



Special Place/Painless Childbirth Audio CD

This Hypnobabies CD is sent to clients after enrollment in the Hypnobabies Childbirth Course, and before the first class. It starts clients on their journey to having a much easier, more peaceful and comfortable birth experience.

Read the instructions at the bottom before using the CD

Track # 1: Special Place Imagery.

In a deep state of relaxation you are able to create in detail, a special, safe, relaxing, and very comfortable place to go to in your mind during your contractions (pressure waves!) in labor. This is important when you only want comforting images and thoughts during pregnancy and when you give birth. You are guided to learn how to deeply relax and let go, which feels so wonderful. Please begin with this script. Alternate every day with:

Track # 2 : Painless Childbirth.

This script takes you deeper into hypnosis and introduces you to a new mindset regarding childbirth: the fact that it can actually be a comfortable and joyful experience. Most of our Hypnomoms give birth with little or no discomfort, and you will begin to believe that you can, too. That is a vital part of your training, and will become more deeply ingrained as you continue and complete the course.

There is a part in the beginning of the script that we call a "lead-in", which takes you gently into a very relaxing and pleasant state of hypnosis. You will be asked to take a few deep breaths, open and close your eyes, count backwards out loud, etc. Just go with all suggestions, participate fully, and soon you will be deeply relaxed and ready to receive some very positive information about having a much easier birthing. Remember, hypnosis is perfectly safe and you are in control at all times.

Please be aware that we call contractions "pressure waves or surges", in order to create a word with a more positive connotation.

Thank you for taking the time to prepare for this fun, exciting and effective childbirth program. The time you spend every day using hypnosis for childbirth will be well worth it!

Instructions: Please begin with the Painless Childbirth Script (Track 2). Alternate every day with the Special Place Imagery (Track 1)

Caution: NEVER play a Hypnobabies hypnosis CD or tape recording in a moving vehicle!