

Your Hypnobabies Pre-Class audio tracks: Your Special Place and Easy, Comfortable Childbirth

Welcome to Hypnobabies! These Your Special Place and Easier, More Comfortable Childbirth hypnosis tracks will start you on your journey to having a much easier, more peaceful, and more comfortable birth experience. Please listen to one track every day, alternating them, and begin with “Your Special Place”. This will allow you to experience deep hypnosis and relaxation, begin to re-train your inner mind for easier childbirth. This prepares you for the hypno-tools you will learn in Hypnobabies Class # 1. (Your Birth Partner can listen to these tracks too!)

1: Your Special Place

In a deep state of relaxation, you are guided to create a special, safe, relaxing, and very comfortable place to journey to in your mind during your contractions (we call them birthing waves!) in labor (your birthing). You are guided to relax your body and your mind very deeply, and the hypnosis suggestions for physical comfort are invaluable. You will also have the opportunity to “meet” and bond with your baby, and please remember that baby can be any gestational age or size that you would like to envision your child to be, even already born, and in your arms! Please begin with this Your Special Place track, and alternate every day with:

2: Easier, More Comfortable Childbirth

This track guides you deeper into relaxation and hypnosis, and introduces you to a new mindset regarding childbirth: that it can actually be a more comfortable and joyful experience. Most of our Hypno-moms/parents/students give birth in an easier and more comfortable way, and these hypnosis suggestions help you begin to learn and believe that you can too. That is a vital part of your training, and will become more deeply embedded in your mind as you complete your Hypnobabies course.

Deep Physical Relaxation is first! There is a part in the beginning of each track that we call a “lead-in”, which guides you gently into a very relaxing and pleasant state of hypnosis. You will be asked to take a few deep, slow breaths, and allow a progressive relaxation to flow down and throughout your body, releasing any tension in your muscles. Just enjoy all the suggestions, participate fully, and soon you will be deeply relaxed and ready to receive some very positive hypnosis suggestion for creating and enjoying a much easier birthing. As you listen, remember that hypnosis is perfectly safe, and you are in control at all times.

Thank you for taking the time to prepare for our fun, unique and innovative Hypnobabies childbirth program. The time you spend every day learning and practicing your hypnosis and deep relaxation for childbirth will be well worth it!

Important Safety Information: These tracks are contain deep hypnosis and relaxation suggestions, so they can **only** be listened to in a **100% relaxed and fully supported position such as sitting on a sofa or cushy chair with head back, or lying down.** NEVER listen to a Hypnobabies hypnosis track while driving a vehicle, holding a baby or child, walking, running, exercising in any way, doing yoga, showering, cooking, operating machinery or doing anything that requires your full attention!!

