



Rainbow Relaxation Script

CALM BREATHING

Calm breathing is used as mother prepares for her labor by conditioning her mind and her body to slip into relaxation between surges in labor and maintain a state of relaxation to keep her body limp and loose as labor advances. This script is given to students in class so that the mother and her birth companion can practice together to help mother become conditioned to "going within" and to a deeper trance state at hearing the companion's voice during her labor.

Technique:

Slowly inhale to the count of 4 – pause

Slowly exhale to the count of 8, allowing the breath to drift down into the chest, stomach, and through the body. Repeat several times as the body gradually shifts into relaxation.

If time is a factor, recite only the introduction and two or three colors each time you practice. This will be equivalent to approximately a 10-minute practice session.

For regular practice by birth companion and mom

And now it's time to relax. **Just make** yourself comfortable and allow your eyelids to gently meet. **With your mouth** softly closed, take in a deep breath and SLOWLY . . . allow that breath to drift d-o-w-n--through your entire body . . . bringing you comfort and peace. **Before we start, perhaps you'd like** to take a moment to adjust your position and make yourself totally comfortable. You can do that now. (Pause) very good. . . Let's continue . . . Just let your breath flow down through your chest . . . your stomach . . . your abdomen . . . your legs . . . and your ankles . . . and all the way down to the soles of your feet. **As you begin to feel the soft tingling sensation of relaxation on the soles of your feet**, you release in both mind and body, and you give yourself permission to go deeper and deeper.

Each time that you practice this Rainbow conditioning, you'll find that you immediately go more rapidly and more soundly into that wonderful place where you will be aware **only** of how deeply relaxed and comfortable you are. Each time, you will be able to achieve this wonderful, euphoric state in a shorter amount of time. Each time you will be able to go deeper and deeper into ultimate relaxation – preparing your body to respond with the same deep level of relaxation that you will call upon as your labor advances on your baby's birthing day. Soon you'll come to thoroughly enjoy being in this state and you'll find that you can bring yourself into it at a moment's notice.

If, while you are listening to this Rainbow session, you discover a word, or a phrase, or an image here or there that you would like to change, simply feel free to do that. Substitute whatever word, phrase or thought will make you feel more comfortable . . . and then continue to move on through your relaxation. As you continue to drift deeper, return your awareness to your

eyes and feel how comfortable it is to just rest and allow your eyelids to remain gently closed. With your awareness on your eyes, you discover that all the little muscles in and around your eyes are becoming more and more relaxed. And your eyelids seem to close more thoroughly. **As your eyelids close even more**, any little worry lines around your eyes begin to fade and disappear . . . And this same quality of relaxation drifts down and around your cheeks . . . and your mouth . . . while all the rest of your facial muscles release and become loose and limp . . . And **you go deeper** . . . As you feel yourself drifting into total comfort, allow all tension in your jaw to just melt down and away. Softly rest the tip of your tongue behind your front upper teeth . . . and your lower jaw recedes and becomes comfortably relaxed.

A wonderful sense of well-being settles into every muscle, every nerve, and every cell within your face . . . Your mind releases and your body releases, and you go twice as deeply into relaxation. **The relaxation now drifts in and around** your shoulders, as you give yourself permission to allow your shoulders to droop into the frame of your body. As your shoulders go limp and loose, the relaxation flows down through your upper arms . . . your elbows . . . your lower arms . . . your wrist . . . and your hands all become loose and limp. Your entire upper body becomes perfectly relaxed. And you continue to go deeper.

Now take in a deep breath and release all tension from your chest . . . and from your heart . . . and from your stomach. And your breathing becomes soft and rhythmic . . . you are beginning to reach a perfect resting level. **Feel your body respond** to this **slow, comfortable breathing**, as your body learns to release tension from each set of muscles from the very top of your head and throughout the entire upper portion of your body. And your breathing and your heartbeat slows to a perfect resting rate. **Your circulation flows smoothly** and freely throughout your body, **miraculously** bringing just the right amount of oxygen to your baby, as well as to every muscle, every nerve, every cell, and every vital organ within your body.

Thoughts of how your relaxation is benefiting both you and your baby are reassuring, as you give yourself permission to double your relaxation once more and go even deeper. **Your lower body now begins** to become totally loose and limp . . . as though you were a marionette with all the strings released. Totally loose . . . totally limp. And you go deeper still. Now, your abdomen and your lower pelvic area are totally relaxed. It's so essential that this part of your body remain loose and limp allowing your birthing muscles to learn to be free of tension . . . letting any tension melt **all the way down** through your legs and your feet . . . melting down into the ground . . . Just the way the soft spring rain melts into the earth.

To assist you as you move even deeper into this perfectly relaxed state, **picture, in your mind's eye**, or your imagination, a magnificent rainbow arched across the sky above you, each color vibrating in harmony with the energy of the earth and the energy within your body. Allow your body, as though it were a magnet, to absorb all of the wonderful soothing and relaxing energy of the rainbow. Let the soft energizing colors, one by one, flow through and around your entire body . . . bringing you a sense of well-being and calm, drawing away all doubts, all fears, and all tension . . . leaving you calm and at peace. And you go deeper . . . and deeper, envisioning each color of the rainbow relaxation.

Now you are ready to explore the healing, soothing colors of the rainbow. Place your full awareness on your mind . . . and imagine yourself on a beautiful **mist of deep blue indigo and**

purple, a deep combination that puts your mind at ease . . . Because the mind vibrates to the color of purple . . . a sense of confidence accompanies the thoughts that begin to fill your mind, and the mist of deep indigo teaches you to trust your baby and your body to know exactly how to birth . . . and you release all doubts concerning your birthing. As you breathe in the soft purple relaxation, your mind is filled with assurance, confidence, and calm. All of nature is in tune with indigo, and you are in tune with nature, now more than ever. As you fill your mind with a sense of joy and anticipation, you approach your birthing as an informed and protective parent . . . making decisions that you know are exactly right for your baby and yourself. Go deeper now into ultimate relaxation, as you turn your mind and body over to thoughts of gentle birthing . . . trusting that your mind and body will each play out the perfect design of nature when it's time to birth your baby.

Picture yourself now within a mist of soothing blue and feel your throat and neck relax. The throat and neck vibrate to the color of blue, so breathe in the blue mist of relaxation and feel all the tension in the area of the neck and throat melt away. The energy of blue helps you to find your voice and to learn to speak up and ask questions if ever it is important for you to do so. The energy from the blue mist teaches you to speak clearly and with confidence about your birthing wishes and your dream of how you will bring your baby into the world. You talk with your baby, and you resolve to be the spokesperson for yourself and this tiny dependent baby you are carrying. Your voice and your throat muscles align in perfect harmony with blue and with nature, and a wonderful calm and confidence accompanies your thoughts.

Now in your mind's eye, envision yourself surrounded by a mist of green—the soft green color of spring. As you breathe in the soft green mist, the entire area of your chest, and particularly, your heart, relaxes more deeply than you've ever relaxed before. Feeling energized by the green mist, you open your heart and your life to feelings of love for the tiny baby inside you—the little one that you are carrying with such joy. Because your heart and your chest vibrate to the energy of the color green, you feel an even greater sense of well-being, as your life combines in love with the life of your baby. Green is the color of birth . . . and as the earth gives forth life . . . so too . . . your body will easily and naturally give forth a new beginning of life. Filled with the energy of a calm and loving heart, you free your body to blend in perfect harmony with the energy of green and find yourself in harmony with your natural birthing instincts—so calm, so loving, so peaceful. And you resolve to go even deeper when your labor advances on your birthing day.

Your thoughts turn now to the color yellow. Yellow is the color that vibrates in harmony with the region of your solar plexus and your stomach, As you become aware of yellow, you also become aware of the need to put only nutritional foods and substances into your stomach, knowing that your baby receives, absorbs, and grows in a healthy manner because of the effects of healthy foods that you put into your stomach. The energy surrounding your stomach and solar plexus teaches you that when you become aware of the importance of choosing only safe, nutritious foods, you help your body and baby avoid many late term circumstances that could stand in the way of your gentle, natural birthing. These thoughts are calming as you relax even deeper into the mist of yellow relaxation.

Now turn your thoughts to the mist of orange energy that surrounds your abdomen. The color orange vibrates in harmony with your abdomen, the area that houses your womb and

your reproductive organs. The energy of orange drifts in and around your womb and, like a sponge, it absorbs calm and peace, gently soothing your baby, and creating a veil of tranquility that softly protects and nurtures the miracle of life that is developing within you. Every muscle, every nerve and every cell relaxes as the orange mist flows and drifts through your entire abdomen and pelvis. Draw the orange mist into your body and know that this energy is helping to prepare for a healthy birthing.

Imagine yourself now on a soft, strawberry-colored mist . . . that gently envelops your entire lower torso . . . taking away all tension, bathing you in gentle relaxation. Let the soft strawberry mist of perfect relaxation drift throughout all your lower back and spine . . . Red is the color of love and of life. Its energy is that of truth and faith. As the soft strawberry mist drifts in and around your body it helps you to gain a stronger sense of the important truths that you are learning about the naturalness of your pregnancy and the birthing experience. You are learning that birth is natural, normal and healthy. Pregnancy is not an illness, and birthing for all but a very few women does not need to be a medical event. You are a natural vehicle of nature as you carry your baby and give birth. You have faith that this is the most natural function of your body. Breathe in the soft strawberry red mist and go deeper and deeper, secure in the knowledge that your lower body is designed to give birth and your baby's body is designed to be birthed. You are in tune with nature. All of nature is in tune with the soft red of love and life. Breathe in the red mist that gently wraps your body in a soft blanket of natural relaxation, and enjoy the deeper relaxation and comfort that you drift into as your labor advances.

And now, working from a perfect level of relaxation, see yourself surrounded by a marvelous mist of all of the colors of the rainbow . . . combining all the colors of the energies of life . . . surrounding you with peace. Become aware of the feeling of confidence that you are developing day by day as you embrace the knowledge that birthing is a natural process of your mind and body, working together with your spirit. **Become filled with the light of the rainbow, as your mind, your body and your spirit all work in complete natural harmony.** Let the reflected glow of the colors of the rainbow permeate every part of your essence, while you continue to grow in confidence and the belief that this will, indeed, be a comfortable, easy birth. Your natural birthing instinct tells you that you will bring your baby into the world in a peaceful, relaxed manner that mirrors nature.

Choose a favorite soothing birth color from among all the colors of the rainbow. Know that when you have chosen your birth color, you will be able to call upon this soothing color each and every time you wish to return to this state of euphoria and deep relaxation.

It's time now to end this session. If you would like to slip into a natural sleep, just ignore what I will say next and continue to rest for a full, uninterrupted nap or a full night's sleep.

To become fully alert and continue the activities of the day or evening, simply begin to become aware of your surroundings and feel the energy slowly coming back to your body—hands and fingers beginning to move, legs and feet becoming energized. When you are ready, opening your eyes—feeling healthier than ever before, and filled with joy as you prepare for the birth of your baby—mentally alert, physically energized and spiritually refreshed.