The Painless Childbirth Course (sm)
Part I

The techniques you are applying with The Painless Childbirth Course (sm) are **not to replace** the care of a medical practitioner, or midwife; these instructions are only to be used in **addition to and not as an alternative to** all of the instructions your doctor or practitioner has assigned to you.

Using Self-Hypnosis

Place yourself into self-hypnosis with a time limit everyday at least ten times per day.
You may choose to place yourself into this state for 30 seconds to 2 minutes, but it's best to vary the time.

1. Get into a comfortable, safe position.
2. Let go of any tension and place arms to the sides of you (do not cross arms or legs).
3. Give yourself an intention of entering deep self-hypnosis with a time limit.
   For example: "I am now placing myself in deep hypnosis for one minute."
4. Raise your right index finger, drop it closing your eyes and relaxing your body immediately after your finger stops putting you into the hypnotic state.
5. In your mind turn your switch to the "**OFF**" position and allow yourself to deepen.
6. Avoid excessive thinking while in this period of time, and focus on relaxation.
7. When you feel the time you've set has elapsed, count yourself up to 3, put your switch in the "**ON**" position, and open your eyes coming out of the hypnotic state.

* If your schedule permits space your 10 sessions of practice throughout the day, otherwise do as many as you can in one sitting.
* To become better versed in these techniques, **do not** override the switch once it has been placed in the "**OFF**" position. If you need to reposition yourself or answer the phone etc. turn your switch to the **"ON"** position first.

Using the Painless Childbirth Course recording(s).

Use exercise titled: **Daily Practice Program** everyday as a positive reinforcement.
The Exercises titled: **Visualization Program** and **Painless Childbirth While You Sleep** are optional however, if you choose to use exercise **Visualization Program** you may use it as a short meditation anytime. **Painless Childbirth While You Sleep** should be used at bedtime when you are ready to fall asleep. This program guides you into sleep and continues to give you suggestions as you sleep.

The following are instructions for the exercise titled: **Daily Practice Program**

1. Place yourself into a comfortable reclined position.
2. Press play for your relaxation program.
3. Immediately put yourself into deep self-hypnosis **without a time limit** (remember the program has a lapse of time to allow you to go into the hypnotic state).
4. Allow the program to guide and emerge you.

The Painless Childbirth Course (sm)
Part II
Self-Hypnosis With Eyes Open

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Using Eyes open self-hypnosis:

1. Give yourself the intention of entering a deep hypnotic state.
2. Enter self-hypnosis **without** a time limit with the finger drop technique.
3. Place your switch in the "**OFF**" position
4. Test yourself by trying to lift an arm, leg or combination of several.
5. When you are ready to open your eyes in the hypnotic state, mentally count to the #2, place your switch in the center position and gently open eyes maintaining the hypnotic state.
   Allow mental anesthesia to be in the center part of your body.
6. When you are ready to emerge from this state, simply close your eyes….count to 3…..move your switch to the **"ON"** position and open your eyes.

- Practice this technique at least 10 times per day (or more if you'd like) in order to condition your body. You may practice for short periods at a time.
- Continue to use the first exercise titled: Daily Practice Program. Exercises **Visualization Program** and **Painless Childbirth While You Sleep** can be used as well as optional programs and to give extra support.

Practicing your mental anesthesia

Do this exercise after you've practiced the second part of the course a few times
The purpose of this exercise is to help you understand and better feel mental anesthesia so that you don't have to wait until the day that the baby is being born to see how well your mental anesthesia works.

In this exercise, you are going to ask someone to pinch you in the arm once you've placed yourself into a hypnotic state. The idea for the one that is pinching is to just give enough stimulus so that a **normal human being** would say "ouch." Overdoing it is not to your benefit.

Ask someone to help you for this practice. (Please work with someone that will not make fun of or belittle what you are doing.)

Establish with that person beforehand that you are going to give him/her a signal (once you are in the hypnotic state) when you are ready to be pinched.

1. Enter the hypnotic state
2. Place your switch in the down position
3. Bring in mind the exercise we did together where we placed the arm in the bucket of water ice and the blue liquid gel.
4. Give your signal and then bring yourself out.

When you are in the hypnotic state receiving the stimulus from your partner, keep in mind that you will feel the touch of the other person. If you feel the initial squeeze, imagine that you have a dial which controls the level of discomfort that you can feel and that you are turning "down" the volume of discomfort while the person is working on you.

I have found that turning the volume down of the stimulus allows for more pressure to be applied. At this point, you can tell your partner to squeeze harder or even use both hands if you would like to explore that.

Practicing with ice

You may also like to practice with a piece of ice on the palm of your hand. Before you do this though, do a self hypnosis in which you suggest to yourself that you believe that you are able to place the ice on your palm and feel comfortable with it. This is another way to help you develop tolerance, resistance or using the mind to block out what would be considered uncomfortable for the body.

Please do not do any of these exercises if you have any condition that would be aggravated by these exercises. The information here is to be used for informational purposes only.

Have fun!