



# The Journey

The Blissful Beginnings Newsletter  
Issue 1 - September 2010

## Welcome

to the very first issue of 'the Journey' – The quarterly Blissful Beginnings newsletter.

Rona and I have decided to produce this publication with the goal of keeping our clients and peers informed of developments in the world of fertility and birth related Hypnotherapy.

For those of you who are unaware, Blissful Beginnings is a partnership between myself, Russell Marling of Synergy Within, and Rona Spicer of Intrinsic Outcomes. We created this partnership after meeting with Marie "Mickey" Mongan – the founder of HypnoBirthing in February. The focus of Blissful Beginnings is to:

- **Provide first class psychotherapeutic support for our clients in the fields of fertility, pregnancy, birth, and post partum care.**
- **Raise the profile of Hypnotherapy and HypnoBirthing in South Australia, so that it becomes a recognised choice for women and their birth companions.**

Over the past three years I had already started the journey to achieve these goals, and now that Rona and I have teamed up we have really begun to take significant steps to realising them.

I would like to personally thank all of the mothers and their birth companions, who over the last three years have embraced HypnoBirthing, and enjoyed the benefits of a relaxed, calm attitude towards birth. May your positive, healthy attitudes rub off on those who share your world.

Russell Marling

## Pregnancy Outcomes and Statistics

The latest pregnancy outcome statistics for South Australia are now available from:

<http://www.health.sa.gov.au/pehs/pregnancyoutcome.htm>.

These statistics provide an insight into birth in South Australia and may help people when deciding where to birth their baby.

SA Birth Matters have also compiled a birth choices guide to help with decisions regarding care during pregnancy and birth.

Visit <http://www.sabirthmatters.org.au/> and select "SA Birth Choices Guide."

Being pregnant is an uplifting experience that changes your life forever. For nine months you watch your body undergoing change as it supports and nurtures the growth of a new little human being. Over time the baby begins to move, to make his or her presence known and becomes a real little person, long before the actual birth.

The fun continues over the years as you watch him or her grow and learn, developing their own identity. One of the most wonderful things to know is that you are instrumental in this creation. So isn't it so important to ensure that the transition from carrying and caring for your baby whilst pregnant continues through the birthing process?

By creating a calm and pleasant environment whilst giving birth is a perfect way to commence life on "the outside", starting life peacefully and stress-free.

I am a mother of three beautiful daughters, one step daughter and two sons and have been committed to helping people over many years through hypnotherapy, psychotherapy and kinesiology.

After meeting and learning the Mongan Method of HypnoBirthing my business extended into helping mums and their birthing companions prepare for this important next step in their lives.

As I am waiting in anticipation for my first grandchild, the process and understanding of a natural and calm birth is important for me to share with not only my children but all new-to-be parents in Adelaide.

This is only the beginning, Russell and I hope to encourage many new mums and their birthing companions to enjoy and experience their baby's birth with excitement, enjoyment and wonder as they experience a quiet, calm and peaceful journey into parenthood.

Rona Spicer

## New Hypnobabies!

Warmest congratulations are extended to the Mums and Dads who have welcomed their own Hypnobabies into the world recently.

Natalie and Matt welcomed their beautiful daughter Ivy. Baby Ivy weighed 5lb 2oz (2.32kgs).

Mija and Matt welcomed their beautiful daughter Aurelia. Baby Aurelia weighed 9lb 1.5oz (4.12kgs), and was 52cm in length.

We have a number of Mums who are birthing their babies over the next couple of months, so we wish you all a safe, happy and relaxed birthing experience.

*Blissful Beginnings*

A peaceful journey from conception to birth

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## Relaxation Tools

In times of stress, our usual response is “fight or flight”; fight the challenge or run away from it (flight). This is the way we as human beings have learned to survive. In today’s language this means anger or fear and is a reaction based on our past experiences. This often equates to the feeling of being “spaced out”, “vague”, not “with it”, where we are unable to “think” rationally.

When working on becoming pregnant or during pregnancy we want to remain calm and relaxed and prevent this debilitating response. The following technique is helpful to use when a stressful situation arises or to generally keep your body functioning in the most beneficial, calm and “stress-free” way.

### How NLP can help

#### Anchoring

A woman had previously experienced two traumatic births and used the following plus other NLP techniques to help her control her fear of the impending birth and also the birth itself.

Her testimonial: “It really made a difference to my experience of labour”. “From the very first contraction (surge) to the actual birth took just four hours. I had no stitches and no drugs, and felt ready to leave hospital after just a few hours. It really made a difference to my experience of labour”.

Anchoring, a way of creating a signal to elicit the same state in a person each time the signal is given. Anchors occur naturally in human communications – they can be both resourceful and unresourceful. For example, think of a time when a smell reminded you of a person or event? Or even maybe a song that reminded you of a person or a time in your life.

Deliberate anchors can be set (provided the stimulus is clear and distinct) to bring about powerful change in the person’s current state. For example, Tiger Woods always blinks twice before lining up for his next shot. He has set an anchor there to provide him with focus, confidence, and complete trust in his ability.

So how can this help you? Anchors can be set to bring about a state that you wish to be in, so an anchor can be created to bring about relaxation, confidence and even pain relief.

With the lady mentioned earlier, she was asked to relive an experience whereby she had already felt the positive effects of some form of pain-killer. As she relived it, the key steps were “anchored” (i.e. A point was touched on the lady’s body that linked the key aspects of the experience to her physically). When she felt she needed some form of pain relief during the birth, her husband fired off the anchor, hence “activating” the same response as the pain killer.

More effectively, as not all of you would have experienced significant pain relief before, relaxation and calm could be introduced in the same way. During HypnoBirthing classes we teach you how to anchor a deep state of relaxation which can be “fired” off to bring you back to a state of calm, peace and to induce relaxation when needed during the birthing process.

### Did you know?

The Blissful Beginnings website contains an array of published research and information surrounding fertility, pregnancy and birth. Visit [www.blissfulbeginnings.com.au/research.html](http://www.blissfulbeginnings.com.au/research.html)

## Boost fertility by reducing stress

The argument regarding whether stress plays a part in fertility problems has been debated for a long time, but research published in August 2010 by Oxford University in England has shown that an increase in the stress hormones adrenalin and cortisol can reduce the chances of falling pregnant.

In her published research, Dr Sarah Berger of Magee women’s hospital in Pittsburgh found that stress can cause the brain to reduce the signals sent to the ovaries. This can cause ovulation to become irregular or even stop. This condition known as hypothalamic amenorrhea affects 5% of women during the reproductive years.

Another study conducted by Alice Dolmar PhD showed that women who utilised stress reduction techniques saw their ability to fall pregnant increase dramatically. This included women who were undergoing fertility treatment such as IVF.

What can you do to reduce the stress in your life? While we do not advocate you quitting your jobs or making similar drastic changes, we do suggest that you arm yourself with ways of dealing with the stresses of daily life. Scheduling time out for yourself, yoga, massages, listening to music or reading a book are great ways to switch off for a while. Utilising the benefits of hypnotherapy and self hypnosis bring about wonderful levels of relaxation within, allow your body and mind to align with each other and work together towards your goals. Even the simple action of holding hands with your partner has been shown to greatly reduce stress levels.

Take some time to stop, think about what stressors you have in life, and work towards managing those stressors better. You will be glad you did!

## HypnoBirthing continues to grow in South Australia

It has been a long journey, and we are still only at the beginning, but the awareness regarding HypnoBirthing in South Australia is gaining momentum. Thanks to the mothers, their birthing companions, and their care providers who have embraced HypnoBirthing, there has been a notable shift towards the philosophy, techniques and benefits being recommended and utilised during pregnancy and birth.

With more and more regularity, mothers and their birth companions are approaching birth from the viewpoint of wanting to feel empowered, and at the same time maintaining an element of control over the way their birthing plays out. This desire to take ownership of their birthing experience has meant that they feel the need to understand, be educated and well prepared for birth no matter where they plan to have their baby, or what direction the birthing may take. A comment we hear from many previous HypnoBirthing couples is that the midwives attending the births are in awe of the relaxed, calm attitude that the birthing mothers are bringing with them.

It is not just the mothers however who we can thank for the growth in HypnoBirthing. The care providers who understand that HypnoBirthing is a collaborate method of birthing, and work with HypnoBirthing couples need to also take some credit. These care providers who have taken the time to listen, understand what HypnoBirthing is truly about, and incorporate the tools and techniques have also had their own experiences enriched. It is hoped that over the coming months and years more and more doulas, midwives, obstetricians, and other people working in the birthing industry follow the lead of their peers and positively welcome and support HypnoBirthing couples with open arms.