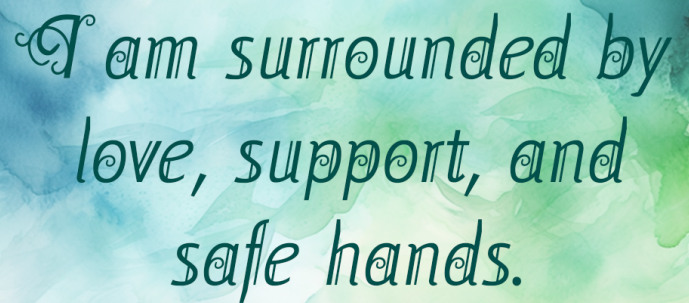
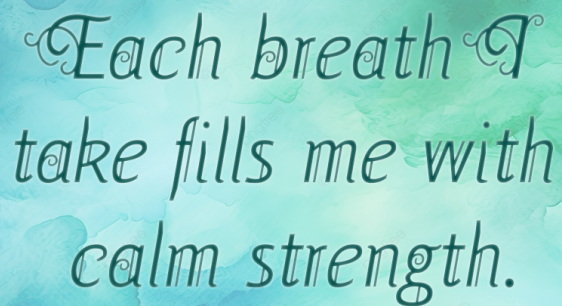


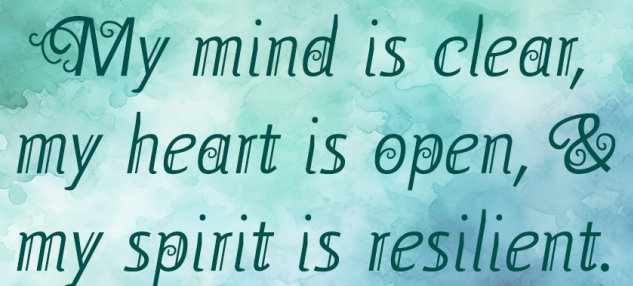
I My body knows
exactly how to bring my
baby into the world.



I am surrounded by
love, support, and
safe hands.



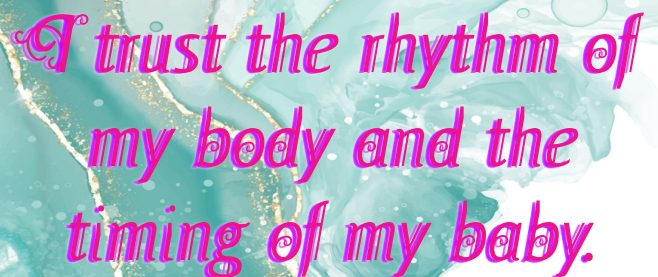
*E*ach breath *I*
take fills me with
calm strength.



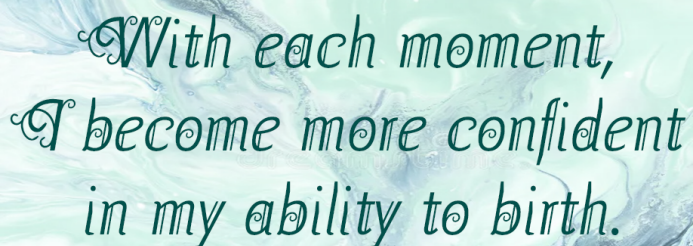
*M*y mind is clear,
my heart is open, &
my spirit is resilient.



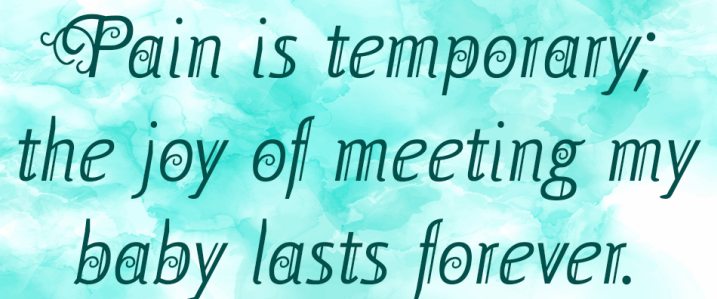
*E*very contraction is a
wave that carries my
baby closer to me.



I trust the rhythm of
my body and the
timing of my baby.



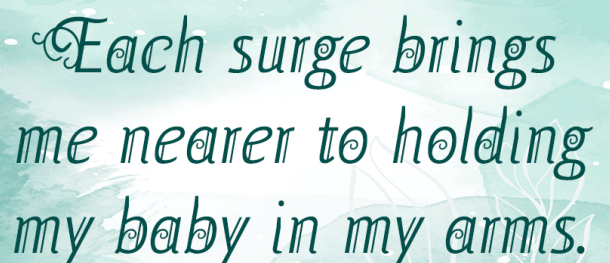
*W*ith each moment,
I become more confident
in my ability to birth.



*P*ain is temporary;
the joy of meeting my
baby lasts forever.



I am supported by my
team, my partner, and
my inner wisdom.



*E*ach surge brings
me nearer to holding
my baby in my arms.

*My body is strong,
my mind is steady,
& my heart is full.*

*I am doing an amazing
job; every effort brings
us closer together.*

*I breathe in courage,
I exhale tension.*

*I release fear and
welcome the miracle
unfolding within me.*

*I can do anything for
60 seconds!
Inhale-2-3-4
Exhale-2-3-4-5-6-7-8*

*My baby feels my
love and knows
I'm here for them.*

*Where my mind leads
my body follows.
I feel calm, relaxed
& at ease.*

*My baby is the
perfect size
for my body.*

*Giving birth is the
most empowering
experience.*

*As I surrender
I enter the flow state,
I work with my baby.*