



HypnoBirthing[®]

The Mongan Method

A Mother's Conversation With Her Unborn Child

Dear Little Baby Inside Me, I Want You To Know:

*I am involved in a wonderful experience.
I am having a baby, and you are that wonderful baby.
I welcome this experience with such happiness.
I can feel the changes taking place in my body.
My womb has become a temple of joy because of you.
I can feel you grow within me, and my body swells with pride.
I love the way I look.
I keep myself looking neat and fresh.
I'm taking good care of myself for both you and me.
I'm eating properly for both you and me.
I take pleasure at the thought of your moving inside me.
My life combines with yours in love.
I'm preparing myself for the time when you will be born.
I feel you within me-strong and healthy.
I'm carrying you with such loving pride.
I feel the exciting bloom of being pregnant.
I have a beautiful glow about me because you're in my life now.
I nourish you with love and take care of my body.
I'm learning to relax more every day.
I look forward to your birth with such joy.
I am confident about your easy birth.
I'm practicing relaxation so that you can move easily and comfortably into this world
All doubts are put aside as I look forward to your birth.
I keep my mind calm and peaceful so that you can be calm and peaceful.*

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*When you're born, little baby, I will give you love so that you may grow in love and trust in yourself and others.
I promise to talk to you in such a way that you will listen, and I promise to listen to you in such a way that you will talk.
I will respect your right to be yourself and I'll try to help you to learn to respect the rights of others.
I promise to encourage you to seek answers that will lead you to know and appreciate this wonderful world around you.
I promise to teach you with love and guidance, rather than anger and punishment.
I will teach you, and I will learn from you.
I will provide opportunities for you, to help you grow in love and happiness.
I see you, little baby, coming from my womb; and I see you cradled in my arms.
I'm elated at the thought of your coming to me.*

Dear Little Baby, I Love You.