



**Each surge
brings my
baby closer to
me**



**With each deep
breath
I feel better and
better**



**I trust my
instincts**



**Women all
over the world
are birthing
with me**



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



**I can do hard
things**



**My body
knows how to
give birth**



**Breathe in
strength.
Breathe out
tension.**



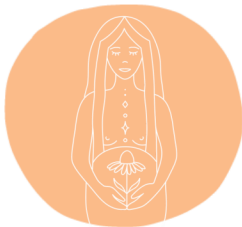
**My surges
cannot be
stronger than
me because they
are me**



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



**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.**



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



**I can
do it**



**I am prepared
for any turn
my birthing
takes**



**I trust my
ability to birth**



**I am present.
I am doing
this.**



**I trust my
body to know
what to do**



**I believe in
my body**



**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**



**The ability to
give birth is a
gift**



**Birth is powerful.
I will let it
empower me.**



**This too
shall pass**



**I am fierce
but flexible**



**I am strong
and capable**



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



**I can and
I will**



**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**