

# INDUCTION GUIDELINES

## BEFORE AN INDUCTION:

- Listen to your **Fear Clearing** track.
- Listen to the **Change of Plans** track.
- On the way to your induction, listen to **Your Birthing Time Begins.**

## DURING AN INDUCTION:

Once you are in your room and the induction begins, listen to:

- **Birthing Day Affirmations**
- **Visualize Your Birth**
- **Special Safe Place**

When birthing waves begin, listen to:

- **Deepening Your Hypnosis**
- **Easier First Stage**- best track to listen to once things get really active.

## OTHER TOOLS FOR BIRTHING TIME:

- Remember to use your **Peace, Release** and **Relax Cues!**
- Have birth partner/ doula read you **birth prompts!**
- Use your **CENTER switch** to remain comfortably mobile!