



Breech Turn Script

Bring the woman into a deep relaxation that includes taking her to a healing room within a hall of learning. A hall of learning is where all limiting thoughts can be eliminated, corrected, or left behind for new philosophies, new ways of looking at what's going on, and at life, and new expectations, etc., can be learned.

Inside there is a long hallway that leads to the healing room. Each step takes one closer to the control center of the subconscious. The room is decorated with healing colors – soft greens and blues and a few of her own favorite, soft, healing colors. There is a large cushy chair in the room. Have her go to the chair, sit in it; to the right is a console with knobs and gauges. Suggest that she see her hand reaching out to the gauge that reads, “breathing”; set it to 14; feel the breathing become slow, calm, etc.; See another dial that reads “heartbeat”; Set it to 60; feel the pulse and pace of the heart become slow and easy. Another dial reads “muscles and fibers” Set it to soft, loose, and relaxed. Feel all the muscles in and around the uterus ease into a deep, deep relaxation – giving the baby room to make it's turn, releasing all inner tension. (Elaborate this section as you wish)

As you sit and relax, I'm going to talk now to your subconscious.” (thank the SC for the miracle of conception and for the wonderful job it's done in supporting the baby's growth and development and watching for it's well being; but now explain that it's time to assume a new role. The time for the baby to be born is coming closer, and so it's time to give direction to the muscles that have been holding the baby in an upright position. Tell the subconscious to direct those muscles to release and relax, making room for the baby to make its turn into the vertex position. (Repeat the directions to the SC to do just that.)

Now talk to the muscles with very much the same message – how well they've done, etc. Explain that it is necessary for them to ease and relax, to make room for the baby to turn.

Now talk to the baby – telling it how pleased its parents are to be getting ready to welcome him/her. How loved-how happy- how complete their lives will be. Tell the baby very much the same message. See itself folding down and around so that the head can slip easily into the proper position to make its journey through birth, easy, safe, and comfortable for both baby and mother at the appropriate time.

Now talk to mother...

HypnoBirthing truly feels that fear is the cause of babies remaining in breech position. A tense mother translates to a tense cervix/pelvis. At this point do a fear release with her. You may glean from her before hand, how she feels about birthing, stories that she's heard of her own or other birthings; how she feels about her parents parenting; what her husband/partner feels about the baby coming. Is there going to be a significant change in her career or in how she views herself? Is their housing arrangement adequate?



How will they fend financially? How confident is she that she can handle motherhood? Does she have the natural feelings of being overwhelmed? What limiting thoughts may be lingering. (This can be an interactive session through this part) Help the mom to see the limiting thoughts and then to destroy them as she feels she would like to. Have her visualize herself on a path that is rough and rocky. It's uncomfortable for her to walk easily. Blocking the path is a large boulder that represents emotions, thoughts, experiences, etc. Have her take a sledgehammer and chip away at the rock. While she is doing this, quietly recite a litany of emotions like anger, disappointment, fear, abandonment, sadness, rejection, etc. Then have her see the residue of the rock as soft stone dust that is spreading onto the path ahead of her. When she is finished, she feels the path is smooth and clear. Have her visualize herself, her baby in her arms, walking down the soft shiny path into a rainbow or some other pretty scene.

Sometimes the stress is totally unrelated to birthing or baby. What is going on in their life that is a challenge for them?

Finally, have the mother, with the newly found confidence for a easy birth talk to the baby. What are the feelings she wants to express aside from the desire that the baby turn. Then include her gentle persuasion in regard to the baby's turn. Simply talk with her in the turning session about releasing the muscles and visualizing the muscles relaxing and allowing the turn. Have her see it happening, slowly and easily.

In the end have her step into a happy scene of her completed birthing – holding the baby in her arms and seeing the look in baby's eyes as their gaze meets for the first time. You can tie this into the path that she is walking above.

I know it's a lot to cover, but it must be done. Remember, the client experiences time distortion. It will not seem all that long to her. It should be noted that each time a client has done this, it has taken only one session, and baby has usually turned within twelve hours.

Here's to a happy turn.

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Breech: Visualization for turning breech baby

The head is getting heavy... - oh so heavy – and that it would feel... so much better if he/she would just let it gently droop... and droop... and droop

At the same time... I envision my uterus shaped like a very large upside-down pear... the bottom of it is nice and rounded, just perfect



for the baby's head... the head continues to droop... first onto it's chest... then it tucks itself under a little more... a little more... and a little more... and then the whole body gently floats over... and then the baby sinks down, down, down into the part that made just for cradling the head... it fits so comfortable there...and the baby feels wonderful because she can rest her heavy, droopy, little head into this cradle in the pelvis... where she/he will remain until she/he decides it's time to be born... when all things are ready... he/she begins the birth process in the perfect position in which to be born... head first..
