

## **Be the Baby Script**

Now I'd like you to imagine yourself lying comfortably in a room with very dim lighting. The only noise in the room is low volume white noise that creates whooshing sounds throughout the room. As you listen to the soft whooshing, thumping sounds in the room, you find yourself relaxing and feeling very safe and very secure.

As you lay there feeling completely safe and secure, I'd like you to notice that the lights are progressively getting dimmer and dimmer. The lights in the room are slowly fading, as you lie there feeling incredibly comfortable and safe. Getting darker and darker now until now there isn't any light in the room at all. This feels natural to you and the darkness feels like a comforting blanket wrapped gently around you. You let your eyes close as you enjoy this wonderful feeling of being completely safe and secure. Hearing only the soft whooshing and thumping noises all around you.

Now you begin to notice that your body feels buoyant and seems to be swaying gently from side you side. Your body gently rocks from side to side and up and down in a soothing and rhythmic fashion. You realize that your body is rocking gently because you are floating in a tub of warm water. The water is warm and your body feels perfectly supported as you gently sway from side to side and up and down.

Move around in this watery-world of darkness and quiet whooshing and thumping. Notice how your arms and legs feel as they move about in this watery substance. Feeling safe and secure as all the nutrients you need to survive are delivered right to you without you having to even think about it. You feel safe knowing that mommy and I are one and that she is eating a healthy diet that gives you everything you need to grow and develop.

Notice that you are not always sure what creates the sensations that you feel. Like if your hand accidentally brushes up against your face, you may not realize that your hand is what you felt touching your face. This doesn't bother you and you continue to feel safe and secure as you float weightlessly in this watery-world. Your watery-world has everything you need to grow and develop and you know that mommy and I are one, you are protected, loved and cared for.

As time passes in this watery and safe world, you find that you are growing more accustomed to your environment and your body. When your hand brushes against your face you not only realize that it was your hand that created this sensation on your face, but you may actually put your thumb in your mouth. Your watery world is all you know and you feel very safe and very secure here. Getting everything you need to survive and thrive. Mommy and I are one and she provides everything that I need.

And now you may even begin to open your eyes only in this watery world and examine the world around you. You may actively seek out your thumb from time to time and most of all you like to listen. You love the whooshing thumping sounds in your world and you know these sounds so well that when the pace of the thumping changes, you notice. Changes in the pace of the sounds you know can make you feel anxious. You are most happy when the sounds you know are consistent and at the pace you expect. Your watery-world gives you everything you need and mommy and I are one.

You perform a series of stretches and movements on a regular basis while you live in this watery-world. It's an exercise program of sorts, where you move your arms, legs, hands, feet, and all the parts of your body on a regular basis. When someone pushes or taps on your watery-world you may move out of the way of the pushing or tap back. You may begin to play and interact with people outside of your watery-world.

You now notice voices from outside of your watery-world and there are at least two voices that you like most of all, mommy and daddy. Whenever you hear your favorite voices, you listen intently. While you can't make out what they are saying, you understand the tone and the feelings have an impact on you. Things like happiness and love increase your feelings of safety and security, while anger and worry make you feel insecure. You know that mommy and I are one and when she feels stress, you feel stress, and when she feels calm, you feel calm.

And still you listen and wait for signs that mommy or daddy or someone else outside of your watery-world is interacting with you and playing with you. You may get the hiccups and even cry. You begin to notice tastes, like sweet and sour, and you start to develop the tastes that you will like and dislike after leaving your watery-world. You are experiencing more and more in your watery-world, as you continue to grow and develop and bond with the voices and the people outside of your world. You know that mommy and I are one and that she will give you everything you need.

In a moment, you'll awaken gradually as I count from one to five. One, take a deep breath, feel your body beginning to awake. Two, feel your fingers and toes begin to move. Three, more parts of your body move as you feel yourself coming back into the room. Four, stretching now as you prepare to open your eyes. And five, eyes open, wide awake. Totally awake with your eyes open now.