

## Fear Release for Baby Before Birth

Allow yourself to get into a comfortable position. Whether you are sitting or lying down... get as comfortable as you can. Feel the surface beneath your body...

Take a deep cleansing breath. Through the nose and out the mouth. Allow your shoulders to rest and relax, releasing any tension or tightness from the shoulder blades, the neck and encouraging the rest of your body to relax and let go.

Become aware of your jaw loosening, softening. Aware of your tongue, limp and soft, The mouth and the lips are gentle and relaxed. feel your forehead smooth with no sign of tension... (pause)

See your baby nestled snugly inside of your womb... Your baby, not even born yet, has already made decisions about themselves and what life is going to be like. Some of the decisions they might make seem as if life on this earth seem scary or hard. Your baby might feel much more comfortable and safe inside the space that your body has made so pleasant these last many months.

As you relax and clear your mind, visualize your baby inside your womb. Go to your baby, take them in your arms snuggling closely.... (pause)

Feel the love that you have for this precious child... Watch as this love spills out of your heart and wash over them, like a cocoon....

See your baby wrapped in a light green blanket. This blanket represents safety and security. These are feelings that they need right now... (pause)

As you slowly rock your baby, remind them that it is safe with you and your family. Remind your baby that although, life isn't always easy, you will always be there, the best that you can....

Remind your baby that they are a divine spirit and have a connection to a divine source that will always give comfort...

Now, take a moment to listen... (pause)

At this time, your baby might project some of their worries on your mind. Let these images wash over and through you. These are insights on how you can best support this child. Sometimes when we feel heard and understood, things seem less scary.

Be there for your baby right now, without trying to fix or change any of their worries... (pause)

Now that your baby feels heard, they mostly want to feel like it is safe to connect to you. In your mind's eye as you sit with your baby wrapped in a light green blanket, I want you to notice that your own heart is expanding.... You can feel your heart growing inside you and emitting a vibrant, pink light.

Send this pink light out from your heart and see the light flow all around your baby. This pink light is filling up all the cells and molecules of your sweet baby. Now your baby is wrapped in a soft blanket of safety and filled with your vibrant love. You have helped your baby understand that they are here for a divine purpose and can feel an immense amount of love from those that are waiting.

At this time, say anything you want your baby to know before they come. And take this moment to just be with them. This is a truly sacred time for the two of you before you both have to manage and navigate the physical part of this baby's journey. Now, as you lay your baby back down in the coziness of her current home, you see them lying comfortably with the knowledge of your love and their safety within your love....

Tell your baby that they are welcome to come anytime they are ready. Your baby is the one that starts the chemical and hormonal reactions that need to take place in order to be birthed and they will do that when they are ready. ... You get to just love and appreciate your sweet baby from inside you, so close to your heart.

If you are ready, take a deep breath in through your nose and out through your mouth. Feel the ground beneath your body...wiggle your toes... raise your arms above your head and feel a wonderful stretch....When you are ready, open your eyes. Take another deep breath... You are ready to continue on with your day, feeling so connected and peaceful.