

# The Painless Childbirth Book



The only book that teaches you how  
to work with your subconscious  
mind for a better birth.

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© January 2008 by: Israel Maya CMHt

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## Dedication

I dedicate this book to my wife, children and mom whom have been a great support in my life and all of the wonderful expectant women that took my live course and have taught me so much. Thanks.

# Table Of Contents

Introduction.....	7
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## Chapter 1: All About Subconscious Programming

1.1 In The Beginning.....	11
1.2 You didn't know that you were programmed?.....	13
1.3 The Beginning of Subconscious Programming.....	14
1.4 The Critical Factor.....	18
1.5 Reggie Helps Us Understand.....	20
1.6 Internal Subconscious Commands.....	25
1.7 Linda's Power of Suggestion.....	27
1.8 Harmful Words to Watch Out For.....	28
1.9 How to Handle Negative Birthing Stories.....	29

## Chapter 2: How To Have Control Over Your Emotions

2.1 Letting Go of Emotions.....	33
2.2 Feelings Control Us Or Do They?.....	33
2.3 The Body-Mind Connection.....	34
2.4 Releasing.....	35
2.5 How To Apply Releasing.....	38
2.6 Uprooting Negative Feelings About Birthing (worksheet).....	40

## Chapter 3: Relaxation and the Mind

3.1 The Importance Of Relaxation At The Birth.....	42
3.2 Relaxation is easy. Look who's talking a Hypnotherapist.....	43
3.3 The Contradiction.....	44
3.4 The Job of the Mind.....	45
3.5 How to Reach a State of Mental Passivity.....	46
3.6 Making Your Own Relaxation Recording.....	49
3.7 Advice in Creating Your Script.....	51

3.8	Affirmations and Intentions.....	53
3.9	The Proper Way to State Intentions and Positive Affirmations.....	54
3.10	The Power of Mantra.....	55

## **Chapter 4: Working With Your Subconscious Mind**

4.1	Eight Points On How to Work With Your Subconscious Mind.....	58
4.2	Another secret to a better birth.....	61

## **Chapter 5: Exercise and Pregnancy**

5.1	Prenatal yoga to enhance the birthing experience...	64
5.2	The Role of Exercise in Birthing.....	65

## **Chapter 6: The Husband's Role in a Better Birth**

6.1	The Husband's Role In Having A Better Birth.....	68
6.2	Dear Expectant Dads.....	75

## **Chapter 7: The Day of Birthing**

7.1	The Secret to a Birth You Are Looking For.....	84
7.2	Precautions For a Hospital Birth.....	85
7.3	At what point do you use your techniques at the birth?.....	87

## **Chapter 8: Affecting Your Baby Pre and Post Birth**

8.1	Does all of that relaxation affect the baby?.....	91
8.2	Another Way Relaxation Affects Your Baby.....	92
8.3	How aware is your baby?.....	93
8.4	Your Power as a Parent.....	94
8.5	Working With Your Children's Subconscious Mind.....	98
8.6	No Critical Factor...No Resistance!.....	99
8.7	Programming Children At Sleep Time.....	99

8.8	Questions and Answers on Working With Your child(ren) at Nighttime.....	100
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## **Chapter 9: Choosing Your Baby's Gender**

9.1	The Secret to Having a Boy or Girl.....	104
9.2	Back To The Source.....	104
9.3	The Logic Behind The Passage.....	105
9.4	In a Nutshell.....	106

## **Chapter 10: When Two Worlds Come Together**

10.1	Your Baby's World Before It Enters Yours.....	108
10.2	A Long Journey Down A Short Path.....	108
10.3	Your Worlds Together.....	110
10.4	First or Second Time Dads.....	112
10.5	Your Children and the Baby.....	113

## **Chapter 11: As Your Baby Grows**

11.1	I can't believe how much time has passed.....	116
11.2	Create Grooves In Their Mind.....	117
11.3	Anchors.....	117
11.4	When I get older I won't do what my parents did!.....	119
11.5	Childhood Illnesses.....	121
11.6	Summing It All Up.....	127
11.7	How to Read a Relaxation Script.....	130
11.8	Sample Relaxation Program.....	132
11.9	What to Expect Coming Out of a Deep Relaxation.....	135
11.10	Contact / About Israel Maya CMHt.....	137

## Introduction

If you are reading this book I am assuming that you are pregnant, so first of all congratulations on your pregnancy. Maybe this is your first baby, second or more. No matter what number, it's a beautiful time. I am so happy that you've decided to read this information because it's really going to make a difference in the way that you perceive birthing and help you have a better birth.

How do I know? I've been working with pregnant women for nearly 10 years and have gotten amazing results with a course that I teach called The Painless Childbirth Course. This course has not only taught women to change their perception about birthing, it has also put those same women in control of their birthing experience. This affected them positively, and had an incredibly impact on their babies as well. We will explore how their babies were positively affected later on in this book.

I feel very fortunate to hear from the women (which have taken my course) who call me after having their babies to tell me that they were dancing at the birth, they were having a party and having a good time. Many women have told me that it was not nearly as bad as they expected it to be and that they always knew that they could "do it" because of the techniques that they learned (in other words they felt confident enough to have the baby without the aid of drugs of any kind). I've also had women tell me that delivering their 2<sup>nd</sup> or 3<sup>rd</sup> baby was much easier after they took my class. The testimonials go on and on.

My first "patient" for this course was my wife. When my wife was giving birth to our first child I felt helpless. She was in a lot of pain and I couldn't do anything about it. My wife and I decided that a drugless birth would be the best way to go for her and the baby, and although I knew we were doing the best thing for us it

was very difficult to see her so distressed. I made a conscious decision that said that I was going to help her somehow at the next birth because I could not just stand there and do nothing, so by our third child I taught her the very same techniques that I teach in the Painless Childbirth Course and many of the things you are going to learn in this very book.

What was the result of my wife learning the techniques that you will soon learn? It was very different than our first baby of course. She was smiling throughout the birth and still talking on the phone to her sister while she was 9 cm dilated. When the head of our daughter was coming out, my wife was laughing. The midwives were astounded and at times confused as to why she wasn't cringing in pain as they typically saw other women do. "How is she doing that, one of the midwives asked. "With hypnosis," I answered.

She had some discomfort but it went so beautifully that she was in complete control of herself, her emotions and her experience. Some may believe that her ease of birthing was due to her having had 2 other children already and that hypnosis was not the reason. It's possible that the fact that we had other children may've helped the birth canal stretch but I have trained countless first time moms that had similar experiences as my wife. They knew nothing about relaxation and these techniques prior to taking my class and were just everyday normal women.

What made the difference? They had a desire like you do to have a great birth and simply did something about it. You too will have a similar story because you have decided to take action in bettering your birth experience. It is obvious that we cannot do hypnosis through this book but you will get a lot of important information and good advice on do's and don'ts that will help you enhance your experience and if you decide to take the Painless Childbirth Course it will further the enhancement.

In this book you will also get a tremendous amount of information on the subconscious mind and how it works. This will help you with yourself and with your children because if you know how we learn on a subconscious level you can work with your children's subconscious right from the start. In addition, this book has a special section for your partner the expectant father and great advice for him on how to help you along the way with having a better birth. At the end of the book you will learn actual techniques that you can use on your children so that you can promote success within them at an early age and so much more. I am so excited to work with you even if it's through this book.

I dedicate the next few sections to how the negative programming about giving birth begins and establishes itself in the female subconscious. This information is crucial to increase your awareness as to how your mind works in order to understand how to make the positive changes you are looking for. Just follow along with me and you will later understand why I bring all of these references. Let's begin!

If nature had arranged that husbands and wives should have children alternately, there would never be more than three in a family.

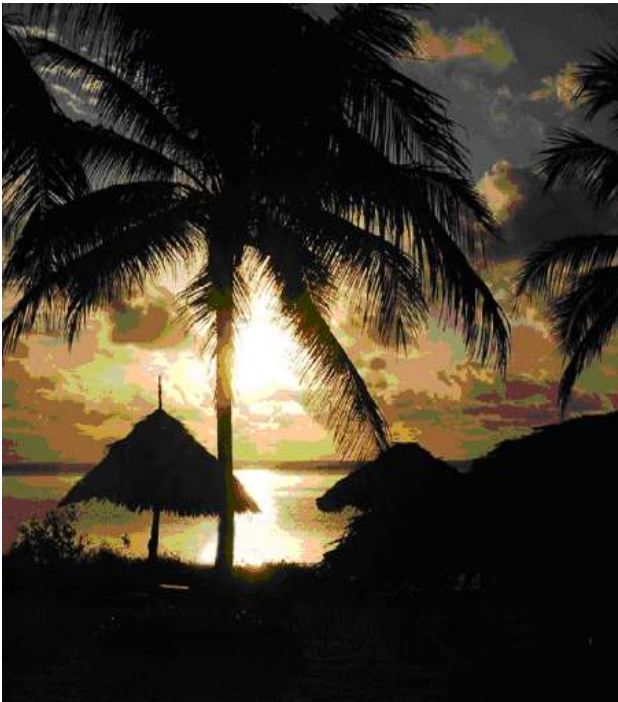
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# Chapter 1

All About Subconscious Programming

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## In The Beginning



“God created heaven and earth,” says the Bible. It also says that after God created Adam and Eve he commanded them not to eat from the fruit of the tree of Knowledge. We learn that Eve ate from the fruit and gave to her husband Adam, and when God found out, he punished both of them.

The punishment He gave Eve was that she would increase in pain while she birthed. Well you know the rest. This is not a Bible class but there are some biblical concepts that tie into an unpleasant birth. Many people as children learn the events that are mentioned in the Bible surrounding Adam and Eve. Some learn it as a story; some learn it as truth and some as allegory. However you learned it does not matter, what does matter is how it impacted you when you were a child or whenever you received the information.

Millions of Religious leaders, religious officials and common man have interpreted God’s curse to Eve to mean that **all** women have been cursed by God to have pain in labor. However if you look at the text, God only says I will increase “your” pain in labor implying that only Eve will have the pain, not every woman after her. If you are a religious person you may wonder if what I am saying is true or not. If you are, check the Bible to remove any doubts. The language is clear.

Because of this interpretation, billions of people throughout the course of history have stated, affirmed, believed and acted upon the notion that pain and difficulty must accompany labor as a result of the curse given to the first woman, Eve. Another explanation is that because major religions had such a powerful impact on society as a whole the idea of the woman having to have pain in labor permeated and anchored itself to birthing in our minds.

This influence affected and continues to affect how birthing is generally portrayed in movies, TV shows, magazines, books etc. The validation of this historical event through religious figures and the media causes it to become ingrained in the consciousness of society as a whole and that affects you.

Why, you ask? Because when we are exposed to certain ideas as children we just accept them without question. If the majority of society says that there must be pain in birthing, people believe that there must be pain. When I present myself to expectant moms at the birthing center I always ask the same question: “What do you believe birthing is supposed to be like?” I always get the same answer: “painful, long, and difficult.”

Not every woman experiences this, yet most women believe that these components are the very staple of the birthing process. Wouldn't you agree that a belief system like this can affect all of us but especially the expectant mother at a subconscious level?

Ask yourself, “What do I believe the birthing process is supposed to be like?” and you will most likely get a similar answer that I receive from the expectant moms that I present to. What's important here is that you become aware of your thought process so that you can change it. My aim in telling you all of this is not to bring doom and gloom to pregnancy and birthing, rather to help you become more aware

of what unconscious thoughts exist in society and perhaps within you so that you can then take the appropriate steps to change them.

## **You didn't know that you were programmed?**

Some people don't like to hear that they are or have been programmed. The truth is that as human beings we many times act automatically, which is indicative of a certain type of "programming" that exists in our body and minds. This can be a good thing. Think of it; if you didn't breathe automatically, you would probably be dead. If you didn't have innate reflexes that have the function of protecting you, you may've gotten seriously hurt in the past. For example, when you fall down your automatic response is to bring your hands forward to break your fall and protect your face, you can certainly understand why this is such an important reflex and like this there are many.

Therefore, you have the tendency to function on innate or programmed information in your mind. This autonomy of responses comes from your subconscious mind. We know because your body continues to function even when your conscious mind is asleep or not paying attention to those functions that keep you alive like breathing and heart rate. Besides bodily functions, we have other automatic responses that make up our personality, our relationships with others and the way we respond to situations.

These automatic responses come from what you've learned in the past. To give you a more concrete and pertinent example, most women believe that birthing has to be difficult because that is what they learned as children. The immediate thoughts that you have about birthing come from something you have learned and not necessarily from something you have experienced, unless you've already had a

child in which case you are simply verifying an experience you've already had based on previous programming.

“But Israel, I had a baby and it really did hurt.” If this is the case, of course it did, I am not denying your experience or saying that it didn't hurt. What I am saying is that the experience does not have to be that painful and in some cases, it can be completely painless, as some of my patients have experienced. Additionally, you can be in control of yourself while you are delivering and take your power instead of just giving it away.

## **The Beginning of Subconscious Programming**

Your subconscious is an amazing part of your mind. It is the storage place for all of your experiences, emotions, habits, automatic responses protection and identity. It is the part that makes **you** who you are. It is the character that you play today based on the compilation of the experiences that you've had in the past as short a time as a few minutes ago and all the way back to when you were just a developing fetus in the uterus of your mother.

Your first actual subconscious exposure to birthing was when you were born. The fetus develops the ability to hear at around 7 months of gestation. When you were being born you certainly had the ability to hear events that surrounded your birth to start creating and formulating your identity and belief system about birthing. How do we know this? People have been hypnotized and regressed as far back as the time they were in their mother's uterus and can remember certain events that they heard which they later confirmed.

I had a patient that regressed to the time of being in his mother's uterus and heard his mother and father arguing. His father then hit his mother. When my patient

asked his mother of this incident (to confirm the validity of it) she was shocked at how he knew this information because she had never told him. Therefore we have examples that point to the ability or at least the possibility of recording (even through voice or sound imprints) events in the subconscious mind at a very young age.

Because of your ability to hear and record information at birth, your first exposure to birthing came from the way you were born. If mom was tense, anxious, screaming or scared you would've heard that and recorded it in your subconscious mind.

Your conscious mind was nowhere near as developed as it is today so it could not really analyze to block anything of this experience. It did not have the ability to think about what the screaming or anxiety could possibly be and so it stored it for future reference. Your subconscious recorded the event and attached it to birthing. If being born was pleasant then you obviously have a good consciousness about birthing. If it was negative (which many are) then the anchor that your subconscious creates about birthing is that birthing equals fear, pain, anxiety or whatever else may have occurred at that time.

As a side note you should be aware that your mom had obviously no awareness of this so we can't blame her. I am simply explaining that process so that it does not repeat itself with the coming of your baby. In other words, don't get upset at mom.

As you grew, your subconscious amassed information for later use and survival. Within this massive storage of information are things that you learned in school like the written or spoken word, and visual education that you absorbed by watching other people act and interact like your mother or father, grandmother,

grandfather, peers, aunts, uncles and cousins. Visual education is simply learning from seeing or watching someone else. Nothing was taught like “two plus two equals four,” you learned it passively from what you observed.

Here is an example. Susie at 2 years old is a very calm child. She often goes to her Aunt Matilda’s house who has 2 girls of her own. Susie plays with aunt Matilda’s girls often and one day Jane, Matilda’s youngest threw a temper tantrum to get ice cream when her mother said no! Because of the screaming Aunt Matilda gave in to Jane’s demands and the little girl got the ice cream she wanted. Susie noticed this and filed it in her mind for later use. One day when Susie didn’t get the cookie she wanted, she screamed and yelled just like her cousin Jane did to get what she wanted.

This being a simplistic example gets the point across about visual education. Susie was never taught that temper tantrums are a way of getting what you want, but she learned it by watching her cousin. If mom gives in, then she will add another important piece of information to her education that says, “If I scream and yell it gets me what I want.” If mom does not give in but teaches her to ask nicely she will have no choice but to resort to ways other than tantrums to get what she wants.

In addition to visual education from family and friends you also have visual images of things that you’ve learned from TV, movies, shows plays and things that you’ve read. These sources help to form the foundation of who you are, how you live your life and what you believe. The reason this is such is because as a child, you are free from any pre-conceived notions. Your subconscious mind is fertile ground where no belief system resides simply because it is a new, fresh mind ready to receive programming from its outside environment, so whatever people tell you is what you believe and what you establish in your subconscious.

Understanding it from the point of view of birthing: if your environment (i.e. mom, aunts, TV, movies etc.) taught you that giving birth is a very difficult experience, then your subconscious mind establishes this idea because you had no previous information as a child and your body and mind respond according to what you've already learned when you get pregnant or are having your baby.

Additionally, as you grow, other people will come into your life to validate the information that you learned as a child and this will actually strengthen the program that is already there. Here is an example that will help you further understand.

At seven years old Reggie and asked her mom how world. Her mother invited one day when Reggie mother “mommy, how do world?” All five ladies Elizabeth, Reggie’s mom answer. “Well,” answered from mommies’ tummies



became curious one day babies come into the 5 friends over for lunch decided to ask her babies come into the chuckled and looked at to see what she would Elizabeth “babies come sweetheart.” “They

grow in there until they are ready to come out and then mommies just push them out through here,” pointing to the appropriate place. “Is that where I came from mommy?” “Yes honey, that’s where you came from,” and then tuned to her friends.

Reggie went off to play with her dolls but was still paying attention to what Elizabeth’s friends were saying. “Well, when I gave birth to little Johnny it was so painful, I gave birth kicking and screaming” said Joan, the loudest one of the group. “My labor lasted 18 hours and was so painful they had to knock me out,

interrupted Lily. “You think your labor was bad,” exclaimed Grace, “I tore and bla, bla, bla. Reggie didn’t know anything about giving birth before this day but she sure learned a lot from mom’s friends. She learned that giving birth was called labor, that it’s hard, long, painful and they may even have to strap you down to do it. Oh yea, let’s not forget that you kick and scream while you do it too.

Although Reggie had no prior knowledge of giving birth, she got a formal education from her mother’s friends and filed away in her subconscious mind the first conscious piece of data about having a baby. At this point, she may or may not formulate a belief system about birthing, but whether she does or doesn’t, the TV or movies will do a good job at reinforcing what she’s already learned from Joan, Lily, Grace and others. In other words, each time she sees a negative scene (which most are) in a movie or show about giving birth it will compound the information she already has stored creating a stronger program. That is how the subconscious mind works.

## **The Critical Factor**

This part is not going to be about mother in laws I promise. It’s about the critical part of your mind, called the critical factor that has the function of shielding all the ideas in your head once you’ve established and believed them. This critical factor forms around every idea that you regard as true.

In other words, every time you establish a belief system, your critical factor will protect it. Here’s an example. If I say “jumping out of a plane with a parachute is scary,” you will most likely agree or say yes. This is because you already have an established belief system about heights that is there to protect you and you didn’t have to think twice about my statement; it was purely automatic. It doesn’t necessarily mean that you are scared of heights it just means that if I gave you a

parachute right now and said we were going on a little adventure, you would most likely decline.

If you were used to jumping out of planes or were never scared of heights to begin with, then you would argue with my original statement. You'd say, "nah, jumping out of a plane with a parachute is no big deal; it's looks scarier than what it really is." This automatic response is the critical factor doing its job very effectively, for once you establish a belief system in your subconscious it will be protected at all cost whether the belief system is right or wrong, good or bad, positive or negative. This is because the subconscious mind does not know right or wrong, it simply accepts. It is only the conscious rational mind that tells us what is good or bad, right or wrong.

The same is with ideas of birthing. Once you've established a belief system in your mind about birthing, your critical factor will protect that belief system whether it's positive or negative. Because of this, your body and mind act automatically in accordance to that system of beliefs. Pretty amazing isn't it?

The truth is that this system of protection is necessary because without it your structure of character could be as flimsy as a tree that has no roots. If a strong wind would blow, the tree could topple over without ever having a chance. The problem is that if you want to change a negative idea in the subconscious mind once it is established, you have to work with the subconscious to replace it with a positive one. This is not hard to do but can be nearly impossible if you don't know how.

## Reggie Helps Us Understand

Up to this point, I've given you different pieces of information that explains how many women develop a belief system about birthing. Here I'm going to pull all of this information together with the following story.



We are now going to go 20 years into the future to Reggie's life, the little girl that asked her mom where babies come from. Well she's all grown up now and at 27, she turned into a fine woman. She's sophisticated, beautiful, successful and well

adjusted. She works for Durront Incorporated, a major advertising firm in New York and married Brad the man of her dreams, which used to be a client. Reggie is pregnant with their first child and is currently in her 2<sup>nd</sup> trimester.

Being the intelligent woman she is, Reggie has done a lot of research about pregnancy and birthing to educate herself as much as possible, since her doctor is too busy to answer any questions she has when she goes in for a prenatal. She ordered an interesting book titled What You Need to Know When You Are Pregnant; her best friend Audrey recommended it to her. It talks about nutrition in pregnancy, what you should and shouldn't eat, the different changes you can expect and it also references natural and epidural births. In the book she reads "Natural births are becoming more and more popular these days." "You should be prepared however to go through a possible long and painful experience if you choose this route."

Pregnancy Today a popular magazine she reads often tells her that “natural birth is a great way to go but if she is going to do it, she should brace herself for the inevitable amount of pain that accompanies this type of birth.”

Reggie doesn't really have time to watch TV during the day but she records a popular cable program that actually shows real birthing scenes. She doesn't enjoy the part where the woman is in a lot of pain and is screaming but she loves to see when the baby is born and mom finally gets her reward for having carried this baby for 9 months.

As the pregnancy progresses, Reggie exposes herself to an abundance of information that is available about birthing which is mostly negative. This reminded her of the pre-existing subconscious program that she established 20 years ago. While she didn't really think about having a baby for those 20 years, she saw movies and TV shows that showed scenes of women screaming in pain and cursing their husbands for what they did to them. It was funny in the movie, but it unfortunately validated something that mom and mom's friends talked about many years ago. Besides, when she told her OB that she was thinking of doing a natural birth he said, “Why put yourself through all that pain; we have drugs that can take all of that away.”

Reggie trusted her doctor, but wasn't convinced about the drugs. She read on a web site about natural birthing that the drugs could affect the baby and can slow down the labor so that it would cause a woman to have a C-Section. She didn't want a C-Section because Audrey had one and the recovery time wasn't worth saving herself the hassle of the pain in labor.

Although Reggie was a woman that was in control of her life, she couldn't help but be scared about the upcoming event. The closer it got the more she worried.

She talked to her husband Brad but all he said was “we’ll do whatever you want honey.” That didn’t help much because she needed input not just support.

November 18<sup>th</sup> came, the day she was going to deliver and she started to have contractions. She phoned her mom and told her, “Mom, I think this is it.” “Ohh honey I’m so proud of you.” Then Elizabeth added, “Are you having any pain sweetie?” “No mom, it’s not so bad.” “Well then you’re probably not in active labor yet, it’s gets a lot stronger as you go along.” “That’s the way it was when I had you.” That’s all she needed to hear. As the contractions went on they got more and more intense just as mom said.

“Ohh no, this is what everyone has been talking about all of these years,” she said. “Brad, quickly we have to go to the hospital; call Dr. Roche.” Subconsciously Reggie began to conjure images that she had as a teenager from those birthing scenes she saw in the movies. She thought about the tough birthing story the nice lady at the store told her and remembered the interview of one of the birthing moms from that cable show she watches. Her tension levels escalated. They got stronger and stronger and of course it scared her. Her changes in hormones were like a turbulent sea as the body accommodated for this beautiful event which was about to take place in just a few short hours.

Reggie was in her room at 5 cm dilated. She was as wound up as a coiled spring. The hospital atmosphere felt cold and controlling. At least the nurse was nice; her name was Wanda. “Honey, try to relax, you’re in labor but your birth is not progressing because you’re so tense, just try to relax,” said the nurse. “Besides, you’ll need your strength for when you are in hard labor.” “You try to relax when a watermelon is about to go through your vagina,” thought Reggie. “Hard labor, hard labor sounds so harsh; it’s such an ugly blow when you are already in pain,” she pondered. She didn’t know how to relax. She spent a lot of time learning

about the pregnancy, birthing and what complications can arise with it, but didn't spend time learning how to relax. This didn't seem important until now, but now it's too late to learn.

"How can I relax at a time like this," she thought. Finally Wanda approached Reggie with a suggestion, which would not make things any easier. "Would you like me to give you something for the pain?" "I can have the doctor here in a few minutes." Nooo, now she really didn't know what to do. She wanted a natural birth, but she couldn't take it anymore. "Now what do I do," she thought.

This scenario is very common and one that thousands of women face on a day-to-day basis when delivering their babies. It is important to realize that the compounding of the constant suggestions of difficulty in birthing through time is what makes it even more difficult. As you can see from Reggie's story, the first time she was exposed to hardship in birthing was when she was 7. The conversations she overheard impressed her subconscious mind but it may not have been enough to cause a tough birth. As she grew, however she got a taste of what the rest of society, her peers and what "respectable" people really think about giving birth.

When a person is exposed to countless suggestions on something they can eventually be regarded as true. You may think of it as brainwashing in a more passive sense. Up to this point in her life she had suggestions from her mother, her mother's friends, her friends, her doctor, plus the books and magazines that she read. When Reggie got to the point where she was birthing and began to have contractions, her mother suggested that if she didn't have pain, she really wasn't in "active labor." I've actually heard stories of midwives telling this to my students. They say, "Well if you are not having pain then you can't be in active labor."

They don't say this on purpose; they just don't understand how powerful this suggestion can really be.

There was once a student of mine we'll call her Sally, which came to my class. She really had fun doing hypnosis. The day she was ready to deliver she began to have contractions and started using the techniques I taught her right away. After several hours, she called her midwife; it was about 2 am. The midwife asked, "Are you in any pain?" "No," she said, so the midwife told her, "Go back to sleep because if you aren't in pain you aren't in labor." She called back a little while later and insisted on coming in even though she was still not having much discomfort. The midwife agreed and when Sally came in she was 10 cm dilated ready to deliver.

Someone may say, "Well Sally had an easy time doing hypnosis, she was just good at it." Let me tell you another story of a woman that I had a difficult time with. Laurie was a skeptic. It's good to be skeptical at times but sometimes you can deny yourself a good experience when you are too skeptical. She and I did private sessions at the office and each time I would ask her how the session was or how she felt she would say "ok" or "fine." Any therapist does not like one-word answers. I particularly like to get feedback so that if there is anything else I can do to help, I want to do it. I sensed her skepticism throughout our sessions.

The day came that Laurie was going to deliver, at least she thought so. She went to her doctor and told him "I think I'm ready." He said to her, "Truthfully, it looks like you still have another week to go." When she went home she still felt contractions, so she called a friend for support and to do a healing technique on her. Additionally, she used the techniques she learned in the Painless Childbirth Course and ended up delivering her baby on the floor of her house.

When I asked her how the birth was she said, “It wasn’t that bad,” and she couldn’t believe how easy it went. Laurie shocked me and I believe shocked herself. Her mind was so influenced by her doctor who told her that she still had time that she convinced herself and ended up having a better birth than she believed she could because the pressure of actually having the baby that day was off. Once the pressure was off, her body relaxed and it delivered the baby beautifully.

For her second baby Laurie joined one of my group classes, which I offer at no charge to graduated students. What was her second experience with birthing? It went great and this time it was on a bed.

It’s amazing what happens when someone believes a suggestion isn’t it? In Reggie’s case she believed her mother, friends, the media and her doctor. In Laurie’s case she believed her doctor. One had a difficult experience; one had a good experience because the subconscious mind accepted a suggestion that was either in their favor or to their detriment.

## **Internal Subconscious Commands**

Suggestions to the subconscious mind come in many shapes, sizes and forms as you have and will continue to see throughout this book. One of the ways that we give ourselves suggestions is by self-talk. This is a powerful way to give autosuggestion. Here’s a good example. It’s your day off and you want to take a nap or better yet you’re pregnant and you want to lay down for a little while and catch up on some much needed sleep. Unfortunately, there is some noise outside or in your home and you can’t fall asleep because of the noise. You tell yourself “I can’t sleep with all this noise.” You know what happens next? You end up NOT falling asleep. Why, because you said “I can’t fall asleep with all that

noise,” you gave yourself an internal command. Yes that’s correct, when you tell yourself that you can’t, won’t, are not able to or anything to that extent, you program your mind. There may be a smarty-pants reading this book that may say, “So what if I tell myself that I can fly Israel, will I be able to?” Well, maybe but I wouldn’t try it.

Seriously though, I am talking about common things. Unfortunately, people give themselves suggestions that they act out later. Instead of saying, “I can’t sleep with the noise outside!” Say, “Every sound relaxes me more and more.” Instead of saying, “All these thoughts in my head are not letting me fall asleep!” Say, “I become more and more relaxed with each thought,” or “The more thoughts I think, the deeper I relax.” I have used this for years and it works successfully for me. I have also taught it to a lot of my clients and they are able to give themselves more effective suggestions to use for the betterment of their lives.

In essence, it’s important for you to become aware that autosuggestion can be extremely helpful or hurtful, so use it to your advantage especially for your birth. Many suggestions that you receive from this book are great, so keep this idea about autosuggestion in mind as well. Tell yourself that you are going to have a great birth. There is no harm in doing that. I’ve come across people that have told me I don’t want to think of something positive because if something bad happens I’ll feel worse. “Not true,” I say. If you begin at a high and don’t get what you want then at least you were at a high for the time that you were thinking that things would go great. Then if things don’t go as planned, you didn’t start at a low and went lower. You started at high and came down a bit. If you start low and went lower it’s much worse. Wouldn’t you agree?

## **Linda's Power of Suggestion**

The power of suggestion works more effectively than we will ever know. There was once a lady (we'll call her Linda) that spoke to me after I gave a presentation at the maternity center. I include this story because it may just help you along in your birth. Here is a gist of our conversation:

**Linda:** I had a totally painless birth.

**Israel:** Ohh, great, did you take my class?

**Linda:** No

**Israel:** Well then, you must have taken some other hypnosis course right?

**Linda:** No

**Israel:** So how did you do so well at your baby's birth?

**Linda:** Well, I kind of took your class.

**Israel:** I'm sorry, but I don't remember you taking my class and I'm usually pretty good at faces. Did you start the class and then couldn't finish it?

**Linda:** Actually, I was present at your introduction at the center.

**Israel:** Now I get it. I don't teach any techniques in the introduction though, I just talk about the class, so how did you....

**Linda:** Just the things that you said at the introduction made so much sense that I needed to prove it to myself, so I did and the birth was completely without pain.

**Israel:** Wow! I better watch what I say or I'm not going to have students. Laugh

**Linda:** Laugh

This is one of the most unbelievable stories I've heard throughout my career of doing this course. The fact that someone came to an introduction and convinced herself that pain isn't necessary to have a baby and then didn't have the pain is fantastic. We can clearly see here how powerfully words can have an impact upon us, so start convincing yourself now to have a good birth.

## Harmful Words to Watch Out For

We've seen how auditory suggestion and visual images, scenes from media and seeing general things create mental programming. Let us now understand how words themselves can cause autosuggestion.

There are words that in my field we may refer to as “a painted word,” which causes people to feel something that they would rather not feel. When I say the words knife, sharp, blade, needle, nail, cut, or slice what impression do you get? You most likely don't get a very good one right? That is because the words that you just read have a negative associated feeling, most likely a squeamish one. At some point in time you had an experience with one of these items mentioned and it was not a very pleasant experience. So those words become triggers to conjure up unpleasant feelings that are stored in your subconscious mind.



In the realm of pregnancy and birthing we have several words that are important to remove from the vocabulary because they act as subconscious triggers, which actually reinforce a negative birth. Those words are LABOR and PAIN. What a terrible way to describe a birth...LABOR. It's not bad enough that you go into labor but then you are taken to the LABOR ROOM. If that's not bad enough once you go to the LABOR ROOM, then you will be in HARD LABOR.

What does labor mean anyway? The answer I always get from expectant moms is that labor means work and it means pain (and in this case a whole lot of it). It is not to your benefit to say, “I am in LABOR,” because it implies hardship, a lot of work and of course pain. The word pain is another difficult one as well. When

you think about **PAIN** you may think about the color red, a sharp object and a throbbing sensation. Pain is unbearable at times and a feeling you would do anything to get rid of.

“Ok Israel what do I do stop talking about having a baby?” Nope! You change the way you talk about it. Meaning, instead of labor you call it having contractions, birthing or whatever your mind comes up with that is inconsistent with LABOR. Instead of **PAIN**, you can use **discomfort**. Say the word **pain** to yourself and **discomfort**. Which one sounds easiest to handle? (Of course I say that rhetorically.) Discomfort associates itself with a feeling that you can handle so it is best to change the way that you speak about this beautiful experience you are going to soon have.

Keep in mind that although you may be changing your vocabulary about birthing not everyone will join you. That’s ok, give them permission to speak in any way they want to, but you are going to accept that the birthing process doesn’t have to be that way. You are now changing the way you think about having a baby but everyone else has the right to think how they want to at the same time giving you the right to think how you want to as well.

## How to Handle Negative Birthing Stories



“Ohhh you’re pregnant, let me tell you about how I gave birth.” That may be a client that you have gone to see, a lady at the store, or someone you meet at the park. Maybe your friend has just given birth and she tells you how she did it. Obviously you want to hear all of the

positive stories that you can about birthing. You can do without the negative ones though and within the 9 months that you are pregnant you will most likely run into someone that is going to share their difficult birthing story with you.

Many women that hear these stories don't want to be rude and ask the storyteller that a negative story really doesn't serve her so she shuts up and listens politely maybe even cringing inside from ugly details. If you hear a pessimistic story about birthing and accept what the other person is saying remember that you are only compounding (like a commercial) what other people say, or whatever negative things you've been exposed to about birthing. I address this in my course and give the following suggestions. You can either:

A: Tell the other person politely "I hate to be rude and interrupt but I would really rather hear the more positive things about your birthing experience because this is a sensitive time for me." Most likely, they will understand and if they don't then they are being rude and disrespectful.

If you can't do that then do the following:

B: As the other person says their story repeat to yourself "this was your birthing experience, not mine."

With the first suggestions you stop any incoming damaging info before it ever hits your subconscious and with the second you are instructing yourself not to accept the information that you hear from the other person. This works as an intention. Intentions as we will learn are very powerful at directing the subconscious mind even if it's for a short time. When you give yourself an intention, you are instructing your subconscious to take that action which you determine and your subconscious finds the most effective way to execute your command.

In fact, the following causes difficulty in the birthing experience. Many women simply accept the fact that having a baby is going to be hard and they say something like: “I know that natural birth is the best thing for my baby and me, but it’s going to be painful.” This is an intention; it is a direct suggestion to the subconscious mind. The best thing to do is to begin changing those intentions now!

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# Chapter 2

## How to Have Control Over Your Emotions

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Thank you for reading Chapter 1 of this book. There are 10 more chapters to go and so much more information to learn. You will learn things that will have a powerful positive impact on your birthing experience. Please go to [www.painlessbirth.com](http://www.painlessbirth.com) and follow the “Buy Now” link to obtain your copy of The Painless Childbirth Book.