

Breech Scripts

Just close your eyes.....allowing your eyelids to become heavy..... focusing on your breathing and slowing your breathing down..... noticing the coolness of the air as you breath in and warmth of the air as you breath out..... with each breath feeling more and more relaxed.....now imagine that you are in the warmth of sun....somewhere outside where you feel very familiar and comfortable...aware of the warmth of the sun on the top of your head....becoming aware of that warmth drifting down through all the muscles around your eyes....down through the muscles in your cheeks....and around your mouth...just relaxing those muscles...as the warmth moves down...into the muscles around your mouth...and down into the muscles of your jaw.....and as you relax the muscles in your jaw you may notice how the muscles in your neck and shoulders are relaxing.....letting go of any tension that may have been held in that area.....and as your shoulders let go and relax...that warmth drifts down into the muscles in the top of your arms...through your hands wrists and fingers....you may be wondering which arm is heavier than the other.... You may be experiencing that familiar feeling of drifting...that you experience just before you drift off to sleep at night...safe in the knowledge that everything is safe and well....and you can wake up at any moment if you need to...but instead it's just so much easier to relax, letting go....even of the effort it takes to listen to the sound of my voice....any sounds or noises that you may hear....the sound of my voice of the music....or any other sounds around you or outside....just send you deeper into relaxation safe in the knowledge that you are in control at all times....and as you let go even more...that warmth drifts down into the muscles of your chest and abdomen....relaxing those muscles...your

breathing becoming more regular and comfortable....perhaps feeling heavier or lighter...as you allow your conscious mind to drift off and your unconscious mind to drift to the surface to make the changes and adjustments that need to be made...in order for you to be more relaxed.

That warmth now drifting down into the muscles at the top of your legs, down into your shins calves ankles feet and toes....your body feeling very deeply relaxed.....just once relaxing your jaw, relaxing your hands.....letting go of any residual tension in your body...and as you let go of that 1st drop of tension in your body....counting back down from 100, 99, 98 and as you are counting down you drift into a deeper state of relaxation....aware the more and more you listen to the sound of my voice the more relaxed you become...safe in the knowledge that you are in control at all times...now you drift down into a comfortable state of deep relaxation able to take on board any suggestions I make that are in your benefit, because you know that in order to achieve your goals and change your life for the better.....adjustments and changes will be made in a positive way by your unconscious mind....so that from this moment onward any changes that are made will benefit you and your baby in every way possible and that any changes which will be made will be made in a way that make it easy for you and your baby to turn thinking around....and no one knows how to do this better than yourself...connecting with your baby... and although I don't know when this will happen, today, tomorrow, but right now I do know that because you are willing to create the space for your baby to turn that it can happen quickly and easily.

Now in a moment I'm going to count down from 10-1 and as I do you can deepen your relaxation...10 imagining how much better things are going to be when you relax and allow your baby to turn in their own time 9 relaxing more and more deeply....feeling confident and positive about the changes you will be making....8 feeling, heavier or lighter 7 that

drifting sensation...6 so comfortable....so easy....5...to make changes...4 when you realize that you are in control of those changes...3.....and the more you release you are in control the easier it becomes...2 relax and let go of any doubt that baby will turn into the perfect position for birth...as 1...moves downwards, deeper into relaxation...all the muscles in your abdomen so soft now. And you know you may even be aware of your baby moving around as they notice your muscles relaxing, a different softness, a softness that is yielding, a softness in which they can stretch and change their position. And you know sometimes when preparing for a big occasion like a birth, it is normal to feel apprehensive, there may be particular worries that you are carrying around with you, and you know what... worries take up space where there should be room for movement, new ideas and thoughts to evolve ...and shifts in thinking can created momentous shifts in other ways.

Allow yourself to imagine a sitting comfortably somewhere peaceful and comfortable outside. You can stretch out take the weight off your feet, and enjoy relaxing there for a moment. On the table beside you is a pot of bubbles...allow yourself to take the pot and begin to blow the bubbles up, letting them go...these are special bubbles as they are extra strong, you can blow them up as big as they need to be, while they stay intact. As you blow them up, just imagine creating space within you, allowing worries, concerns, to bubble up and disappear into the sky. Keep blowing them up and then just watch them as they drift across the sky, higher and higher. The higher they go, the more you can feel your body softening, you may even feel your baby responding, and as this happens the bubbles are getting smaller and smaller until they have disappeared completely and for good.

As you turn your attention back towards where you are in this lovely space, you feel much more relaxed, much more trusting of your body and

of baby to turn in their own time. Not by anybody else's time, just their own perfect time, now because you know, babies do turn, and your baby can do. Just for a moment connect with your baby imagine them curled up within you, soft, flexible, allow yourself to be aware of the connection of your baby through you, through their cord. Imagine sending a message to baby "the time is coming, I know you, we have this together, I will soften and give you space, so you can turn your little body so your head is down, getting ready to be born. Because you know, you will be born, we are waiting with open arms and love to hold you and see you for the first time. We are ready for you start putting things in motion. You are loved, we can do this together. "

Just imagining a light above you a golden light, and that light will soften and relax all the muscles in your body, but you know this golden light can be directed to any area in your body that you choose and right now that you are connected with your baby, you can allow yourself to direct that golden light down into your abdomen, you may even be aware of that light soften those muscles, aware of how much different and better it feels to let go of any tension held in the area. That loving soft light moves through the amniotic fluid, almost as it is holding baby with softness and love, encouraging baby to move their head down ready for birth, gently massaging baby, gently signposting baby to the easiest route to turn downwards.

Take a deep breath, allow that light to move through and as you breathe down that golden light, breath love down to your baby. You can do this whenever you choose, all you need to do is to close your eyes and imagine with each breath breathing down that soft golden light through your body, softening your muscles, and moulding with baby to help them

move and stay in the right position for birth, with their head down.

Connecting with baby again before coming out of this hypnotic relaxation, opening your love and heart up to them, feeling a sense of comfort, spaciousness and trust that your body and your baby are working together on many different levels to ensure that baby's head is down ready for birth, comfortably preparing you for the day that they decide to be born. As you let go and trust that baby will turn when the time is right, you will become more and more relaxed, and the more relaxed you are the easier it is for your baby to enjoy the soft yielding warmth of your muscles, allowing them more space to move. You may notice your baby moving more, or at different times, you may not notice as they turn or you may be very aware of them moving downwards, it may feel different or it may feel the same...you can allow yourself to believe that your experience is unique to you and your baby. That there is no right way for baby to turn downwards, that there is just a way for them to do it, their way.

Now in a moment you can return to the where you are lying or sitting, feeling very relaxed, comfortable but in a state of mind where you feel spaciousness, trusting that as you let go of worries you create room within you to prepare in every way, full of confidence and calm expectation. Your baby and you preparing together for the day they choose to be born.

1,2 feeling yourself connecting with your body, 3,4 wriggling your fingers and toes, and 5 coming back to the room, fully awake and alert back to a normal state of calm awareness.

Affirmations

- I trust that my baby will turn in their own time
- As I breathe down my muscles soften allowing my baby more space
- I can imagine my baby with their head down
- I patiently allow my baby to turn
- As I relax and let go, my baby senses an opportunity to turn
- I know that my baby can turn during the day or when I am asleep
- I trust that when my baby turns, they will be comfortable with their head down
- I am ready to welcome my baby into the world whatever position they are in