

BREECH TURN OUTLINE

Bring the woman into a deep relaxation that includes taking her to a healing room within a hall of learning. A hall of learning is where all limiting thoughts can be eliminated, corrected, or left behind for new philosophies, new ways of looking at what's going on, and at life, and new expectations, etc., can be learned.

Inside there is a long hallway that leads to the healing room. Each step takes one closer to the control center of the subconscious. The room is decorated with healing colors--soft greens and blues and a few of her own favorite, soft, healing colors. There's a large cushy chair in the room. Have her go to the chair, sit in it; to the right is a console with knobs and gauges. Suggest that she see her hand reaching out to the gauge that reads, "breathing"; set it to 14; feel breathing become slow, calm, etc.; See another dial that reads "heartbeat"; Set it to 60; feel pulse and pace of heart become slow and easy, Another dial reads "muscles and fibers". Set it to soft, loose and relaxed. Feel all the muscles in and around the uterus ease into a deep, deep relaxation—giving throughout this section if you wish.)

"As you sit and relax, I'm going to talk now to your subconscious." -(thank the SC for the miracle of conception and for the wonderful job it's done in supporting the baby's growth and development and watching for it's well being; but now explain that it's time to assume a new role. The time for the baby to be born is coming closer, and so it's time to give direction the muscles that have been holding the baby in an upright position. Tell the subconscious to direct those muscles to release and relax, making room for the baby can make it's turn into vertex position. Repeat the directions to the SC to do just that.)

Now talk to the muscles with very much the same message--how well they've done, etc. Explain that it is necessary for them to ease and relax, to make room for the baby to turn.

Now talk to the baby--telling it how pleased it's parents are to be getting ready to welcome him/her. How loved--how happy--how complete their lives will be. Tell the baby very much the same message. See itself folding down and around so that the head can slip easily into the proper position to make its journey through birth, easy, safe, and comfortable for both baby and mother at the appropriate time.

Now talk to mother.

I truly feel that fear is the cause of babies remaining in breech position. A tense mother translates to a tense cervix. At this point I would do a fear release with her. You may glean from her before hand, how she feels about birthing, stories that she's heard of her own or other birthings; how she feels about her parents' parenting; what her husband, partner (or whomever) feels about the baby coming. Is there going to be a significant change in her career or

in how she views herself? Is their housing arrangement adequate? How will they fend financially? How confident is she that she can handle motherhood? Does she have the natural feelings of being overwhelmed? What limiting thoughts may be lingering. (This can be an interactive session through this part.) Help the mom to see the limiting thoughts and then to destroy them as she feels she would like to. I often have her visualize herself on a path that is rough and rocky. It's uncomfortable for her to walk easily. Blocking the path is a large boulder that represents emotions, thoughts, experiences, etc. I have her take a sledge-hammer and chip away at the rock. While she is doing this, I quietly recite a litany of emotions like, anger, disappointment, fear, abandonment, sadness, rejection, etc. I then have her see the residue of the rock as soft stone dust that is spreading onto the path ahead of her. When she is finished, she feels that the path is smooth and clear. Have her visualize herself, her baby in her arms, walking down the soft shiny path into a rainbow or some other pretty scene.

Sometimes the stress is totally unrelated to birthing or baby. What is going on in their lives that is a challenge for them.

Finally, have the mother, with the newly found confidence for an easy birth, talk to the baby. What are the feelings that she wants to express aside from her desire that the baby turn. Then include her gentle persuasion in regard to the baby's turn. Simply talk with her in the turning session about releasing the muscles and visualizing the muscles relaxing and allowing the turn. Have her see it happening, slowly, easily.

I usually end with an NLP technique of having her step into a happy scene of her completed birthing--holding the baby in her arms and seeing the look in baby's eyes as their gaze meets for the first time. You can tie this into the path that she is walking above.

I know it's a lot to cover, but it must be done. Remember, the client experiences time distortion. It will not seem all that long to her. Each time we've done this, it has taken only one session, and it usually has happened within 12 hours.

Here's to a happy turn