Top 10 tips on How to Use Self-Hypnosis for Birth (Hypnobirthing)
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Hypnobirthing is simply a generic term that means the use of hypnosis for birth. There are several different forms of hypnobirthing, which all work towards helping the mum have a natural birth.

We are all in hypnosis, without knowing it, about 60% of the day so this is something that comes naturally to us all. It occurs just before you fall asleep and just as you awaken. Other examples include losing track of time when reading a good book or when watching something interesting on television or when you do anything you enjoy doing. Have you ever driven from A to B, arrived at your destination and not remembered how you drove there? If so, you were in the daydreaming state of natural hypnosis.

In essence, hypnosis is simply a state of heightened relaxation and altered awareness. In hypnosis you are awake, aware of what is going on around you and you are in control. It is all to do with the mind-body connection.

Hypnobirthing is based on the work of Dr Grantly Dick-Read, an English physician whose principles provided the foundations of the National Childbirth Trust (NCT). He is famously quoted as saying; “In no other animal species is the process of birth apparently associated with any suffering, pain or agony, except where pathology exists or in an unnatural state, such as captivity.” He went on to conclude that fear and tension was responsible for 95 per cent of labour pain, which could be eliminated through relaxation techniques.

Hypnobirthing is the intended use of natural hypnosis to allow you to tap into your inner resources, which we all have in our unconscious minds, to create feelings of well-being. When you are relaxed you cannot feel fear and so birth becomes a more enjoyable process, a magical experience which the female body is beautifully designed to achieve biologically.
Hypnobirthing helps you to:-
♥ put things in their true perspective
♥ relax, stay calm and in control - in a calm, relaxed state your muscles and skin can stretch easily and naturally in a pain-free way
♥ stay focused on the process that your body is going through and be in tune with what your body and your intuition are telling you
♥ be healthy and sleep well
♥ heal quickly and recover faster
♥ bond with your baby
♥ breastfeed easily, if you choose to do this
♥ be happy and have confidence in your abilities as a mother
♥ get back to pre-pregnancy weight, shape and dimensions very soon after the birth

The techniques learnt for hypnobirthing are life-long learnings and can be used to improve your life for the better in every aspect – to pass a driving test, to get a new job etc.

Top 10 Tips on how to create self-hypnosis, thereby tapping into your Inner Power, and using it to be calm, relaxed and in control during your birth

1. Breathing Method 1
Breathe in to a count of 4.
Breathe out to a count of 6.
Repeat this as many times as required, and at least fifteen times.

2. Breathing Method 2
Breath 1 brings instant mental calmness.
As you breathe out SAY to yourself “I am calm”.
Breath 2 brings instant feelings of physical relaxation.
As you breathe out SAY to yourself “I am relaxed”.
Breath 3 brings instant feelings of confidence.
As you breathe out SAY to yourself “I am confident”

“|can do ..........”.

By controlling the breath you automatically lower the adrenalin levels, the panic hormone, and release more serotonins, the happy hormone as I call it, which makes you feel good about yourself.

3. Looking up at the sky or ceiling
This helps release more serotonins which is a morphine based hormone secreted in response to the contractions, relaxing your muscles and body, so taking you to the hypnotic state.

4. Positive Affirmations
An affirmation is anything you say or think and this affects your unconscious mind. Your thinking in fact, determines all things. Think negatively and you attract negative realities. Think positively and the benefits you desire in life will come true.
So say the following affirmations – or change the wording to suit you. An Affirmation must be in the present tense and you ask for *what you want and not what you don’t want.*

“I enjoy my pregnancy”
“My digestive system works efficiently and effectively”
“My digestive system is more and more comfortable” (to overcome early morning sickness)
“I look forward to the birth with excitement”
“I have a wonderfully natural childbirth”
“I heal up easily after the birth”
“I breastfeed easily”
“I enjoy being a mum”
“I trust my instincts and intuition”

Use your imagination and you can make up as many affirmations as you wish. Emile Coué (1857-1926) put forward the 'Law of Concentrated Attention', which states, “Whenever attention is concentrated on an idea over and over again, it spontaneously tends to realise it.”

5. Colour that the unconscious mind chooses
This can then be used to visualise the colour flowing over the body from the top of the head right down to the toes, relaxing every muscle, bone, joint, cell, so you are totally relaxed going into the alpha-theta brain pattern of hypnosis and deep relaxation.

6. Colour can be used for healing
The colour, along with positive affirmations can be used to move the placenta, if it is too low, turn a breech baby, help overcome early morning sickness, boost the immune system and for anything – even to clear a headache.

7. Colour to create a Protective Bubble
By surrounding yourself in your Protective bubble of colour, you keep out all negativity from other people, anything you might hear, read or see and also from yourself. This makes you feel, and be strong, powerful, safe and in control, so you work with your body, and intuition, to give birth easily because you are relaxed and in control.

8. A Special Place
Allow your unconscious mind to find a place where you feel, and are, truly deeply comfortable and relaxed. Then go there in your imagination and when you are there, really be there and see what you see, feel what you feel and hear what you hear. When you work with your imagination your unconscious mind cannot tell the difference between what is real and unreal, so you dissociate from the feelings of the contractions.
9. **Visualisation**
Visualise the perfect birth, exactly as you want it. When you visualise then your unconscious mind actualises it. When you visualise you are using your imagination and this automatically takes you to the day-dreaming state of self-hypnosis. Again you can use this technique for anything – getting the perfect job, house etc.

10. **Listening to a Hypnobirthing CD**
This takes you into hypnosis and installs a programme for birth into your unconscious mind maintaining a calm and relaxed state throughout the pregnancy and birth.

All these methods are used during pregnancy and for the birth in various combinations, to help you achieve the birth you desire.

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Paola Bagnall has been a hypnotherapist since 2000 and before that was a biology teacher for 35 years. She has a wealth of knowledge and experience in helping pregnant mothers to have a natural childbirth free from medical intervention. Paola runs hypnobirthing workshops with Inner Power Hypnobirthing www.innerpowerhypnobirthing.co.uk for the mums-to-be and their partners, and self-hypnosis workshops, teaching people how to use hypnosis to achieve their full potential.