

Relaxation Techniques

Israel Maya CMHt
Office: 305-655-2451
Direct: 305-772-3643

www.painlessbirth.com, www.painlessbirth.net

Disclaimer: Below are simple relaxation techniques that are not harmful or contraindicated for anyone. However, if you for any reason you believe that any of the techniques below may be unsafe for you please consult your physician.
The author assumes no responsibility.

Greetings,

Thank you for downloading this file. This information was intended to help you with relaxation techniques while you are birthing. If this is the only file that you have downloaded...I would like to introduce myself. My name is Israel Maya and I am a certified Master Hypnotherapist. I have been working with many forms of hypnosis and with a very special form of hypnosis, which helps birthing mothers have control over their birthing experience. I call this form of hypnosis Painless Childbirth and I give a course on the topic either privately or in the Miami Maternity Center, the largest birthing center in South Florida. The Painless Childbirth Course has been very successful in helping birthing mothers have a smooth, relaxing and even painless birth.

It has been my experience with the years that I have been doing this and the women that I have worked with that relaxation plays the most important role in having a better birth.... period. When a woman is relaxed, her birth canal relaxes and the baby has an easier time coming into this world. By the time expectant mothers have taken my class, they have learned how to relax their entire body on command within 20-30 seconds. This is extremely important when contractions are coming one after the other because it is difficult to relax when a birthing mother is caught by surprise with the sudden oncoming contractions.

I highly suggest you take either my class or some relaxation course that will teach you how to relax quickly. But if you cannot, I wanted to offer some relaxation techniques that can help you have a better experience. When I teach my class, I tell the students that the most important part of the course is to put **YOU** in control of the birthing experience. Since we are the ones that get tense, we are the only ones that can relax. So if you are diligent with relaxation techniques, you can achieve a pretty good relaxation that can be very helpful for you while you birth.

Don't Try To Understand

Do you know why there are some people that don't succeed in relaxing when they take a relaxation course or try to learn it from a book? Because they try to understand what relaxing is and the truth is that you cannot understand relaxation with your conscious mind. Your mind's job is actually to keep you busy so how do you think that your conscious mind can understand relaxation? There are many times where we don't have too much to do and all of the sudden, you feel as if it's impossible to sit still. We feel as if "we've got to do something." This is

because your mind has to “do something” it has to think, so trying to understand relaxation only brings you to more tension. I mention this for all of those analytical people that are constantly thinking (yours truly included). It’s not a matter of understanding relaxation...it’s a matter of just letting it happen because the truth is that no one can teach you how to relax...you already know how to do this on your own. The methods you learn are to help get you in the relaxed state faster. Long ago, I was successful with my own relaxation when I just let go.

Time To Let Go

There are many ways to relax. You can come up with so many, but I will give you a few ways that you can relax which can help ease the discomfort of having a baby. It is advisable for you to practice often so that you can establish a means of relaxation when you want to.

Focus

One popular method of relaxation is to focus. If you focus on one thing for long enough, your mind will relax. What we mean by mental relaxation is that the mind will slow down or stop it’s incessant thinking temporarily. This is the best way to relax because the mind is the one that is always “running its mouth.” The mind never shuts up...and to think of nothing is not only relaxing, but it’s also a relief. The easiest thing to focus on when you are doing this type of relaxation is the breath. Many forms of relaxation/meditation techniques start you off with focusing on the breath because breathing is an unconscious reaction of the body. When you take your breath (an unconscious bodily function) and focus on it, you pay attention to the subconscious or unconscious part of you. The conscious mind then slows down and the subconscious is more active (so to speak). You have to be determined at first because if you are not used to doing this form of relaxation your mind will tend to stray. When it does (which is usually the case) gently bring it back. Understand that it’s normal for the mind to stray in thoughts and accept it. This way the mind will not fight you. Forcing it will only cause it to stray more. If you find yourself fighting with your mind, do your best to remember that your mind is just doing what it is trained to do. The more you accept...the easier it will become.

Focus and Breathe

When you’ve mastered focusing on your breath, you may want to do a set breathing. In other words, you may want to inhale to a count of 2 and exhale to a count of 4. The idea behind this is the same as above. You are taking control of an otherwise unconscious bodily function. You can then mentally tell yourself to relax since you have gained more access to the subconscious mind. The important thing to keep in mind here is to breathe comfortably. Since we are not used to taking control of our breath, it may feel uncomfortable so if you prefer to do an inhale of a count of 1 and an exhale to a count of 3 it’s up to you. Just remember that it’s always important to feel comfortable with what you are doing because if you don’t, then the relaxation goes out the window.

Progressive Relaxation

If you prefer to use another type of relaxation, then here is a classic called progressive relaxation. Many hypnotists use this type of relaxation because it is among the easiest. The problem with it is that if you have an analytical mind (which today that's almost everyone) using this form of relaxation, it will tend to stray and the relaxation goes out the window. I stopped using progressive relaxation long ago because of this problem. Nevertheless, I have devised a quicker form of the progressive relaxation, which works with the analytical mind.

Usually, with a progressive relaxation, you relax every part of your body beginning from the head and slowly relax each group of muscles as you work your way down to the toes. The biggest difficulty that people have as they do this (besides the stray of the mind) is that they don't know how much time to relax each part. Plus, how relaxed is relaxed enough? This is where people get in trouble because the mind gets in the way and there goes the relaxation (out the window).

So here's what I want you to do. Tell yourself mentally "I am now going to relax," and close your eyes. Bring your attention to your head and begin by focusing on the head with the aim of letting go of any tension there. As you are focusing on your head area, count backwards from 5-1 slowly. This gives your mind another thing to focus on other than what you have to do later, like the bread you have to pick up at the store, the phone call you have to make etc. By doing this, you keep your mind focused on relaxation and you use your mind to help you stay focused on relaxation. Quickly move to the muscles in the neck and let them relax as you count slowly from 5-1. **Don't worry if you haven't relaxed a certain part of your body by the time you've finished counting from 5-1 as you continue moving along...that part of your body does relax....just keep going.** Continue throughout the entire body until you get to your feet.

Once you've reached the end of the relaxation tell yourself that you are able to do this more effectively and more quickly each time you practice so that by the time your birth comes, you will be proficient at it. This also gives your subconscious mind a direct command, which gives you a means of programming yourself more effectively. As you are having contractions, use the progressive relaxation to help you focus and relax and do your best to hold on to the relaxation while you are having contractions.

I Can't Open My Eyes

Well not really but if you pretend you can't it can do wonders. Another way to get into the subconscious mind is to confuse the conscious mind and tell it that you can't do certain things when you really can. This will cause a mechanism called the critical factor to "move out of the way" and to help you gain more access of the subconscious. What you do is the following. You tell yourself that you are now going to close your eyes and relax your eyelids totally. Once done, they will be so relaxed that they will not be able to open until you "remove" the relaxation. Then all you have to do is test them. Just tell yourself... "I can't open my eyes." That's right, try to open them and keep the relaxation there so that they don't open. Now...I know that this may sound silly to some but it's definitely doable. Yes you are lying to yourself but who cares, just

have fun with it and when contractions are coming on try to open your eyes after you've relaxed them to the point where they don't work and see what happens. What you are doing here is not only gaining access to the subconscious mind but you are focusing your mind on trying to open your eyes as contractions are coming on. This takes your mind away from any discomfort, which lessens the discomfort itself.

I really hope that some of these techniques help you in some way. It is not hard to relax, it just requires the right amount of determination and you are on your way. If you need to ask me any questions on relaxation, techniques to let go of fear, anxiety related to birth or any question on hypnosis, please feel free to call me at your convenience. Good luck!

Israel Maya CMHt

Israel Maya CMHt
Office: 305-655-2451
Direct: 305-772-3643
www.painlessbirth.com, www.painlessbirth.net