

GETTING IN TOUCH WITH YOUR UNBORN CHILD

Get into a comfortable position. Be sure that your limbs and head are well supported.

Close your eyes.

Breathe deeply and rhythmically.

The abdomen should rise on the in-breath and fall on the outbreath.

Breathe this way for a minute or so, putting aside all responsibilities.

Now, tighten the muscles of your left arm and hand, making a fist. Squeeze tightly, and hold....

Release, letting your arm and hand relax.

Feel the relaxation in your arm and hand.

Tighten the muscles of your right arm and hand, clenching your fist. Squeeze tightly and hold...

Release, letting your arm and hand relax.

Feel the relaxation in your arm and hand.

Tighten the muscles of your right leg and foot, curling the toes.

Release, letting your leg and foot relax.

Feel the relaxation in your leg and foot.

Tighten the muscles of your left leg and foot, curling the toes.

Release, letting your leg and foot relax.

Feel the relaxation in your leg and foot.

Squeeze your buttocks together.

Release, letting your buttocks relax.

Tighten the muscles of the pelvic floor as if you are trying to keep from urinating.

Release, feeling the muscles of the pelvic floor relax.

Arch your back slightly.

Release, letting the muscles of your back relax.

Tighten your shoulders by pushing them back as if you are trying to make your shoulder blades touch one another.

Release, letting your shoulders relax.

Tighten the muscles of your neck by arching your neck slightly as if you are trying to look up.

Release, letting your neck relax.

Clench your teeth together, tightening the muscles of your jaw.

Release, feeling the muscles in your jaw relax.

Squint your eyes.

Release, letting your eyelids relax.

Furrow your brow.

Release, letting the space between your eyes feel as if it is getting wider.

Now take a few deep breaths.

As you do so, let your breathing become a little slower, a little deeper, without forcing the breath in any way.

Imagine that you are breathing directly into the womb where your baby is surrounded by crystal clear water in his or her own private world.

Now imagine that your in-breath is a soft, radiant, golden light.

Continue to breathe in the light until it fills your womb and surrounds your baby with a warm, vibrant glow.

Dwell for a minute or so on the soft, glowing, golden light which fills your womb.

Imagine your baby's contentment right now. The womb is a wonderful place to be—secure and warm.

Allow the love you feel for your child to well up within you.

Speak to your baby—tell him or her anything you wish—how you are feeling right now, or that you are looking forward to the day when you will hold him or her in your arms. If you find your attention wandering, mentally repeat the word “baby, baby, baby,” and let yourself drift into an even more peaceful, relaxed state, dwelling on your baby.

Dwell on the image of the soft radiant, golden light surrounding your baby for a few moments.

Now, ask your baby a question.

Imagine that your baby can answer you in words, in images, with impressions, or by painting a picture in your mind's eye. The answer may come to mind a few hours, days, or even weeks later.

If thoughts or impressions enter your mind, take note of them without trying to analyze them just yet.

Then when you are ready, count slowly to five, gently stretch, and open your eyes.