



Each surge brings
my baby closer
to me



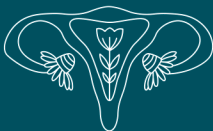
I trust my
instincts



Women all over
the world are
birthing with me



I can do hard
things



My body knows
how to give
birth



Breathe in
strength. Breathe
out tension.



My surges cannot
be stronger than
me because they
are me



I soften.

I open.

I release.



My body will
work.
My baby will fit.



I feel confident.

I feel safe.

I feel secure.

I feel loved.



I can
do it



I am prepared
for any turn my
birthing takes



I trust my
instincts



I am present.
I am doing this.



I trust my body
to know what to
do



I am surrounded
by love and
support



I relax and my
baby relaxes
with me



I breathe deeply
and I am calm



The same love
and desire I feel
towards life I feel
towards my
baby's birth



My baby trusts
me, and I trust
this process



I have great trust
in myself and my
capabilities



I am relaxed and
happy that my
baby is finally
coming



Birth is powerful.
I will let it empower
me.



I am fierce but
flexible



I am strong and
capable



I can't stop the
waves, but I can
learn to surf.



I feel good and I
am beautiful,
inside and out.



Waiting for the
birth of my baby
is an experience of
serene joy



With each deep
breath
I feel better and
better



I believe in my
body



This too shall
pass



I can and
I will



The ability to
give birth is a
gift



I am built for
birth. My body
and my baby know
what to do.



All of the
strength I need is
inside me



My body opens,
my mind quiets,
my baby descends



I am stronger than
I ever imagined



Each wave has
a purpose