



Happy Place Guided Relaxation Script

Get in a comfortable position, either sitting or lying down. And feel free to shift positions or move at any time if it will make you more comfortable. Allow your eyelids to close, and soften the muscles around your eyes.

Bring your focus to your breath, taking three slow and deep breaths in and out. Each time you exhale, visualise the words “relax, relax, relax”. You may hear sounds from the outside world, such as voices and traffic, but just allow those sounds to fade into the background as a part of this relaxing experience. Just focus on my voice, and my voice alone.

Visualise now a beautiful wave of calm and serenity lapping gently at your feet. This wave is going to wash slowly over your entire body, bringing with it a feeling of complete peace and relaxation.

The wave slowly begins to wash over your feet, and as it does so they feel soft and heavy, beginning to relax. The wave then travels gradually up your legs, washing over your shins, past your knees and over your thighs. You feel each muscle in your legs releasing tension and becoming softer as it passes. The wave passes over your hips and belly, as the muscles grow naturally softer. It washes gently over your chest, and you feel your chest and shoulders relax, sinking down, down, down. Your back, too begins to relax as the wave washes over it. Each part of your spine melts deeper down into relaxation, letting go of tension and discomfort as it goes. The relaxing wave travels down your arms, all the way to your fingertips, and they begin to feel heavy and soft. Finally the wave begins to wash slowly over your neck and the back of your head, releasing tension and bringing with it a sense of complete calm. The wave travels over your jaw, and you feel tension melt away as you relax all of the muscles in the face. Your whole body now surrenders completely to the feeling of peace and relaxation.

Imagine now a sensation of lightness entering the body, travelling from your head to your toes, and visualise gently beginning to float up and away from the ground. You softly float higher and higher up from where you lay, until the ground looks so far beneath you. Now think of a place where you would most like to be. This place could be somewhere you have been before, or somewhere you have always wanted to go. It could be somewhere that you have created, that exists purely in your imagination. All that matters is that it is a happy place for you, a place where you will go to feel completely calm and serene.

Nobody else will know where you're going, it's your special happy place. Visualise now as you float higher up into the clouds that you will travel to this place. As you slowly begin to



**The Relaxed
Mama Club**

descend down beneath the clouds once again your happy place begins to come into view. You see it, far below you in the distance, exactly where you want to be. You descend more, coming closer and closer, until you land down onto the ground so softly and gently.

Take a moment to look around you, taking in this beautiful happy place. What can you see as you look around you? What can you hear? Allow yourself time to absorb every detail of this place, as you continue to feel this sense of calm and serenity.

You turn around now and notice something in the distance that you hadn't seen before. As you begin to walk towards it, you see that it's a cradle. You approach closer and sense a small movement within, and your heart leaps as you see a tiny, newborn baby, sleeping peacefully. You realise now that this is your own baby, whom you have been waiting to meet. As you bend over to look more closely into the crib, you smile with absolute delight as your baby slowly opens its eyes and looks back at you. You reach down and gently pick your baby up, holding it close to you. You kiss its tiny face and nestle it into your chest, where it naturally curls up warmly and contentedly. Take a moment to enjoy this beautiful, happy scene that you share with your baby.

The time has now come to return from your happy place, so holding your baby safely and lovingly in your arms, you feel yourself once again become completely weightless. You begin to float up into the sky once again, and as you do so, you feel that you are well prepared for your baby's birth, as you now know how happy you will be together. Day by day your love and confidence will grow, as you feel your baby growing safely inside you.

You feel yourself beginning to slowly descend now, back down, down, down to where you began your journey. You return gently back down to the ground, safe in the knowledge of the empowerment that lies within you as you approach the birth of your baby. You and your baby are already together in your subconscious mind, and soon you will meet in person, as your body calmly and naturally prepares for birth.

You realise now how calm and happy you feel, and each time you go on this journey to your happy place, you will feel more and more peaceful and serene, understanding the benefits it will bring you.

Now gently begin to wiggle your fingers and toes, allowing your body to wake up slowly, and then open your eyes and give yourself a moment to come back to the here and now.