



## The Parts of Our Mind

*Our minds have two important parts, each with distinct functions. The conscious part that we use to perceive the world around us and to make decisions such as “wanting to have a comfortable birth”, makes up the smaller part of our mind.*



*The subconscious part on the other hand, stores our memory, habits, beliefs, behaviours, personality and self-image. It makes up the greater part of our mind and controls our automatic bodily functions such as breathing and digestion (notice you don't have to consciously think about doing these things). Imagine that the human mind is like an iceberg, the conscious part, the portion that is visible above the water and the subconscious mind is the large ice mass that remains below the water's surface.*

## Childbirth

All our life experiences are affected or modified by how we think about these experiences. Put another way, all life experiences are neither good or bad, but what we think makes it so. Epictetus, a Roman philosopher, said over 2000 years ago, *“It's never the things that happen to us which upset us. It's our view of these things.”* Childbirth is no exception. Expectant parents are often bewildered by the amount of differing information in books, the media and the internet. Disturbing stories about birthing experiences, negative information in newspapers and on television constantly paint an alarming picture of giving birth. The notion that childbirth is something to be fearful of is absolute rubbish!

**CHILDBIRTH IS THE MOST NATURAL, CALM, COMFORTABLE AND JOYFUL EXPERIENCE THAT A MOTHER (AND FATHER) CAN EXPERIENCE.**

All other animals accept and just allow the birthing experience to happen naturally. We humans, on the other hand, continually interfere with this process by negatively thinking and visualising the future outcome. These fearful and anxious predictions upset the normal balance of the body. Fear is the result of a perceived threat whether real or imagined. When a mother about to give birth is fearful, the uterus can be deprived of nourishing blood and oxygen. This causes the circular muscles of the uterus to clamp down causing pain and discomfort.

During times of stress, certain hormones are released that cause further constriction of the muscles within the uterus and the abdomen. When this happens, the longitudinal muscles of the uterus continue trying to draw up the tightened and resistant muscles of the cervix. This prolongs labour and causes pain, and as a result the baby's head is continually forced against unrelenting constricted muscles.

### Hypnosis for Childbirth

Hypnosis helps to encourage that giving birth is, and should be, a natural, calm, joyful, relaxing, and even comfortable experience. A woman's uterus has two important types of muscles that facilitate the process of birth. When a mother is in a calm and relaxed state, these two sets of muscles work together in unison; the long muscles shortening and applying rhythmic waves of pressure, while the relaxed circular muscles allow the progressive opening of the cervix. When in a state of relaxation, the body's natural labour activity signals the brain to release endorphins that produce a natural analgesia or pain reducing effect. Studies show that natural endorphins can be up to 200 times more affective in reducing pain than the drug morphine. Endorphins also cause and sustain a feeling of peace and relaxation.

A mother using the skills developed under hypnosis, together with the verbal and tactile cues of their partner, will experience a calm, comfortable and joyful birthing experience.

MONTMORENCY CENTRE *of* NATURAL HEALING

108 RATTRAY ROAD MONTMORENCY 3094 *phone* 9432 0062

[www.vitalis.com.au/montmorency/fertility.htm](http://www.vitalis.com.au/montmorency/fertility.htm)