

Q5 Quantum Birth Ease

Hello ladies and today we're gonna help you to move into a space of preparation for your birth.

Breathing in and out, saying hello to the baby in your belly in your growing womb and we're going to prepare you so you both are in partnership and you are a team ready to birth together. So mommy, your job in the birth process is to breathe, to relax, to trust that this power and this force of the contracting uterus is exactly the power that will get you and baby together. Baby, your job is to help easily and naturally help your mother to birth you, so we're going to have you entirely team members working on the same side, nobody's fighting against the contractions. Breathing in and out, both you will be in harmony in sync with each other. So, I'd like you to imagine a waterfall mommy and baby and at the time birth not today, at the time of birth the baby is gonna actually come the waterfall so you can both practice lay some groundwork for the birthing canal, so maybe, it's a beautiful Niagara Falls and the baby he is coming out easily and it's very sweet, it's very fun and it's very enjoyable for both of you. breathing in and out, and mommy's I want you to prepare by knowing the beauty and the naturalness of this birth that you were safe and that all is well eventhough your body will be at high alert because it's really having a very strong force moving the baby out. I want you to stay as much as you can in a serene place and enjoy the contractions, meaning not to fight them, there's a power in the body that is so good and so strong and these are the moments you will remember the rest your life.

So as the playfulness and the connection of you and baby is developed through the next weeks and months before the birth. I want you to really enjoy each other's company and commune with each other and imagine that the uterus is so healthy and so strong and the baby is so healthy and so strong that this natural birth comes very easily to you, that you see that the time-line is really just perfect and baby is born exactly at the right moment, in the right time, on the right birthday, we don't rush anything which is so happy that this is a healthy birth and that everyone involved is going to really enjoyed the experience and then setting a tone for connection, so mommies and babies I want you to imagine it being easy and natural and flowing when you connect with each other, babies when you breastfeed and mommy's to see that this is a no brainer for both of you that this is just so easy and natural, you feel so happy and connected with each other.

Babies you can do a lot to help mommy with the birth and no kicking the kidneys please "hahaha" but you know what? You as a spirit getting in your little body and helping the body move down is incredibly helpful and moms you can send loving thoughts to your baby as the contractions are happening that you are so excited to meet each other and finally have the time

to play with each other and hold each other and gaze into each other's arms, and really spend the time connecting while you're preparing for birth because you are in partnership, you are partners, you are creating a miracle together, breathing in and out, seeing this beautiful birth in grace and ease. To toast to, so be it