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Hypnosis and Childbirth by [Francis Casey](#)

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Hypnosis is a state that we all became very easy. For example, when reading a book, or watching movies, and even driving a car. Have you ever arrived at your destination do not realize how you got there? Your brain waves have gone to the relaxation. Relaxation / hypnosis is important to bear.

When you give birth, can go to your place of relaxation focused directly, it wouldnt be very helpful. The first tip, think about what you know about the birth, perhaps your own experience or someone elses experience. What do you believe? We developed a mindset.

Through hypnosis you can change your personal mind set. Think about how you want your birth experience to be. Every detail, for example, music, where you want to give birth, baby clothes, do you want with you, and how you want to feel.

Each female births in its own way unique. Some do this quickly without much inconvenience, others take longer. There are no hard and fast rule.

What is important is for you to give birth in a special way you, in your own strength. Hypnosis can help you visualize what you want. Take a moment to do this now; Feel how you want it to happen, imagine yourself holding your newborn baby is beautiful.

Hypnosis can help you find your inner peace, quiet place. Just give yourself a long, slow, deep breaths, letting yourself sink down and slow deep breath, consider now how you feel. Some of you may instantly feel that quiet place within you.

If you do not feel comfortable giving yourself a little longer, slow, deep breaths until you feel calm within yourself. Relaxation is unique, some people feel a mild, others severe. Practice finding the way you feel relaxed.

Tune into this every day. This will help you with the birth and everyday life. Relaxation response is a natural part of your body, however, need to be used like any muscle in your body.

If we do not relax in this way we tend to become stressed and tense. Every time you get time to rest, put your feet up, give 3 long slow deep breaths, letting any care or worry for the current drift. Say to yourself, when it's time I gave birth will be born entirely in my power, my unique way special.

Hypnosis and the birth of a child about tuning into your relaxation response, clearing all the old fears, visulisation, stay focused on what you want. Giving birth is not known, we can never be entirely sure what will happen or how it will be. However, go into the experience with confidence, practice will greatly enhance your experience.

For me, hypnosis is the missing part. I wish I had paper writing known about hypnosis when I gave birth. .

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