

"Before I became pregnant I wanted to have an epidural. I heard that labor is this terrifying, painful experience that all women must endure. All that changed when I became pregnant with my daughter. I questioned the logic of this so-called labor experience I heard so much about and I spoke with a friend who had three successful natural births. She referred me to the HypnoBirthing® home page. When I read on the home page about the fear, tension, pain theory it all made sense to me. At that moment I wanted to do a Hypnobirth and found Deborah through the web page. I called Deborah immediately to get information about the class and when I spoke with her, I felt a connection. It felt like we have been close friends for years and so excitedly I said yes to the class. Taking the HypnoBirthing class was a positive experience for me as well as my husband. I diligently listened to the Rainbow Relaxation CD every night from my third trimester to the day I delivered my daughter. I practiced the affirmations, the exercises, and tried to eat as healthy as possible. The reason I did my "homework" and took the tools from the HypnoBirthing class so seriously, I wanted to be prepared in having the birth experience I wanted and I succeeded. Here is my birth story.

On February 6th, 2011 my water broke at eight that night while I was at my parent's house. I drove home and my water went from a trickle to a gush when I walked into my house. I announced to my husband who was sleeping in our spare bedroom trying to recover from the flu that my water broke. He jumped up and asked if I called Deborah and/or the hospital. I laughed and said "neither I wanted you to know first." After calling Deborah, then the hospital (who told me it was ok to stay home until my surges were two to three minutes apart), and finished packing my hospital bag, it was time to focus and get settled in. My husband immediately took the nightlights around the house and plugged them in our kitchen and living room. I settled in my favorite spot on the couch as I listened to the Rainbow Relaxation CD.

When Deborah got to our house by nine thirty, my surges were coming in waves every few minutes. Deborah settled behind me and provided counter pressure on my lower back while my husband spoke to me softly and offered many praises and compliments on how well I was doing. By ten or so, I transitioned to active labor and the reason I knew was I became increasingly hot like I was in the Sahara desert and I threw up. Unfortunately, the throwing up didn't stop until I was about to push which was a few hours later. I frequently drank water and went to the bathroom every hour as Deborah directed me to do which helped me from getting dehydrated.

By midnight, my surges were two to three minutes apart and we decided it was time to head to the hospital. We reached the hospital by twelve-thirty and the ER nurse rushed me up to labor and delivery since I kept saying I wanted to bear down. I got settled in, a nurse came into my room and checked me. I was 5 cm dilated and 80% effaced. I labored over the toilet for a period of time, but the majority of the time I leaned over the hospital bed with my husband in front of me guiding me with every surge. By three forty-five it was time for me to breathe baby down. I pushed for thirty minutes and the whole entire time I kept on repeating in my head the affirmation, "I'm breathing my baby down with love." It definitely was intense but I never felt any physical pain except when I hit the ring of fire when the baby was crowning. That was painful yet it only lasted a mere few minutes then my daughter, Bailey, made her appearance into the world. Bailey was born at 4:15 am weighing 6lbs. and 11 oz. and was 18 inches long.

Giving birth naturally was the most empowering experience in my life. I'm probably one of the few women who said right after having their baby I wanted to do this again. With all my babies I will without a doubt do HynoBirthing and have Deborah as my doula. Deborah, you are an amazing, positive, compassionate person who will forever have a place in our hearts and in our home."

Joy A., Lemoore, CA