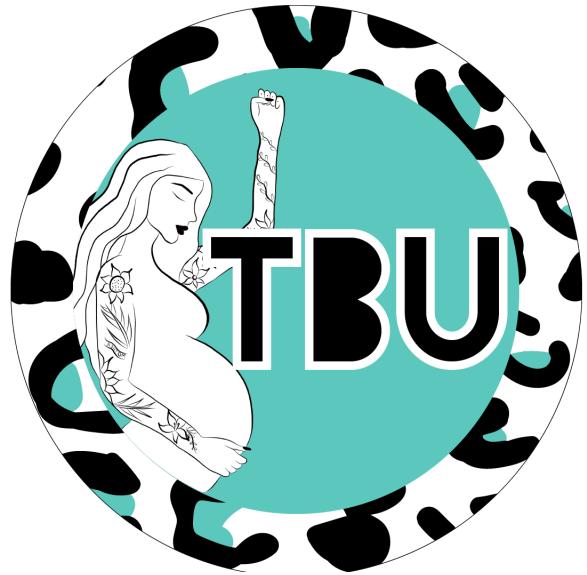


TBU BIRTH REHEARSAL

(Framing and developing relaxation...)

Here is a little bit of time for you to travel on a journey... and this isn't a physical journey that you travel in a car... or a walk in the forest... or even a bike ride down a hill... feeling free... this is a kind of journey into the past... and a future... and the present moment... ... this is the kind of journey where you can drift here and there... where you can feel free to close your eyes and find stillness within... or if you would prefer to keep your eyes open and just listen to this while you're out on a walk and simply letting your mind wander... either is perfect because if there's one thing about preparing to give birth and giving birth... is that it's got to feel and be perfectly right for you... because you know that the only way to be powerful... to find that powerhouse within is to make sure that you've taken charge... and put everything in place so that when the time comes for you to give birth... in that birth space... here... you've got all of the resources that you need...

now this track, some people might call it a birth rehearsal... and in a way it is a rehearsal... a mind rehearsal in the same way that athletes would do... they would rehearse running a race over and over again or throwing a shot putt... or really doing their best at completely scaling a hurdle or a high jump... and in that space they see and hear and feel themselves in a future time... doing... being... feeling... experiencing everything... and very much the most of that is about the inner resources that they have... anchoring times... knowledge... feelings... resources and abilities... and harnessing those to the absolute maximum... so that they have all of these resources... emotional... physical... spiritual... soulful resources in one space... and by the time it comes for them to take part in this event in the same way that you will take part in your birth... as will your baby take part in your birth... together... you'll know that you have got everything you need to absolutely smash it... to completely boss the moment that you meet your baby on the outside... and all of the moments leading up to this most beautiful moment...



so when we talk about rehearsals... in the same way that an athlete can rehearse for an event... in the same way that an actor would rehearse for an opening night... now an actor we think of playing a part... pretending really in a way to be someone else... but I heard a great quote recently from a great actor... and this person said... when you get the details of a part that you're going to play... you look at that part and you find all of the parts of that part in yourself... and it's your job to bridge the gap between... but what if... what if an actor gets a part and looks at all of the parts of that part and realises that there is no bridge to gap... there is no bridge required... you just are this fucking amazing birthing person... no acting... simply being... now you don't need to believe or imagine that yet... or maybe you do... but the thing about actors is that when they get a script... when they begin to rehearse... like you can rehearse... going into your birth space... in order to deliver that truthfully... in order to make sure that they have all of the information to make it the absolute best that they can... sometimes it's important to do some research... now sometimes that's from books and knowledge... and you are already doing all of this through the Hypnobirthing practice and course that you're doing... but another thing that an actor will do is go inside... a person can go inside... and imagine and journey... and find all of those resources and research from within... so as was mentioned at the beginning... we can go on journey into the past... into the future... and into the present moment so that you can begin to continue to gather all of the resources that feel right for you...

(Journey to find ancestral evidence of birth instinct.)

...when the time comes for you to give birth to your baby... now... for human beings...and you are an incredible human being... you have ancestors... I wonder if you've ever wondered about your ancestors... some people like to go and find out who their ancestors were and some people are just happy to be and not know... and whether you're one kind of person or another... you can imagine who your ancestors were way, way back... beyond any kind of traceable thing that some website on the Internet does... I'm talking about way, way back... right to the very beginning of history... right to the very beginning of humankind... right the way back... now in order to travel there you haven't already... imagine yourself rising... rising up... what does the earth look like when you all the way up in space... looking down... looking back... at how beautiful and

clear... and intricate and complex the world is... as you watch the world spinning backwards... spinning backwards... spinning backwards in time... faster and faster with each rotation taking you back a year... relaxing more with each rotation... 5... 10... 100... counting back the more you're counting back in time the more you're simply floating here watching... 1000 years... thousands... all the way back... and whilst that's happening below... you can look around and look up at the stars... and just what they mean... and the light... and the attention that you can place on the flickering light... in the sky... as you float now down... deeper down... to find yourself all the way back down...

in history just for now... to a place... in a time... where life was simpler... nobody's heard of Internet... media... stories that we wouldn't hear unless it was just word-of-mouth or local... people live from the land... easily... conservatively... beautifully simple... using and gathering berries and other resources that are freely available to sustain... and just as the ability to survive is hardwired in the people who live here... you know that that hardwiring of survival... those deep instincts are also hardwired in you... because really evolution doesn't move that fast... we've just got out of sync with the speed at which the world has changed... but as you notice yourself here... you know that really your hardwired to survive... to be... to live simply... so whilst you are here a part of you can begin to find that deep connection... with your own instincts once again... completely free of any of the external noise that happen in a time in the future... leave that in the future... and enjoy your time in this simple now...

and I don't know which fucking amazing part of you you've connected with yet... or will connect with while you are here... as I invite you to visit a birthing person in this place... I invite you to befriend... to be alongside... to meet a pregnant person looking forward to giving birth to their baby... I don't know if this person looks a little bit like you... because it's highly likely that in your wonderful imagination this person is one of your ancestors... one of your ancestors just like you... but in the kind of environment which means that they can function within their perfect hardwired design for survival... and isn't the human race's survival very much about procreation... about giving birth... about raising and giving birth to our young and continuing our human race... and you're no different physiologically you're no different physiologically to this person... no... so notice the ease at which they talk about looking forward

to giving birth... look at the joy and the freedom... notice in their body as they freely move from here to there... waiting without waiting... not entirely knowing... but knowing to that baby knows when it's time... absorb it... this wonderful energy... this freedom... this pure trust without even knowing that it is trust because it is just as it is... they know... they feel connected deep inside... so as you observe this from the outside... and watch and feel and have conversations with them about their own experience... you can begin to tie their experience with yours... and as you're invited to witness this wonderful birth in history in the most simplest of times where everything non-useful has simply been stripped away... leaving the purity of pure instinctive birth... this absolute badass powerhouse of... I just am... I just know... it just is... and as you witness this birth... as you witness this raw powerfullness of your ancestor giving birth... look into their eyes and see the fire... the joy... the emotion... the absolute certainty of 'I know I've fucking got this'... and marvel at a body that's just so incredible... as human beings like you are incredible aren't they... see from a new perspective now as you witness the labour and birth of this birthing person... who looks a little bit like you... . . .

...now I don't know how easy it is now for you to drift inside... drift inside the body of a birthing person who fully trusts your instincts... because you just know... you just are... it just is... and I don't know what feelings it is all there that pure ability to know that you have the hardwiring... where is the hardwiring inside of you... can you pinpoint that... now... where is that badass part where you are feeling the full energy and force of your own wisdom body simply giving birth and opening... opening... opening... and take your time to absorb as much information... as much wisdom... within this body as you want or need... take your time now...

PAUSE

(Bringing ancestral resources into the birthing space)

... and as you've collected some of these resources now... when you are ready you can thank your ancestor... thank that wisdom part of yourself for all of these resources... are know that you can return here for more

and to build on the resources that you already have... as you float yourself up and watch the world turn into a future turning in a different way... taking and bringing you back towards the now... from up above the world turns forwards... 1000... 100... deeper into a floating relaxation... 10... 9 years... 8... 7... noticed the stars... 6... 5... 4... 3... 2... 1... and drift back down... drift back down... not the now but, instead, to the future where you're giving birth to your baby... and all of that wisdom that you absorbed all the way in the past... I don't know if you heard that water holds memory... and we are approximately 80% water... so it makes sense doesn't that that water memory of these feelings, experiences and sensations from your ancestor... continues to run easily... absorbed easily within... without... throughout and around you too... as you drift yourself in your birth space now... with all of these resources notice the thing is you can see the way the this space has been set up perfectly just how you want it with all of the choices that you've made with whatever kind of birth you're having... notice how it's not so different inside giving birth now... to how it was all those years ago... for your experience of your ancestor... ... noticed that you've got and have your finger on the button of that hardwiring to press right now... and fill this birthing space with all of this wisdom... resources... experience and your perfect fucking intuition inside... ... let it grow... let it glow... let it begin to seep from the pores from the skin to fill the room... affecting anybody who's supporting you... so they feel your powerful wisdom too... so they can't help but be affected by your absolute badass ability to... simply be... as you're giving birth... each sensation welcomed... each experience fully experienced in the right way... each part of you echoing the wisdom of power... of badass... of absolute bossing it... travelling... just as you travelled up to the stars and watched the world and time drift by... the time distortion in birth is where hours can feel like minutes... and you ride the wave of time... of each stage moving opening... moving opening... moving forward... and as you are... one particular thought comes in...

(Focusing on solidarity, connection and wisdom of a global collective of birthers.)

...because somewhere... and everywhere in the world... are other people connecting deep inside with their hardwired intuition... all through this body of land... beyond deep waters into the next... encompassing all continents... every birthing body... in everybody... of land... if you were to be up amongst the stars and look down... and imagine a light shining up from the Earth... from every person who is giving birth right now... in this very moment... and those lights grow... develop... connecting connection... and those energies of reaching out to solidarity... an understanding of 'I'm one of many person experiencing... doing... being this right now'... a tribe of humanity... people I've never met and still my heart opens to you... as your heart opens to me too... because as human beings human connection is the absolute depth from our soul... a basic human need... that we can achieve easily when a soul opens... and when you're giving birth... your soul can open... that open vulnerability means that you can feel... and connect... 10... 20... maybe even 100 times more with the energies of the earth... only the right ones that you choose from all these connected... global birthing people... and along these connections can also flow the wisdom... the intuition... the solidarity... and the pure joyful love of being in this moment... in your perfect birth space now...

...so absorb all of their wisdom... absorb this solidarity too... and allow it to absorb deep inside... and let the parts of you that flow freely like water absorb and remember because water holds memory... and as all of the water moves from one part of you to another it takes that wisdom all the way round... through... without and within... and your resources deepen further... growing wider... and reach higher... further forward... further back within... throughout and around...

so play this out you giving birth in your birth space with all of this new wisdom now...

PAUSE

(Connecting with and absorbing baby's wisdom.)

...there's another important person here in this birth space including you and those who fully support you as you give birth... your baby... now... if you want to meet anyone knows about wisdom... knows about instinct... who knows without knowing about getting out of your own way... simply being... and doing to get your needs met... it's your baby... there's a lot to learn from babies... because just like your ancestors... they've got none of that stuff that they've never even experienced... just pure incredible instinct... and you know that water holds memory... and your baby is floating... comfortably warm... safe and secure in this moment... in water... in this fluid... I wonder if you can feel the temperature of this water for yourself... if you were to dip a hand... the left hand... what temperature would that be... and then let that temperature flow right the way up your left arm... and all the way down the right arm to your right hand... the temperature of amniotic fluid... this water that comfortably comforts and holds your baby... and I wonder what it's like now to... either all at once or little by little... immerse yourself fully in the temperature of that water too... and immerse yourself now in your minds eye inside yourself to meet your baby... to float... because you know what it feels like to float don't you... in here just as your baby can breathe easily... so can you... so you can feel comfortable here... simply open your minds eyes and take in your baby... whether you can make out every detail... whether you can see only colour and shape... or perhaps you simply feel your baby's presence... doesn't matter... your baby is right here with you... you can hold them in your minds' eye... reaching out... touching soft warm skin... holding out a finger which is held and gripped softly tight... comfortingly by this tiny precious hand... and so as you find yourself in the energy of your own baby here... in your imagination of course... what wisdom does your baby have here about how you're giving birth together... what instinct can be shared... what wisdom and resources to do with... getting out of your own way... just being... and without a shadow of a doubt knowing that you've fucking got this... listen to the wisdom of your baby... people think we're going to teach our children a lot... when actually we learn that it's them that teachers us... so much more... so continue to listen now... how does it feel to just be... to simply trust... and because water holds memory and you're surrounded by a fluid that holds this memory and absorbs inside of you... you can let this wisdom absorb through you... right to the very core...

(Bringing additional wisdom from baby into the birth space...)

... so as you thank your baby for this wisdom and let them know how much you're looking forward to meeting them soon... I invite you to bring this wisdom back now into the birth space... and feel amazed to know that your baby knows exactly how to be born... and it seems crazy that anybody wouldn't know how to be born... so why would any person not trust... because you are full of resources, experience and wisdom now... from the past... from the present... and from a future time as you bring yourself into this birth space... filling this space with all of this wisdom from ancestors... with all of your wisdom from birthing people throughout the world connecting with you... with the flow of wisdom... love... openness and joy... and this pure instinctive birthing inside... with all of the wisdom of the connection of you and your baby... each knowing your own part to play instinctively... you don't need to learn... it's already inside... as you notice the fluid that moves round, through and within... and all the memory that this holds... memories of experiences that you gather every time you come back to this track.....

(Future pacing to look back at the resulting collected wisdom and its' powerful effect on birth...)

...and now as you take yourself even further forward... into a time when your baby is on the outside... skin to skin... whenever and however... gazing... breathing in the moment... and a small preciously perfect hand wraps around and grips your little finger... instinctive... pure... survival hardwired deep inside... you can notice yourself now from this time looking back at your birth... and gather information from that too... and let your mind wander back thousands of years... or up to the stars... or spreading out over the world... because you can collect all of your experience, resources and information from anywhere... and everywhere... because when you do that you know that you are fucking bossing it... you know that you've fucking got this... and you really truly do know... don't you... that you were born for this... so be reborn for this...

now as you know that you can step into your own birthing space... with new resources... anytime... and that's good to know isn't it....

Awakening

And now, having enjoyed this time for yourself... having made all of these shifts and changes inside... it's time to return to the here and now with a renewed sense of calm... joy... newness and beautiful difference... so as I count up from 1 to five now... you can gradually and in your own time begin to reawaken part of you back to the here and now... so here we go... 1... becoming aware of sensations.... 2 beginning to make movements in the body... 3... greater awareness returning now... 4... a wondering of when the eyes are ready to open and... 5... only open your eyes when you feel ready to do so.... And welcoming you back now as you stretch out and enjoy re-acquainting yourself with the now... and retaining all the good feelings you have for the rest of the day, night or evening...

END