



DEPTHOMETER - GLOVE RELAXATION - SENSORY GATE VALVE AND SWITCH

SCRIPT

And now that you have brought yourselves into this wonderfully comfortable **state**, picture, in your mind's **eye** that within your body is a large, **soft**, flexible, inverted thermometer. The bulb of the thermometer is just above your forehead and within the bulb is a clear fluid **of** natural, numbing relaxation-**your** body's own natural relaxant. There are 40 gradations **on the** thermometer. As I count down from 40 **to 39 to 38, etc**, picture the fluid of relaxation gently flowing down **from** one number **to** the next, with each number bringing **you deeper** and deeper into relaxation. You will feel a **deep** relaxation gradually saturating your body as the fluid fills the space in the tube. As I reach each decade on the thermometer - 30 - 20 - 10 **and 0**, you will double your **relaxation and** reach a new deeper level. Beginning to count now-39 - **38 37 36 35 deeper and still deeper** 34 33 32 31 30 and now doubling **your** relaxation. Going into the 20s-- 29 28 27 - 26 - 25 **and even deeper** 24 23 22 21 and 20-doubling your relaxation-Going into the teens-19 - 18

18 - 17 - 16 15-deeper still-- 14 12 11

-10-doubling your relaxation--Now going into **the** single numbers-9 - 8 7 - 6 - 5-deeper-- 4 **3** - 2-1-0--once more, doubling your relaxation.

And now you are at **the** very center **of** your inner mind-the control room **of** your innerconscious.

In a moment I'm going to ask you to open your eyes. Because **of the deep relaxed** state that you **are** in, you may want to stay in this deep relaxation. It may be difficult for **you** to open *your* eyes, but please **do** it. Remember that you are in charge **of** your body, whatever **you** tell your body, it will do. Then I'm going to ask you **to** close your eyes again; and when I do, you will bring yourself twice as deep as you are right now.

Now, please, remaining in hypnosis, gently **open** your eyes, still in hypnosis... You can do it. Send the message to your mind **and** body, **and** open **your eyes...** (**Repeat** this kind **of** message until most **have opened eyes.**) **And** Now close your eyes again and double your relaxed state...very good.

You are now deep within **your own** very special place of power-your own inner control room.

As you look to your right, in your mind's **eye**, see a large control panel with many lights and switches. In the middle of that panel, is a large round valve, and above the valve *are* the words "HypnoBirthing Valve."

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This valve controls the messages that are sent **from** the brain, past the sensory gate in the

brain stem, to all of the nerves in your body. The indicator switch on the valve is set to "on" at the twelve o'clock position, the way it is normally as you go about your daily routine. When this switch is on, you can move **and** feel, and you **would** experience discomfort if you were to injure yourself.

To shut off feeling throughout your body, all you have to do is turn the switch of the valve **to** the "off" position **at** the eight o'clock position on the valve. Do that now. Find the switch in the center of the valve **and** turn it **to** the "off" position.. right now. Turn that switch and feel your **body** just droop into the deepest relaxation you have ever

known. Feel a numbness and tingling begin to sweep through your entire body, the back of your knees, your legs,.. **your** ankles,..the **soles** of **your** feet. When you feel the tingling at the soles of **your feet**, you'll know **that** you are directing **the** relaxation within your body. You will continue **to** feel sensations of pressure or movement within your body **now**, but **you** will **feel no** discomfort of any **kind when the** switch has **been** turn to "off". This switch will be there for you during your labor if you should become distracted or if you simply want **to drift** down deeper **into** relaxation. It will help you to shut out all distractions and go deeper than ever before.

Now, please, in your mind's **eye**, **see yourself** reaching to turn the switch on the valve over **to** the "select" setting at the four o'clock position on the dial. You find now that you are able to move any other part of your body, but you sense that all feeling has left your right hand. **It's as** though there were a silver glove of profound relaxation on your right hand. As you continue to **place your** awareness on your **right** hand, **you feel** the fingers of that **hand** becoming full, numb, and larger. You **now** become aware that your entire hand is beginning to become numb. Your hand and fingers feel bigger. In a few moments **you** will **feel** that all sensation has gone from your hand. Your hand will feel almost as though it were like a piece of wood or a piece of leather-senseless. Imagine **now** that **the** more you put your awareness on your hand, the more you **hand is getting** numb, **cold, and** insensitive as **it would if** you held **it** in a bucket of icy slush. As you imagine this, your hand **is**, indeed, heavy **and feels** numb **and** senseless. The hand has lost all real feeling, starting from the tips of your fingers and working up across your **palm and the** back of your **hand**. You **find that your hand** is free **of sensation**, completely numb and insensitive. To ensure **that your body remains** loose **and** limp during your labor, all you **have to do** is use the switch and it will **release that** same effect as the glove of relaxation. You can place your gloved hand any place you

wish to **use** it to

relax parts of your body.

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Now, even though your hand is numb, **instruct** the hand to rise. Bring it to the right side of your right cheek-just beside your mouth. **(Repeat several times)** Place **your hand** by the side of your right cheek. **(Repeat until** the group follows the instruction). And now **you** become aware that the numbness is transferring **to** the side of your mouth- as though there was anesthesia in your cheek. Feel the tissues **on** the inside of your mouth becoming full and puffy, just as they would with an

anesthetic. Sense how **numb** your cheek **feels and how** large your tongue is beginning **to feel**. The entire side **of** your mouth has become numb with no sensation. **(Pause)** Feel it. When you are in labor, remember that you can transfer the wonderful feeling to any part of your body. You can even transfer the numbness **and** relaxation **to** the lower part **of** your abdomen **to add to your relaxation--**, and you'll immediately go **into** a deep, comfortable **relaxation (elaborate here)**. That's **good**.

Now, **(said a little more rapidly)** take the fingers of your right hand and gently **tap** the **side of** your mouth so that all feeling returns to your cheek and mouth. Tap, tap, **tap**, until the numbness is gone. **(Repeat as necessary)**

Very **good!** Back **to** normal. All feeling **restored to your** mouth and cheek. **(Repeat as necessary)** Now **return** your hand **to** your lap **and restore** the silver glove of relaxation to your hand.

Your hand **now feels** heavy and numb again. And, as **long as the "select"** setting is still **on**, **(said a bit more rapidly)**, **your** right leg and right foot have become immovable. You **cannot lift your** right foot. I want you now to "try" to lift your right foot. You cannot. It has become so heavy, it will not lift. It is stuck to the **floor**. So heavy. **(Pause)**

Now please, remaining in hypnosis until **I tell** you to release it, come **back** to the room and **open your eyes**-still in hypnosis. Now, **since your** left foot was never **instructed that** it is immovable, you can lift **your** left **foot** and move your **left** hand. Go ahead, move **your** left hand. Good, now move your **left** foot. **(Rapidly)** But--- **no matter** how hard you try, you still cannot lift your right **foot**. Go ahead, "try" to lift your right foot. You see, it is still stuck to **the** floor.

Close your eyes and **enjoy the** feeling of relaxation. Please release the Silver Glove **of** Relaxation, return all feeling to your hands, your **feet**, your entire body; all **body** functions returned to normal. Return the switch to the normal position. Release hypnosis. Come back to the room-mentally **alert**, physically energized, refreshed... Lift your right hand... your right foot.

Great! Let's talk about **that**. Mention **what you observed** throughout **this session-the depth** to

which some went; their **inability to** lift their **leg**, their heads **being** way down on their chests, etc. Some couldn't **bother to** raise the hand **to** their cheek.

How **did it** feel when I read that your fingers were getting bigger? (Wait **for** answers) Did you experience any numbing sensation on the side of your cheek?