

## **Painless Childbirth**

*By Rene Bastarache, CI*

As you listen to the sound of my voice, you will begin to focus on your breathing, taking slow, deep breaths. You will feel your body becoming more relaxed with each breath.

You will start to imagine yourself going through the birthing process. You will see yourself feeling calm and in control, even during the most intense contractions.

You will start to imagine your body releasing endorphins, which are natural pain-relieving hormones. You will feel a sense of calm and tranquility during the birthing process.

You will begin to visualize a protective shield around yourself, keeping you safe and secure. This shield will protect you from any negative thoughts or feelings.

You will start to feel confident and empowered in your ability to give birth naturally and without the need for pain medication.

You will begin to replace any negative thoughts or feelings with positive ones. You will start to focus on the present moment and on the knowledge that your body was designed to give birth.

You will start to trust your body and its ability to birth your baby naturally and without pain.

You will begin to feel a sense of peace and excitement about the birth of your baby. You will be able to look forward to the moment you will hold your baby in your arms, feeling proud and accomplished.

You will trust the process of birth and feel positive and excited about the experience.

As you come out of hypnosis, you will feel confident and empowered in your ability to give birth naturally and without pain. You will trust your body and the process of birth. Remember, you can always come back to this hypnosis session whenever you need to reinforce your feelings of confidence, empowerment, and trust in your body's ability to birth your baby.