

Hypnotic Birthing Practice Plan

In the hypnotic birthing program, the skills and tools are layered each week for experiential skill building and programming the mind and body for your desired outcome. Like building a new muscle, hypnosis and your ability to take yourself into trance and program your desired outcome takes consistent practice.

I suggest you set aside a minimum of 30 minutes a day to play in this space to create a '**calm and peaceful birth**'. You will be surprised at how this small investment in time will create huge benefits—and not just for your labour, delivery and recovery. All of these new tools and new ways of being with your mind and body will be used across all areas of your life, bringing positive and empowered change.

The table below outlines my recommendations of how to use and layer the tools over 6 weeks. If you miss a day, no worries, just pick up from where you left off and keep going.

The WEEK	What to Use
Week One	<p>Fear/Anxiety/Worry: Identify any fears or worries you have and use "Your Timeline" to shift out of them. Practice using Your Timeline throughout the day to get fast at opening awareness of where you are.</p> <p>Additionally, you can use the Anchor Collapse to neutralize fear or any feeling you no longer want.</p> <p><u>This week you are going to work on RELAXATION and staying out of tension.</u></p> <p>Listen to the AUTOGENICS recording at least 3 times, and practice using this technique on your own <u>without the recording</u>. This is a great tool to use at bedtime to help get into a deep sleep, and, if you wake up a night, you can use this to get back to sleep.</p> <p>Listen to the Progressive Muscle Relaxation (27:53) recording at least once.</p>

<p>Week Two</p>	<p>Identify your STATE. Practice this week at intentionally bringing in the STATE you wish to be in with the Managing STATE process.</p> <p><u>This week you are going to continue to work on RELAXATION and set yourself up for PAIN CONTROL.</u></p> <p>Listen to the Control Room (31:00) recording at least two times this week.</p> <p>Play with the self-hypnosis inductions (try the Pixels induction), and practice in the Control Room <u>without the recording.</u></p> <p>Listen to the Sensation Awareness (20:00) recording at least twice to practice 'numbing'.</p> <p>Listen to the Progressive Muscle Relaxation (27:53) recording at least once.</p> <p>Neutralize any fears/anxiety or worries this week with Your Timeline or collapsing anchors.</p>
<p>Week Three</p>	<p>Continue to practice <u>changing your STATE</u> by intentionally bringing in the STATE you wish to be in with the Managing STATE process.</p> <p>Continue to practice using Your Timeline as needed this week.</p> <p><u>This week you are going to continue with Self-Hypnosis skills and begin Labour, Delivery and Recovery practice.</u></p> <p>Listen to the Labour, Delivery and Recovery recording (29:35) recording three times this week.</p> <p>Listen to the Progressive Muscle Relaxation (27:53) recording at least once.</p> <p>What is your favourite self-hypnosis induction? Practice self-hypnosis with one or two of the autosuggestions and move</p>

	<p>into a favourite safe space, and visualization of one or more of the following:</p> <ul style="list-style-type: none"> - Visualize the moments after a calm, peaceful delivery and you are holding the baby. - Visualize the first feed, and feel the skin-to-skin contact. - Visualize 24 hours after baby is born - Visualize the moment you walk into your home with the new baby
<p>Week Four</p>	<p>Continue to practice using Your Timeline as needed this week, and Managing State as needed.</p> <p><u>This week you are going to continue with Self-Hypnosis skills and Labour, Delivery and Recovery practice.</u></p> <p>Listen to the Labour, Delivery and Recovery recording (29:35) recording three times this week.</p> <p>Listen to the Sensation Awareness (20:00) recording once or twice to practice 'numbing'.</p> <p>Practice self-hypnosis using autogenics induction, with one or two of the autosuggestions and move into a favourite safe space, and visualization working your Control Room.</p>
<p>Week Five</p>	<p>Continue to practice using Your Timeline as needed this week, and Managing State as needed.</p> <p><u>This week you are going to continue with Self-Hypnosis skills and Labour, Delivery and Recovery practice and add skills for Restful Sleep (needed post-partum).</u></p> <p>Listen to the Labour, Delivery and Recovery recording (29:35) recording once this week.</p> <p>Practice self-hypnosis with one or two of the autosuggestions and move into a favourite safe space, and visualization of moving through labour and delivery.</p> <p>Listen to the Sensation Awareness (20:00) recording once or twice to practice 'numbing'.</p>

	Listen to Restful Sleep (29:19) at least once this week.
Week Six	<p>Continue to practice using Your Timeline as needed this week, and Managing State as needed.</p> <p><u>This week you are going to continue with Self-Hypnosis skills, Labour, Delivery and Recovery practice and Restful Sleep (needed post-partum).</u></p> <p>Listen to the Labour, Delivery and Recovery recording (29:35) recording once this week. Practice self-hypnosis with one or two of the autosuggestions and move into a favourite safe space, and visualization of moving through your calm, peaceful labour and delivery.</p> <p>Practice self-hypnosis with one or two of the autosuggestions and move into a favourite safe space, and the visualization of Control Room, including numbing.</p> <p>Listen to Restful Sleep (29:19) at least twice this week.</p>
Subsequent Weeks	<p>Continue to practice self-hypnosis with one or two of the autosuggestions and move into a favourite safe space, and then visualization:</p> <ul style="list-style-type: none"> • moving through your calm, peaceful labour and delivery. • control room, including numbing.