



the caporale center of natural health

# Hypnosis for Birthing

**Hypnosis** is a relaxed state of being where the body and mind are so relaxed that they accept positive suggestions. Learning how to allow one's mind and body to work together with their baby in natural harmony can help provide the safe and wonderful birthing experience women desire. Through self-hypnosis, relaxation and natural techniques mothers can replace their fears and anxieties with confidence, serenity, happiness and celebration.

**Hypnosis** in relationship to birthing has a direct and simple philosophy; empower the birthing mother by giving her the tools she needs through knowledge and education. Women learn how to work with their body's own natural rhythm instead of fighting against it.

A woman's body, on a cellular level, knows exactly how to birth a baby. The conscious thinking mind believes it needs to manage, control, and direct the process. This presents huge challenges in relaxing and allowing the birth process to flow as smoothly as it is designed to. **Hypnosis** is extremely effective in conquering this challenge, while increasing coping skills and diminishing the perception of pain. The increased ability to relax deeply provides the opportunity for the mother's body to do what it is designed to do; birth gracefully and smoothly.

**Hypnosis for Birthing** classes teach the techniques needed to reduce and / or eliminate pain perception. Mothers also learn coping skills, which gives way to greater calmness and control through the birth process. The labor is smoother, with less time spent moving the baby down the birth canal. This is important not only for a woman's comfort level, but also reduces stress on the baby.