


I embrace
the *power*
of birth





Inhale

love

Exhale

tension




We are
safe


@mindbodybabyoc

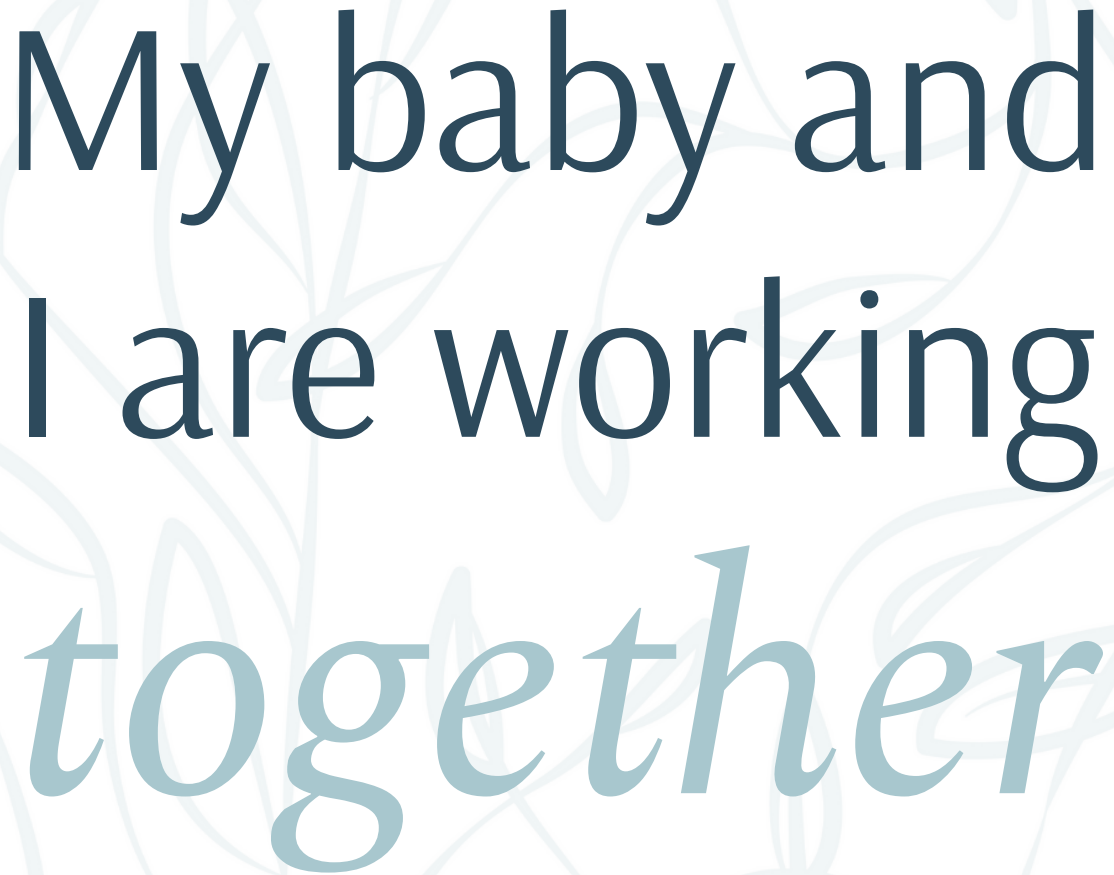
I am *patient*
with myself
and my baby






My mind is
relaxed;
my body is
relaxed





My baby and
I are working
together

@mindbodybabyoc



I am
strong

@mindbodybabyoc

I feel
confident,
I feel *safe,*
I feel *secure*





Breathe
baby
down

@mindbodybabyoc



Birth only
demands the
strength I
possess

@mindbodybabyoc




Soften
Open
Release

@mindbodybabyoc

I *surrender,*
smile, and
breathe

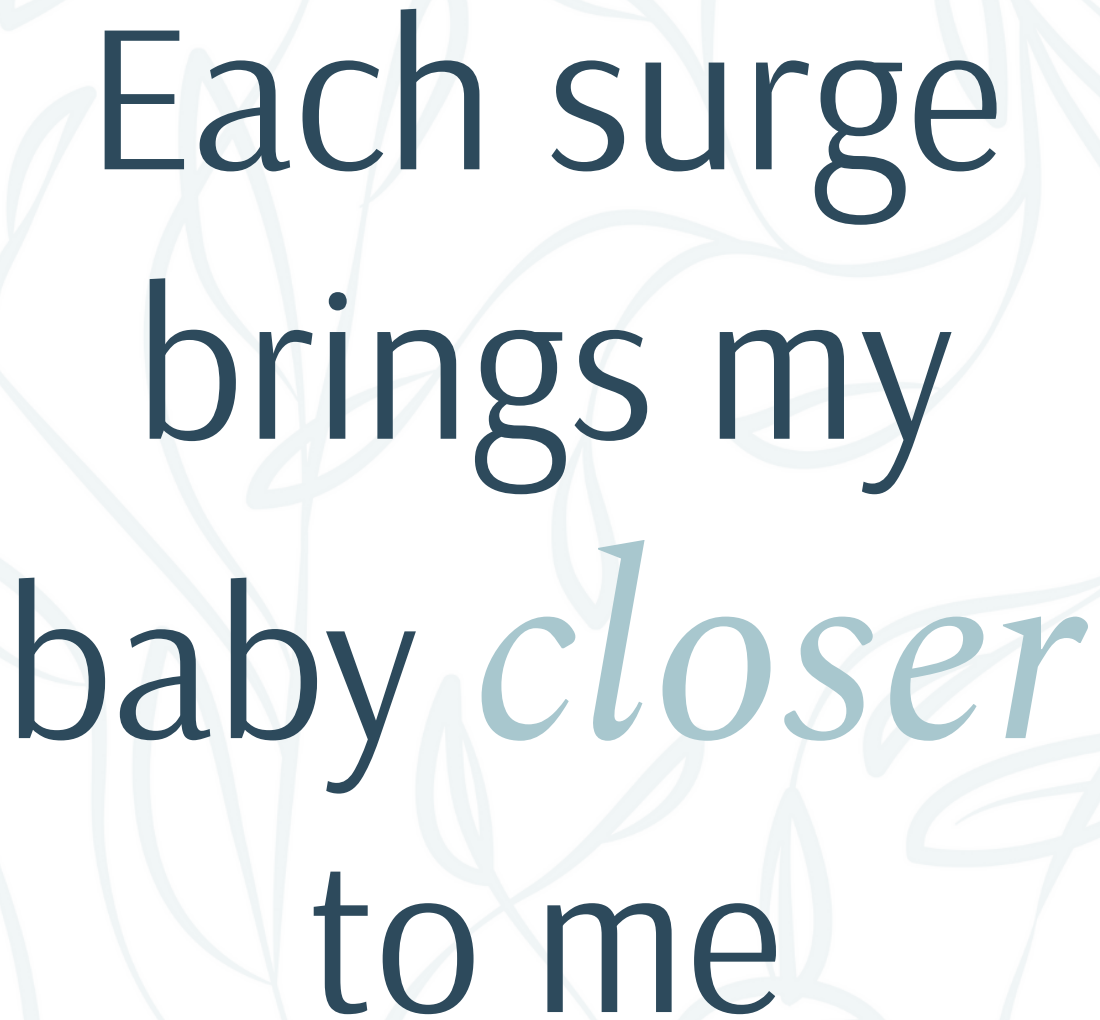




My body
is *soft*
and *open*

@mindbodybabyoc





Each surge
brings my
baby *closer*
to me

@mindbodybabyoc



I trust
my
intuition

@mindbodybabyoc

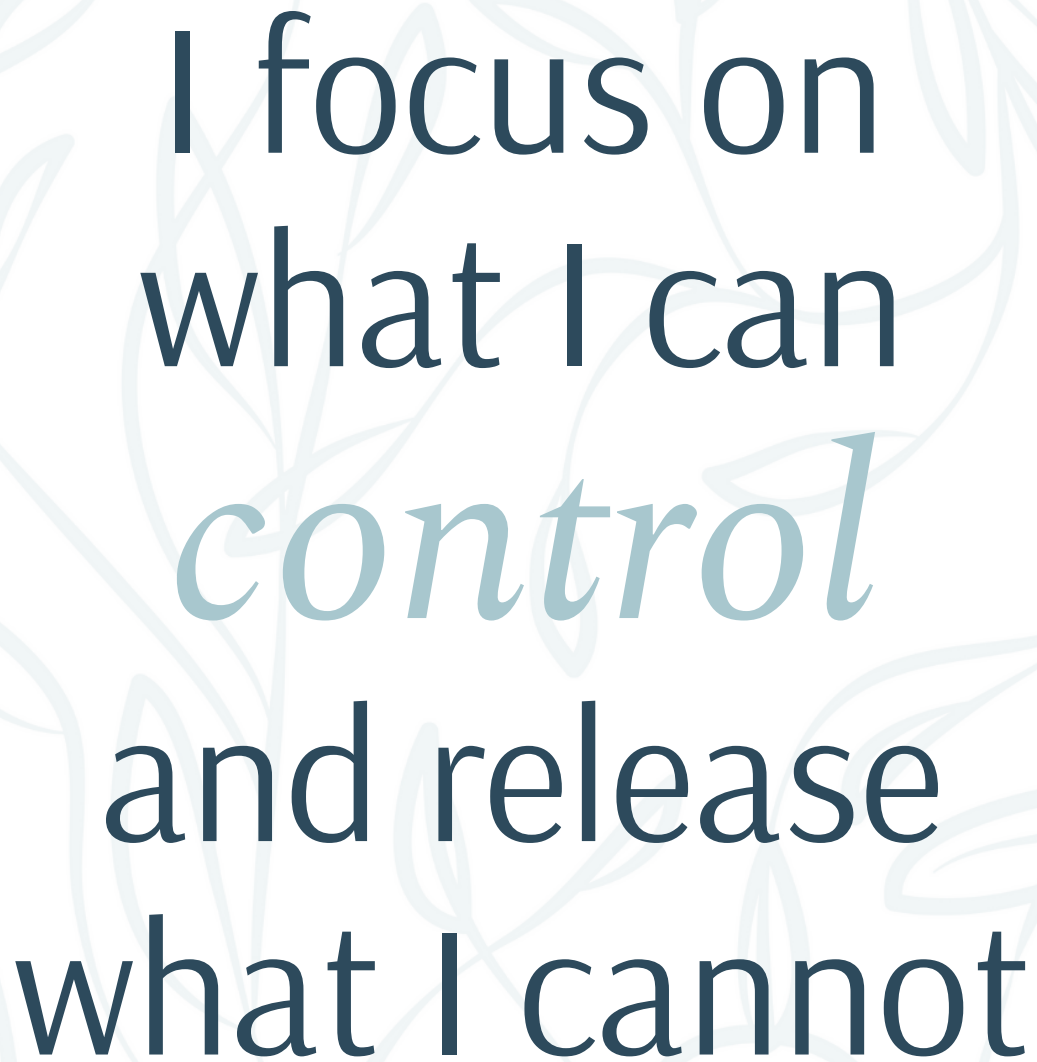
I *love*
my baby






I am
surrounded
by *love*





I focus on
what I can
control
and release
what I cannot

@mindbodybabyoc



My body
remains
still and
limp

@mindbodybabyoc

My baby

is

coming





I am
ready
to meet my
baby

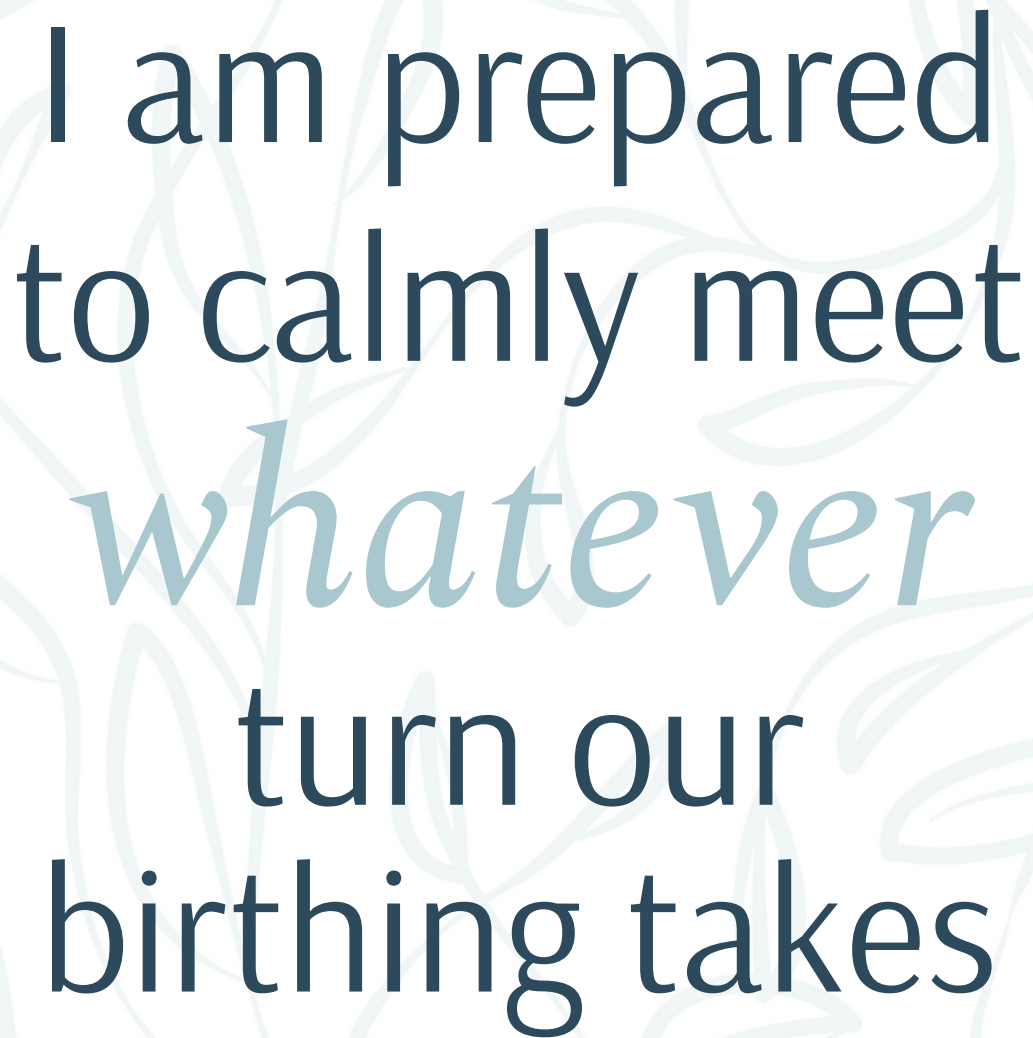
@mindbodybabyoc





I trust
my
body

@mindbodybabyoc



I am prepared
to calmly meet
whatever
turn our
birthing takes

@mindbodybabyoc

My baby's
size is

perfect

for my body





My cervix
opens
easily



@mindbodybabyoc

My body and
my baby know
exactly
what to do

@mindbodybabyoc




I am
brave

@mindbodybabyoc

I breathe
deeply and
calmly
through each surge





I put all
fear
aside

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I am
powerful

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