

Bliss Through Childbirth

Intro

The guide discusses the benefits of deep relaxation during pregnancy

The audio is a gentle yet powerful hypnotic meditation to guide you into the calm comfortable state that you desire.

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1. How to use Bliss through Childbirth

This Hypnotic Meditation is designed for women who are planning to make a baby, are already pregnant and even those who have babies due next week. Whatever stage you are at, this meditation will be extremely beneficial for you and your baby.

This recording will calm nerves, reduce stress and prepare you for the birth of your baby by training your subconscious to create the natural relaxed states that are needed for a lovely birth. A calm mummy makes a calm baby.

You can listen to your meditation as many times as you want to through your pregnancy: it will keep you calm, confident and will enable a truly blissful birth. Using the colours of the rainbow we have created a unique method to minimise discomfort and worry. Using these colourful hypnotic techniques will empower you to create the desired response in any part of your body whether that is for relaxation, pain relief or simply feelings of wellbeing and bliss.

The hypnotic techniques increase the natural production of beta-endorphins, serotonin and oxytocin which are naturally occurring feel-good chemicals. The release of this pleasure

cocktail dissolves stress, lowers blood pressure and reduces discomfort naturally.

2. How does meditation ease the childbirth process

A peaceful atmosphere is known to ensure the whole birthing process is a calm comfortable experience for the mother and baby. The meditative process complements this by calming nerves, reducing stress in preparation for delivery by training the subconscious to create the natural relaxed states that are needed for a lovely birth. Hypnotic meditative techniques increase the natural production of beta-endorphins, serotonin and oxytocin. The release of this natural chemical pleasure cocktail reduces stress, lowers blood pressure and reduces discomfort naturally.

Although some people prefer to take classes others like to practise the relaxation techniques in the privacy of their own homes alone or with their birthing partners. This meditation will complement any other processes you are using. Some people like to take classes but many prefer to use the process in the privacy of their homes where the mother and birthing partner can become 'experts' at their own rate. Some birthing partners take on the role of using triggers such as touch or key phrases to remind the mother of the process. The meditation can be started at any time and can help relieve

discomforts, nausea and sickness at any stage of pregnancy.

While listening, the mother learns how to completely relax and recognise that each stage of labour is exciting, as she can feel her baby is getting closer to being born. Bliss Through Childbirth is designed for women who are planning to make a baby, are already pregnant and even those who have babies due next week.

3. What are the general benefits of meditation

Stress can sit about in our bodies and mind causing aches, pains and stress related illnesses. Over time this becomes habitual and damaging to health. If there has been a previous stressful birth there may be left over tensions but these can be reduced by learning to relax fully before labour begins. Using meditative techniques regularly helps to reset a 'normal' while boosting our immune system. The more relaxed we are the more comfortable we are – while having a baby as well as generally.

Babies react to their environment and the stress of the mother. When relaxation occurs the baby is able to be free from anxiety before and after birth. If the mother is anxious it causes muscles to tighten that create pain but in a calm state the muscles can do exactly what they are meant to do: contract and relax in an harmonic rhythm to gently, comfortably ease the baby out.

4. Is meditation during birth suitable for anyone

Yes: maybe not the midwife though. It is important to know that one can react to instructions and be aware of what is happening at all times. It is a change of focus with inner peace. If circumstances change and intervention is required again the calm mother will have a less stressful time of it.

People react differently and have differing ideas depending on their personal experience. I describe it as:

When you meditate you 'are' and you open out.

When you are in hypnosis you 'are' and you focus in.

When you are in hypnotic meditation you just 'are'

The relaxation in this app is a meld of techniques to allow deep relaxation while remaining in control.

5. Is this Meditation all that is needed

More women realise that they can take control of the situation and have a say in how it proceeds. Meditation doesn't dismiss 'extra' help it is meant to be entirely complementary. The important thing is to help the mummy and baby remain calm throughout the whole process of birth. Although, of course, a personal choice it is useful for the birthing partner to be privy to the techniques in case the mother needs guidance or extra support. If the partner uses the method too it will also reduce any tensions they may have as anxieties might spread to affect the mother.

6. How Many Times to Listen

The Bliss Through Childbirth Meditation can be listened to as many times as desired through pregnancy: it will create a calm confident approach to enable a truly wonderful birth. Using the colours of the rainbow is a a unique method to minimise discomfort and worry. Meditating while using colourful hypnotic techniques empowers the listener to create the desired response in any part of the body whether that is for relaxation, pain relief or simply feelings of wellbeing and pleasure.
Pure bliss!

This app can be used wherever is preferable – even in the back of a car if the baby decides it is time.