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I acknowledge Sharon King for her expertise and training in this area.

During Pregnancy the Mother's perception of the environment is chemically communicated to the baby through the placenta and also her energetic system.

The mother's body is the outer body of the baby

The baby is also affected by the experiences of the father.

Cingulate Gyrus - the only part of the baby's brain not developed in the womb.

- Opening of the Cingulate Gyrus stimulates the development of the prefrontal cortex – the central processor for the brain.
- This releases oxytocin, which stimulates us to “lay down your life for your baby”
- Part of the brain that connects the Mother to the ancient wisdom of knowing how to be a mother.
- Influences the baby and the parents in how we form relationships -
- Influences the bonding process with the mother / father / baby, which allows the baby to feel safe
  
- It is also an integral part of the limbic system, which is involved with
  - Processing emotions and behaviour regulation
  - arousal (stimulation)
  - memory.

How to awaken the Cingulate Gyrus?

-being nurtured / held

-skin to skin contact

-eye contact – focusing on the mother's face

-hearing the mother's voice

A baby can recognise the imprint of a human face straight away after birth at close distance

The Intake - I begin with a general intake about what they know about your Client's time in the womb / family dynamics/ health issues of the parents / stories they have been told / any major stressors / traumas either parent may have experienced while the client was in the womb (eg loss of a loved one) etc.

### **The Process**

Close your eyes and allow yourself to relax as much as you possibly can - that's right, get yourself really comfortable.

Take in a breath, and follow that breath all the way down to the stillness....all the way down.

Breath in and follow that breath all the way down to the stillness and with every breath you are going deeper and deeper into that quiet still place.

Notice how you are allowing every part of your mind and body to become relaxed, as right now, we are healing anything that you may have picked up in the womb, that is no longer serving you.

Now imagine your Mother when she is pregnant with you.

Notice what is happening in her life at that time and who she is with.

Is your father there?

Now just imagine yourself as that little baby in the womb, and as that baby you are feeling everything your Mother is feeling..

What is happening with your little baby?

As that little baby,                    -what are you thinking?

  -what are you feeling?

  -what are you hearing?

What is your baby picking up from the Mother and possibly even the Father

### **SUDS /10 - Tapping until the SUDs is a 0**

Now leave your little baby (you may suggest you leave the baby with something / someone so they don't feel alone)

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Imagine seeing your Mother and Father in front of you.

Notice the look on their faces / the dynamic between them - what is happening in their lives?

**Tapping** – on any issues with the Mother and the Father until all have smiles on their faces or are at a **0/10**.

(You may do the quick tap, trading places, parts and pieces – whatever comes up).

Occasionally the client has referred to Grandparents, and if they do, here is an opportunity to make peace with this as well (after all we did start as an immature 'egg' in the body of our Grandmother)

### Womb Issue

Go back into the womb and move into the body of the baby picking up everything she/he is now thinking / feeling / hearing /tasting

If something comes up, **Tapping** to clear anything you have been told (stories) or believe, about your time the womb.

*(These Beliefs may become unconscious forces that drive our current behaviour)*

Ask your baby to take you back to that time just before conception – and connecting with your higher self, ask 'what is your Life Contract – what you are here in this life time to

**learn  
experience, and  
release?'**

And now imagine you are in the body of that tiny baby in the womb just after conception and just very slowly float forward as that little baby in the womb and let me know when she/he feels any disturbance (anything above 0 SUDs) – at what month is this / what is happening?

### Tapping until a 0 SUDs is reached

Now ask your client to as his / her self what **Limiting Belief** did you pick up in the womb – is this still running in your life?

**Tapping** to clear this.

May even need to do Tap it Down, Tap it up process.

Now just float forward – to the next month, then the following until you reach the 9<sup>th</sup> month and just stop me if there is anything there that is not total love

Move slowly and easily to that time just before your birth – be aware of anything happening to the mother as well.

If you feel the need – again move away from the baby (Maybe leaving it with a resource eg teddy bear, grandparent, guide, angel etc.)

**Tapping** on the Mother and Father as required.

If there is a birth trauma – e.g. forceps, caesarean etc.

**Tap** on this to bring resolution.

Bring in any resources you need. *Note - this must be done before the birth process*

### The Birth

Move into the body of your baby for this birth process

Where would you like to be born – hospital, birthing centre, forest, by the sea, water birth, home-birth? You are making new beginnings here, so it's now your choice.

Now just see that little baby being born very gently with wave like motions– how is that baby feeling now?

### The Baby

Notice your father (or anyone they choose) very gently picking you up and placing you on your Mother's abdomen allowing you to rest a moment

Then gently lifting you and placing you next to her heart, right were her breast is. Feel the warmth of her skin and hear the beating of her heart. Imagine a little door in her heart open and all this love comes flooding out and into you.

1. And as you open your eyes and look deeply into your Mother's eyes, notice how love floods from her eyes into yours.
2. What can you Hear ? You might imagine soft crooning words of love from both your Mother and Father,
3. What can you Smell?
4. What can you Taste?
5. How does the skin Feel ? you might notice the feel of your skin as its being gently stroked and lovingly held.
6. What Emotions are you feeling, What emotions are your parents feeling?  
*(Allow time for this).*

As this is happening just be aware that the cingulate gyrus is being activated. Now just gently move out of your baby's body and stand next to her/him.

Then 'tune' into your little baby – notice how easy it is to love your little baby – notice how the more you love your little baby the more that love comes back to you - feel the joy of that love filling your heart and the more this love fills your heart the easier it is to love your little baby.

How does that feel?

Feel free to finish this off and reimprint in the way that you find most appropriate.

You may like to do the following - do whatever you feel would work for your client.

Be aware of how you pace this - do it at the speed for your client to allow time to connect with whats happening.

### Reimprinting

Now flood this image with a colour and notice what is happening with your baby and you right now.

Bring that colour/the image/the feelings /sounds into your heart and really connect with them there.

### The Mind

Now impinge holding your baby and take this image to the mind – notice that colour/ feel those feelings and see the image of that perfect little baby - use whatever words work for your client.

And just begin to notice how every single neuron in your mind is being recoded with that joy that power that energy of that love (add in clients words here) – and any strand that is unlike love is released as new pathways are created

### The Body

Flood that energy, the colour and the feelings through the body through every single bone, muscle, fibre, tissue and cell in your body - until you are filled, glowing, radiating with the joy, the power, energy of that love and notice how that love changes everything – and right down into the nucleus of each cell – into every strand of DNA in every cell of your body and notice how this love reprograms, recodes, reimprints every single cell in your body with the joy, the power and the energy of this love (add any words specific to your client).

### The Heart

And as this love totally transforms every single cell in your body, just notice how your heart opens up.

As you hold your little baby in your arms, give your baby a message – something you have always needed to hear

Allow your baby to communicate with you – it might just be a look – allow whatever happens to be, and notice how this changes everything within you. These changes will continue for the days and weeks to follow, even while you sleep.

Now just bring that little baby into your heart so that she/he can be nurtured and loved and notice how complete you are.

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