



www.TheRemmertMethod.com



Transformation Meditations

by Odille and Steve Remmert

The Story of Your Birth

For use in combination with changing childhood memories using [Childhood Memory Transformation](#)



Instructions:

Read this story through, imagining it in whatever way comes naturally to you.

When you experience any kind of resistance, stop reading for a moment, and address it:

1. **If it is logical objection** – for example: “My father wasn’t there when I was born”; or “It was a difficult birth” or “My parents had no money for a separate nursery” – that is Conscious Resistance. In this case, use logic and reason to address it – for example: “It doesn’t matter because my subconscious doesn’t know the difference, and will believe whatever I give it” or “I can’t change the original event – that’s over now – but I can change how my subconscious holds it” or “There are no memory police. I can change this to whatever I want it to have been – and the better I make it in my imagination, the better the new references I’m giving my subconscious (so, why not make it ideal!)... and the better the results I’ll experience in my life today”
2. **If the resistance is in the form of other memories** coming up, that simply means that your subconscious has “proof” that contradicts this new memory – and all you need to do is change that “proof”! Make a note of the memories that come up (just one or two words to remind you of them), and then use Childhood Memory Transformation (CMT) to change each one to the opposite, positive, and empowering. As you do this, you are giving your subconscious “proof” that this new memory is the real story – which will provide the foundation for the changes you want to see in your life, moving forward.



The Story of Your Birth

Your parents were so excited when they found out they were expecting you! They spent hours browsing baby stores together, choosing the best, cutest, cuddliest toys, accessories, and clothes.

They loved preparing the nursery – designing it to be just perfect. With gorgeous colors, pictures, toys, and furniture. They couldn't wait for your arrival. They were so much in love, and you were the perfect expression of that love.

Both your parents spent time reading and learning as much as they could about caring for a baby, and daydreaming about how wonderful it was going to be to have you with them.

The first time they went for a scan, and heard your heartbeat, your dad was so overwhelmed by the moment that he had tears in his eyes, and as he and your mother gazed at each other, their hearts were filled with the love between them and their love for you.

Your dad put the print-out of the first scanned picture of you, in his wallet, and it is still there now. He had to have it laminated to protect it over the years.

The day you were born, was a beautiful day, and your mom was feeling calm, but excited to finally have you in her arms. That morning, she and your dad stood in the nursery, looking at the crib and the tiny clothes, and feeling the anticipation and excitement that they would finally have the baby to go with all of these things!

It was a remarkably quick and easy birth. In fact, the staff mentioned that it was one of the easiest and smoothest births they'd ever attended. Your mom was tired, but happy and grateful to be holding you, her perfect, precious baby, in her arms. Your dad, having been with your mom, holding her hand and encouraging her through the labor, gazed down at his precious wife and newborn baby, feeling his heart swell with love, pride, and gratitude. Holding you for the first time, his heart made a promise to you that he would always be there for you; always protect you; and always make sure that you knew how much he loved you. A promise he was able to keep as you grew into the amazing person he still treasures and loves so much today.

