

# Letting Go Birth Script

Just allow your eyes to gently close, and as they close just beware of how the muscles around your eyes appear to relax and as they relax you become aware of a warm relaxing feeling moving through all those muscles around your eyes, your eyelids becoming so heavy that even though you could open them if you wished, you are much more comfortable allowing them to stay closed. Don't relax too quickly, just allow that relaxation to move down as you become aware of that warm relaxing feeling moving down into all the muscles of your cheeks, down into the muscles around your mouth, and then down into the muscles around your jaw. And as you relax the muscles in your jaw you may notice how the muscles in your neck and your shoulders relax, that warmth moves down into your neck and shoulders, you become aware of your shoulders become more relaxed, as if all the tension and anxiety held there is just melting away... and as that sense of relaxation grows you may become more aware of noises around you, the sound of my voice, the sound of the music or any other sounds, normal everyday sounds as people go about their business, and those sounds just send you even deeper into relaxation, allowing your conscious mind to drift off into that comfortable and familiar state of not quite being awake or not quite being asleep, you know that lovely feeling of letting go, letting go even of the effort it takes to listen to the sound of my voice, as that warm relaxing feeling drifts down into the muscles at the top of your arms, drifting down, into your forearms wrists and hands and fingers, perhaps you are wondering which arm is relaxing more quickly than the other perhaps

you are aware of the sense of that warm relaxing feeling, moving comfortably down into the muscles of your chest and your abdomen, becoming aware of your comfortable breathing, breathing in a relaxed and comfortable way, with a slow breath in and slow breath out, aware of the relaxing rise and fall of your chest, and your the beat of your heart as it beats in a relaxed and comfortable way. Regulating the ebb and flow of your body, so that your abdomen is working harmoniously and comfortably with the rest of your body allowing you to let go and relax.

And I wonder if you've already started to notice that relaxing feeling drifting down into the tops of your legs, drifting down into your shins calves ankles and feet and toes. Your whole body feeling very deeply relaxed, and you know that at any moment you could open your eyes and come back to the room if you wished, but you just want to enjoy this sensation of relaxation.

How does it feel when you allow yourself to relax? Isn't it nice to know that you are able to drift off so easy, you may have already started to notice the changes taking place in your mind and body, positive changes and may notice that as you focus on them you go even deeper into relaxation?

In a moment I'm going to count down from one to ten, there is no need for you to follow the numbers with me, I'm not asking you to, there is no need to turn your attention inwards, there is no need for you to become even more deeply relaxed, as you simply let go 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. I don't know whether you can feel a tingling sensation or a feeling of lightness or heaviness, I don't how quickly you are going to feel that you

are so much more comfortable, so much more relaxed. I'm curious to know, just how those physical changes will happen...when you realize your mind has the power to change how you respond to events in the world around you at home and at work, what you will change in order for you to prepare joyfully for the birth of your baby. I don't know if that's what you are feeling but I do know that because you are listening to me right now you are allowing yourself to make that change, to let go of all those negative expectations and feelings about birth and parenting, so that you can create space for new feelings, positive feelings to take root. So allow yourself to focus on you want to feel, how you want to be in looking forward to your baby's birth. How would it feel if you were comfortable knowing that you began to look forward to the birth more and more safe in the knowledge that you have the confidence and trust that your baby and your body know what to do.

I don't know exactly how this is going to happen, but I know that you will find out because you want to make those changes you can allow them to happen in a way that is comfortable for you. In fact it will happen so easily and so subtly that you will just suddenly realize how well you are feeling, how happy, relaxed and in control you are about the birth.

So while you relax I want you to imagine that you are on a path, through a wood, you are coming to the edge of the wood, walking at a slow comfortable pace, the sunlight is dappled on the floor of the wood, scattered across the leaves which crunch underfoot as you walk into the sunlight on the edge of the wood and into a meadow. It's a warm sunny summers day, the perfect temperature, perhaps there is a gentle breeze. The meadow stretches out in front of you and into the distance you can see hills and mountains, it's an alpine meadow with flowers dotted

through the long grass, their colours vibrant and iridescent, which is softly swaying in the wind. You become aware of the sound of birdsong being carried on the wind, it's a beautiful place, you feel calm and peaceful in this place.

But as you stand there you become aware of a heavy pack on your back, its straps have begun to dig into your shoulders, rubbing on the skin under your clothes, your back begins to bow and ache and you become distracted by the pack which is preventing you from enjoying this beautiful view. Ahead of you there is a path leading to the hill in front of you, instinctively you know that this is the path you need to take, and so you summon your strength, and begin to walk along the path, all your focus and strength is maintaining a good rhythm and even pace so that you can conserve your strength. As you follow the path up the hill, the journey becomes easier and easier and you begin to reflect on the contents of that pack. What is it that has weighing you down, stopping you from enjoying this view, from enjoying the peace.

As you reflect on that you find you cross the brow of the hill and find yourself on a plateau, where there is a large hot air balloon in front of you, its colours vivid and bright against the cornflower blue sky. Walk over to the hot air balloon and when you reach it, you are able to take the pack off your back, as you do you feel a great sense of relief, aware of your shoulders feeling lighter and looser – you can look in the pack if you wish and allow yourself to become aware of all those rocks and bricks which have been weighing you down, stopping you from looking forward to the birth, expectations, things that people have told you, images or films that you have seen, other experiences. As you look into the bag you realize just how much they have been distorting your view of birth and this new

perspective enables you see them for what they really are.

You now have the choice to put this bag into the hot air balloon, and as you heave it into the basket you take a deep breath and feel a sense of letting go, of lightness and relief, of pressure dropping. As you look into the basket you notice that there is another bag in there with your name on it, take that one out, and you notice instantly how much lighter it is, open it up and have a look inside, a beautiful light streams out, it's full of different coloured light representing all the skills and abilities that will allow you to have your best birth, free of worry and in control, knowing and being in touch with your own inner strength of just how powerful you are. Put this on your back, and as you do you feel inspired, uplifted full of energy, really tuned into your baby and your body with a positive perspective.

Now allow yourself to untie the ropes that tether the hot air balloon to the ground and as you do, the hot air balloon lifts up into the sky with its cylinders firing, the higher and higher it goes the lighter and lighter you feel, the more confident you feel in your own ability to work with your baby and with your partner to have the birth that you want. You realize that some things are important in this life, and allowing the space for a positive experience, to give your baby the opportunity for a gentle birth is within your power to make happen. You realize that you are able to birth confidently and to take control of the things that are important to you and your partner.

The higher the hot air balloon goes the more invigorated you feel, the more confident you feel, and then the hot air balloon is just a speck in

the distance and as you take one deep, breath, breathing in that fresh alpine air, you are aware that it has disappeared altogether.

And then you are able to turn your attention back to the meadow, you become aware of the gentle hum of insects; you become aware of the different sounds of birdsong, the scent of the flowers undisturbed. You are aware of the different colours of green, as the grass ripples in the sunlight, and just as every blade of grass in that meadow is unique you are unique, you instinctually know how to birth your baby and when you trust in that instinct, you allow yourself to let go, safe in the knowledge that your baby and you are working together, you can unburden yourself of those things that you have unnecessarily been carrying around with you. Becoming aware of each intransient moment, and the power within you to recognize that you choose to relax and enjoy each moment, free from worry about the past or the future, knowing that you can do create the best environment possible for birth with integrity and pride.

As you become aware of this as a very deep level you will become aware of feeling lighter and happier, you'll sleep better and more deeply, able to let go of the day much easier than ever before.

As I count to 5 you will return to a normal state of awareness, coming back from the meadow, fully alert, awake and aware. 1 feeling more and more aware, 2 feeling sensations return to you arms and your legs, 3 become more aware of noises and sounds around you, allowing your self to adjust to those noises and sounds, 4 become alert and 5 feeling fully alert energized but still very deeply relaxed.