

Breech Script
(Induction of self-hypnosis first)

I'M GOING TO COUNT DOWN NOW FROM 10 TO 0..... I'LL SAY A SENTENCE WITH EACH NUMBER, AND I'D LIKE YOU TO REPEAT EACH SENTENCE TO YOURSELF.

EACH TIME YOU REPEAT A SENTENCE, YOU WILL FIND YOURSELF DEEPER RELAXED. JUST ALLOW YOURSELF TO SLIP INTO A DEEP RELAXATION.

10 - I AM NOW READY TO GO INTO A STATE OF DEEP RELAXATION.

9 - WITH EACH COUNT I WILL GO DEEPER INTO RELAXATION

8 - MY ENTIRE BODY IS MORE AND MORE RELAXED

7 - EVERY MUSCLE AND NERVE IN MY BODY DROOPS INTO RELAXATION

6 - MY EYELIDS REMAIN EASILY CLOSED

5 - MY BODY IS IN NATURAL RELAXATION

4 - MY BREATHING IS MORE RHYTHMIC NOW

3 - MY BODY IS SINKING INTO DEEP RELAXATION

2 - ALL TENSION AND STRESS ARE GONE FROM MY BODY AND MIND

1 - MY BODY AND MIND ARE COMPLETELY RELAXED - WORKING IN PERFECT HARMONY

0 - I AM COMPLETELY RELAXED, BUT INTENSELY FOCUSED ON WHAT IS BEING SAID

It is now time to visit a wonderful place called the "Hall of Learning". The Hall of Learning is where all limiting thoughts can be eliminated, corrected, and left behind. Where learning takes place for developing new philosophies, new ways of looking at what's going on with you and your life. It is a place where you can take charge of your life and the events in it. Go there now - to the Hall of Learning. See the room in your favorite colors. The temperature of the room is perfectly set as you desire it. There is softly filtered light. To your right, you notice a long hallway that leads to another part of the Hall of Learning. It leads to your "Healing Room" containing the control system of your subconscious. Go down

that hallway. Each step takes you closer and closer to the control system of your subconscious.

As you enter this room, you notice that it also has some of your favorite colors on the wall. These are the colors that bring you comfort. This room is also at the perfect temperature with softly filtered light. There is a large cushy chair in the room. Go over and make yourself comfortable in this wonderful chair.

Feel yourself relax as you sink into the cushions. To the right is a console with knobs and gauges that control the inner workings of your body. Look at the one that reads "Breathing". Turn the knob until the gauge is set at 10 breaths per minute and your breathing becomes slow and calm. Good. Now look at the gauge that reads "Heartbeat". Turn that knob until the gauge is set at 60 beats per minute and you feel the pace of your heart becoming slower and easier as it would at this perfect resting rate. Now look at the gauge that reads "Muscles and Fibers". Turn that knob until the gauge is set at soft, loose and relaxed and you feel all the muscles in your body and around your uterus ease into an even deeper relaxation - giving the baby room to make its turn, releasing all inner tension. Good. The last gauge that needs setting is the one that reads "Concentration and Focus". Turn this knob until the gauge reads sharp and you find yourself intensely focused on my voice. Relaxed and focused. It is possible to do both and your mind accepts the suggestions you desire much easier when you are in this place. Very good. You have now set your body perfectly to maintain a deep state of relaxation while maintaining a sharp focus on what is being said. Very good.

Now that you are thoroughly relaxed, it is time to talk to your subconscious and to your baby.

Thank your subconscious for doing such a good job of holding those lower fibers and muscles of your uterus closed so that your baby would be secure during its development. Growing and developing into this wonderful healthy and happy being that you are so eager to hold...

It is now time for your subconscious to assume a new role. The time for the baby to be born is coming close and so, it is time to give new direction to the muscles that have been holding the baby in an upright position. Speaking to the subconscious now - release and relax those uterine muscles just enough so that your baby has the necessary room to turn and make its descent into the vertex, head down position. Direct your muscles now to release only sufficiently and appropriately for the downward turn. In order to allow _____ and the baby to have an easy, smooth birthing, it is time to RELEASE

ANY AND ALL LIMITING THOUGHTS OR IMPRINTS THAT STEM FROM KNOWN OR UNKNOWN IMPRESSIONS, INFLUENCES, EXPERIENCES, MEMORIES, PEOPLE, HAPPENINGS OR FEARS that could be standing in the way of an easy vaginal birth for _____. If _____'s subconscious is willing to release these obstacles, please indicate by lifting a finger. Good, then release now any and all limiting thoughts or imprints that stem from known or unknown impressions, influences, experiences, memories, people, happenings and fear. Very good.

Your mind, body and baby are now free of any fearful or intrusive thoughts. You are totally free and relaxed. You will not allow these kinds of previously mentioned negative thoughts to plant seeds again. They are now replaced with confidence, assurance and trust in your body's natural birthing abilities. Your birthing will be exactly as nature intended... gentle.... easy.... joyous.

Speaking to your muscles now - thank them for helping to support the baby, allowing it to fully develop, and keeping it safe from harm: "This has been your job throughout my pregnancy and you have done well. But again, now is the time to change roles to accommodate the coming birth. It is time to release and relax in just the appropriate degree that will allow the baby to turn downward into a vertex position." In your mind now, repeat these thoughts to your muscles. Give them permission to release and relax as the baby is given room to turn and move downward. Good.

Now direct your mind to talk to your baby. Your precious little baby growing inside of you is feeling your love, peace and relaxation. Direct these kinds of thoughts to your baby... how loved the baby is; how happy you are and how complete your lives will be together; how pleased you are as you eagerly await the birth. Explain to the baby that it will be safe in your arms; that it will be protected, nurtured and loved. Explain to the baby that being in the upright position was the normal and natural positioning for it throughout most of the pregnancy, but now it is time to get ready for birthing: (give Mom time to repeat each phrase to herself before you say the next) "Dear little baby inside me, it is now time to allow yourself to fold down and around so that your head is downward. Begin the turning of your body so that your head will be in the vertex position. Sweet baby, it is now time for you to start your role in this birthing by turning your head downward in order to assure a gentle, easy birth for both you and me. It will be a wonderful birth for everything is in the proper place and position as you tuck your chin down onto your chest once you are in the vertex, head down position. Your descent will be smooth and easy as you make your

journey through the birth path safely and comfortably at the appropriate time." Now send your loving energy to your baby. Good.

Focus on yourself now. Visualize releasing the uterine muscles, and any other muscles, enough so that your baby can turn and remain in the vertex, head down position. See, in your mind's eye, your baby turning into that position - head down, chin tucked in - coach the baby and your muscles along with nudging thoughts... relaxing your birthing body now. Directing the baby to turn downward. Releasing and relaxing your body, giving baby all the needed room to turn slowly and easily to the head down, vertex position. Very good. (Repeat this last paragraph at least 3 times)