



## Relaxation and Affirmation Scripts by Neri L. Choma

### *Instructions:*

*Before you begin practicing the relaxation and affirmation with your client, allow her to find a comfortable position; a position where she is fully supported from her head to her toes. To support her body during advanced trimester in her pregnancy I recommend a semi-reclining position, with her head, arms and legs, all being supported. Or you may also recommend a side lying position with her head, belly, upper leg, and upper arm, all being supported by pillows.*

*To get the best results out of this relaxation, make sure your session with her is not interrupted for the next 15 minutes. Dim the lights in the room. If during the time of the relaxation your client seems to fall asleep, be sure that her subconscious is open and listening to the affirmation. Use soft voice and as your client is relaxing, soften it even more. Speak slowly with no rush. The whole process should take about 15 minutes.*

*It is best to use your client's words and metaphors in the affirmation, therefore use this script as a guide line that can be adjusted to your client.*

### **Relaxation script:**

Allow yourself to be comfortable in the position you chose, close your eyes, and focus inward.....breathing in and out, going towards deep relaxation.

Bring your attention to your face, and soften the face first. Soften your forehead, and with that let go of all your thoughts. Quiet down your thoughts, allowing your forehead to be soft and open. Let go of your eyebrows, and allow them to drop down just a little bit towards the eyes. Your eyes are focused inwards, and your eyelids might begin to feel heavier towards your eyes. You let go of all the tiny little muscles around your eyes as your eyes become heavier and heavier.

Breathing in and out; going towards deep relaxation.

From the eyes go down to your cheeks, allowing the cheeks to be soft as cotton balls, soft like play dough. Let go of all the holding and the tightening of your cheeks.

Going down from your cheeks, pay attention to your jaw. Allow your jaw to release, and let go of all the holding, and as you do so your lips can no longer stay together, and they are opening up just a little, giving some space for your tongue to float effortlessly in your mouth.

Breathing in and out, softening your face, going toward deep relaxation.

Now bring your awareness to your throat, your throat is a tunnel. Allow this tunnel to open-up and become wider, softer and more spacious, and as you do so you might feel your neck letting go and becoming long and free, as your head is becoming heavier and heavier, sinking into the pillow or any support underneath. Breathing in and out, your head feels heavier and heavier, going toward deep relaxation.

From the neck go down to your shoulders. Your whole upper back feels soft and loose, becoming heavier and heavier. Your shoulders are letting go of the holding, they grow apart from one another, as your upper body becomes wide open.

Now that you have relaxed your head, your neck, and your whole upper body, you may feel that your arms are very heavy. Allow your arms to feel heavier and heavier, allow them to become heavy like a wet washcloth, and as they do so it might feel like you won't be able to move them now, even if you chose to do so. This is a good sign of deep relaxation.

Now focus on your chest. Soften your chest and allow it to be spacious and open. Your breathing might slow down and become softer. With every inhalation, your belly rises up and expands, and with every exhalation your belly let go and shrinks back. Breathing in and out, in your own pace, allowing your belly to expand and make a lot of room for your baby and for your internal organs. Softening the belly, feeling more and more relaxed with every exhalation. Deep relaxation. Breathing in, expanding the belly as a big balloon, exhaling letting go and softening, as waves of relaxation are washing you all the way from your head to your toes, deep relaxation.

Bring your awareness to your lower body. Allow your pelvis to feel spacious, soften your pelvic floor muscle, let go of all the tightening and the holding of your pelvic floor muscle, and feel your whole pelvis becomes spacious and wide open. As you do so you might find that your legs feel heavier and heavier, pulling down, they feel so heavy like two trunks, and it might feel as if you won't be able to move them now even if you try. That is a good sign of deep relaxation.

Breathing in and out, going toward deep relaxation.

Visualize yourself becoming a big wide tunnel. With every inhalation you take all the oxygen inside the tunnel, expanding the belly as a big balloon, and with every



exhalation it travels down the tunnel, nourishing your whole body and your baby, the oxygen goes out through your birth canal.

Let's try it again: inhale, expand the belly as a big balloon, exhale and bring the air down the tunnel, down your pelvis, and out through the birth canal. Let's do it one last time, this time you might be able to see the stream of air that travels within you, in color - inhale, expand the belly as a big balloon, exhale and bring the air down the tunnel, down your pelvis, and out through the birth canal. Good, deep relaxation.

It is time to suggest the mind a positive affirmation about your nearing birth. Breathing in and out, taking the suggestion in, and embracing it with acceptance and trust. Keep breathing in your own pace, and listen with acceptance and trust.

### ***Affirmation Script (read to your client softly)***

On the day of my childbirth, when the right time arrives for my baby to come out and meet me, I am healthy and excited for that meeting. My birth is an exciting event. I feel supported and loved by everyone around me. I am ready to respond with acceptance to all the new sensations in my body, as I know them to be normal, natural and healthy for me and for my baby.

[Repeat: breathing in and out, deep relaxation].

When the time is right, on the day of my childbirth, I am letting go of the holding of my baby, and I softly release the baby, allowing the baby to come smoothly to the world.

[Deep relaxation, breathing in and out]

I trust my body to know exactly what to do. I trust myself to follow the signals my body is giving me, and I have faith in the healthy childbirth I am heading.

The opening of my cervix is as natural as the opening of the flower buds in the garden; just like the bud is opening slowly and softly, little by little, from the center and out, opening and ripening, so is my cervix.

[Deep relaxation, breathing in and out]

The contractions I feel are as natural as the waves of the ocean. I follow their rhythm with acceptance and gratitude. I am inviting the contractions to be as powerful as the waves of the ocean, as I want them to bring my baby down the belly, to come down and out and meet with me. It is natural for my baby to descend in my pelvis, and come down



and out, softly and smoothly, just like water in nature smoothly find their way from the top of the mountains down to the creeks.

When it is the right time for my childbirth, my body knows what to do, and I allow it to do so. When my body wants to spiral, I follow it, spiraling with joy, when my voice wants to participate in moans, I release it and follow. Maybe the pressure inside my pelvis pulls me down to a squatting position, so I follow it and squat. My instincts are calling me to release and let go, and I follow them and release. My body is healthy and knows what to do.

My support group is here for me. When I want to be touched and rubbed they rub me, they nurture me, they nourish me, and I can rely on their love and care.

[Deep relaxation, breathing in and out]

With every wave of contractions I allow the opening in my body. I respond with acceptance; accepting the tightening pulling sensation in my lower belly, and responding to it with deep breath, with expansion of the belly, and a release in my pelvic floor muscle. Taking a deep breath, expanding my belly as a big balloon, making a lot of room for the baby to engage and come out softly and smoothly.

I might see and feel myself becoming softer and softer, soft as cotton balls, soft like marshmallows, softer like the clouds, become waterish, liquidish, and letting go of all the holding in my body. Allowing the opening.

My birth is flowing with the rhythm of the ocean, flowing and progressing continuously, all the way to the crowning and the birth of my baby. I trust my body, I trust myself, I trust my baby, and I trust nature. My birth is a celebration of nature.

I'm embracing this suggestion, and respond with acceptance to my birth experience when it happens, when my body and my baby are ready for it.

### ***The awakening (read a little louder and faster)***

Take a deep breath, and get ready to bring your awareness back to the room. Prepare yourself to come back to the here and now, feeling refreshed and relaxed. Take another deep breath and begin wiggling your fingers and your toes, moving your tongue inside your mouth, or licking your lips...one more deep breath and on your next exhalation I invite you to stretch your arms and legs, roll your wrists and your ankles.



You might feel like yawning wide or making faces to awaken yourself, ..... one more breath and on the next exhalation you are refreshed and alert, ready to open your eyes and get use to the light in the room, feeling refreshed and awake. Slowly sit up and find your balance. Welcome back.

