



**The Relaxed
Mama Club**



Protective Shield 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.

Focus to move to your breathing.... Let yourself breathe easily and comfortably. Take a few slow, deep breaths... As you inhale, move the breath to any tense or sore spots on your body...The breath loosens any tight muscles....As you exhale that tightness and tension is gently released. With each breath you are relaxing more and more. Let your body sink deeper and deeper, into a peaceful state....

As you enter that peaceful state, take a deep... and slow breath in through your nose, to the count of four.....Let the breath out slowly through your mouth to the count of eight, letting go of any thoughts or tension.....Again, take in a breath....slowly...and deeply through your nose, to the count of four.....And now let the breath out slowly through your mouth, to the count of eight. Thoughts sometimes pop into your mind. Just let that happen. Observe the thoughts as they flow where they may, and let them go with each exhalation. (pause)

Now you can allow your breathing to become easy and comfortable, relaxing even more deeply, in mind....and body, with each breath. With each breath in, you fill yourself with light and energy....And as you breathe out, you release tension and discomfort, allowing yourself to relax.... deeper ...and deeper..... Let any tense thoughts naturally drift away with each exhalation...Each breath out releases more and more tension...Bringing you deeper and deeper into a state of relaxation...Automatically bringing you deeper down...

And now, as you relax, affirm to yourself that your mind is completely open... to all suggestions I will give you throughout this session...And as I make suggestions, you may see... feel... or experience images in whatever way you like. There is no right or wrong way to experience images or suggestions. Just know that what you experience is right for you..... Trust your inner mind, because it always knows just what you need.

Now, I want you to focus your attention on your eyelids. As you relax, your eyelids become soft...and heavy. With each exhalation, your eyelids drift lazily down.....softly closing, as you relax deeper....



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Your eyes are so heavy now that you can't even open them if you try. Your eyelids are so relaxed that if you tried to open them, they would simply remain shut, and your mind and body become even more relaxed...

And as you go deeper and deeper, I want you to imagine a light that emerges at the top of your head...A bright light. Notice the warmth you feel from that light. Notice how it surrounds and encases your body in total peace and warmth...as it travels now to your forehead...and over your eyes...down to your shoulders, and going over your entire body, down to your feet, as you inhale...warmth and peace...And release tension with each breath out...Going deeper...as you see or feel the light filling your entire being with brightness... and warmth, and deepening your state of relaxation...loosening your shoulders and neck...Flowing through your upper back and chest...Down your spinal cord...releasing tension in your lower back....Moving through your arms and legs...releasing more tension in your hands and feet...Every... muscle.... and cell in your body is getting filled with the warm.... light...and is more deeply relaxed...Further... further down. This is a protective light...And it helps you feel calm...safe...and peaceful...So deeply relaxed...and comfortable.

This light around your body protects you from any negative words...thoughts... or feelings...This is your protective shield. You carry this shield wherever you go, during your pregnancy, birth and afterwards.

Any negativity that tries to get in is gently pushed away from you and your baby....Inside your shield of light are only positive thoughts...of comfort...and peace...And each negative thought...word...or message that tries to get in...just makes this shield even stronger...so that only positive messages...images...or comments...can get in...And this shield will always be surrounding you and your baby, so that you only feel peace...comfort...and safety...

You are so safe and warm in your shield of light that whenever someone tells you a stressful birth story, or someone shares their own birth experience in a negative light, you simply block out the negativity. In fact, your shield filters out the negativity and only allows positive, comforting thoughts in.

You have no worries about what anyone else thinks about childbirth. Other people's fears have absolutely no influence upon you, your pregnancy or your birth. This warm shield of light that you have created protects you in many other ways as well. It gives you complete peace as a parent, partner and individual. It keeps you grounded, focused and rational.



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And you can affirm to yourself...The more I allow this shield of light to protect me...the stronger it becomes...With each breath you inhale...the stronger your shield of light becomes...and with each breath you exhale...you push away any negative thoughts or feelings...

Your confidence is unwavering. You are truly empowered to make all of the right choices for you and your baby, easily and comfortably.

And anytime you need to strengthen your shield you can do so very easily. All of the power is within you. Your powerful subconscious mind will remember these suggestions just when you need it most. In times that would otherwise be stressful, you will find the deepest peace and relaxation as you breathe. You will become more and more relaxed just when you need to...You do so easily and so effortlessly.

You feel this peace during your pregnancy...You feel this peace during childbirth...and you will feel this peace when your baby is with you...Your thoughts and feelings about childbirth are completely positive and healthy...now...during birth...and after you birth your baby...and you accept this completely in your mind...your body...and spirit...

Now it's time to prepare yourself to come up to a fully awake state. Remember how protected you and your baby are from your own shield of light, which you have with you at all times...

As I count back from 3...hold on to that comfort and deep relaxation...And remember that each time you re-enter this state, you will become more relaxed...and more peaceful...than before...Deeper...each time...And when I reach 1...Open your eyes and you will feel so relaxed...more alert and completely refreshed...

3....Feel yourself slowly coming back up from this deep hypnotic state...Your inner mind carries all of the powerful suggestions and images that you just listened to...

2...So relaxed...and peaceful...Fully confident in yourself...and totally at ease with your pregnancy, and the birth of your baby...

1...Open your eyes, now more relaxed, alert and refreshed...Feeling so good...Fully alert...Stretch, move your arms, legs, fingers and toes...Notice how good you feel...