

Connecting with the Baby Script Shawn Gallagher, BA, BCH

Induce trance with the most appropriate method.

An Ideomotor Induction can be used, and add a suggestion for the fingers to respond to suggestions so you have an idea which suggestions, if any, the subconscious is resistant to., which provides information on areas that may need more work.

Settle yourself into hypnosis in your own way, very comfortably...good...and go deeper and deeper. [Deepen with counting, eyelock and arm drop as needed.] Raise a finger briefly when you are quite relaxed. [Wait for the signal.]

Imagine a tube of light from your heart to your baby's heart...and from your baby's heart to your heart...and all the love you already feel for your baby...send love along the tube to your baby...surround...and fill your baby with your love...and as your baby receives your love...you receive your baby's love...[can include the partner to do this, and can repeat for tubes of love to other children in the family so that everyone is connected heart to heart].

Take your time to connect with your baby...anything your baby would like to say to you...anything you would say to your baby...do this now...take your time...and when you are done, raise a finger briefly. [Wait for the signal.]

And every time you think about your baby [or see the colour____, etc] your heart and your mind remember subconsciously the growing love you feel for baby. Each

and every time you think about your baby [or see the colour___, etc] your heart and your mind remember the amazing love you feel for baby...what a wonderful mother you already are...and how good that feels. Take a deep breath and lock that in and anytime you wish to re-experience this good feeling, all you need to do is take a slow deep breath and instantly, you feel wonderful. [Wait for the breath]

Good...and double this good feeling...and take another deep breath and anytime you wish to re-experience this good feeling, all you need to do is take a slow deep breath and instantly, you feel wonderful. [Wait for the breath]

Good. Now take yourself FORWARD in time, easily and gently, close to your due date...37 to 41 completed weeks...as your subconscious mind understands when the birth will be...and your subconscious will take you to forward to that date of your baby's birth. And again, just let me know when you have arrived there by raising a finger briefly.. [Wait for the signal.] Good.

For many weeks...and months now...you have been preparing for the birth of your baby. And now that you are near your due date...37 to 41 completed weeks...your baby is completely surrounded by your love...and will be born into a field of love. Perhaps the birth starts with uterine contractions, or surges...and as they get into a definite pattern...and are gradually getting closer...and closer together...lasting longer...and becoming stronger, but all you feel is a gentle pressure.

This is a very exciting time...and excitement is a very positive thing for you right now...because the energy from that excitement...will be a very important part of your resources...your ability to cope...as the birth progresses.

It is such a wonderful experience...having a baby...and you need this energy to really experience it in the most positive and rewarding way. So let that excitement become your energy and be part of your awareness...right from the very beginning...and use the energy and excitement as a great resource...as your baby's birth continues.

For most women, the cervix opens quite quickly once she is in the hospital / the midwife has arrived. Of course, everyone is different and every baby is special...and every birth progresses at its own natural pace...and it is very important that your baby settle now into the best position for the birth...before the due date...and be in the good position throughout the birth...head down, chin tucked to the chest, hands and arms and cord away from the head and neck, out of the pelvis...and most importantly, the back of your baby's head and neck to one of your hips or uppermost... We thank your baby for moving into this perfect position before and during the birth...

As your baby is born...you are near your due date...in the setting of your choice... hold your baby - hold your warm, beautiful baby...and look deep into your baby's eyes...feel the love...look, hear, touch, smell - use all of your senses to be aware of

your new baby! ...connect deeply with your baby...surrounding your baby with love yet again.

And, of course, your baby already recognizes you...your baby is already deeply familiar with your voice and who you are...your baby has all the senses working and can smell, feel, touch, hear you talk and sing, can see your face...your baby is aware of the coolness of the room so hold your baby close to you for warmth... your baby is aware of the lights, so you can shade the eyes...but most of all, your baby is aware of your voice and your touch...and loves you so deeply.

You knew you could do it and you did...and it was wonderful. Congratulate yourself for being the wonderful woman and mother that you are.

And in the days and weeks after the birth, your mood is stable and optimistic, even as you care for your newborn. If, at any point you feel overwhelmed, you can take three deep breaths and let these feelings of relaxation flow over you [or other anchor - touch or repeat a word] and tell yourself: "I can handle it. I am just right for the job. I am the perfect mother for my baby." And imagine yourself strong...confident...capable...with enough energy for your day...

As your breasts create the first milk, colostrum, in the first few days, there is more than enough for what your baby needs...and your baby feels so relaxed in your arms...and about three days after the birth the colostrum becomes mature milk and

there is quite a lot of it...lots of milk for your baby...your baby has more than enough milk to satisfy...as your baby gains well over the days and weeks after the birth...

And as you look back over the birth...you realize a few things now...you realize that a part of you knew you could do it...and you did...you stayed calm and relaxed...you were in control...and any challenges that might have occurred, you were able to go deeper inside of yourself and find the resources that you have to help you with the situation... calm and relaxed ...in control...letting your body do its job naturally and easily.