



THE POWER OF  
**HYPNOBIRTHING**  
10 REASONS WHY IT'S FOR YOU

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# INTRODUCTION

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If you're reading this, you are most probably planning to be pregnant, are pregnant already or know someone who is pregnant. Welcome! This book will help you understand what hypnobirthing is and how it can benefit you (or any woman, for that matter).

Maybe you're a first-time mum who has never experienced labour and birth and you are wondering if hypnobirthing can help you prepare for that big day. Yes it can!

Maybe you have a child or children already, but you gave birth to them without using hypnobirthing techniques. Now you're wondering if these could give you a better birth experience because you have heard other people say great things about them. Yes they could!

Or maybe you know someone who is pregnant and you want to find out how learning hypnobirthing can support her. This book will tell you how it can.

Perhaps your road to pregnancy has been a bumpy one. If so, this book will be invaluable. Sadly, miscarriages and stillbirths are very common and it is only when you enter the world of pregnancy that you realise how many people they affect.

In the UK, the statistics for miscarriage (up to 24 completed weeks of gestation) varies; some sources quote 1 in 6 pregnancies, some quote 1 in 4. Either way, it's a high statistic.

Babies who pass away beyond 25 weeks of gestation are known as stillbirths. According to the NHS website, one in every 200 births ends in a stillbirth. Eleven babies are stillborn every day in the UK. I am deeply sorry if you are in this position. I have been there myself and my heartfelt sympathies are with you. I sincerely hope that all proceeds well with this pregnancy.

The good news is that hypnobirthing can benefit each and every expectant mum. I am going to explain the power of it and I will give your 10 fantastic reasons why hypnobirthing is for *you*.

While the word 'hypnobirthing' can be misleading and may conjure up deceptive images, a hypnobirthing course is a down-to-earth and simple approach to understanding and accepting pregnancy and labour as a natural process. Statistically,

very few women need medical assistance to give birth to their baby.

So, if you are currently pregnant or you know someone who is, let me give you insight into how thousands of women around the world are choosing to reconnect with their intuitive side and find a new approach to welcoming labour and birth with calm confidence.

Why am I so passionate about hypnobirthing? Because I've been there and done it. I have used it not once, but twice. So I know *how* it works and *that* it works! I'd like to share with you a little bit about my experience and what inspired me to write this book.

As I mentioned, I have experienced a miscarriage — this was with my first pregnancy. At 12 weeks, there was no heartbeat. It took almost a year before I was pregnant again.

As the months passed and our second pregnancy continued without concern, I settled. I began to look to the future and think about ways to prepare for birth. Sometime in my final trimester, I stumbled across a hypnobirthing book in a magazine article. Although I thought that it might be a bit too 'out there' for me, I headed to Waterstones after work, already planning that if they didn't stock the book, maybe I could order it. Lo and behold, there were two copies in that store! Maybe it wasn't such a 'niche' thing after all...

I read and re-read the book, but to tell you the truth, I was a little unsure as to 'how' exactly it would help me. I guess I was looking for something concrete to 'do'. I hadn't quite realised at that point that it was actually about 'being'. Nevertheless, the words in the book were very present in my mind when labour began.

My labour started at midnight and we progressed through the night peacefully. In the morning, I took some paracetamol and used my birthing ball to bounce away. When things got a bit more intense, I used a TENS machine, which I found really effective. All the while I was focused and calm, taking each contraction as a stepping stone to meeting our baby. This wonderfully relaxed home birth and very peaceful labour tragically ended with my son born sleeping. Now is not the time to go into why or how. I know in my heart that our angel was sent to us for a reason. I believe

he was a major crossroads in my personal development. He pushed me to study hypnobirthing further and inspired me to become a teacher and now to write this book. I am the person that I am today because of him!

Whilst still grieving and in shock as to how this could have happened to us, I fell pregnant again. It was our plan to try for another baby quickly, so we were ecstatic. However, we were also still grieving for our baby boy, wondering what life would have been like if he had lived.

My husband, our families and our close friends were all extremely anxious throughout the entire pregnancy. It was going to be nine long months of waiting to find out whether we would be lucky on our third attempt and see him or her grow up alongside us. During this pregnancy, I pulled out that hypnobirthing book again and re-read it, this time with fresh eyes, after having experienced birth. I could clearly see now that the techniques I had read about, which had left me wondering 'how' they



HYPNOBIRTHING IS A DOWN-TO-EARTH AND SIMPLE APPROACH TO UNDERSTANDING PREGNANCY AND LABOUR AS A NATURAL PROCESS

could help me be relaxed during labour, really had worked. When I looked back on how calm and wonderful my labour at home was, it was all because of hypnobirthing. I had let my body go into spontaneous labour when it was ready and I had trusted it and nature to take me through that journey. The relaxation scripts that seemed so simplistic had subconsciously carried me through each and every contraction and through giving birth to my boy. Holy moly, this stuff really did work, even though I hadn't realised when I was using it!

As I couldn't find a hypnobirthing teacher in my area, I bought myself more hypnobirthing material and carried on teaching myself about how to connect with my body again for this next labour and birth.

The birth of our daughter was in hospital and despite the clinical environment; we took control of our labour. We used the space there to my advantage, by walking

up and down the unexpectedly quiet corridors through the middle of the night and being as mobile as possible when we were in the labour room, by using the birthing ball and pacing around. There isn't much to say about her birth, other than it was active, calm and quick. I felt much more attuned to my body and knew what stage my baby was at. When I thought that my baby was ready to come, I was examined by the midwife who said I was indeed fully dilated and it was time for my baby to be born. Within a few moments, she was in my arms and we were crying with absolute joy!

It was then that I also realised that whilst a big part of hypnobirthing is about how relaxed the mother is, the other factors that also contribute to having a positive experience are:

- *being in control of your birth preferences*
- *being listened to*
- *letting yourself go*
- *trusting in your instincts and understanding mother nature and your body*
- *having a supportive and calm birthing partner who can advocate for you*

I am not the mother-earth type of person that you might assume a hypnobirthing teacher to be. At the time I was your average run-of-of-the-mill thirty-something who wanted to make labour a positive experience, especially after the emotional roller-coaster that we had been on. I can confidently say that hypnobirthing works. Yes it sounds a bit 'out there' but seriously it isn't — the crux of it is straightforward, logical, natural and quite normal actually.

After the birth of my daughter, I started lending my books and CDs to friends and family, but somehow it didn't feel enough. So in 2015 I qualified as a hypnobirthing instructor with Katharine Graves, founder of KG Hypnobirthing, and since then I have gone on to teach many couples the simplicity of hypnobirthing. Not only do my courses offer relaxation and visualisation techniques for labour and birth, but I also ensure that all my couples have a clear and balanced picture of the scenarios that might play out during labour and birth, so that they go into this experience with

their eyes wide open, their research done and their choices respected. Unlike most hypnobirthing courses, Magical Baby Moments' courses also offer top tips for looking after a newborn!

So if you're still wondering whether hypnobirthing is for you or not, think no more. It *is*!

Despite the word being linked specifically to birth, hypnobirthing is a skill for life. You can use the relaxation and visualisation techniques in any number of situations such as: the dentist, breastfeeding, falling asleep, resting and other stressful situations. Maybe you saw the article about a footballer who apparently whispered hypnobirthing/breathing techniques to his mate when he broke his leg on the football pitch, after he learnt these techniques with his wife?!

In the following chapters, I will give you 10 indisputable reasons why you should book yourself onto a hypnobirthing course — if not before you have finished reading this book, then definitely when you reach the end! (*See the voucher code for a course with Magical Baby Moments available in the final chapter.*)

By reading this book, you'll understand how to bring your birth partner into the centre of this experience, so that they can fully support you and your baby during labour, birth and beyond.

You'll also realise that the midwifery care that we receive, whilst mostly brilliant and supportive, can sometimes lead a woman down a path of care where she is not presented with the full picture. Unfortunately, overstretched midwives simply don't always have the time to explain and offer options. A hypnobirthing course will give you the full picture — you'll get all the facts and head into your birth with a toolkit of knowledge, options and techniques to achieve a calm and positive birth experience, no matter what scenarios/circumstances are presented to you, and if you want to do further reading around a subject, your instructor can point you in the right direction.

The following pages will show you that a hypnobirthing course presents all sides of the story and clarifies the risks and benefits of most situations. It explains that there are often alternatives too, which are not necessarily offered to you on your birthing day. This is why it is such a good idea to invest in a course — it enables you to explore

most likely situations and make decisions, knowing all the facts beforehand.

Now don't just take my word for it, here are some testimonials from past clients.



*'Hypnobirthing is something every expectant couple should learn. There is so much to think about when preparing for the birth of your baby and this helps to focus the mind through an intensive course and with the relaxation scripts.'*

Claire, expectant mum

*'The course has helped me understand the process of birth in greater depth. I feel more confident about dealing with the process in a relaxed and calmer manner.'*

Zoe, mum-to-be

*'Christine created a calm and welcoming environment in which to learn. She is very knowledgeable and has made my husband and I feel more confident about our birthing experience. The hypnobirthing course is very inspiring and definitely prepares you mentally for a natural birth.'*

Catherine, second-time mum

*'Following a significant amount of hypnobirthing research, Magical Baby Moments was recommended to me. I found Christine engaging and insightful... and she makes a lovely cup of tea! There was always space for discussion and questions or responses were never dismissed. The four weeks have increased my confidence massively. I feel I have the capability to be in control of my labour and environment and I can't wait to meet my baby. Baby T isn't due until June - so that will be the real test - but the classes have certainly educated us both about the pregnancy and labour process.'*

Louise, first-time mum

*'The course is very different from what I expected it to be (in a good way!). It combines information with relaxation techniques which help exercise more control over your body and mind.'*

John, first-time dad





If you read this book right to the end, you will have a brand new perspective on what hypnobirthing is and how it can be life-changing for mums-to-be, birth partners and babies. It will leave you intrigued about the power of hypnobirthing, so that you will most likely want to investigate it further, eager to learn more about how to give yourself a positive birth experience, just like the couples who have been mentioned in this book.

I promise that if you put this book down and don't take action, you'll look back one day after your baby was born wondering if your birth experience would have been different if you had followed through with your hypnobirthing journey. Don't do that to yourself. You deserve more, and so does your baby.

Let's not delay any further, let's find out why hypnobirthing is for *you* and for every expectant mum, regardless of age, pregnancy symptoms, BMI (Body Mass Index), lifestyle, beliefs, preferred place of birth etc.

This book will change the way you think about birth and hypnobirthing, and quite possibly change your life! ©

# THE POWER OF HYPNOBIRTHING

## 10 REASONS WHY IT'S FOR YOU

- ✿ Hypnobirthing techniques are powerful! However, hypnobirthing is still not a mainstream option for antenatal classes and many people are put off by the word itself.
- ✿ This book explains 10 indisputable reasons why hypnobirthing is the most effective birth preparation course. You will discover not only how it informs you about everything you need to know about late pregnancy, labour and birth, but that it also shows the importance of choosing the right birth partner and educating them to be able to support you in the correct way during this amazing and miraculous journey.
- ✿ If you are looking to achieve the birth that you want, but you feel that you don't have all the information, resources and confidence to pursue this, this book will show you that a hypnobirthing course will help pull all these elements together, so that you can create the positive birth experience that we all ultimately want.



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