



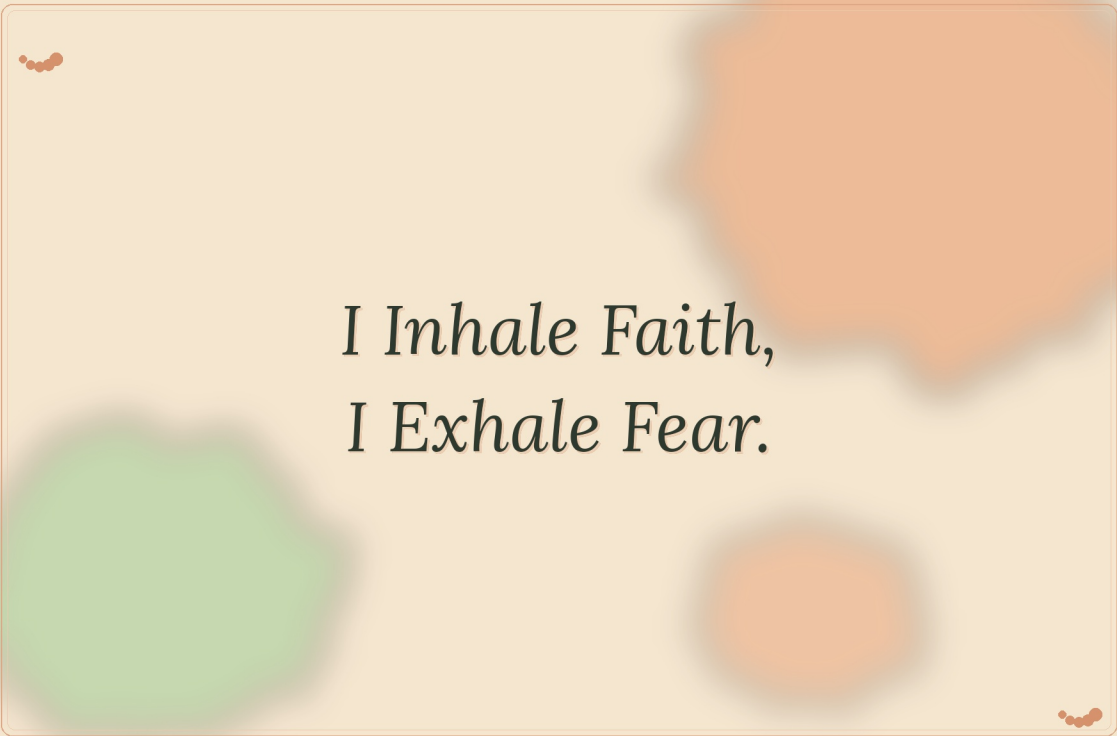
## Birth Affirmations

---

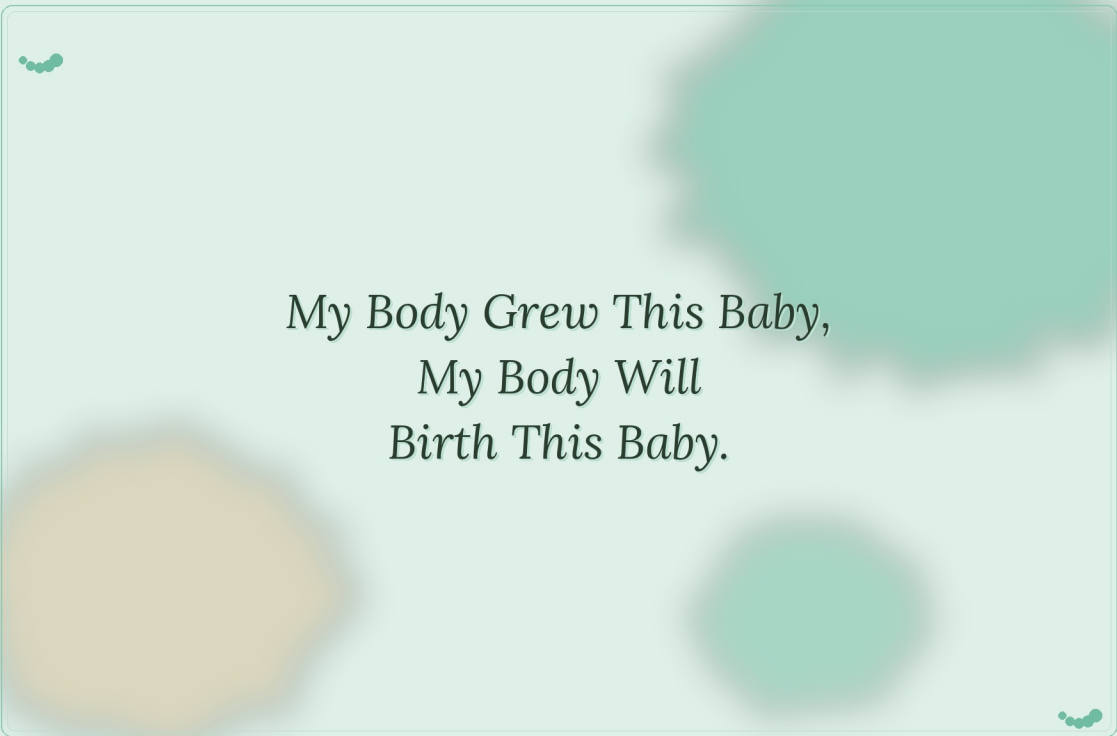
*Leto's Maternity Isle*  
*You are capable. You are ready.*



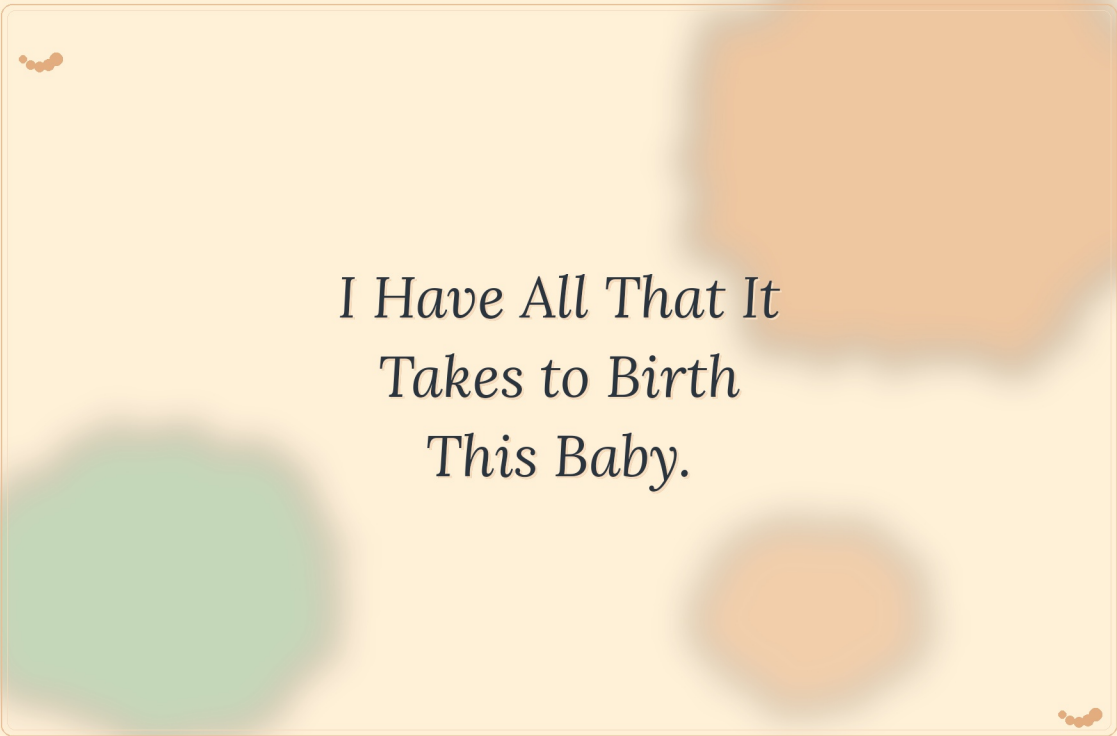
*I Am Powerful.*



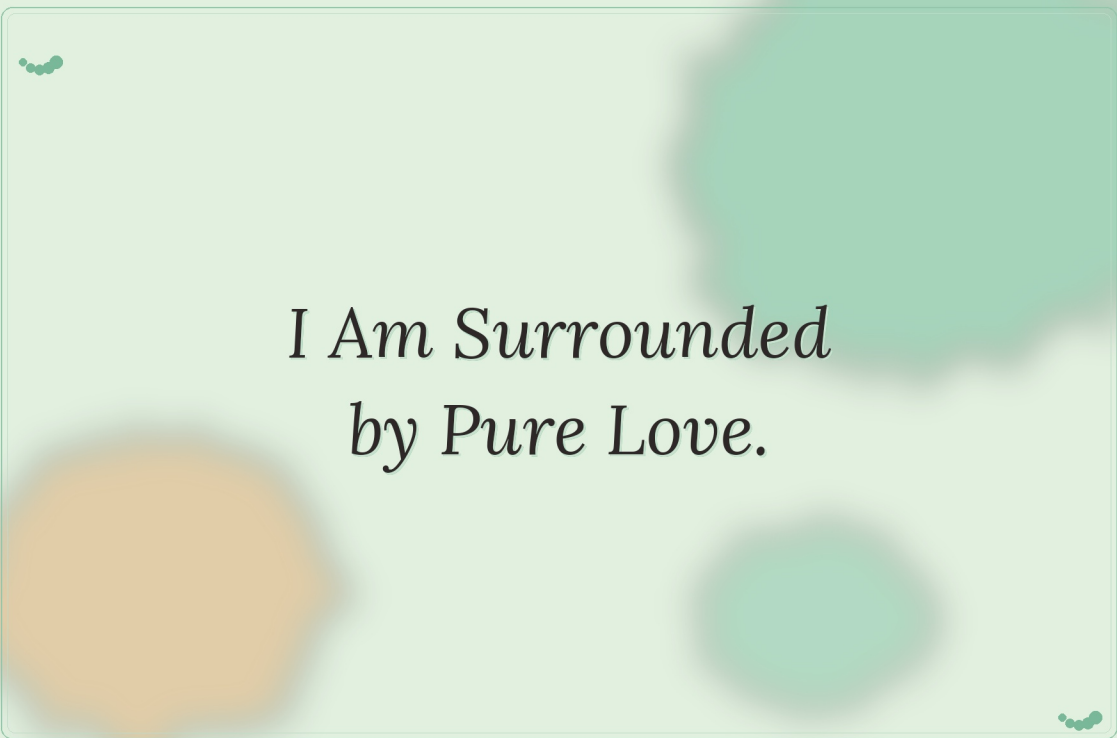
*I Inhale Faith,  
I Exhale Fear.*




*My Body Grew This Baby,  
My Body Will  
Birth This Baby.*



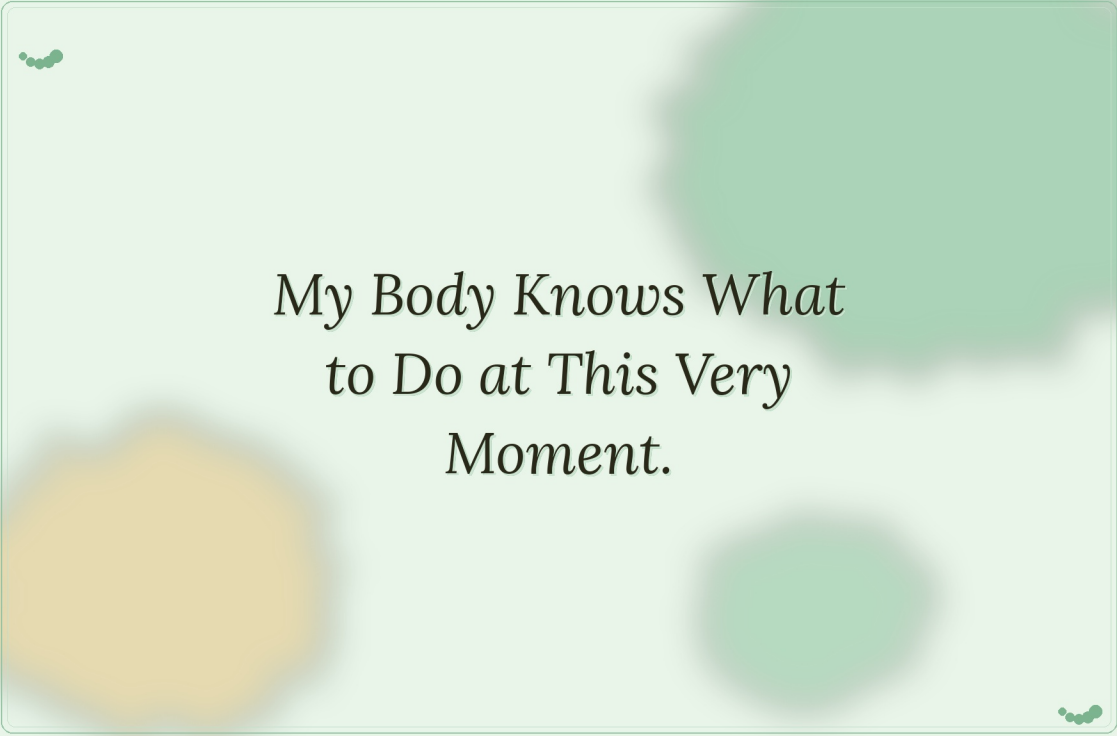
*I Have All That It  
Takes to Birth  
This Baby.*



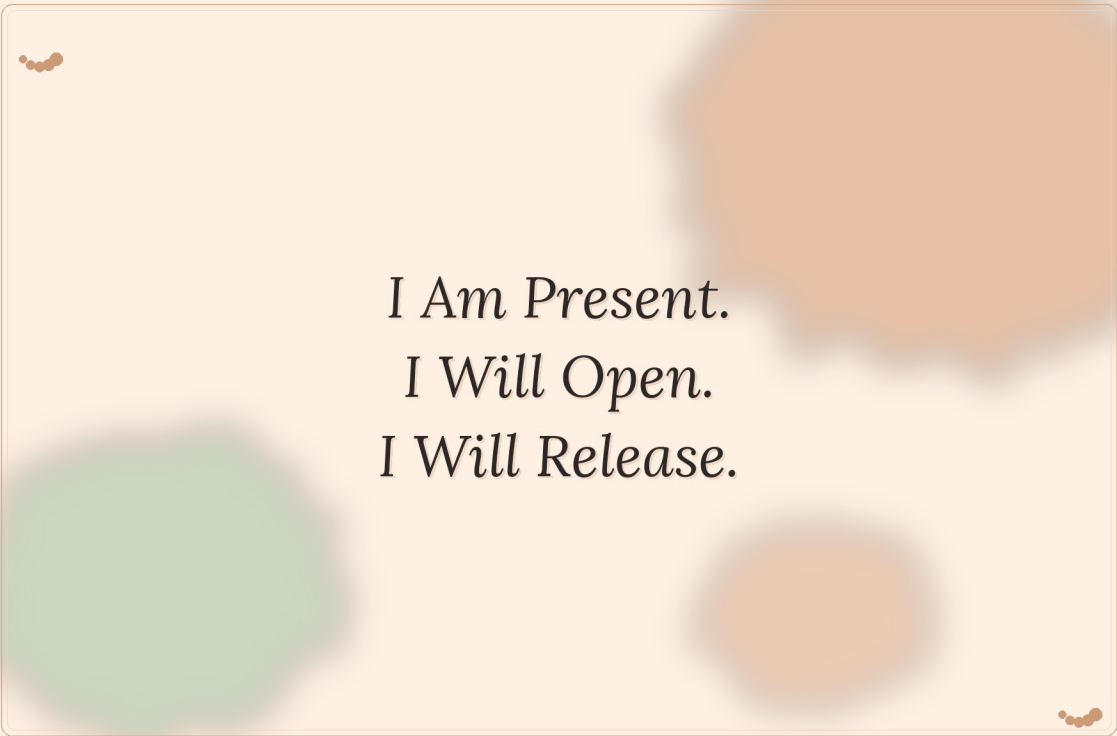
*I Am Surrounded  
by Pure Love.*

An orange-toned card with a light beige background and a thin orange border. It features a small orange decorative flourish in the top-left corner and another in the bottom-right corner. The text is centered in a black serif font.

*With Every Contraction  
That Comes, I Become  
One Step Closer to  
Meeting My Baby.*

A green-toned card with a light green background and a thin green border. It features a small green decorative flourish in the top-left corner and another in the bottom-right corner. The text is centered in a black serif font.

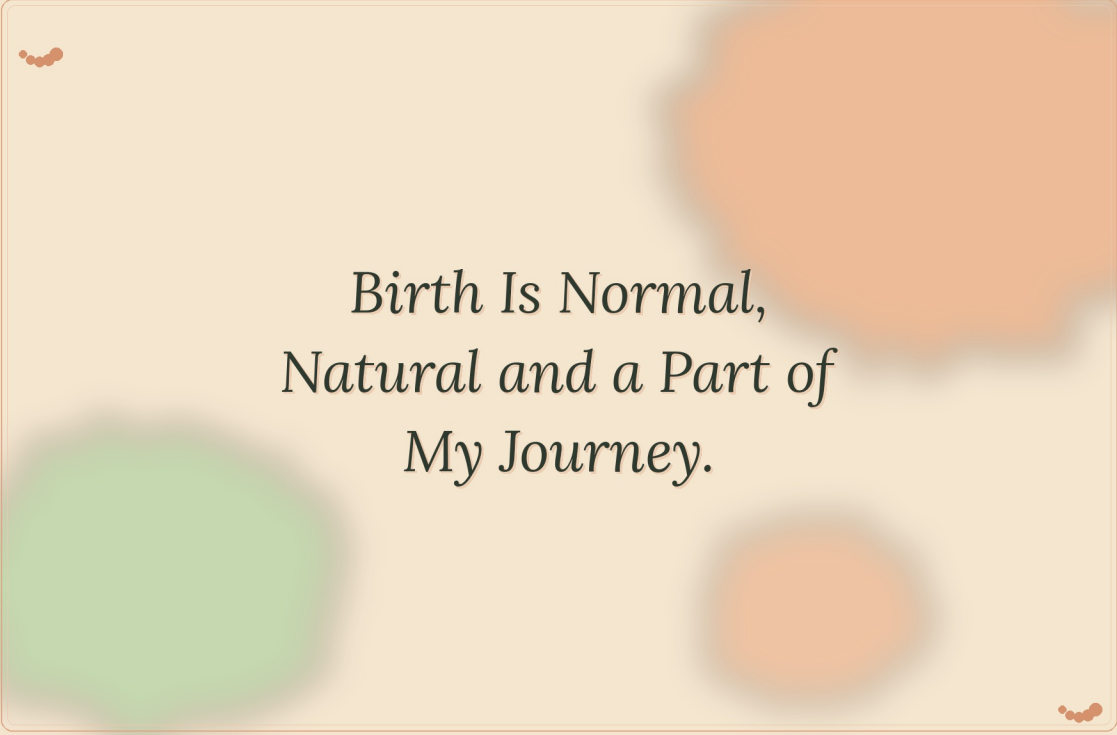
*My Body Knows What  
to Do at This Very  
Moment.*



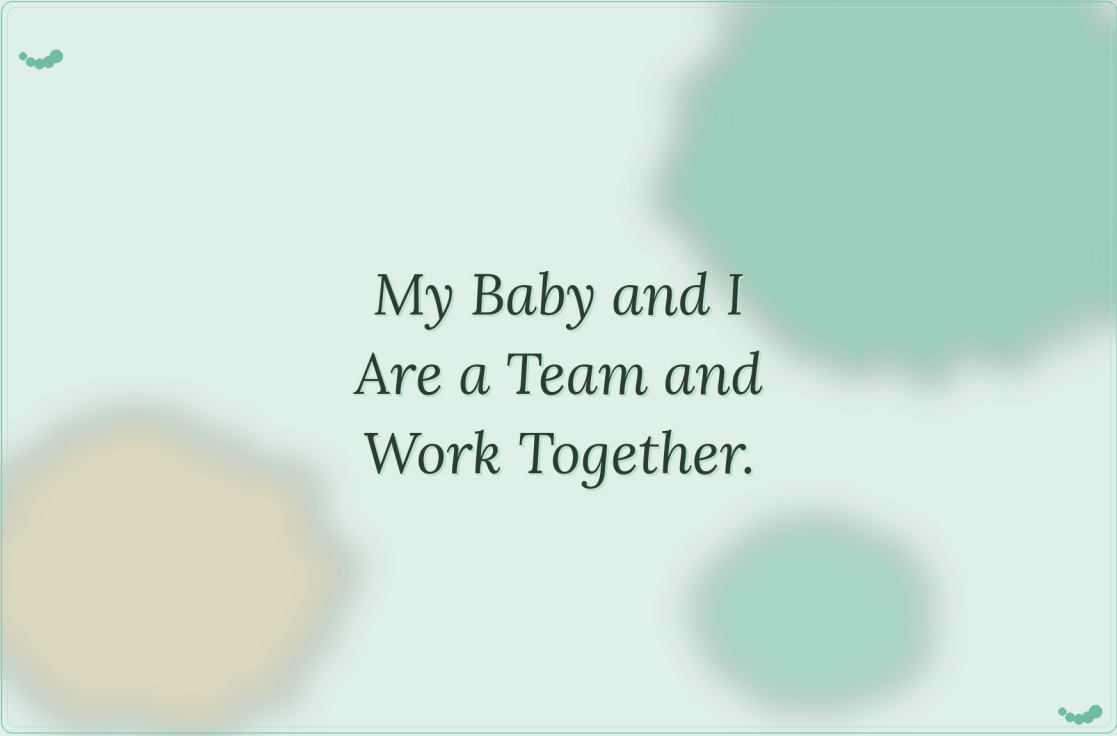
*I Am Present.  
I Will Open.  
I Will Release.*



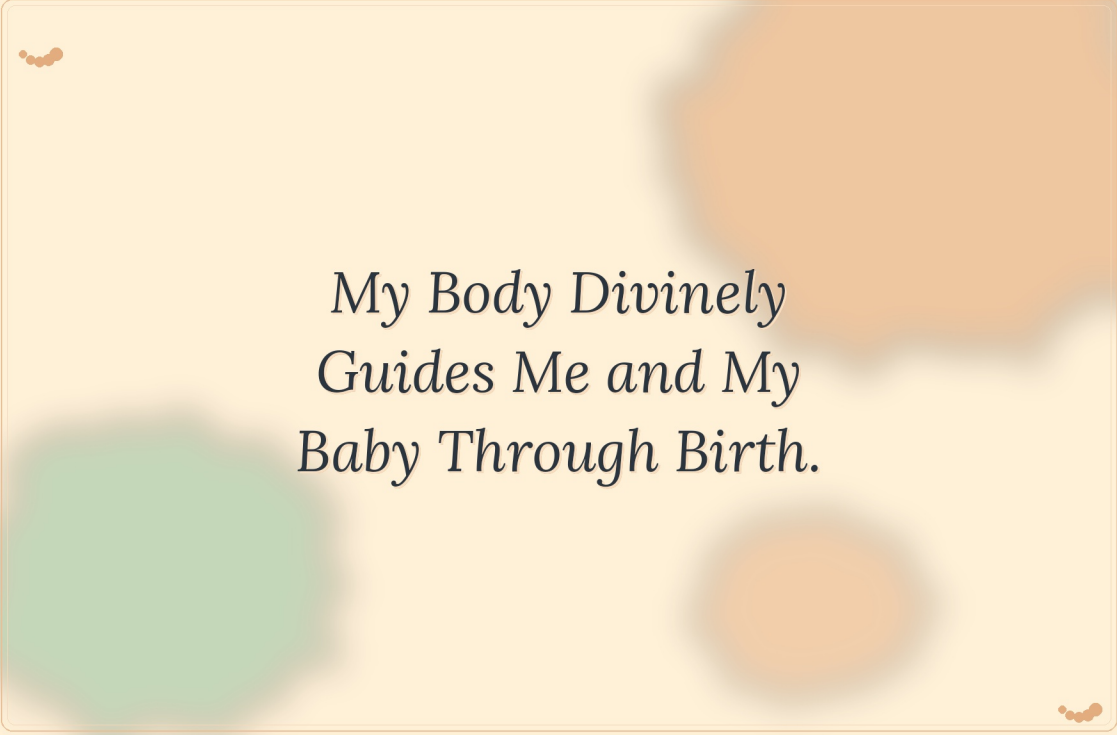
*I Am Everything  
My Baby Needs.*



*Birth Is Normal,  
Natural and a Part of  
My Journey.*



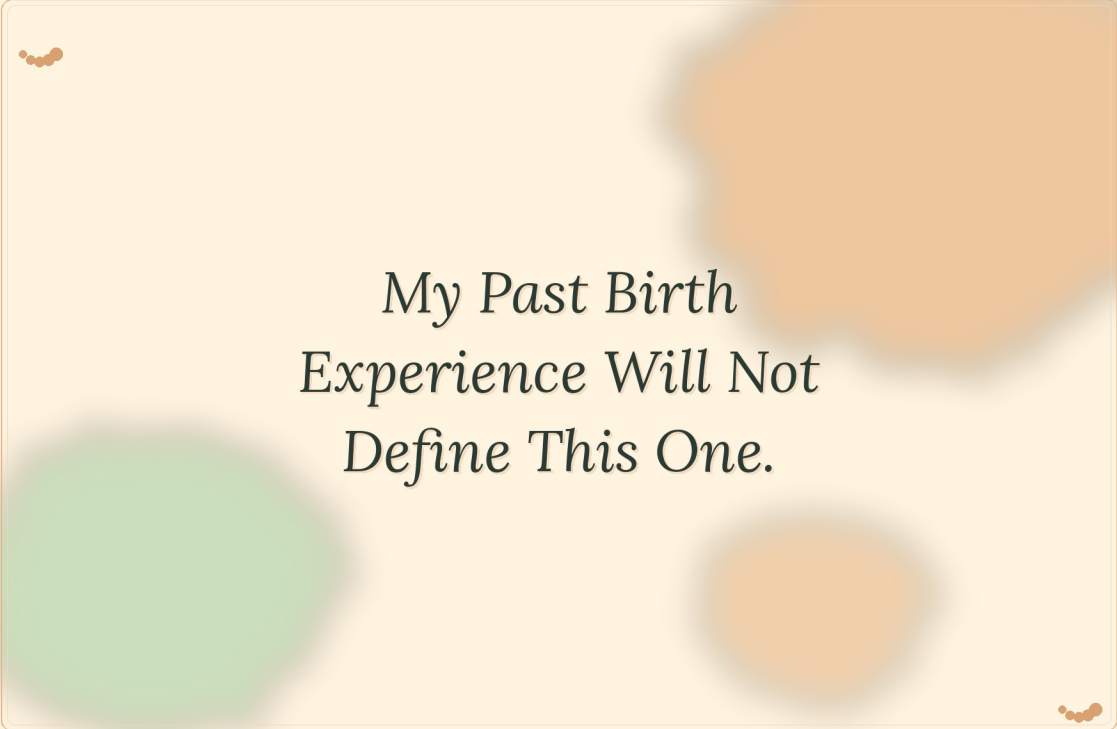
*My Baby and I  
Are a Team and  
Work Together.*



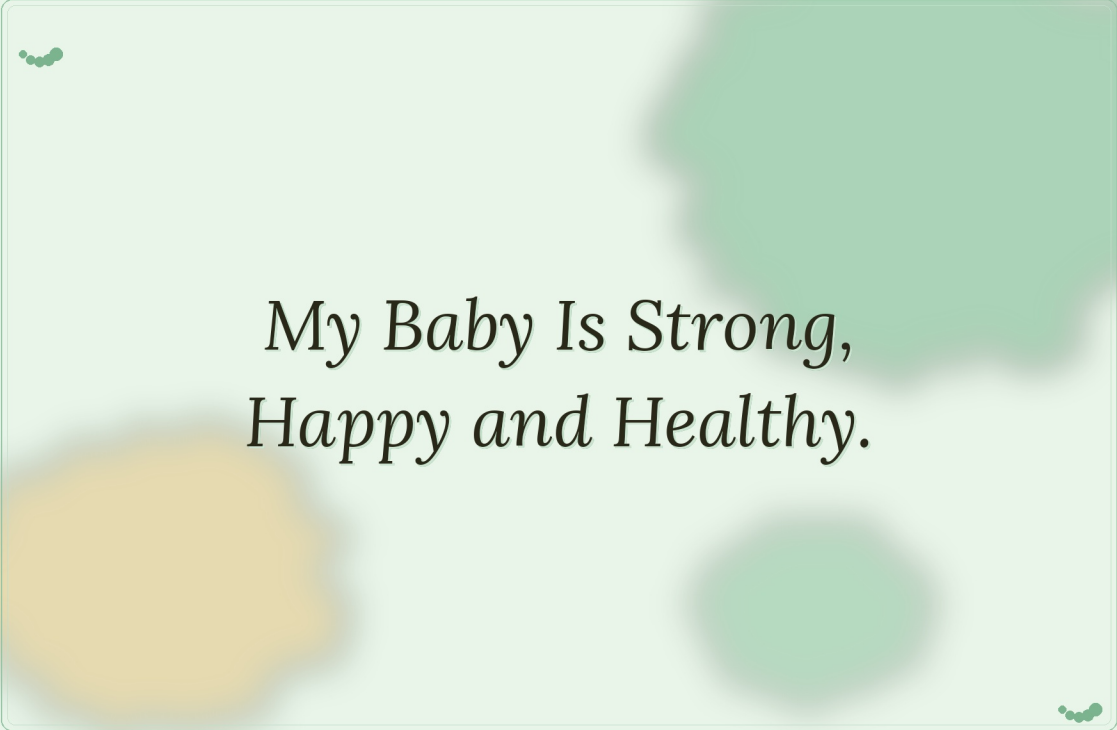
*My Body Divinely  
Guides Me and My  
Baby Through Birth.*



*As My Cervix Opens,  
My Baby Descends.*

An orange card with a dashed border, featuring a light green circle on the left and a light orange circle on the right. Small orange decorative marks are in the top-left and bottom-right corners.

*My Past Birth  
Experience Will Not  
Define This One.*

A green card with a dashed border, featuring a light orange circle on the left and a light green circle on the right. Small green decorative marks are in the top-left and bottom-right corners.


*My Baby Is Strong,  
Happy and Healthy.*



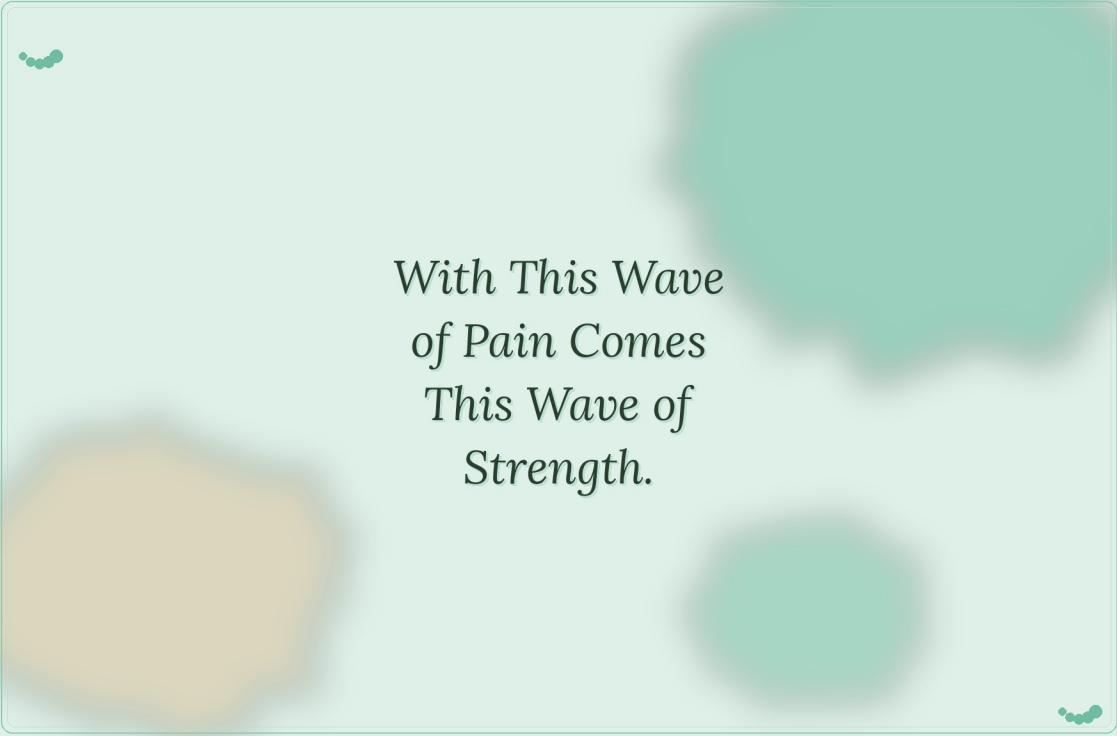
*I Inhale Strength,  
I Exhale Tension.*



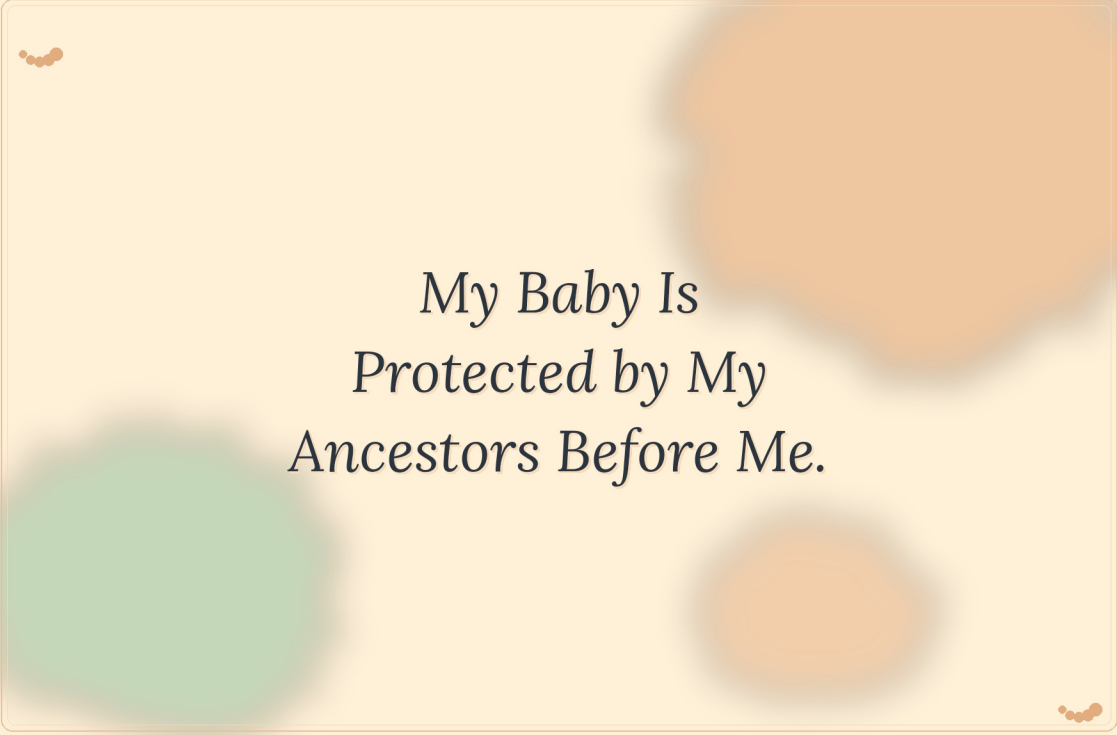
*I Am Capable  
and Strong-Willed.*



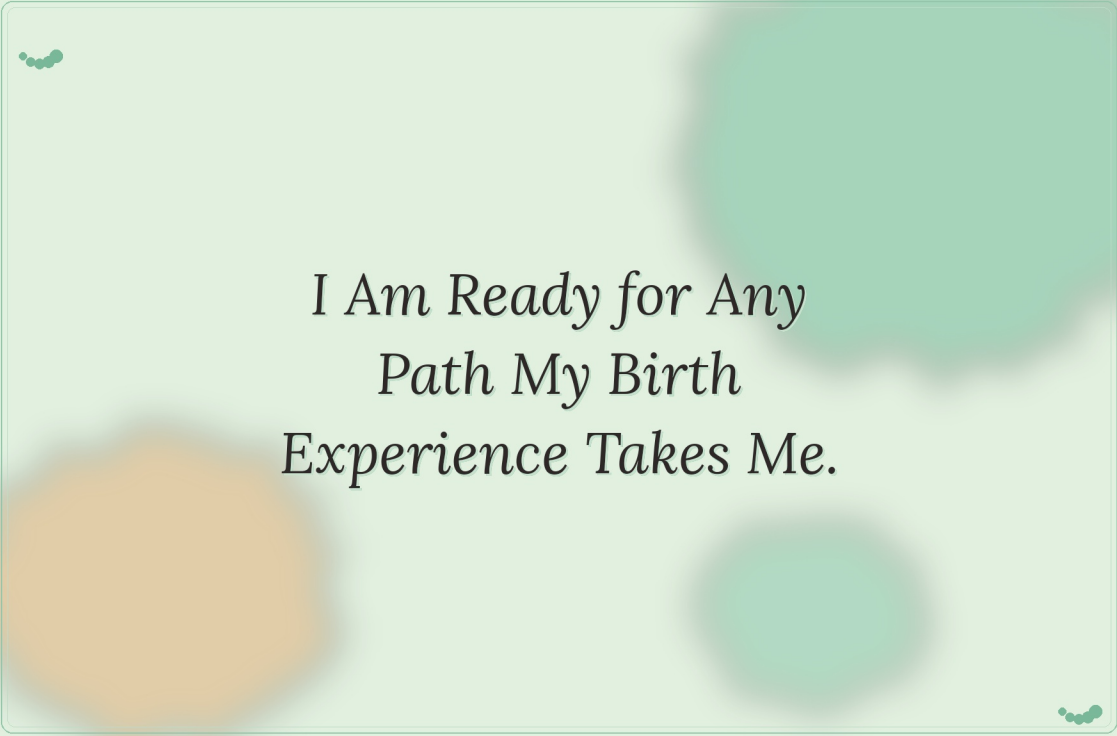
*My Baby Is Not  
Too Big for My Body;  
My Baby Is  
Just the Right Size.*



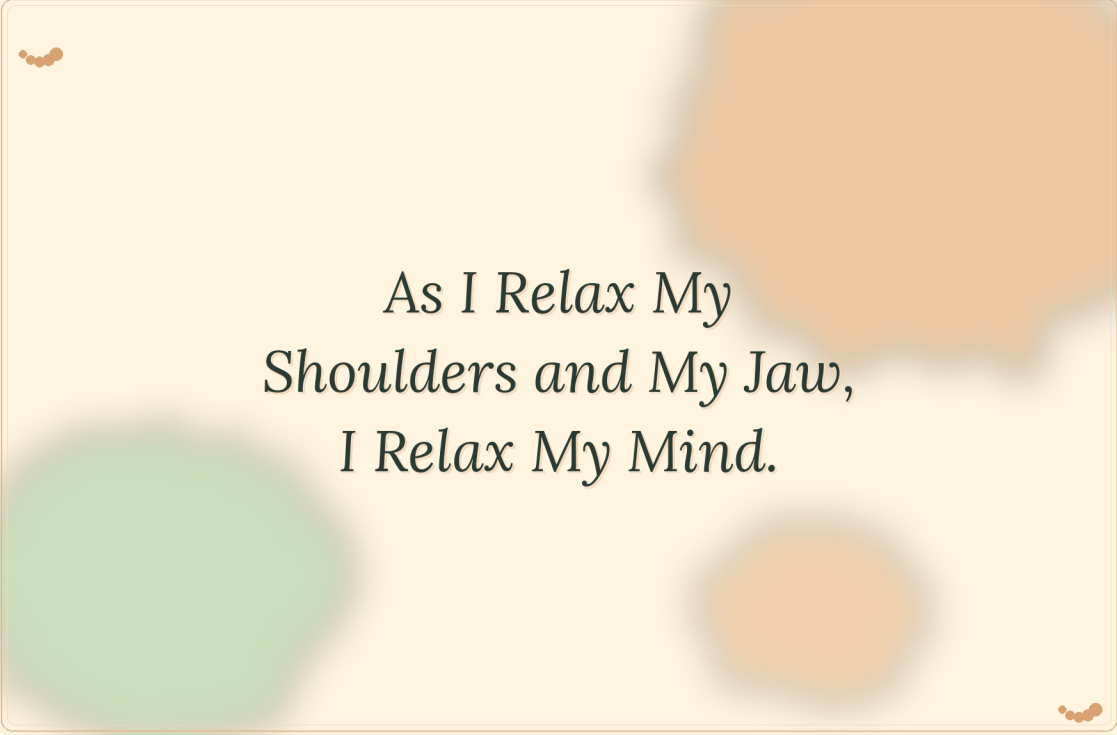
*With This Wave  
of Pain Comes  
This Wave of  
Strength.*

An orange card with a dashed border, featuring a light orange background with several large, soft-focus circles in shades of orange and green. Small decorative clusters of dots are in the top-left and bottom-right corners.

*My Baby Is  
Protected by My  
Ancestors Before Me.*

A green card with a dashed border, featuring a light green background with several large, soft-focus circles in shades of green and orange. Small decorative clusters of dots are in the top-left and bottom-right corners.

*I Am Ready for Any  
Path My Birth  
Experience Takes Me.*



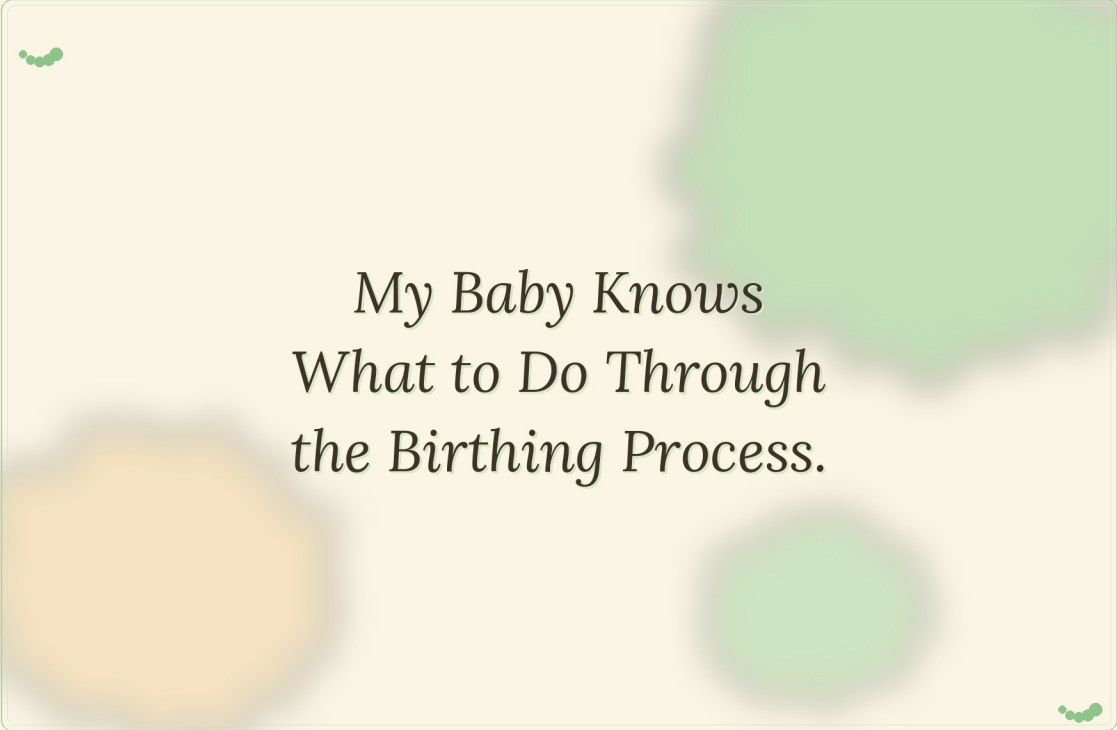
*As I Relax My  
Shoulders and My Jaw,  
I Relax My Mind.*



*Each Surge  
Brings Forth  
My Baby.*



*My Baby Is  
Almost Here.*



*My Baby Knows  
What to Do Through  
the Birthing Process.*