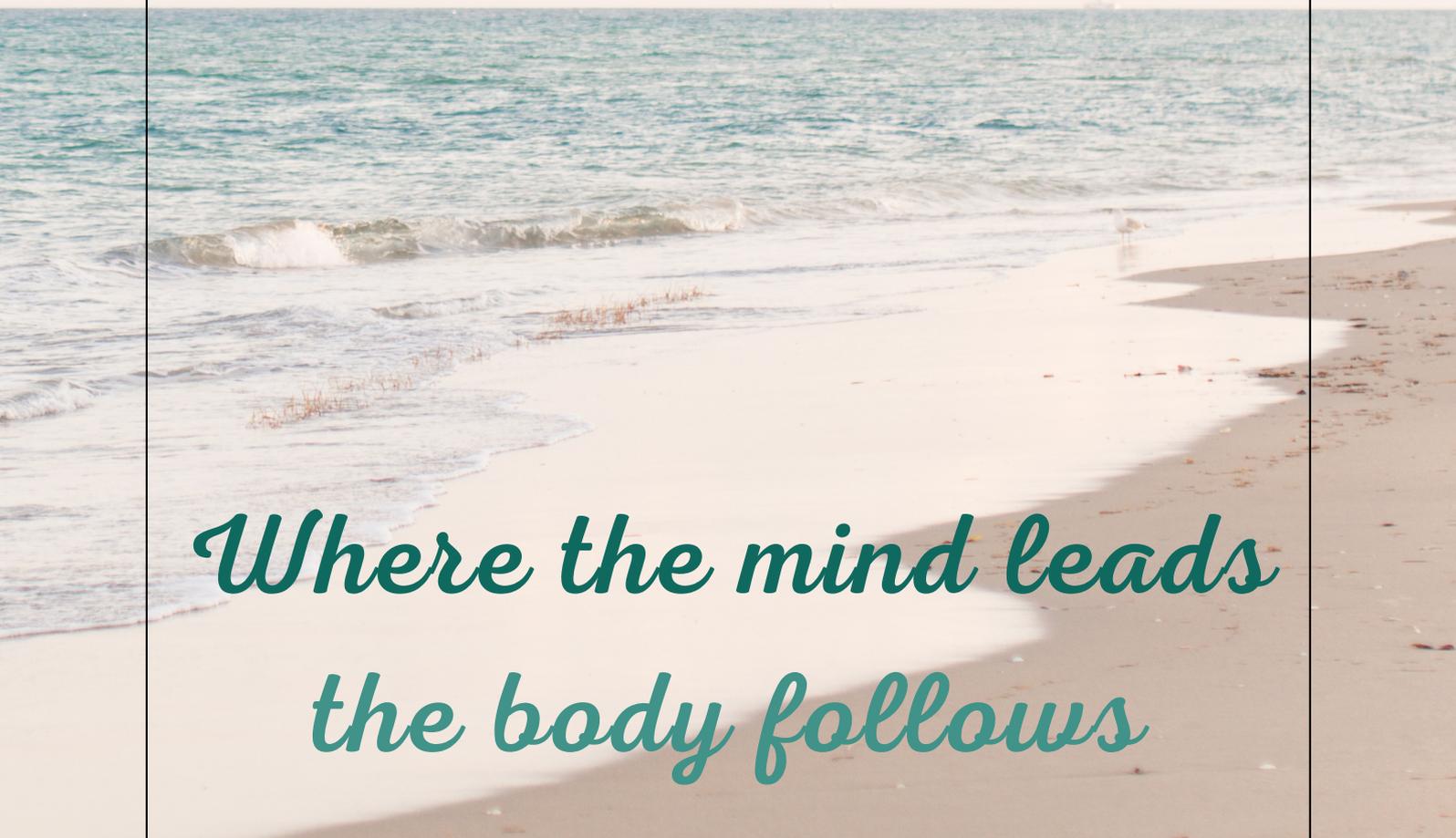




Guided Relaxation Scripts

for pregnancy and birth

A photograph of a beach scene. The ocean is a vibrant blue-green color with white-capped waves breaking onto a sandy shore. The sky is a pale, clear blue. The overall atmosphere is calm and serene.

*Where the mind leads
the body follows*

www.kghypnobirthing.com

www.mindandbodybirthing.com

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Let go of worries and look forward to giving birth as a wonderful and empowering experience



A note about the relaxations...

It is important to practice these relaxations with your birth partner during pregnancy. Each time you practise you let go of a little more stress and tension and gain confidence, peace and calmness. The idea of relaxing can sound so simple, but as with anything in life, the more you practise the better you will become at it.

Each night before you go to sleep, and after you have practised your "up" breathing, do one relaxation - you can read a relaxation to yourself, have your partner read one to you, or simply listen to one of the pre-recorded MP3s instead. There are 3 MP3s available on the Mind and Body Birthing resources page as well as more for purchase from the KGHypnobirthing website.



Top Tips!

Using a diffuser with essential oil of lavender or adding a few drops to a tissue when you practice will act as a powerful trigger for relaxation when also used during labour

Read the scripts slowly and gently, leaving plenty of pauses

During Labour

When you are in labour it can be very calming to have the MP3s playing softly in the background. As your labour progresses, you can also use the triggers from the scripts you have practised to help you relax quickly.

Here are some suggestions:

A gentle, deep breath

Just one lovely, gentle, deep breath. As you let the air flow out in the long, relaxed outbreath, your body is producing oxytocin, the hormone of calm, and endorphins, the hormones of comfort. Notice as you breathe in that the air is cool and as you breathe out the air is warmer.

Ssssoften

The word “sssoften” will take you back to the confidence, calm and comfort above the soft clouds. This image is very powerful

Stroking

Stroking on any part of the body that is convenient. If available, the forehead and the space between the eyebrows can be especially relaxing.

Back Stroking

Light touch back stroking

Hand dropping

Remember how powerfully you relaxed when you dropped your hand in the calming touch exercise.

Colour

Bring to mind the colour you associate with rest, relaxation and ease.

Safe Place

Bring to mind your special place where you feel happy and at ease. Perhaps the place you went to on the magic carpet.

Drop your shoulders

You will be amazed how much tension suddenly falls away that you didn't know was there when you simply allow your shoulders to drop. A hand on the shoulder can really help with this.

Soft mouth

Make sure your mouth and jaw are relaxed - remember the link between the jaw and pelvis

Sssoften Relaxation

Just allow your breathing to slow down and deepen; so comfortable and so serene. As I speak, let your eyes close gently and easily, so that you start to release, serenely and confidently. Breathe comfortably, slowly and deeply. Allow your body to sink.... deeply soothing.... completely comfortable.... There may be sounds around you but they are all part of this wonderful experience, as you simply focus on my voice.

Now let the softness in your eyelids spread outwards to your forehead so that it too becomes smooth and comfortable. Enjoy the feeling of comfort and wellbeing. Just pause for a short time, and now allow the softness to spread naturally from your forehead, then over the bridge of your nose, flow in and around your eyes, and on downwards through your cheeks, to your jaw, and your neck, everything releasing as the soothing comfort gently spreads.

Now allow your mouth to let go as well, so that it is entirely soft and comfortable, with your lips and your eyes gently smiling. Feel your tongue releasing completely naturally in your mouth, so that now your whole face and head feel calm and comfortable. Enjoy the feeling of comfort and wellbeing. Finally, allow your shoulders to release and sink to their natural level, so that your whole body is calm, limp and serene, and your breathing is soft and slow.

I want you to imagine now that you are looking up at the sky. The sky is overcast with dark, heavy clouds. The clouds represent any worries you may have about birth. Now a ray of bright sunlight shines through the clouds, shining directly down on you. You can feel its warmth, and you remember that, above the clouds, all is sunshine, warmth and softness.

In a moment I am going to say the word "sssoften". Are you ready now? "Sssoften". As you hear the gentle sound of the word "sssoften" feel yourself rising gently higher and higher along the ray of sunshine, easily, lightly. Are you ready now? "Sssoften". "Sssoften". You hear the air rushing beside you as you approach the clouds, the ray of sunshine protects you – "Ssoften" – as you rise through the clouds to the softness and light above the clouds. All the fears and negative ideas drop away, so soft, so warm, so safe, so comfortable; to the place of confidence, calm and comfort. Enjoy the experience of confidence, calm and comfort.

Now you look down through the clouds along that ray of sunshine and see yourself, down below, with the sunshine shining on you. All the confidence, calm and comfort flow into your body and mind as you sit where you are now. Notice that as you see yourself you feel confident, calm and comfortable. All is well. All is well. Your subconscious mind has absorbed the confidence, calm and comfort permanently.

Now these changes have been made, float gently back into your body again as you sit in this room. And now rest in the sure knowledge that this wonderful calm relaxation is there for you when you give birth to our baby so gently and naturally, filled with serenity and confidence. You realise your body has been specially designed to give birth naturally, easily and comfortably, so you look forward to giving birth to our baby as the most wonderful and empowering experience, and meeting our baby happily and calmly.

Next time you will go even more deeply, easily and quickly into relaxation, knowing how good it feels and how comfortable it is, and each time you hear the word "sssoften" you are filled with confidence, calm and comfort. Now open your eyes and take your time fully becoming aware of your surroundings, gently and calmly.

From the KGH Antenatal Training Course

Stroking Relaxation

Gently and easily allow your eyelids to close... so that you can better focus on my voice... allow your breathing to slow down and deepen.... so comfortable and so serene.... Now feel the weight of your feet on the floor (or on the bed),.... As you focus on your feet... feel all your stress and tension flow irresistibly down out of your body through your feet... down into the ground.... to be replaced by a wave of calm and serenity... you feel relief and comfort... as a feeling of warmth and wellbeing flows over your whole being. Your breath becomes slower and deeper.... slower and deeper.... Comfort and wellbeing. As I speak, I'll begin to stroke your hand very gently and softly.

Start stroking her hand and arm, speaking slowly and calmly

Allow yourself to enjoy the pleasant sensation in your hand... the soothing, gentle touch. Your hand feels as though it is safely enveloped in a silk or velvet glove. ... Endorphins spreading throughout your body.... so soft..... so warm.... so safe.... so comfortable.

Now you notice that all feeling begins to fade away from your hand... you can feel my touch, ... but all you are aware of in your hand is warmth and comfort... maybe a slight tingling... and your hand becomes increasingly numb,... it rests soft, loose and senseless... As I keep stroking.... so the feeling in your hand becomes less and less.... You feel so serene, because you know your hand is completely safe and comfortable.... and gradually your hand becomes more and more free from sensation... until you feel nothing at all in your hand.

Now you can apply this warm, comfortable numbness wherever you wish to in your body... All you have to do is bring to mind the part of your body that will be free from sensation.... and all feeling gradually fades gently away.... fades gently away.... Enjoy this sensation... Comfort and wellbeing.

As you are now very relaxed, just spend a little time to:

- 1.Allow a feeling of wellbeing and empowerment to permeate your body, and fill you with confidence at the birth of our baby.
- 2.Appreciate the power of your maternal intuition that guides and protects you and our baby through labour and birth.
- 3.Grow in confidence that your body has been made to give birth efficiently and calmly.
- 4.Allow your body to loosen and release, as it will during labour and our baby's natural birth.
- 5.Allow your mind and body to grow in harmony for a swift and gentle labour and birth.

(Pause) Stop Stroking

This has been a very special time as you become so calm and happy in the knowledge of the fulfilment that is before you in the birth of our baby. You now know that you are able to affect your body as you wish. But in a minute it will be time to come back to me in this room, bringing the calm confidence with you, gently and naturally at ease, refreshed and empowered, confident that our baby's birth will be safe and healthy, calm and quick. Knowing that your body has been specially designed to give birth naturally, easily and comfortably, you look forward to birth as the most wonderful and empowering experience, and meeting our baby happily and calmly.

Next time we do this you will release even more easily, your confidence will be even more profound and you will quickly become even more free of all sensation.... and now, in your own time, open your eyes – wide awake and alert, with the feeling back to normal in your hand.

From the KGH Antenatal Training Course

Calming Touch Relaxation

Gently rest your hand on the mother's bump

As my hand rests on your belly, so your eyes close, and your eyelids rest just as lightly, just as gently on your cheeks, as your breathing slows and deepens.... slows and deepens. There may be sounds around you but they are all part of this wonderful experience, as you simply focus on my voice.

Allow your attention to rest on your eyes, soothing and calm, on your jaw, soothing and calm, on your shoulders, soothing and calm, on your belly, soothing and calm, on any other part of your body wherever you choose, soothing and calm. Your whole body sinks into deep and comfortable tranquillity, deeper and deeper, so comfortable, so easy; a wonderful feeling of wellbeing. Every organ and cell within you functioning healthily, easily, restfully. Calm and serenity flowing throughout your body and filling your mind with confidence and trust. And every time you feel a hand on your belly, you will immediately go twice as deeply into relaxation.

Now observe that your breathing has slowed... and deepened. Breathing in... and breathing out...breathing in... and breathing out... so comfortable, so deep.

Take your hand from the mother's bump and place around wrist

Now I shall gently raise your arm a little. Let me take all the weight (***raise arm***). Feel your arm gently rising, and I take all the weight and raise it for you. Notice how heavy it feels. It feels very, very good just to allow me to lift your arm, knowing that in a minute, when I gently let go and let it flop down onto your lap, your body and mind will soften and release more and more (***let go of arm***).

Now again, just notice your arm rising easily as I raise it for you (***raise arm***). And when I drop it your relaxation will be very, very deep (***release arm***). So deeply calm and comfortable. Deeper and deeper. And again, now, I'm gently raising (***raise arm***). As I let go, you go many times deeper (***let go of arm***). Deeper and deeper. More and more serene. So comfortable. So profound.

As you rest, so comfortably and calmly, notice a colour gradually entering your mind.... a colour that carries with it all the calmness and comfort that you have just created... a colour that you can bring to mind at any time, any time at all, to take you powerfully into this wonderful deeply comfortable state that you are experiencing now. And each time you bring this colour to mind you become more calm, more comfortable and confident, and you feel happy and positive about the birth of our baby.

Enjoy this unique comfort and serenity that you have created in your body and in your mind. Deeper and deeper. Know now that this easy, deep comfort and calm is there for you, your body, and our baby share the empowering experience of labour and birth, gently, confidently, calmly. You realise your body has been specially designed to give birth naturally, easily and comfortably, so you look forward to giving birth to our baby as the most wonderful and empowering experience, and meeting our baby happily and calmly.

Allow this feeling of intuitive confidence and calm to remain with you as you gradually become aware of your surroundings again, and in your own time, open your eyes, calm and aware, awake and confident, both now and when you gently and naturally give birth to our baby.

The Magic Carpet Relaxation

Make yourself comfortable, and now, simply allow your eyelids to close and the muscles of your eyes to soften so that you are completely comfortable.

Now breathe in deeply and slowly at least three times and as you breathe out, say to yourself, “release, release, release”. All the sounds you hear, such as voices or traffic, are part of this wonderful, soothing experience as you simply focus on my voice.

Imagine that there is a surging wave of pure serenity and calm above your head, and now imagine that that wave is going to wash down through your whole body bringing calm, relaxation and peace with it. You feel it first moving through your head, down your forehead, releasing all the muscles; flowing over the bridge of your nose, around your eyelids and cheeks which become smoother and calm. It surges through your lips, your jaw, your mouth. Now it moves on bringing calm and softness through your neck and your shoulders. The wave of peace and calm moves on now down both of your arms, past your elbows, down your forearms, and into your hands where the wave laps finally at the very tips of your fingers like the tide on a calm shore. Release, release, release.

Now the wave of calm and softness slowly surges through your chest and down through your stomach. It flows down your back and through your pelvis as every muscle grows naturally softer. Now the wave continues down both your legs, down your thighs, bringing comfort and softness. Down past your knees and down your calves, into your feet, where just as with your hands the wave laps down at the very tips of your toes like wavelets on a sunny beach, bringing complete peace and calm. Now release every single muscle in your whole body; soothe and release. Your mind and your body are now in complete harmony in a state of very, very deep comfort and serenity.

Now I want you to imagine a carpet, a magic carpet. This carpet is on a lawn in front of a large and beautiful tree. You know that this carpet is going to give you a wonderful and very happy experience, so you quietly walk over and sit down on it.

Now you think about the place where you would most enjoy being. It can be somewhere you have been before, somewhere you have never been to but always wanted to go, or it could be a completely new place that only exists in your own imagination. All that matters is that it is a place which is exactly where you would like to be. You are going to a place where you feel completely tranquil and serene.

Mentally tell your magic carpet to take you to this place. When you do so you feel the carpet tighten underneath you; the edges curl up around you so that it is like sitting safely and securely in a cupped hand. Now the carpet starts to rise only to the height at which you feel completely safe and happy, and it begins to move away, skimming over the earth quietly and swiftly.

You see ahead of you in the distance the exact place that you want to be. You approach it, closer and closer, until you are hovering above it. The magic carpet gently begins to descend, down, down, down, until you very softly land upon the ground in this special place.

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From the KGH Antenatal Training Course

You stand up and walk from the carpet, and you go towards something that catches your eye. As you come closer, you see that it is a cradle, filled with beautiful and sweet smelling rose petals. You approach even closer as you sense a small movement, and then your heart leaps as you see a tiny, new-born baby resting on the petals, and you realise this is our baby, for whom you have been waiting for all these months.

As you bend over your baby, you smile with absolute delight at seeing it; and it looks at you with wide open eyes, and you melt with tenderness and happiness. You pick your baby up, then gently sit beside the rose-petal covered cradle. You kiss your tiny baby's face and nestle it into your chest, where it curls up warmly and happily.

I will pause, so enjoy this time with our baby as you relax blissfully, until you hear my voice once again....

The time has come to return, and so holding our baby safely and lovingly in your arms, you settle yourself comfortably back onto your magic carpet. You are well prepared for our baby's birth as you now know how very happy being together is.

Day by day your love and confidence grow, as you feel our baby growing safely inside you, and you know that your subconscious mind is gently and subtly preparing you for the important day of our baby's birth.

You tell the carpet to take you back to the lawn beneath the tree from where you came. The carpet once more curls its sides up and holds you gently and safely like a large cupped hand. You feel it pressing against you as it starts to lift, and ascending swiftly you see once more the earth beneath you as you travel back to where you started.

In the distance you can see that beautiful tree and as you see it, the carpet begins to descend and slows down until you are hovering by the tree. The carpet comes slowly down, until very, very gently you feel the earth beneath you as the carpet unfurls and lies flat and you're on the lawn by the tree again, but with the knowledge of the fulfilment and empowerment that lies in store for you in the birth of our baby.

You are now well prepared for that day, by being with your baby already in your subconscious mind, and preparing your body to do what it is made to do; give birth gently and naturally. You realise now what a wonderful experience you've had, how very calm, and happy you feel, and next time we do this you will become more and more tranquil and serene because you know how much you enjoy it, and understand the benefits it brings you.

Now open your eyes, and just relax and wait until you fully adjust to the here and now.



Colour and Calmness Relaxation

Make yourself comfortable, close your eyes and relax. Breathing in and breathing out, in... and out. You can hear the sounds around you and they are all part of this wonderful experience, but you focus on my voice.

Imagine a warm, unstoppable wave of complete serenity starting at the very top of your head, and beginning to wash comfortably down through your body. As it flows through every part of your body, so that part becomes completely soft and comfortable. Feel it now slowing from the top of your head down... your forehead becomes completely smooth as it softens easily... now the softness flows over the bridge of your nose... now you feel the muscles around your eyes soften and let go. Now your cheeks relax.... now your lips... and even inside your mouth your tongue relaxes. Now the muscles of the jaw soften and let go... comfortably.... easily.... as you go down and further down.... enjoy the release.

The wave flows on through your neck, your shoulders, down your arms to the tips of your fingers, allowing everything to become soft and comfortable. Now the wave surges gently on through your chest, calming everything, through your stomach, gently soothing, and the muscles of your pelvic area release, just as they will when you give birth to your baby.... onto your legs, down your thighs, your knees, down your lower legs all the way down to your feet and the tips of your toes, making both your legs completely comfortable. And now you realise that you are very, very tranquil and serene. This feeling of wellbeing allows you to go deeper and deeper, and each time you go more quickly, more deeply, easily and gently into ultimate release. Down and further down. More and more profound.

Now you become even more deeply calm, as you imagine yourself lying in a beautiful field in the countryside. The grass is soft and you are so comfortable, and so you let yourself sink down into the gentle grass, warm, comfortable, happy. You notice, passing across your vision, beautiful butterflies, of every colour and hue, shape and size, and as you sink deeper you become more and more profoundly tranquil, until you find yourself lying gently on the soft grass surrounded by all these beautiful colours, and completely, completely, relaxed and calm.

As you lie on the soft, green grass breathing easily, deeply, slowly, you notice that as the different groups of butterflies come and go, twist and turn, they create the most beautiful patterns and colours, and these colours affect your emotions with their beauty, and your body and mind absorb their calmness and fluidity, allowing you to sink down and further down, into gentle peace.

Now the butterflies float silently, separate, and move away out of sight, until like a gentle cloud, you see coming towards you the most beautiful purple cloud of gentle, dainty butterflies, ranging in colour from a soft red to a gentle blue. And as the butterflies intermingle and pass around each other, you experience the energy of the colour purple, flowing softly around and through you, bringing you confidence and trust. This has a wonderful effect on your mind, filling you with happiness, and quietness; bringing you the peace of mind that will grow within you throughout your pregnancy, ready for your baby's birth. So you feel calm and confident, and these wonderful feelings allow you to trust your inner wisdom, and drift down and further down, safer and safer.

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From the KGH Antenatal Training Course

See before you now the red butterflies separating and leaving as a body, off into the distance, and almost miraculously the colour surrounding and infusing you becomes the wonderful blue of the group that remains, clear and serene like the blueness of a summer's day, and this blue flows softly round and through the upper part of your body, bringing a lightness and beauty to your world, and with it a gentle and soft happiness. A feeling of calmness, peace and wellbeing.

You notice that your breathing becomes even more gentle and easy, and this wonderful blue is in completely harmony with your body as you relax, your muscles release more and more. You use gentle and positive words in your inner conversations and when you speak to your baby, and you feel as though all your muscles have completely softened.

You are full of confidence and trust. You are calm, and peaceful, and happy, and you feel that the future holds good things for you, so you trust in nature, trust in your intuition, and trust in the natural process of pregnancy, labour and birth. You know that your body is designed to give birth naturally, and work with your baby during its smooth passage into the world.

So now you know that all is well; all is very well. You know that your labour and birth are a completely natural process in the way that nature intended... and you carry within you the memory of this wonderful experience of the colours and calmness.

You realise your body has been specially designed to give birth naturally, easily and comfortably, so you look forward to giving birth to your baby as the most wonderful and empowering experience, and meeting your baby happily and calmly.

This has felt so good, and there is no need for anything more, so it is completely natural for you to pass from this experience to a deep and happy sleep, waking at the right time, joyful, refreshed, and relaxed, and looking forward with confidence and trust to your baby arriving so naturally, gently and calmly. If that is how you would like this session to end, then pay no attention to my counting, but just slip off to sleep now.

If you would like to come back to a state of alertness, then follow my instructions, and the energy will easily and naturally flow back into you. I will start counting now:

- 1.starting to become aware of my count
 - 2.slowly taking control of your muscles again
 - 3.feel the energy begin to flow back into your body
 - 4.noticing the sounds around you
 - 5.and finally your eyes gently open, and you feel happy, refreshed and very calm.
- Filled with confidence and trust in your body and in the natural process of birth.



Trust your Body and Baby Relaxation

Take three long, slow, gentle breaths. Allow your body to settle comfortably, and become aware of the weight of your body. Just quietly notice things for a few seconds as your muscles release.

Breathe all the way in through your nose, allow the breath to come to a natural conclusion, then release the breath all the way out through your mouth as you say to yourself, "Release. Release. Release." Do that three times.

Just allow any passing thoughts to float away like small white clouds in a blue summer's sky, noticed but not dwelt on. If you hear any sound other than my voice – traffic outside, a phone ringing, voices – pay no attention at all and in fact that sound helps you to focus on my voice even more. Now you feel comfortable and content, it is time to go much deeper so that your subconscious mind can listen to all I say and help you absorb it, remember it, and act upon it.

Imagine now that you have just strolled to the top of a small hill. Not a large or steep hill, just a friendly hill, covered in lush, green grass, soft and welcoming beneath your feet. You look down to where you left a rug in the meadow below and you decide you would like to go back down. There are clumps of your favourite beautiful wild flowers separated a little, making natural markers for you on the way down. In fact there are nine such groups of the prettiest flowers, with your blanket last of all waiting for you.

Now you walk happily to the first flowers and, as you see yourself go down, so you feel yourself drifting deeper, your body softens, any tension slips easily away, and your mind stills. You wait briefly and calmly at the flowers.

Now you go down to the second group of flowers and as you start down you feel ten times more content than you were before, so it is easy to wait beside them a little as you sink deeper into peace and wellbeing.

Time to move down to the third pretty, colourful flowers and you become many times more deeply calm than you already were, as you wait, and then move on.

As you arrive at the fourth group of flowers, your breathing deepens further, your body becomes more still, and you are again more deeply at ease. Wait here a while and enjoy this release.

You move on down the hill, down again to the fifth flowers, half way down to your rug, and once more you go much deeper than before, and it is so enjoyable. You have never been so calm and content.

Down you go again, treading on the soft grass and reaching the sixth flowers where you become more and more deeply at ease. Deeper and deeper. Deeper and deeper.

Further down the hill you now come to the seventh flowers waving gently in the light breeze, and you sink many times deeper. Happy, content and very, very calm and peaceful.

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From the KGH Antenatal Training Course

As your breathing softens and deepens, you approach the eighth set of beautiful flowers and you go deeper and deeper again.

Now you walk down to the ninth and last group of flowers and as you come to them you sink, many times deeper into gentle peace. Quiet, soft content.

At last you come to your rug, spread out on the soft grass, and you lie down on it under the blue sky of a sunny day and you sink ten times more deeply into calm and content.

This is truly wonderful. You have never, ever been so calm and content – many, many more times more calm and content than when you started. So you lie on the rug, calm, happy and open to positive thoughts. All you have to do now is lie there, happy, calm and content and listen to my voice and the wonderful positive thoughts you have. Just rest a while peacefully.

As you rest here you realise some very important facts, and these facts give you great comfort, for they explain how right, responsible and loving of our baby you are, that you are following the path you have chosen – to let our baby decide when it is ready to leave your body and come into your arms. Giving birth can take many forms. Just as all humans are different, and even our bodies themselves change over time, so you understand that giving birth can proceed in different ways, and this gives you great confidence. All that matters is that in every case the way followed is the best for our baby, and you trust that baby knows best. There can be no other measure of success, and knowing this also makes you happy and content.

So you settle even more calmly as you quietly think of these things and trust that your pregnancy and birth will evolve in the way that is best for you and our baby, with the support and protection of me - your partner. As your mind accepts these facts, you are also very sure that, as well as the safe and gentle arrival of our baby, how our baby thrives after birth is also important, and this is all prepared for with these thoughts in mind. What you are doing is the very best possible and most caring thing you could. Trusting your body and baby ensures that our baby will not only survive, but also thrive.

One of the most important things of all is not just our baby, but also you, for our baby needs you. The safety and happiness of you, the mother, who cares for, loves and is loved by your baby, now and into the future, is so important for our baby's future and happiness, and what you are doing is following a path that will be best for both of you, so that you are doing all you can for your baby.

What you plan to do is to let our baby decide when it is time to come into the world. Every human is different and every baby is different, so the right time for one baby to emerge is not necessarily the same as for another. There is no exact, predictable time. The only person who knows when it is time to join you is our baby. The other half of that equation is you, since your body will gently and naturally release your baby when your mind is calm and you feel safe and secure. So you realise how very important it is for you to be confident and accepting about the birth, letting your baby decide the time when your mind and body are ready to release your baby, and your body is ready to soften and open.

However our baby decides to arrive and wherever our baby decides to arrive, is right, because our baby knows when it is ready, and if you are open to that decision, calm, confident and trusting, your baby will come when your baby is ready. Remember that there are only successes in childbirth – every new baby is a wonderful success – so however our baby arrives is exactly that, a wonderful success, and when our baby arrives, it will be the greatest success.

Just as there are many different ways to travel, and reach your destination in the best way, so there are also many ways to welcome your baby into the world, and your body and your baby know best. So when your baby decides to come is indeed the best time, and you have taken that into consideration for their good and your good.

You are also very happy and very calm in the last few days and weeks of pregnancy. You enjoy having your baby inside you and part of you. This is wonderful. It is in fact truly bonus time to allow you to enjoy carrying your baby and having more time to prepare for the wonderful time when your baby decides to arrive and be held in your loving arms. You are truly lucky, because not all mothers have this bonus time that our baby is giving you. So it is important to welcome it, enjoy it. Appreciate this magical period without disturbance or intrusion. You know that your baby will know when it is time to arrive, and nobody knows better. You are the expert, so very calmly, happily and positively enjoy your bonus time as you confidently wait for our baby's birth day.

Our baby is a normal, healthy baby. You are a normal, healthy woman, so our baby's decision when to come will be the right one. You have learnt hypnobirthing, learnt it well, and done all the exercises and practice, so you are in charge of your body and mind, which is so important. Hypnobirthing prepares you so well to approach this special day calmly and positively, and it will give you exactly the same support at your upcoming birthing. You have rightly chosen a calm, positive entry into the world for our baby, supported and protected by me, your partner.

Nothing could be happier, and all your practice is for you to remain calm and confident after the birth as well, and that calmness and happiness will flow from you to our baby, who will also be calm and happy. You also know that unless you are presented with evidence and logic to alter your plan, you can be confident in the choices you have made, regardless of external pressure, and any external pressure or coercion simply drops away. You can thank whoever offers an intervention, but, in the absence of logic or evidence, in a friendly but firm manner decline, explaining that all is well. If you and our baby are both healthy, the only expert in time and date of arrival is our baby. Nobody else. Your baby and your body will work together, calmly, peacefully and naturally, to release your baby into the world. This natural event simply happens in its own time, like any other natural bodily event.

Rest calmly now for some minutes as you quietly reflect on these things, knowing your pregnancy and birth will naturally unfold as is best for our baby, knowing that I fully support and protect you, enjoy your special bonus time, and look forward to meeting your baby, happily, confidently and proudly.

If you wish to float into a deep and contented sleep, ignore the rest of my words. If you want to return to the here and now, listen as I count from 5 to 1. On the count of one you will open your eyes and be alert again.

5... gently become aware of your body as it prepares to come back
4...your breathing lightens and your fingers move a little, gently and slowly
3...you notice that light is beginning to filter softly through your eyelids
2...you prepare to return, feeling completely confident and happy, and sure that you have made the right choices for your baby, and that feeling will stay with you right up to the time when our baby joins us. And now that you fully understand and trust it, you enjoy this special gift of bonus time. Next time you will go even deeper and more quickly into this wonderful state, knowing how confident and positive you feel. Knowing that each day the effect will be more and more profound.
1...open your eyes and wait calmly as you gently return fully to the here and now.

Confident and Positive Relaxation

Sit comfortably or lie down and relax... now let your eyes close.... slowly and gently.... just relax.... soften.... release.... Notice your breathing.... how soft and quiet it has become.... as you relax even further....

Now, you may begin to feel just as tranquil throughout your entire body.... so you allow a wave of warmth and content to wash all through you.... starting at the very top of your head as a gentle, warm, golden light, that penetrates softly every part of you. Slowly it moves down, through your head, your eyelids, all around your eyes, your cheeks, your lips, your jaws, everything calms and relaxes. Just let that feeling spread on down through your neck, your shoulders, and down your arms. It flows down into your chest, through your stomach, runs down your back, through your pelvis, all the way down your legs, your upper legs, your knees, your lower legs, your feet, until it reaches your toes, and every single part of your body is completely soft, in this gentle golden glow.

Everything around you helps you to relax more and more deeply, your breathing, my voice, even if an unexpected sound breaks in, like a car passing, or voices outside, or a phone ringing, that sound will simply be a trigger to allow you to release even more.

Now just imagine yourself at the top of a wide and shallow staircase with ten steps leading downwards. This is a safe staircase, with wide, shallow steps. It might be made of stone, or wood with a beautiful grain, or softly carpeted, but whatever it is, it feels very welcoming to you and you begin to walk down. As you walk down you count the steps...

10 your foot goes safely down on the first step and you have just started on your way down, gently and easily

9 you find yourself going deeper into relaxation as you take the next step down, going deeper with it

8 as you take the next step down, you go further into yourself

7 your whole body starts to feel completely weightless

6 you are floating on a wave of relaxation

5 deeper, deeper still

4 you have entered your own true self, deeply and willingly

3 you are so focused within your whole being that nothing touches you but your own true self, your wisdom, your intuition.

2 everything is slipping away but your mind and your thoughts

1 you feel completely, deeply and wonderfully relaxed, free of all care and worries, happy and peaceful. Even your thoughts are fading into oblivion. So deep. So relaxed.

Just rest happy and relaxed for a while; there's plenty of time.

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From the KGH Antenatal Training Course

Now imagine a blue-skied summer's day and you are lying on soft, dry grass under a tree by the sea. A warm, gentle breeze just lightly touches your cheek. You are completely serene, happy and peaceful. As you look up, you notice that the leaves of the tree have pictures of all your happy memories, all the good things in your life, but also a few of them have images of the upsetting things in your life, and the things that make you wonder about giving birth.

As you look at the leaves you notice some images that bring to mind things you have heard or read or thought about the concerns of childbirth, or your own previous experience of giving birth. As you observe and study the first one, you notice that the image gradually fades into the leaf itself which then turns yellow, brown, then gold – the colours of autumn – meaning the leaf has come to the end of its time, and neither it nor the thought it held matter any longer; and then the leaf just drops off the tree and lands beneath it.

Now you notice another leaf with another concern and it too gently fades and dissolves into the leaf which changes colour and flutters to the ground, joining the first one. As you look, each time a stress or worry you have comes to mind, a leaf takes on that image, which then fades and disappears as the leaf changes colour and falls to the earth.

You realise now that you are able to see any stresses in the leaves, so you just take all the time you need to make sure all are dealt with – worries about birth, or anything else that comes to mind and you would like to easily release – and you find that one by one the same thing happens. The image of each concern is taken on by a leaf, and is absorbed right into the leaf until it completely disappears. And all the leaves concerned change colour through the shades of autumn – yellow, gold, brown – and flutter to the earth, taking their now vanished stresses and worries with them, and when the process is complete you sweep the leaves up into a heap.

Now only joyful green leaves are left on the tree and as you wonder what to do with the pile of leaves beside you, you have an idea. You decide you will have a bonfire, and invite to it all the people who have helped you in the past or who are helping you now, or who are going to help you at this wonderful and important time in your life. Soon they start to arrive. They all come. Your loved ones, friends from throughout your life including right back to school, perhaps some of the people who taught you, your midwife, doctor, employers, colleagues, neighbours, just everyone who has ever helped or supported you, and those who will support you during the rest of your pregnancy and your baby's birth.

When they have all arrived and you are one big happy gathering, you set light to the bonfire, and it blazes quickly, and the leaves that had all the upsetting memories start to burn and curl up in the crackling flames. As they curl up and burn to ash, and the ash rises in the heat and, as it rises, the gentle breeze picks it up and wafts it out to sea. You watch as it floats further and further out over the water, until it completely vanishes from sight, and as it vanishes, those memories and feelings the leaves carried vanish completely with it, gone forever, leaving you so confident and calm, peaceful and happy.

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You feel so confident as you realise you now completely accept yourself, and accept your intuitive power to control your own life and look after yourself and your baby. Although all these people have helped, are helping you or will help you, you now see that, while you accept their help, gladly and gratefully, you remain in control of your own life, and you and only you decide how things are to be, and how they may help you so that your baby is born so easily and happily, entering the world in the best possible way and giving you an empowering and joyful experience. And with this wonderful self-confidence and happiness, your guests slowly fade away, and leave you to your new self, knowing that you can call them whenever you want them, and you will know when and how you need their wisdom, experience and knowledge to help you.

These thoughts lead you to realise that you can decide how you want the birth of our baby to be, how calm and serene. Remember that your body is designed to give birth gently and naturally, and at the right time and place, to allow our baby's easy and serene passage into the world. And so you relax into your new confidence, with the power that gives you, and the happiness and calmness it brings you, allowing you to drift deeper into peace and calmness, confidence and wellbeing.

Now you look up with gratitude to the tree with all its green leaves with their happy memories, and something wonderful happens. The leaves separate and form a beautiful green picture-frame, and the picture inside it is us, both of us, with our baby in our arms. You look so happy and radiant, knowing that all is well. Our baby is sleeping gently in your arms, so sweet and gentle and secure, and you are filled with love and happiness.

The picture seems to float gently down from the tree and it becomes life-size as it envelops us, and now, like a miracle, you realise that this is not a picture at all – it is real and what seemed to be a picture of us both and our baby now really is true, and you feel overjoyed at your success, Such gentle tenderness comes over you as you look down at our baby's face and it opens its eyes and looks into yours. All is well and you will remember this feeling again and again. You realise your body has been specially designed to give birth naturally, easily and comfortably, so you look forward to birth as the most wonderful and empowering experience, and meeting our baby happily and calmly.

So in a minute it will be time to return to everyday reality, but a different reality, as you remember all you have just experienced and the joy it gave you and will continue to give you, as your pregnancy progresses, as you give birth to our baby, and after our baby is born.

As I count from five to one, gently and gradually come back to the present. Five.... becoming aware of your body again. Four.... gently feeling movement in your fingers and toes. Three.... your eyelids begin to feel lighter. Two.... you feel alert and calm, happy and relaxed. One.... now gently and gradually come back to the present and your eyes open as you quietly and gently re-join me in this room in calm confidence.

