



Balloon Trip Outline-- Birth Release

This script is appropriate before labor, when labor begins, or if labor should weaken, or stall. It can also be used as an additional release of limiting thoughts or a birth rehearsal. Embellish each scene as you wish. Begin with slow breathing.

Slowly:

1. Visualize a large, beautiful air balloon ready to take a very special journey through birth. See the balloon made up in all your favorite colors.
2. Now see yourself in the basket of the balloon, embarking on a birthing trip in this colorful balloon. Your baby is inside you, and your birth companion is with you. You may bring anyone else you wish to have accompany you.
3. The balloon is slowly rising and traveling across a bright blue summer sky, filled with soft white puffy clouds. It's a wonderful trip, but the balloon seems to stay at the same height. No matter how you think about having the balloon rise higher and move along, it seems to continue at the same level and at the same speed. Something--a memory, an experience, a comment, a mistaken belief, a fear, a limiting thought, confusion over your environment, or perhaps your baby needs to be freed from a position that is making it difficult for the balloon to continue on its journey.
4. You look down at the bottom of the basket, you realize that there is a small chest lying there. Inside that chest is the weight of a known or unknown reason for why your balloon is faltering--something that still lingers, in spite of your having removed all limiting thoughts previously. You know that if only you were to rid yourself of this weight, your birthing trip would go smoothly and easily and quickly. You can do that very simply right now, without saying a word. You can do it. It's what you want. Review in your mind what thoughts or circumstances could possibly interfere with your having the most wonderful birth journey. If any linger, they are in that chest, weighing the balloon down.
5. Now see yourself taking your balloon out over a large, deep body of water. See it happening. Now reach down and lift the small chest up to the edge of the basket. Make up your mind, once and for all, to release whatever is holding your balloon from accomplishing its journey. Now gently nudge the chest over the edge and watch it plummet down into the water. Watch it sink to the bottom. Ripples are now carrying away all negative feelings associated with the released weight. You and your baby are free to move along in your birthing, confident that you will have the birthing you designed.
6. See how you now sail freely and smoothly, enjoying your birthing journey. Stay there working with your baby, coming down whenever your body and your baby tell you that it is time for your baby to be born.
7. As your balloon descends, visualize your baby descending just as calmly and gently as the balloon is in this beautiful birth journey, culminating in a wonderfully happy birthing day.