



*“Regular practice and listening to your Relax Into Birth Tracks prenatally and during your labour (if you choose to), is KEY for conditioning and helps you to birth without fear, no matter what turn your birthing takes.”*

*- Charlene Yared West, founder: Relax Into Birth.*

## Your body is a robot taking instructions from the mind:

- Affirmations for birth can remove your fear response and reprogramme you towards a happy expectation of birth, thereby helping to release hormones that are conducive to the birth process.
- Many mothers who have used hypnobirthing techniques say that the affirmations become their inner voice that guides them through their labour, whether they are actively listening to their tracks in labour or not.
- You might have to be induced... you might have to have a caesarean in the end, but hypnobirthing can help you approach ANY birth in a calmer, more serene way.

## To avoid slipping into the Fear-Tension-Pain cycle, take the following actions:

1. Listen to your Relax Into Birth tracks daily. Don't underestimate the power of doing this.
2. Practicing your breathing.
3. Practicing your pain techniques.
4. Practice regular relaxation
5. Work towards releasing any remaining fears through conscious processing methods such as journalling, fear release visualisation, hypnotherapy or psychotherapy.
6. Get your birthing dream team together.

## YOU WANT TO BIRTH IN YOUR PARASYMPATHETIC MODE - for whatever birth you have.

In a fear state? You will trigger your sympathetic nervous response...

In a confident/calm state? You will trigger your parasympathetic nervous response... Hypnobirthing is NOT the same as hypnosis for birth!

You are not 'removing' ourselves from the experience by relaxing.

## Why hypnosis?

The hypnosis is ONLY used to 'reprogramme' the hard-drive of the subconscious and to teach your body to relax. Hypnosis is Focused relaxation, focused concentration.

ALL hypnosis is self-hypnosis. Even those on stage acting as chickens have *volunteered* to be there.

It is a natural state you allow yourself to go into. There is no force or coercion.



**WHEN THERE IS NO FEAR OF THE PROCESS,  
IT WILL BE A BETTER EXPERIENCE, REGARDLESS**



## RELAX INTO BIRTH HYPNOBIRTHING EVERY DAY

TRACK TITLE & LENGTH	DESCRIPTION	LISTENING SCHEDULE
<p><b>Track 1:</b> <b>Lotus Relaxation</b></p> <p><i>-MP3 track. -Length: 35.55min -Music by Andreas Johansen of Organic Patterns.</i></p>	<ul style="list-style-type: none"> <li>● AIM &amp; PURPOSE:           <ul style="list-style-type: none"> <li>○ Body and mind relaxation everyday, the ULTIMATE, number one, birth preparation audio track.</li> <li>○ Regular listening to this track will free you from fear around labour and birth and help prepare you for the experience, no matter what turn it takes.</li> <li>○ You will develop a happy expectation of birth the more you listen to this track, which is good for releasing the love cocktail of hormones.</li> </ul> </li> <li>● FEATURING:           <ul style="list-style-type: none"> <li>○ The “PEACE” anchor, embedded within the track. The more you listen to this track, the more you will condition yourself to a relaxed response whenever you hear the word PEACE.</li> <li>○ Affirmations set within beautiful imagery of a courtyard garden.</li> </ul> </li> </ul>	<p>Listen to this track at least once a day, morning or evening.</p>
<p><b>Track 2:</b> <b>Pregnancy Affirmations</b></p> <p><i>-MP3 track. -Length: 28.15min -Music by Andreas Johansen of Organic Patterns.</i></p>	<ul style="list-style-type: none"> <li>● AIM &amp; PURPOSE:           <ul style="list-style-type: none"> <li>○ Positive affirmations are simple messages said repetitively that slowly change both your thinking and your reality, as they completely transform your outlook on pregnancy and birth, rewriting the hard drive of your subconscious.</li> <li>○ The law of repetition states that the more something is repeated the more powerful the message becomes, so that eventually the old fearful pathways wither away, because they are no longer being reinforced.</li> </ul> </li> <li>● FEATURING:           <ul style="list-style-type: none"> <li>○ Affirmations for pregnancy, labour and birth, to be repeated in the pause after each statement.</li> </ul> </li> </ul>	<p>Listen to this track every day in the morning or at bedtime, in the car or at home as often as possible.</p>
<p><b>Track 3:</b> <b>Labour and Birth Part 1- Cervix Thinning and Opening</b></p> <p><i>-MP3 track. -Length: 17.26min -Music by Andreas Johansen of Organic Patterns.</i></p>	<ul style="list-style-type: none"> <li>● AIM &amp; PURPOSE:           <ul style="list-style-type: none"> <li>○ To be listened to during the last few weeks of your pregnancy, from 37 weeks onwards.</li> <li>○ Effective as an encouraging and calming voice-over and focus during the latent and active stages of labour at your chosen place of birth.</li> <li>○ Stay positive in your labour and step back, allowing your body and baby to do their work of birth. Through the use of affirmations and visualisations, this track will help you achieve a positive mindset for birth.</li> </ul> </li> <li>● FEATURING:           <ul style="list-style-type: none"> <li>○ Affirmations for Birth, focusing on working with your baby for labour and birth.</li> <li>○ The “PEACE” anchor, embedded within the track. The more you listen to this track, the more you will condition yourself to a relaxed response whenever you hear the word PEACE.</li> </ul> </li> </ul>	<p>Listen to this track daily from 37 weeks onwards and during your labour.</p>



<p><b>Track 4:</b> <b>Labour and Birth</b> <b>Part 2 - Pushing</b> <b>your baby out</b></p> <p>-MP3 track. -Length: 57.13min -Music by Andreas Johansen of Organic Patterns.</p>	<ul style="list-style-type: none"> <li>● AIM &amp; PURPOSE: <ul style="list-style-type: none"> <li>○ Preparing you for the intensity of labour and birth, helping you surrender into the process of birthing your baby.</li> <li>○ To be listened to during the last few weeks of your pregnancy, from 37 weeks onwards and during the active and pushing phases of your labour.</li> </ul> </li> <li>● FEATURING: <ul style="list-style-type: none"> <li>○ Strengthening affirmations for focus during the more intense phases of labour.</li> <li>○ Imagery to envision pushing your baby out into the world.</li> </ul> </li> </ul>	<p>Listen to this track daily from 37 weeks and during the active and pushing phases of your labour.</p>
<p><b>Track 5:</b> <b>Fear Release</b> <b>Visualisation</b></p> <p>-MP3 track. -Length: 22.13min -Music by Andreas Johansen of Organic Patterns.</p>	<ul style="list-style-type: none"> <li>● AIM &amp; PURPOSE: <ul style="list-style-type: none"> <li>○ An audio track designed to help you release what no longer serves you, especially worries and fears around labour and birth.</li> <li>○ To help build your confidence in your body as you learn to trust the birth process and whatever turn your birthing takes.</li> <li>○ Release anything that comes up for you on any given day.</li> </ul> </li> <li>● FEATURING: <ul style="list-style-type: none"> <li>○ A guided visualisation that will help you release your fears and rewrite the book of your life for the better.</li> </ul> </li> </ul>	<p>Listen to this track once a week or when a fear release is needed.</p>
<p><b>Track 6:</b> <b>Safe Place</b> <b>Visualisation</b></p> <p>-MP3 track. -Length: 15.17min -Music by Andreas Johansen of Organic Patterns.</p>	<ul style="list-style-type: none"> <li>● AIM &amp; PURPOSE: <ul style="list-style-type: none"> <li>○ A track to help ascertain what makes you as an individual feel safe and secure - helping you create a safe place in nature, in your mind that you can visit anytime you need to, even during labour and birth.</li> </ul> </li> <li>● FEATURING: <ul style="list-style-type: none"> <li>○ Beautiful suggestions through a guided visualisation into a safe place of your unique creation in nature.</li> </ul> </li> </ul>	<p>Listen to this track once a week or when you wish to remind yourself of your safe space.</p>
<p><b>Track 7:</b> <b>Birth Partner</b> <b>Affirmations</b></p> <p>-MP3 track. -Length: 31.29min -Music by Andreas Johansen of Organic Patterns.</p>	<ul style="list-style-type: none"> <li>● AIM &amp; PURPOSE: <ul style="list-style-type: none"> <li>○ A very special track created just for birth partners and whoever will be in attendance and in a position of support of the mother.</li> <li>○ Positive affirmations are simple messages said repetitively that slowly change both your thinking and your reality, as they completely transform your outlook on pregnancy and birth, rewriting the hard drive of your subconscious.</li> <li>○ The law of repetition states that the more something is repeated the more powerful the message becomes, so that eventually the old fearful pathways wither away, because they are no longer being reinforced.</li> </ul> </li> <li>● FEATURING: <ul style="list-style-type: none"> <li>○ Affirmations for birth partners in attendance at the birth, to be repeated in the pause after each statement.</li> </ul> </li> </ul>	<p>Listen to this track every day in the car, at home or even before bedtime, as often as possible.</p>



## BREATHING INTO LABOUR AND BIRTH

Equilibrium Breathing	For between surges. Inhale for 4. Exhale for 6.	Listen to this track every day in the morning or at bedtime, in the car or at home as often as possible.
Surge Breathing	For during surges. Inhale for 4 or 6 or 8. Exhale for 4 or 6 or 8. Inhale and exhale for equal lengths. Count in for 30 out for 30.	
Surge Breathing with Affirmations	For the exhalation of surge breathing. Inhale for 4 or 6 or 8. Exhale and SAY the mantra/affirmation.	
Rainbow Breathing	For distraction, visualise the colours of the rainbow in turn, seeing objects from nature in those colours. Inhale for 4 or 6 or 8. Exhale for 4 or 6 or 8. Inhale and exhale for equal lengths. Count in for 30 out for 30.	
Circular Breath of Bliss	For couple's connection and bonding: Sit facing opposite each other and hold hands. Make and hold eye contact - Establish psychological connection. Heart connection - Place your right hand on your partner's heart area on the left hand side of the chest. This action releases oxytocin and creates the feeling love, security and bonding. Start the circle breath of bliss - as you breath in, your partner breathes out, forming a circle of breath between you.	Listen to this track once a week or when you want to connect with your partner.
Co-Chanting	For couple's connection and bonding: Sit facing opposite each other, holding hands, maintaining eye contact. Inhale on the surge breath and on the exhalation, both sound AAAhhhh. Vary the rhythm... long and relax, then short and sharp as needed.)	
An Exercise in Mindfulness	Open Awareness and Focused Attention. A mindfulness exercise to help deepen your connection to self and the present moment.	Listen to this track every day.

**PLEASE REMEMBER THAT THESE TRACKS ARE STRICTLY FOR INDIVIDUAL USE AND ARE NOT TO BE SHARED OR FOR REDISTRIBUTION. THEY REMAIN THE PROPERTY OF CHARLENE YARED WEST. PLEASE HELP ME PROTECT THIS WORK BY CHOOSING NOT TO SHARE WITH ANYONE ELSE BEYOND YOURSELF.**



