



Magical Waters

Your body and mind are relaxed and at ease. You feel yourself breathe in fresh, clean air, and breathe out any stress or tension you may have been feeling. Any negative energy flows out of you with every exhale – leaving only positive, safe, and happy feelings. Your baby is calm and carefree inside his or her own special sac of magical waters. Your baby feels your calmness and responds happily.

Breathe in that fresh clean air again – and release any fear or tension. Let it all go away from you, leaving only strength and peace and love. Breathe in – and out. . . in and out - relax.

As your baby floats in the calm waters of the womb, see yourself floating there as well. Feel yourself drift and float, just drift and float in those protective waters. See the warm red glow from the outside world and let this warm glow engulf you. Let it hold you in peace and tenderness. This is the warm glow your baby sees – the red glow from the outside world and the sounds your baby hears, as your heart beats strongly. This is the tranquility your baby feels. Let your bodies be at ease together. Safe, secure, and happy. Say in your mind, you are safe, secure, and happy. . . we are safe, secure, and happy. . .

Float effortlessly in that magical sea, in perfect rhythm with your baby. Breathe I and out - in and out. You are together on this journey and can never be alone – together on a magical adventure. Float along to your baby until you can hold that child in your arms, lovingly. You may put your hand on your belly now to gently hold the baby. You are so proud of your baby. Hold your baby and say, I love you . . . I am so very proud of you. . . I love you. . . Feel your baby return the love. Listen to the thoughts and feelings your child sends out. . . wrap yourself in that love. Stay there for a moment or two and tell your baby what you'd like to say. . . when you have finished talking to your baby, simply nod your head very gently. Now hold your baby close for another moment with positive feelings of love. Anytime you'd like to talk to your baby, simply close your eyes and picture the womb, and place your hand on your belly, gently holding your child, as you are now. You will find yourself relaxing much more easily and feeling calm and happy throughout the entire day. Now in a moment, I'm going to count from 1 to 5. You will slowly float back to consciousness and allow your baby to stay and enjoy the calm waters of the womb. On the count of 5, you will be wide awake and alert, feeling wonderful in every way. 1 – beginning to emerge from your deep, relaxed state. 2 – becoming more and more alert now. 3 – your mind is clear and you are still relaxed and calm and happy. 4 – you are more aware of your surroundings now, and starting to smile with the feeling of love and joy you've brought back with you, and 5 – your eyes are open and you're feeling alert and aware and wonderful in every way.

