

Self-Hypnosis for Childbirth – Complete Script

I'm going to start the process of this very pleasant and relaxing experience by going through a complete general relaxation of the body and mind.

Just begin by listening to the music.....and then I want you to think about the muscles in your scalp on the top or your head,....and imagine how they would be if they were to relax.....and then think of the muscles at the back of your head.....and think how they too would be if they were relaxed..... and do the same with the back of your neck. Now think about your forehead and imagine those musclesremember how they feel when they are relaxed and easy.....and think of your eyes... all those little muscles that move your eyes....imagine them just relaxed and easy.....allow your mind to become relaxed and easy too.....your conscious mind is interested in this experience..... maybe remembering other times when.....you have felt really comfortable.....times when you've been really happy.....and then think about your jaw....the most complex joint in the body ... you will know when your jaw is relaxed....because your teeth will separate a little.....

Now notice your shoulders....and remember how they feel at times when you are relaxed.....and comfortable.... You will be aware of all the sounds around you (...the general sounds of the clinic....telephones ringing..... people talking)whatever sound you hear.....needn't disturb youthe only thing you are interested in while you are here.....is the work we are doing here You can even be surprised to find that any sound you hear takes you deeper and deeper into a state of concentration and relaxation.....and then think about your chest and your backthink how they feel when you are comfortably warmrelaxed.....and happy.....and then notice your tummy and your hips remember how they feel when you are relaxed.....comfortablemaybe drowsymaybe your baby is relaxing too..... or maybe awake and listening to the sound of my voice.....just as you are doing.....and if your baby chooses to move around.....just allow those familiar feelings to take you deeper and deeper Think now about your legs..... Your thighs and your calves.....those long muscles.....imagine how they might be if they were really relaxedreally loose and easyand then think of your anklesyour feet.....and your toes.....imagining them all relaxed.....all comfortable.... Now think about your armsand the tops of your arms.....your forearms.....again long muscles.....and imagine how they

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would be if they were relaxed.....really relaxed ...really loose.....and then notice your wrists..... your handsyour fingersand your thumbs..... Your baby may be sleeping and quiet.....or perhaps aware of the extra oxygen and room to move as you relax.....

As you are lying there so comfortable so at ease..... I would like you now to bring to mind a colour.....a colour that is exactly right for the way that you are feeling..... a colour that represents comfort.....that represents relaxation.....that represents contentment.....accept the first colour that comes.....it feels right.....see how intense it is.....how it can increase your feeling of calm.....increase your feeling of relaxation.....increase your comfort...

Allow that colour to grow.....to surround you.....feel it all around you.....warm ...comforting.....like a duvet.....cushioning you.....and calming you. Now breathe the colour in.....feel it filling you.....moving all through you..... comforting...relaxinghealing

.....comforting your baby cushioning your babycalming your baby.

Each time and every time you want to relax.....to become calm.....to feel cushioned.to feel relaxed.....you make yourself comfortable.....in a chair.....on the bedand you find a spot.....somewhere in the room.....on the wall.....on the ceilingand fixing your eyes on that spot.....take three easy breaths.....allowing your eyes to close down.....and bring your colour around you.....letting it surround you... breathing it in.....feeling it calm you.....relax you.....cushion you.....a beautiful colour.....chosen by you.....just for you.....exactly right.

Every time you do this.....deciding on certain times in the day.....just two or three minutes.....knowing that the more regularly you do this.....the stronger it becomes.....the quicker the feelings growuntil you find you can do it anywhereanytime.....whenever you need to feel calm.....comforted.....cushioned.....and relaxed.....beautifully relaxed.

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I want you to imagine yourself standing in the dappled shade of palm trees overlooking the sweeping bay of a beautiful beach.....looking up you can see the fronds of the palm leaves arching high above your head.....they move gently in the soft breeze that you feel on your skin.....you are pleasantly warm.....you are wearing loose comfortable clothing.....and you are aware that there is absolutely nothing you need to do except to relaxno-one wanting anything.....no one needing anythingyou are alone in this lovely placealthough anything you might need is nearby.....you feel the warmth relaxing you.....and you can smell the air..... freshsaltyyou listen to the sound of the little waves.....lapping onto the beach you hear them swishing inand hissing outa gentle rhythm.....in and out.....you can feel your feet in the warm sand.....and you wriggle your toes down into it.....so soft.....so warm.....small colourful birds fly amongst the trees.....you hear the sounds they make..... rustling and callingyou see the colours..... red.....green.....yellow.....blueviolet.....they seem just right here.....their brilliant colours flashing in the sunagainst the blueblue sky You decide to walk down to the water.....your feet sinking slightly into the sand.....pushing up between your toesthe sand stretches away around the curve of the baypale golddark green palm trees edging the beachleaning over itpatches of sunlight breaking throughAs you near the waters edge the sand becomes firmera deeper golden colour.....and cooler.....You see lots of small shells..... different shapes.....different colours.....and then a much bigger one.....You pick it up surprised at its weight.....bright white on the outsidebeautiful coral pinks on the insideHolding it up to the sun you can see the light coming through the swirling pattern of the colours.....You walk down to the water and scoop some up into the shell.....and pour it over your feetfeel how comfortably cool the water iswatch it pouring.....gently cooling.....always aware of the sound of the wavesa quiet soothing rhythm...you walk into the seaseeing the sun sparkling on the blue water.....the rise and fall of the wavesyou feel the resistance of the water against your legs.....as you move forwardYou can feel the ridges in the sand.....formed by the wavessee the bright wavy patterns on the sand where the sun lances through the water You walk deeper infeeling the cooling water moving up your bodythe sun warm on your shoulders and backEach wave lifts you as it comes in from the oceanYou go in as far as you want toyou may feel like lying on your backarms gently stretched outletting the water rock you

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.....up and down.....up.....and down.....When you are readygo back to the shallowsand then walk back onto the sandback up the beachto the shade of the treesfeeling your skin drying off as you walkshaking out your hairthen settling yourself downcomfortablyto drift off into sleep.....or to reador just to lie and listen to all the sounds around youthe birdsthe wavesin this beautiful placewhere you feel so calmso relaxedso peacefulso safethis place where you can always come to relaxto find peace and calm.

Whenever you want to relax in this wayyou find a spot somewhere on the wall or the ceiling... take three easy breaths...close your eyes if possible depending upon where you are.....and imagine your colour.....surrounding you... breathing it in.....(and taking you off to your special place...)

Every time you use this method for quick and easy deep relaxation.....you relax more easily.....more deeply..... Relaxation is a skill a skill you are learning more easily every time you practise

The day is approaching..... that wonderful day when you deliver your baby..... calmly ...gently...easily...those tightening feelings that have been with you for a while now..... are now coming regularly.....thinning your cervix.....and the time is right for your baby to be born..... These waves of contractions or your uterine muscles.....are opening the cervix to allow your baby to come through.....and for you to at last to hold this little person in your arms.

These tightening.....squeezing sensations.....begin to form a pattern.....they are right and good.....they feel normal and natural.....perfectly acceptable to you..... Each squeezing sensation is preparing your uterus.....shortening the upper part..... relaxing and stretching the lower part.....opening the cervix over your baby's head.....allowing the baby through.....You relax more and more with each squeezing and tightening sensation.

When these contracting sensations are coming about every five minutes.....the time is rightgently.....calmly.....using your self-hypnosis..... to go to your chosen place

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of birth.....each squeezing sensation is hugging your baby.....a message your baby understandsYour baby instinctively knows how to move.....which way to turn.

In your chosen place you're calm.....peaceful...comfortable.....each and every contraction is perfectly acceptable to you.....bringing you closer to the miraculous moment.....when you greet your baby for the first time.

You change position when you choose tohelping your body to work with gravity the deeper you relax.....the more efficiently your uterus works.....and the shorter and easier your labour is..... With each contraction you relax more and more deeply.....each squeezing sensation takes you more deeply into relaxation..... With each contraction you relax more and more deeply.....each squeezing sensation takes you more deeply into relaxation.....the more deeply you relax the shorter and easier your labour is.

Your baby is moving down.....down into your pelvis.....maybe the sensations change.....pressure is OK.....pressure is good.....pressure is right.....your baby moving down.....ready to be born.

In your chosen place.....you are calm.....peaceful.....comfortable.....each and every contraction..... being perfectly acceptable to you.....bringing you nearer each time to that miraculous moment when you see your baby for the first time.

Each and every time you are examined or touched.....you relax more and more deeply.....imagine and see your cervix opening.....easily and fully.....see your baby's head.....easily passing through as you relax.....as the cervix relaxes.....willingly and freely. Your body is working beautifully to bring about this moment.....this wonderful moment.....the moment you've been waiting for all these months.

Towards the end of labour the sensations change again.....you feel like pushinghelping your baby.....you change your position.....and imagine breathing your baby out.....your body knows what to do.....relaxallow your baby to be born gently.....easily...calmly... Your baby recognises what is happening and may use knees and feet just like a swimmer to help you.

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Because you are so relaxed.....the pelvic floor muscles are stretching easily and comfortably..... allowing the baby to slide through the birth canal with ease. As your baby is born.....you feel a euphoric love for this child of yours.....this new little person that you have helped to create.....nurtured in your body..... When you are ready lighten your self-hypnosis and greet your new baby.

Each and every day your confidence in your ability to give birth comfortably and easily grows stronger and stronger. You continue to use your ability to relax to help your milk begin to flow.....relaxing enables the flow to begin more easily.

Imagine holding your baby in your arms.....looking down into that dear little face for the first time.....when your baby's eyes for the first time look into yours.....you feel such overwhelming love.

You know that you easily and quickly learn what your baby wants and needs.....you know that you are the most important person in your baby's life.....you know that you have prepared well and that you will be successful.

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Bring back to full wakefulness.

Remember to move slowly now as your blood pressure is lowered while relaxing.