

# Völva

## Mantras for Labour and Birth



### What is a Mantra?

Mantras are statements intended to be chanted or repeated. This concept is believed to originate in India, although I would argue that chants or mantras were practiced in all cultures for healing, divination and ritual.

### How is a Mantra Helpful?

Mantras are useful in directing thought, intention, moving energy and soothing mother. Mantras act as a vibrational remedy to relax the vagus nerve and as a result, the womb.

### EARLY LABOUR

I am safe and I release all resistance that could impact this beautiful journey.

### CHALLENGING CONTRACTIONS

I can do this because things always work out for me

### CHALLENGING CONTRACTIONS

I am made for this. I have faith in my body and my baby

### NEAR BIRTH

Hear me ROAR.

### PLACENTAL DELIVERY

I love and cherish this masterpiece of an organ that supported my baby all these months.

### BREASTFEEDING

I love and trust my body, together we can nourish my beloved baby.

My body AND baby know what to do!

### Intro to Mantras

You can create your own, or use some that I have provided here. This is a pretty neat technique and can work with your partner too!

