

CHILDBIRTHING SCRIPT

See yourself completely relaxed, breathing easily. You are about to give birth to your child.

You feel no pain what-so-ever because the pain in childbirth comes from fear, tension and anxiety. You do not now nor will you ever experience any fear, tension or anxiety about childbirth, therefore you will not experience any pain during, before or after the birth of your child.

As the baby enters the birth canal you enter a beautiful state of consciousness completely disassociated with the pain of childbirth. In the beautiful "I am" stage you remove your consciousness from the body and look back on your body as it gives birth, thoroughly enjoying the experience. If you prefer, you can enter the "I am" stage and go anywhere and anytime you would like to be.

You leave enough awareness within you body so it responds to the demands and commands of the doctor during the labor and birthing.

As soon as the baby is born you then re-associate with the body and enjoy your child not having experienced any pain or discomfort.

You can enjoy every moment of the birth seeing the beauty and perfection of the birth experience and of your child. You experience total and complete love untainted by fear or pain. You have only positive thoughts and emotions concerning you child. If you choose to re-associate with the body during the birth process, you will feel no pain, just joy.