



SESSION ONE

'HOMEWORK'

@MOTHERMOON_HYPNOBIRTHING

MINDSET

Firstly, make sure you have accessed your Hypnobirthing Australia Online Resources which include numerous practice mp3s, videos, a resources list, downloadable PDFs and an eBook. You will find your unique coupon code and instructions on how to access these online resources on the coupon from your folio. You have access to your online resources using your login details via your phone, tablet, laptop or computer, 24/7 when you have access to wifi. I recommend downloading any tracks or content you wish to keep, as access expires 1 year after registering.

To access your special Mother Moon Resources enter password MoonMama in the Client Resources section of my website. I hope you find these helpful!

Read through your eBook - The Little Book of Hypnobirthing (from your online resources).

Listen to your Surge of the Sea and Rainbow Mist tracks (from your online resources). These and other self-hypnosis tracks are only to be used at a time when you can fully relax (i.e. not when you're driving).

Play the Affirmations for Beautiful Birthing track (from your online resources) regularly. You can listen to it anytime, as it is not hypnosis.

Mind your language (keep it positive).

Create your own Affirmations Cards or artwork (see project in folio).

Have a Fear Release discussion together focusing on both of your feelings, fears, and reservations that could get in the way of the beautiful birth you desire. Our Fear Release will allow you to address any fears or reservations silently, within your own mind, in a safe space.

If anyone starts to tell you a negative birth story, remember, now is NOT the time to be the sounding board for someone else's trauma. Your subconscious has probably received quite a bit of 'negative information/messages/stories' regarding birth, in the past; it is time now to focus on the type of birth you want. "I'd love to speak with you another time about your experience but right now I am focusing on my birth."



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TOOLKIT - ANCHORS

In Session 1 we have introduced anchors to our toolkit. Make sure you really 'anchor' these into your practice.

Remember the subconscious mind will more readily accept the most frequent and recent messages we send it. Make the messages you are sending really count. Use them consistently, regularly, and with intention. Try to begin to incorporate your Hypnobirthing practice into your every day routine.

Birth Environment – DARK, QUIET, PRIVATE, LOVING

- Familiarise yourself with the birthing suites, where to go, and how to get there
- On arrival turn off the lights, draw the blinds, turn on the LED candles
- Turn on the aromatherapy
- Start playing your chosen music/tracks
- Ensure you have access to the equipment you want: birth ball, mats, birth stool, shower, bath
- Place privacy sign on the door
- Put up your affirmations and visualisations
- Ensure your caregivers are aware and supportive of your birth preferences

Self hypnosis tracks/scripts

These include Surge of the Sea track, Rainbow Mist track and script in your folio, Glove of Endorphins script (and optional track to purchase), Fear Release script (and optional track to purchase), Rainforest Dreaming track (optional track to purchase or you can transfer in place of Surge of the Sea).

You may also like to create a playlist with the awakening part of the track cut off (for if you want to use the albums to drift off to sleep). In iTunes 'adjust track time' 'get info' and change start and end points.

Music

Make up a couple of playlists for birth– one with the Surge of the Sea, Affirmations, Rainbow Mist tracks etc. and one with music only.

You may like to spend time compiling playlists that speak to your emotions (calm relaxing, energetic, positive, classical, meditation – whatever suits you) or download a pre-made Spotify playlist. Playing the same playlists on repeat throughout pregnancy will help condition you for connecting to those emotions during labour and birth.



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TOOLKIT - ANCHORS

eBook

Download with your folio and read this leading up to your birthing day

Scent

Choose an aromatherapy blend that calms you, and use it consistently during pregnancy and your Hypnobirthing practice. (The blend I usually use in class is Green Goddess by Perfect Potion. You can add Clary Sage from 37 weeks onwards). For transition, Ylang ylang, Frankincense, and Clary sage are fantastic on your Kidney 1 acupuncture point.

Our sense of smell holds our longest emotional memories.

During labour you can use a spray, dab the scent/oil onto a tissue and inhale it, or use a diffuser. Real candles cannot be used in hospitals, but battery operated ones are great.

Light touch massage

Endorphins are 20-40 x more powerful than morphine, and provide an opioid-like effect without the side effects! Practicing this technique regularly will enable you to access these incredible hormones on cue and in abundance.

Your Hypnobirthing 'homework' isn't about working towards a grade or accomplishment of some sort. There is no gold star at the end. Only a beautiful birth, and your beautiful baby (which is way better than a gold star anyway). So make your toolkit work for you. The more you utilise these skills during pregnancy the more benefit you will gain during birth, and as an added benefit your practice makes your baby feel good too!

Anchor touch

Once set, use this special touch consistently with your practice. I recommend implementing anchor touch once you have done some deepeners or are in a deeply relaxed state. This will reinforce the conditioned association between the sensation (the touch) and the desired response (deep relaxation).