



HypnoBirthing[®]
The Mongan Method

MOTHER'S PRACTICE SCRIPT

Whenever I, or anyone I choose, says to me **key word, short breath, 3. .2. .1.**
.0, I will instantly and thoroughly drift down into an ultimate state of relaxation, where I will give my body permission to be transported into a state of relaxation that is just perfect for birthing my baby. As my labor advances, I have the intent of sinking down into an ultimate, safe state of birthing relaxation where my baby and I can birth together in calm and peace and comfort. Each time that **key word, short breath 3. . 2. .1. .0** is recited, I will double and then triple my relaxation until I am at a level that will allow me to enter into the soft stillness of my inner mind and my birthing body. From this state, I will be able to birth my baby with full awareness of the experience of birthing, and with total confidence, calm, and peace.