

Hypnobirthing Hub Home Study Course Mp3s/ Cds

What to Listen to and When

Some mothers reading this section may have many months before the wonderful birthing day arrives and for some others it could be a precious few weeks away. Therefore, wherever relevant I have indicated what to focus on before and after thirty-five weeks. Your hypnobirthing success is not an equation based on the amount of recordings you listen nor the amount of practice you do. Therefore this is simply a guide for you. Some mothers will do more, particularly just prior to birth and some mothers will birth beautifully with much less effort. You will know the right amount of listening and Hypnobirthing Hub practise.



Part 1 - Pregnancy Relaxation and Health

- T1 Introduction
- T2 Pregnancy Relaxation and Health
- T3 Quick Relaxation and Baby Bonding
- T4 Pregnancy Affirmations

Listen to the tracks **regularly** from now until the birth of your baby. By listening to these recordings regularly, it will provide the best possible pregnancy experience for you and be a simple reminder for continued health and relaxation during your pregnancy.

Before 35 weeks: Listen to at least two tracks once per week. You may like to focus more on this recording and less on the other Hypnobirthing Hub recordings.

After 35 weeks: Listen to at least one track a week and then focus your attention on the other Hypnobirthing Hub recordings.



Part 2 - Release all Fear of Birth

- T1 Introduction
- T2 Release the Fear of Birth
- T3 Quick Release – Fear
- T4 Quick Release – Problems
- T5 Quick Release – Relationship

Listen **once** to T2 Release the Fear of Birth. This is a long therapy session to remove deep fears or unhelpful beliefs about birth. Listen again if needed. The Quick Release tracks are an aid in finding emotional freedom when issues arise.



Part 3 - Rainbow Relaxation for Birth

- T1 Introduction
- T2 Rainbow Relaxation
- T3 Birthing Relaxation
- T4 Birth Partner Relax and be Confident

These tracks are perfect to listen to as you go off to sleep, just pick one to listen to as you fall asleep. The Rainbow Relaxation is designed for both partners as is a general relaxation with minimal birth content in it. The Birth Partner Relaxation is only for birth partners and is an excellent summary of what to do on the birthing day.

Mothers: Listen to T2 Rainbow Relaxation and T3 Birthing Relaxation once per week.
Partners: Listen to T4 Birth Partner Relax and T2 Rainbow Relaxation once per week.



Part 4 - Breathing and Birth Visualisation

- T1 Introduction
- T2 Visualise your Amazing Birth
- T3 Birth Affirmations
- T4 Relaxation Breathing
- T5 Surge Breathing (Contractions)
- T6 Birth Breathing

Listen to these tracks once a week until the birth. T2 Visualise and T3 Birthing Affirmations can be listened to as you fall asleep or Listen to Birthing Affirmations while getting ready in the morning.

Before 35 weeks: Focus on learning the breathing techniques.

After 35 weeks: Increase your breathing practice until it is automatic. Practice relaxation and Surge Breathing (with or without the recording) every day for five minutes each. Practice your Birth Breathing each time you do a bowel movement.



Part 5 - Anesthesia for Easy Birthing

- T1 Introduction
- T2 Relaxation Triggers and Special Place
- T3 Creating Anesthesia for Birthing

These are the more advanced Hypnobirthing techniques and are very helpful to create deep relaxation and comfortable birthing. Make sure you are **sitting upright and awake** to get the best use out of these tracks.

Mothers: Listen to T2 Relaxation Triggers **once** to create the trigger. Practice the Relaxation Triggers once a week and throughout the day whenever you need it. Listen again as needed to deepen the trigger. Listen to T3 Creating Anesthesia **once per week** and practice the Anesthesia Triggers **once per week**.

Birth Partners: Listen to T2 Relaxation Triggers **once** to create the trigger. Practice the Relaxation Triggers with your partner (your hand on her shoulder) **once per week**. Listen again to T2 to deepen the trigger.



Part 6 - Your Birthing Day Guide

- T1 Introduction
- T2 Early Comfortable Birthing
- T3 Moving to your Birthing Place
- T4 Established Comfortable Birthing
- T5 Birthing – Breathe your Baby out
- T6 Quick Release – Change of Plans

These recordings are a helpful summary of Hypnobirthing Home Study Course and are designed to be listened for each stage of your birthing day. It will calm and remind you of the tools, techniques and stages of birth. This is a must to bring at the birth!

Before 35 weeks: Some women have found it helpful to listen once before 35 weeks.

After 35 weeks: Listen **once per week** and take these recordings with you to your birth.



Part 7 – Audio Guide

- T1 Introduction
- T2 Unit 1
- T3 Unit 2
- T4 Unit 3
- T5 Unit 4

These instructional recordings are designed to accompany Hypnobirthing Home Study Course material. Listen to the audio guide at least once or as many times as you like. These are the only Hypnobirthing recordings that can be listened to while driving or operating machinery.

Tip: *If you are finding it difficult to persuade your birth partner to read the manual, these recordings are an easy way to introduce Hypnobirthing.*



Part 8 - Birth Music

- T1 Introduction
- T2 Pure Embrace
- T3 Adrift
- T4 Sea waves

These T2 and T3 are the background music in all Hypnobirthing Home Study Course recordings. By listening to these tracks regularly provides an audio relaxation trigger. It will also subconsciously remind you of Hypnobirthing Home Study Course material on the day of your birth. This recording is a must to take to your birthing place. Many women find T4 Sea waves, is helpful in creating a gentle rhythm in their Surge Breathing.