feelings are the movement of birth, lifting lighter and lighter now.

Floating into the dark, velvety softness.

Floating into the light the little twinkles and sparkles of light, into the colors and just up ahead there's a beautiful rainbow...

Little colors beginning to appear. Some of them you feel, some of them you see, and interestingly enough, some of them you actually feel... And hear colors... the vibration or the hum or the music of different colors and let yourself float further and further up on this cloud into the softest, velvety darkness, into the twinkly brightness of the lights and into the colors, the rainbow of colors.

And during this time, any time that you want or need it that light comes in at the top of your head, comes down through your body, surrounds your uterus in a comforting, soft, blanket of light.

Allowing you to breathe with that light. And as the light moves around your uterus to your cervix, opening it, just as that rosebud opens, opening, opening, opening.

The light follows it down through the birth canal.

Enjoy floating into the colors. Notice the first color that you float into, the feel of that color.

The sound, the hum or the vibration of that color, the way that it surrounds your body and immerses you in that color.

Enjoy this experience, that color all through you, flowing in and out of it.

And maybe that color is so unusual that it couldn't even have a name. And now float out of that color to the other side and then float into the next color, as if you're floating in and then out of a rainbow of colors.

The next color, feel it, feel the softness, the texture, the way that it immerses your body in that color, the sound of that color, the hum, the glow, or the vibration, or even the tingle.

And notice the way that color feels in your uterus and in your cervix.

The sound of that color and let yourself float, feeling so wonderfully immersed in that color.

And then float out of that color to the other side, back into the velvety darkness and there's a new color, another one that you float into.

You can feel yourself, your hands, your feet, your head, your back, your hips, relaxing deeper now as that color surrounds you, permeates every cell, relaxes you very deeply and you begin to feel the tingle, the glow, the warmth of that color, creating a softness in your entire body.

And then feel what this color does for your uterus, your cervix, and the birth canal.

Feel how it affects it, softens the area, relaxes it.

And enjoy the moment in that color.

A tingle perhaps, a vibration, the glow, the way that color feels as you're just lost inside of that color, a good feeling, a place to be that almost feels like home.

And then float through this color, out of that color, back into the velvety darkness and then into another color.

Float into another color, the next one, and feel that color as it permeates your body, relaxing you deeper.

Allowing yourself to be lost in that color, floating and drifting into that color.

And enjoy the sound, the hum or the vibration, the feeling of that color, enjoy the sound as it goes through your body creating almost a harmony with that color.

And then float out of that color into the velvety darkness again.

And you can let yourself float wherever you want and you know that your body is doing just what it needs to do now.

You know that your body will make this process of birth happen quickly, comfortably, and that at all times it is completely in your control.

So any time that you want to feel more relaxed or more comfortable or you want to go into an even deeper trance, you can take three breaths and on the end of the third breath, your body physically will let go of any tension or tightness, allowing your uterus to do exactly what it's supposed to do and to do it even more efficiently, more quickly.

On the third deep breath, as you exhale, you feel it sweeping away, cleansing any tightness or tension, letting your body go right back to this state of being so deeply relaxed that your arms and legs are loose and limp, that your neck and spine is completely relaxed, that any and all discomfort or tightness is swept out of your body on that third breath.

Now enjoying those colors, still floating in and then out of those colors.

Just up ahead, when you float out of the next color there is a beautiful open meadow.  
A beautiful meadow where the grass is a lush, soft, green and it almost feels like velvet against your feet.  
There's a stream in the distance; you can hear the water.  
The smells in this meadow are so fragrant and you notice the source of those fragrant smells, the flowers, the little purple flowers, the little yellow ones in the distance.  
The beautiful trees, the tall, strong trees. In this meadow you feel such a sense of purpose.  
You feel this connection with nature.  
And you experience yourself in a different way, your senses, your vision, your touch, the smell, the sounds, everything being experienced in a new way.

Now in this meadow you know that you're connected with all of nature, with the natural way, the way that you were born to be, the way that you were born to feel, your body knows that childbirth is an easy, effortless, comfortable process.  
And in this meadow you realize that and you choose to have childbirth be an easy, natural, effortless process.  
And you've already begun to prove that to yourself now.  
As you feel your uterus doing the work that it does, moving the baby down as you breathe down with the baby and you invite that light down all around your uterus, down to your cervix, you realize that if this is nature, this is the way that it was meant to be...that your birth of your baby is indeed a natural and easy process.

Now... if you'd like to you can walk over to the stream, to just let yourself take a break. You can go right over to the edge of the stream where you hear the sound of the water running over the little rocks and the pebbles.  
There's a sandy, soft spot right up ahead.  
Feel the cool water on your toes, feel that tingly, cool sensation on your toes.  
And enjoy the feeling of that cool water and notice that it almost numbs your toes in a way.  
And go into the part of the stream where the bottom of it is soft and sandy and the water gets a little bit deeper.  
And if you'd like, you can lay down in the soft, sandy bottom of that stream.  
And you can notice that the water is only a few inches deep, just enough to begin to wash over your body, a cleansing, clear water, it feels so cool and refreshing.  
And curiously, even the coolness of this water, it doesn't bother you, it somehow feels just right right now, even though it's cool your body feels completely comfortable and your body temperature remains balanced.  
The coolness of this water seems to relax your body in an unusual way, releasing any tightness or tension, cooling your body down, any areas of your body that were warm or even areas of your body that were too hot for a moment, as this water runs along your spine you notice that it relieves any tightness or tension in your spine, any areas that may have felt the least bit uncomfortable, this water cools and soothes those areas of your spine.  
Enjoy that wonderful feeling.

And now let this water feel as if it is running through your body, as if it has the ability to bring that clear, cool, serene quality to clear your body, running all the way through your body.  
Sparkly, clear, and cool, running all the way through your body.  
And you can stay in this stream as long as you'd like.  
You notice that there's a little bit of sun that's filtering through the trees, that way that it streams through the trees, creating almost ribbons of light.  
And you feel that sunlight on your body just in the right places.  
That sunlight warming and soothing those places on your body and enjoy this unusual mixture of the cool, clear water and the warm rays of sunshine; an unusual feeling, soothing, drinking in the warmth of the sunshine.  
And when you're ready you can get up and you can walk along the edge of the stream or you can go to the place in the meadow where the grass is velvety soft.  
You know that you are in control, that this birth of your baby is just as easy and comfortable as

you imagined it to be.

And in this meadow you are completely at peace with knowing that you have what it takes to allow this to happen.

Now as your labor begins to progress, you welcome contractions that are more purposeful and even more powerful.

You welcome them and you look towards this time of progressing your labor knowing that you will remain in control, that you will continue to allow your body to experience it as purposeful, peaceful and comfortable.

And when you feel contractions, they're just contractions.

As you feel them getting stronger, you feel yourself moving even more with them, bringing that light down through your head that surrounds your uterus and your cervix and the birth canal and with each contraction you notice that image of the rosebud opening, sending the messages to your cervix now to open, open, open.

Now your cervix is going to open and dilate quicker than you ever imagined, preparing the way for the baby to be born in a way that is comfortable and harmonious for the baby.

You invite your baby to move through your body and out into this world as quickly and easily as possible.

And you know that the way to do this is for your body and your mind to remain completely relaxed.

So any time that you want to relax further you take three breaths and on the end of the third breath, as you exhale, oh you feel it cleansing your body, releasing and letting go, bringing in the light at the top of your head that moves through your body, all the way around your uterus, down through your cervix, into your birth canal.

That third breath... that magical, wonderful, soothing third breath.

And you can always go back to the stream, enjoy the areas of the meadow, the little path and the place where the sunlight plays upon the flowers and the leaves.

Enjoy that stream in the distance, the sound of the water trickling over the rocks... it is your reminder that you can always go back there to cool and cleanse your body, to release any tension or tightness, to bring that cool, almost numbing water into your body, to relieve any discomfort... you can always go back there and relax even more.

Now, you can choose how long you want to be in labor.

Perhaps you would like to choose that your baby will be born in a certain amount of time, that you can actually send a message to your body right now of how long you would like this process to continue.

There are things that your body will do, changes that it will make... allowing labor to progress, by allowing contractions to become more purposeful and powerful, by dilating your cervix.

So just let yourself relax into that thought.

You don't have to talk about it or think about it, just relax into that thought that perhaps you would like to decide how long this labor will last or how short or how quickly it will be.

Perhaps you would relax into the thought of when you will be meeting your baby.

And perhaps you would like to relax into the thought of how you'd like your baby to experience its first view of the world, knowing that it's being born into the perfect family, into arms that are loving, nourishing, into a life that will allow this baby to experience all of who it is.

Now again, let your body relax even more, every time you take three breaths, on the third breath, letting go, again. Now allowing your labor get even more purposeful and powerful, and as soon as you're ready you decide that your body is going to go into an even more powerful and purposeful phase of labor, allowing your cervix to open quickly, easily, and effortlessly and every time you open that rose in your mind, every time you open that rosebud your cervix responds.

It responds by opening your cervix even more, so you may want to continue that rosebud opening and opening and opening.

And allow yourself to feel the beauty of that meadow, the wonderful delicate colors, the fragrances.

You long to go there, to be there, to stay there.

It is so comfortable to you and it feels so right to be so connected with nature, with who you are and with the way nature planned for you to experience birth.

You can trust your body to allow everything to happen just as it's supposed to, and comfortably, relaxed in a way that you never imagined and now you're beginning to find out that you are in control, that you are so relaxed, feeling so properly comfortable.

This delivery is going to be one that brings a baby that is healthy and strong and you're finding right now that you instinctively know how to have a comfortable and relaxed birth.

So good to let go and allow it to happen.

So relaxed.

Every time you take three breaths, the third breath cleanses you, puts you right back into that relaxed state, sinking down with that third breath out.

# Hypnosis for Childbirth Instant Deep Trance

## Wendi Friesen CHT

In this session you're going to learn to go into trance very deeply and very quickly. During birth, you'll be able to put yourself in trance every time every time you feel the start of a contraction and you'll be able to bring yourself out of trance at the end of the contraction. Now, some women will choose to stay in that state of trance during their entire labor. Whatever feels right for you is the best for way for you to do it.

We are going to teach your mind how to affect your entire body by instantly turning off all the feelings or sensations... making your body loose and limp and relaxed. The more quickly your body becomes relaxed, loose, and limp, the easier it is to release the stress and the fear, to allow yourself to be in that most peaceful state so that your body can have a peaceful, gentle experience.

Right now just listen to my voice and listen to the music. Begin to let all the sounds around you relax you deeper. Just notice around you the sounds in the room, the ordinary everyday sounds and how you can allow those sounds to become relaxing, deeply relaxing. Now focus on a spot on the ceiling or a wall, let your eyes focus very intently... And begin to realize that when you focus on a single spot so intently that everything changes. You may notice that in your peripheral vision you can see all the way to the sides of your vision... those things that are in the room... your field of vision... and even from the top to the bottom of your vision. Notice how much you can see. And notice what that does to your state of mind. And then, from seeing all that there is in your peripheral vision and from the top to the bottom of your vision, let your mind change its focus to that spot. Almost like you zoom in on it and you leave the rest of the world behind.

Now continue to focus on that spot. Take three slow deep breaths and as you take the breath in just hold it for one or two seconds,. Slowly let it out and as you let it out let all the tensions in your body go. Let your body melt. Any stresses or tightness in your muscles... just let it melt as you exhale. Exhale all the way out. Good. Now another deep breath... and on this breath as you breathe in, feel that breath... getting ready... hold it just for a second or two. Good... and let it out. Now as you exhale let your body melt into the bed or into the chair. Let the muscles in your face, and particularly in your eyes, get so heavy, limp, and loose and relaxed that you just can barely keep your eyes open. Focus on that spot a little bit longer. One more deep breath. And as you breathe in this time know that as you exhale your body is going to completely let go. Hold it for a second or two, let it out and your body lets go. You feel your muscles becoming so loose and limp... so wonderfully relaxed. Your eyelids are too heavy to keep open as you feel them wanting to close, all that to happen, want that to happen. Let your eyelids close now.

Focus on a spot inside of your forehead, as if your eyes could roll up in your forehead to see

inside of your forehead and right there is a beautiful, glowing color.

Perhaps the word "relax".

Or just a glow of a little white or green or purple.

Whatever color is there, focus on that spot and feel your eyes just focusing, flowing out into the velvety darkness, flowing gently and softly.

Now as I count from ten down to one let your mind go easily and gently into a nice, deep state of trance.

Ten. Nine. Eight. Seven. Deeper relaxed. Six. Five. Four. Three, it feels so good to let go. Two.

And one.

Good.

Deeper and deeper.

And focusing on that area in the center of your forehead, floating out into that velvety darkness...

You may feel that you're floating in and then out of those colors, the lights, the softness of that velvet, holding you, comforting you.

Now, I would like you to bring your awareness back to your body.

I'm going to count to three and I want you to bring the energy back to your body and let your eyes open on the number three.

One, two, three.

And wide awake.

Good.

Now I want you to focus on that same spot you were looking at.

Put all of your focus on it.

Notice everything in the room in your peripheral vision, from the side to the side, to the top, to the bottom and then focus in as if everything around you in the room just begins to disappear.

Focus on that spot as if you're being drawn into it.

Take three deep breaths.

First one, hold it for a moment, as you let it out the tension leaves your body and you melt.

And the second breath now.

Breathing in... good... and hold it just for a second or two, breathe out and just melt.

The muscles in your face begin to get so soft and loose and limp, it feels as if they're melting.

Your jaw is relaxed.

Your eyelids are too heavy to keep open.

One more deep breath, good, and just hold it for a moment.

And as you let this one out you go into a deep state of trance and you hear my voice counting from ten down to one.

Ten. Deeper. Nine, floating and sinking. Eight. And when your eyes close your mind automatically goes to that spot in the center of your forehead.

Your eyes focus on that spot as you feel yourself floating and drifting. Seven. Deeper relaxed.

Six. Out into the velvety darkness. Five. Four, deeper relaxed. Three. Two. And one, and notice the way your body is so relaxed.

Now your arms and legs may be so loose and limp that they're just too heavy, too relaxed to even move.

And you can relax them even more if you would like to let them be so loose and limp and heavy that they are too relaxed to move.

Now as I count to three you're going to let all the energy come back into your body and on three you'll open your eyes and feel wide awake.

One, two, three.

Open your eyes.

Take a nice deep breath, focus on that spot right there.

Again, notice everything in your peripheral vision, everything from the top to the bottom of your vision.

Good.

Now zoom in on that spot.

Feel your body instantly responding, your mind letting go.

Take three deep breaths.  
Let it go.  
Another deep breath.  
Your mind is so good at letting go.  
Your eyes are too heavy to keep open, your eyelids relax.  
They close on the second deep breath.  
Take one more deep breath.  
And as you do notice that your eyes look up inside of your forehead seeking out that velvety darkness.  
Floating and drifting gently, so soft.  
Let that breath out.  
Let your arms and legs become very heavy, very loose and limp and relaxed now.  
So heavy and so relaxed that now your legs, your arms, your back, the muscles around your abdomen, your neck, your shoulders, so relaxed that it feels as if you've almost turned off your entire body, that there's just no need to monitor your arms or your legs or your body.

Now I would like you to imagine something...I want you to imagine for a moment that in the back of your head, right at the base of your brain, there's a switch that can actually turn off the sensations, the feelings, the signals that your brain sends to your body.  
Find that switch right now and turn it off.  
And notice that the sensation can flow out of your arms and your legs.  
I'm going to count from ten down to one again and as I do, let your body become so loose and limp that it simply won't move.  
Let the sensation melt out of your arms, your legs, your back, your hips.  
Ten. Nine. Eight. Seven. Six. Five. Four. Three. Two. One.  
Now make sure that switch is in the "off" position. In this position you could open your eyes, you could talk, you could be fully alert, but your body is completely turned off, loose, limp, and relaxed.  
You allow this to happen to let the sensation melt out of your body.  
And you enjoy this feeling, knowing that there is no need to feel any sensation in your body.  
Good.

Now on the count of three, bring all your awareness back to the room.  
When I get to three you'll be wide awake.  
One, two, three.  
Wide awake.  
And now, know that any time you hear someone counting from ten down to one, your birth partner, my voice on a tape or CD, or perhaps the sound of counting from ten down to one in your own mind, you will go into a deep, pleasant state of trance.  
Any time you take those three deep breaths, you feel your body relaxing, the stress melting out of your body, becoming loose and limp and relaxed.  
On the third deep breath your eyes are too heavy to keep open.  
When you turn off the switch your body goes loose, limp, releasing sensation.

And now I want you to turn the switch back on and just notice when you turn the switch back on you feel that electricity or that tingle coming back into your arms and your legs, up into your hips, your body responding.  
And now as I count to three bring all of your energy back to the room and on the number three you'll feel very wide awake and very refreshed.  
One, two, three.  
Take a nice deep breath now.  
Good.  
Bring the energy back into your body.

Now, when you are in labor, even in the early stages of labor, you want to teach your body to associate this instant deep trance state with the beginning of a contraction.

So when you feel that contraction beginning you may want to lay down, focus on the spot and get ready to close your eyes.

So you focus on that spot and you feel everything changing as you notice everything around, you zoom in then you take the three deep breaths, and on the third breath you let your eyes close, you count from ten down to one or you hear your partner's voice count from ten down to one, turn the switch off in the back of your brain, your body is loose, limp, and relaxed.

You can remain that way or bring the awareness back to your body and back to the room after the contraction is over.

You simply count one, two, three in your mind or your partner's voice and you come right back to a full state of awareness.

Every time that you listen to this deep trance training your body and your mind will respond better and better.

When you are in labor, you'll notice that it's very easy for you to simply sink down into that state of trance where you feel only pressure, you feel only the slightest of sensations, where your body relaxes so deeply that your labor is very gentle, very easy, allowing your body to have this birth in a way that is the most natural.

The way nature intended to bring this baby into the world in absolute peace.

## Energy healing and color journey

This session is a general relaxation following the charka colors. This is to be used before birth, or during labor.

Now it is time to relax. Let your eyelids close. Allow your eyelids to release all the tension or tightness and in a few moments you're going to enter one of the most relaxed states that you've ever known.

All of your tension will disappear, all the tightness will be released.

And any concerns or worries you have will simply melt away from you, releasing you, allowing you to experience the deepest relaxation possible.

So right now focus on your breathing.

Feel each and every breath as if it is velvet.

Allow each and every breath to be like a velvety softness inside of your body, that as you breathe it in, it floats through you gently and easily, softly filling your body with the softest, most pleasant feeling.

You know that your baby is going to come into this world in a calm, beautiful and joyous way.

You know that birthing is a natural process of your body and mine.

Your body, your mind, and your baby will be working in complete and natural harmony during this wondrous event.

Right now notice how good you feel about your baby soon coming to you, to be there in your arms, to find the perfect home.

And let yourself feel that confidence with every breath you breathe and how easy the birthing will be and how you will be able to bring your baby into the world in a peaceful and relaxed manner.

Now these thoughts relax you as you settle in to these wonderful thoughts, this natural knowing that you have this ability, that it is your right to experience birth like this.

And every time you listen to this tape and every time you practice your relaxation you'll go into a deeper trance, allowing your body and your mind to float down into that state of trance easier, more gently every time.

I'd like you to begin now by imagining yourself floating on a bed of a misty soft cloud, a mist that is gentle, soft, and completely supportive.

And I want you to let that mist be a beautiful, soft, strawberry red.

That wonderful red mist gently envelops your entire lower torso, from your waist downward.

Takes away all of the tension, all the stress or fear, just bathing you in a soft and gentle relaxation.

Now as you breathe, breathe in that red mist and let it be velvety, soft, and red.

Let that red mist drift throughout your body, drawing away any tension or doubt, leaving you in a soft, peaceful state.

And let that red mist sink into the very depths of the center of your mind and through all of your muscles.

Feel that red mist reaching all the way down to the tips of your toes, all the way down to the very tips of your fingers and feel yourself in harmony with all of the colors of nature as your body is preparing to participate in the greatest celebration of nature, the birth of your child.

Now as you gently relax, allow your mind and your muscles to do their work in total harmony and continue to prepare for this beautiful experience.

Let the red mist focus around the spine.

The spine vibrates in harmony with red and the entire area of the lower back and spine goes into a total relaxation.

These energy centers in your body have different colors, different abilities, so for right now as you focus on the red mist notice any tension or tightness in your lower spine beginning to release and let go.

Feel that red mist almost like a magnet, absorbing any tension or stress from your body.

Let that red penetrate your body giving you peace and comfort.  
You are in tune with nature and all of nature is in tune with you.  
Breathe that red, velvety mist in and now allow a little, tiny red bird to gently glide around you, wrapping your body in a soft, red, blanket of anesthesia.

And now in your mind's eye, see yourself floating on a soft, almost peach-like orange color.  
Allow yourself to be in harmony with this orange and right around the area of your abdomen there is an energy center that vibrates with this color of orange.  
Allow this orange mist to bring this velvety softness, this natural anesthesia to your body and feel it almost like a sponge, absorbing and releasing all the tension, bathing you in a soft mist of peace, relaxation and comfort.  
Feel the tension being absorbed into the mist from all the parts of your body.

Allow this orange to penetrate your body and give you peace and comfort, feel the freedom from any fear or tension.  
Feel yourself relaxing more and more as this orange mist flows in and around all the parts of your abdomen.  
And now, imagine a little orange ribbon gliding gently and gently carrying the mist over and around and through your body, your body totally at ease and totally relaxed.

And now allow your mind's eye to see yourself floating on a yellow mist, the soft color of lemon, beautiful, lemony yellow right there in the center of your chest.  
You're in harmony with this color of yellow and the middle area of your body and the center of your chest is relaxing more and more as that area has an energy center that vibrates to the color yellow.  
Breathe in the soft yellow mist, the comfort of that velvety softness with each breath that you take really let it flow now, let it drift through your body.  
Your body is at peace as the yellow mist envelops and soothes your body.  
Your body works beautifully with nature as you prepare for your birth.  
All of nature is in tune with this yellow and you and your baby are in tune with nature.  
Your mind and body go into a perfect level to bring your baby into the world.  
Feel the freedom and the confidence.  
And now see the silky ribbon of yellow, floating gently around you, wrapping the mist of anesthesia around your body with a blanket of gentle, soothing peace.  
Breathe in the yellow velvety mist as it bathes you in a sea of peace, absorbing all anxiety, absorbing all tension, leaving only feelings of peace and deep comfort.

Now in your mind's eye allow yourself to feel as if you're floating on a green mist, actually begin to see that green mist all around you, absorbing into your skin, feeling immersed, enveloped in that green mist, a beautiful color of green.  
And as you breathe in this soft, green mist the velvety softness is all around your heart, and you feel your heart begin to relax all around that area, all the way up to the area of your throat.  
As you relax you feel your heart opening, opening your life to this new little being that your body is carrying.  
Your chest and your heart area vibrates now to the color of green and feel the peace and the relaxation that that brings.  
Begin to feel this green bringing the relaxation all through your body, velvety softness, this wonderful green color.  
Your body is at peace as the green penetrates and soothes your body.  
Any tension around your heart is being absorbed by that green, floating it away, drawing it away, leaving only peace and comfort in its place.  
All of nature is in harmony with green and you're in harmony with nature as you prepare for this wonderful event, breathe in the mist of the green and feel your body becoming even more limp, loose, safe, and comfortable.  
Feel the green cleansing out any tension, any doubt, allowing your body to work in perfect harmony with nature just as it was intended to do.

And now imagine a soft, silky green ribbon, floating around you...  
You are free of all tension.  
You are free of any stress, preparing your body for the most wonderful miracle of birth.

Now imagine yourself floating on a mist of blue.  
Gently floating peacefully on this beautiful blue color, the color of a blueberry and let your throat and your neck relax all the way up through the back of your neck and your throat and your neck are feeling calm and relaxed.  
Breathe in the blue air and feel it drifting and floating throughout your body.  
Allow this gentle blue mist to draw up and absorb all the tension from the muscles in your body.  
Your body is at peace as the blue mist envelops and soothes it.  
Tension or tightness is being released in this part of your body and every part of your body, release the tension in that beautiful blue mist.  
The blue mist carries it away leaving only comfort and safety.  
Your mind and your muscles are working in perfect harmony to prepare you for this greatest role of nature as the earth gives forth life, so you will give forth life with the birth of your baby.  
All of nature is in tune with blue and you and your body are in tune with nature.  
Your body has been perfectly designed to work in harmony with nature.  
The natural anesthesia of your body will allow this to happen.  
Feel the comfort setting in... as the blue mist fills every cell and every muscle and now imagine that silky ribbon, floating around your body, gently touching your body with a blanket of blue mist, bathing you in a sea of total relaxation.

And now imagine yourself floating on a misty cloud of violet, a beautiful violet-rosy color, a very soft combination that creates a nice lavender color.  
The soft color of violet, let that color, that very soft purple, penetrate your body and take away all the tension.  
Allow yourself to go deeper now into this relaxation... deeper into trance... and draw this purple into your body... feel this beautiful color bringing you serenity and peace.  
Allow yourself to feel safe and comfortable on this beautiful soft purple mist.  
Let the violet mist penetrate your body and bring you peace.  
All of nature is in tune with this violet color and you are in tune with nature as you prepare for this marvelous celebration, the birth of your child.  
Now begin to breathe in the velvety violet mist.  
Breathe it in and feel the muscles of your mind working in harmony with the way that nature intended.  
Feel yourself totally relaxed, feeling the wonderful things that are happening within your body, the wonderful things that are bringing your baby closer to you.

And now in your mind's eye, imagine a combination of all the colors of the rainbow, surrounding you with the most beautiful white light, purifying, cleansing away any fear, filling your body and your mind with the glorious sense of comfort and the anticipation as you look forward to this wonderful moment when you will hold your baby, love your baby, and let that baby know that it has the perfect mother and the perfect family.  
The right place for this baby is with you.

Now focus your awareness right at the very top of your head and that place where you can connect with your higher self, where you can gain the wisdom and understanding to bring something greater in, to allow yourself to have a guide, for your higher power to be with you in this experience, to allow you to experience this birth as the most glorious and beautiful expression of the love of the universe.  
Right there at the top of your head, bring that color in, a beautiful clear bright light, floating all the way down through your entire body, filling all the spaces between all of the cells, bringing you the comfort of knowing that you deserve to have the experience of a peaceful, gentle birth.

Now as you lay in this rainbow of beautiful colors, let yourself float through these colors again.

Beginning at the very base of your spine, begin with that soft strawberry-red cloud, that mist that envelops all the bottom area of your spine, right there.

And then move up into your belly, the area that is a beautiful peachy-orange and moving up into the center, right where your solar plexus is, a beautiful, soft, lemony-yellow color.

Moving up around your heart to that area where that green energy is.

And then moving up to that beautiful blue all around your throat and your neck and all the way up into that purple, that beautiful violet color of your mind's eye... and then moving all the way up to the very top of your head to that place where you have clarity, where you bring that most perfect light into your body and into your experience, a beautiful clear light.

And as the light moves down... it touches and illuminates all of these colors beautifully.

Now allowing yourself to be completely immersed in this beautiful rainbow of the energy of life, you allow your mind and your body to be very receptive, very open to creating the experience that you want and that you deserve.

Feel these words floating into your awareness, into your mind and into your body.

"My body and my mind is totally peacefully relaxed."

"I allow my body to give birth the way that nature intended for me to give birth."

"I find within me, now, the resource for giving birth in a comfortable and peaceful way."

"During the process of birth my body relaxes totally and completely."

"Every breath that I take during birth is a breath of love, relaxing away tightness and tension and allowing my body to experience a peaceful birth."

"When I draw the light in at the top of my head, I surrender to a higher wisdom, to a connection to the power of love in this universe that brings to me everything I need to relax deeply and experience birth as a peaceful experience."

"I love my baby and I love my body and in that love, I allow my body to experience this birth in comfort and safety. In bringing the light in at the top of my head, I surrender to the greater wisdom, to the greater power of deep and profound peace during my birth. In this light that moves down through my head and through my body I find great comfort, allowing that light to surround my uterus to create a beautiful pathway and opening to create a peaceful, comfortable birth for my baby."

"This light that moves through me, moves all the way down through my body, connecting to my image of a rose opening, as I bring that light in I surrender to the petals of the rose opening that also opens my body, that opens my cervix, opens the birth canal, preparing to allow the baby to flow out of my body."

"I surrender to this wisdom and in this surrender I feel peace."

"To experience birth in this way is the greatest gift and I accept this gift."

"I understand and believe that my body already knows how to do this. I have every resource I need to allow my body to experience birth in this way."

"I surrender to this greatest wisdom. "

Now allow that rainbow of all the colors... all the misty colors... to carry you... let you float peacefully and softly... float into that wisdom now.

The light that you've been bringing in from the top of your head, that light of wisdom, let yourself float into it, let the rainbow of soft misty colors float you like a cloud and take you into that wisdom, floating lighter, lighter, lighter.

As you float feel that wisdom begin to illuminate your body, immersing yourself in that wisdom, so very peaceful now.

It feels as if this is the easiest thing to do.

Each little twinkle of light guides you, floating into you, leaves its wisdom, and then floats away.

You can continue to float and feel yourself connecting to the very source of this wisdom and you may find yourself humble in receiving this wisdom, grateful for the experience to connect with your higher self and with your higher power.

And when you are ready, you can allow yourself to come back to the awareness of this room, of your body, to feel completely at peace, balanced, and energized. When you are ready, you simply count from one to five in your mind quietly.

When you get to five you will feel very balanced, very wide-awake and energized.  
If you'd like you can stay in this blissful state.  
You can go to sleep in this state or just drift in and out of trance.  
Allow yourself to feel so at peace with this wisdom.

## Release Birth Fears

This can be used before birth to release fears. It might be helpful to do this session several times, if there are many fears present.

Take a nice deep breath. And let go of any tension, any worry, or any concern. Just feel yourself breathing out and letting go. In the next few moments your body will relax so deeply that there's absolutely nothing that you have to do, nothing you have to figure out, nowhere that you have to be, nothing to do but just relax.

So focus on your breathing right now.

Notice how soft and gentle your breathing can become, almost as if it's like velvet.

Notice your breathing becoming so velvety soft that it actually begins to feel like velvet, so that every breath in and every breath out is bringing that soft velvet into your body, into your lungs and beginning to spread throughout your body, relaxing every part of your body that it touches.

And notice the color of the velvet, the most beautiful, softest color you've ever experienced, the most relaxing color you can imagine and breathe into that the softness of the velvet and the color of the velvet flowing in and then out of your body, perfectly relaxing.

Now notice the sound of the velvet as you breathe, beautiful, velvety sound, the softest sound, perhaps a hum or a vibration moving through your body releasing tension, releasing any tightness.

Feel that velvety softness, the color, and now the sound moving through your body, reaching all the way into your arms as your arms become heavy, loose, and limp.

Breathing it into your legs as your legs become so relaxed, heavy, heavy, heavy and relaxed and then breathing that velvety softness up into your head, clearing your head, freeing your mind to relax and let go.

Now, I'd like you to imagine something even more unusual.

Allow your palms to just relax and open up.

And imagine that from your palms or your fingertips that you could actually breathe in, that there's actually an opening somewhere in your palms or your fingers where you can breathe in, as if the air would actually come in when you inhale through your hands or your fingers.

And then notice that at first you feel a little tingle, perhaps a warmth as you begin to feel that air, almost as if it really is coming in through your hands or your fingertips, moving up through your arms, into your elbows, all the way up through your shoulders and into your neck and then that breath moves down through your body, down through your spine, your chest, down through your belly, all the way down through your legs as it exits at the bottoms of your feet.

So that every breath you breathe now comes in through your hands and your fingers and as a wonderful sweeping motion moves all the way down through your body and out through the bottoms of your feet, finding any tension or tightness along the way, sweeping it out of your body, beautifully.

Sweeping it out... So that every breath now is coming in through your hands, sweeping through your body, moving all the way out and down through the bottoms of your feet taking with it any tension, any discomfort, any worries or anxiety.

Feel that wonderful flow of air, smoothly, moving that velvety softness through your body.

And every breath that comes in through your hands relaxes you deeper.

You begin to feel it even more real with every breath.

You feel that wonderful soft flow of air, so real now, your hands breathing in.

It relaxes you, changes your reality, allows your mind to learn something new, to invent a way of breathing that you may have never imagined possible.

So relaxed, and now as I count from ten down to one, let your mind relax as deeply as your body with each number allow yourself to go into a wonderfully blissful state of trance. With each number feel yourself letting go and just notice the way your mind relaxes. You continue to breathe through your hands, sweeping it out through your feet and you now allow your mind to go into trance.

And know that your subconscious mind will go into a state of hypnosis.

In this session your mind will go into a state of hypnosis as deep as is necessary to accomplish what you want. You can trust your mind to find that level of trance that is absolutely the perfect level of trance for you to accomplish what you want today.

Ten, deeper relaxed now.

Nine, floating and sinking down.

Eight, deeper relaxed. Just let go.

Seven... and surrender.

Six, peaceful and beautiful to just sink and relax, deeper in trance with every number.

Five. And now on the remaining numbers, on each one let your mind go twice as deep into trance, going into a wonderful state of hypnosis.

Four, deeper relaxed now.

Three, deeper relaxed.

Two, deeper relaxed.

And one, just let go, surrender, sink, float down, letting go, breathing beautifully, nothing that you have to do, nowhere that you have to be, absolutely nobody wanting anything from you.

So good to just let go.

And now, go back to your velvety breathing in your hands.

Notice the air coming in through your hands and your fingertips.

Notice the beautiful flow of air and the way that it's affecting your body, the way that your legs almost seem too heavy to lift, the way that your arms and hands have become so wonderfully relaxed, so heavy that your mind doesn't even need to pay attention to them anymore.

To allow your mind to become focused on my words as my words relax you deeper, as all the sounds around you relax you deeper and your mind focuses on my voice and on every word and you trust your subconscious mind to know just what to do with every word, with every thought, and to do this in a way that is for your benefit and for your good.

Deeper relaxed now. Deeper relaxed now.

Notice a beautiful garden, a wide-open lawn.

Take in all the smell, all the wonder of this beautiful place, the colors so clear, all of the smells so sweet and fragrant.

In the middle of this beautiful lawn there's a large bouquet of helium-filled balloons.

You notice that they're not tied down, they're just kind of hanging there so peacefully.

No weight or string holding them in place, they just float there.

You slowly walk toward these balloons and as you get closer you notice their colors, the most beautiful and vivid colors, opals and swirls, iridescent colors, these colors are like none you've ever seen.

They bring a sense of peace throughout your entire being.

As you get closer and closer you become more and more relaxed, so comfortable to just stand next to the balloons and gaze at their beauty.

As you stand there you realize that these balloons hold all of your thoughts, all of your emotions, both positive and negative.

The thick latex wall allows you to view each thought or experience without any emotion or reaction.

Now reach out and pull one of the balloons from the bundle.

As you gaze into that balloon, allow your subconscious to reveal an image that shows a fear or a concern that you've had, any limiting thoughts about birth or that portray birth in a negative way, a

comment or experience or whatever is there.  
Just notice what's inside of that balloon, notice what your subconscious has chosen, what it's ready to look at and release.  
If it's a birth scene, recognize it for what it is.  
Perhaps it's someone else's recollection that's been passed on to you.  
Notice the thoughts that float within that balloon.  
Bring them up and allow them to grow larger.  
See how they colored your thinking. Now take all of the color out of that image.  
Let it turn to gray and black and white, getting paler, fainter, fuzzier.  
Now let it get even smaller.  
And notice that the picture seems to be disappearing right into the helium that fills the balloon.  
Now all you can see is the beautiful texture of the balloon.  
The helium inside absorbing all of the emotions surrounding that negative or sad image, kind of like a sponge, the helium is drawing away all of the negative emotion.  
Now look closer.  
All that's left is the beautiful color of the balloon, crystal-clear center with the most beautiful outer shell. Now release this balloon.  
Watch it rise up and up, until all you see is the faintest outline of the balloon.  
Watch it go. Now it's gone.  
All you see is a beautiful clear-blue sky.  
That negative emotion and feeling is now gone, gone forever from the landscape of your mind, never to return again.

Now you can reach out and pull another single balloon from the bundle.  
And again, gaze at the scene inside.  
Allow your subconscious to show you another negative emotion or memory or image that has to do with birthing.  
Recognize it for what it is.  
Allow the colors to come up.  
Notice who's there, what's being said, felt, and thought.  
And now let them fade away.  
Let them become black and white and gray, all of the images, the emotions, the thoughts; that helium dissipating all those thoughts and emotions that came with that scene.  
And when you're ready, release the balloon and watch it float high in the sky until you can no longer see it, floating, floating away, drifting and floating, getting smaller and smaller, fainter and fainter, till you see that beautiful crystal-clear blue sky.

Now reach out and take another balloon.  
Gaze into this balloon and allow your inner mind to find any remaining fears, negative emotions, concerns that you had about birthing and really see it for what it is.  
Perhaps it's someone else's experience, somebody else's fears that you see now are not yours.  
Perhaps it's a movie that you saw on TV.  
Look at it for what it is.  
See the colors, the image, the emotions, they're all inside of there where they can no longer hurt you and begin to notice that the picture is turning gray, black, and white, getting fainter, fuzzier, smaller.  
And notice it naturally disappearing right into the helium. Now all you can see is the beautiful texture of the balloon.  
The helium is absorbing all of the emotions that had to do with that image.  
Almost like a sponge, the helium is drawing the life away from all that negative emotion. And notice that what's left is the beautiful color of the balloon, a crystal-clear center with the most beautiful outer shell.  
Let it float away, let it float, let it go.  
That emotion and that feeling is gone, gone forever from the landscape of your mind.  
Let it go and float away, nothing negative remains, just complete peace and tranquility.

Continue with each balloon until all the balloons are gone.  
And notice that you can be left with the most powerful sense of completion and peace.  
You can now be here, whole again.  
Nothing negative remains in your mind about birth; complete peace and tranquility.  
Notice how connected you feel with all of nature, the gift that nature gave you to have a peaceful, comfortable birth.  
It is your right. It is the way that nature intended it to be.  
And you can now understand and see this as the balloons have floated away.  
Look out over the horizon of this beautiful place and look at the sun beginning to set.  
You can walk over to one of the huge shade trees in the middle of the lawn and sit down under it and notice that now you feel complete freedom, light and free.  
Free to experience the gift that you were given by nature, by God, to have the birth that you want and deserve.  
Rest here for a moment and allow this energy and this wisdom to fill your entire body and your mind. You are completely at one with yourself.  
You are proud of who you are.  
You love being this beautiful woman that you are.  
Take in a deep breath and enjoy being you.  
Be grateful that you have the choice to have the birth that you want and desire.  
And relax, allow yourself to dream, dream of the beautiful peaceful birth that you will give your baby and yourself and everyone involved in this birth will share in the wisdom and the beauty of birth the way that it's meant to be.  
Allow it to be a beautiful, peaceful dream. You are in control.  
You love and accept your body.  
You accept the gift that nature's given you to create a beautiful, peaceful, and tranquil birth.

In a moment I'm going to ask you to bring your awareness back to the room and as I do, I'll count from one to five.  
With each number you'll feel the energy returning to your body.  
You'll feel lighter, stronger.  
You will feel what it's like to have really released fears, negativity, concerns, or worry.  
You'll notice that it is a different way, a different sensation, just a different experience, you'll notice it in so many ways.  
Now with each number, let the energy return to your body.  
And when I get to five you'll feel very clear-headed, very wide-awake and refreshed.  
One, bring the energy into your legs and arms.  
Two, bring that energy all the way up into your body.  
Three, your body balanced and integrated.  
Four, your eyes will feel cool and refreshed and five, wide-awake, clear-headed and refreshed.  
Take a nice deep breath.  
Good, and let it out.  
Wonderful. Another nice deep breath. Good, and let it out. Excellent.