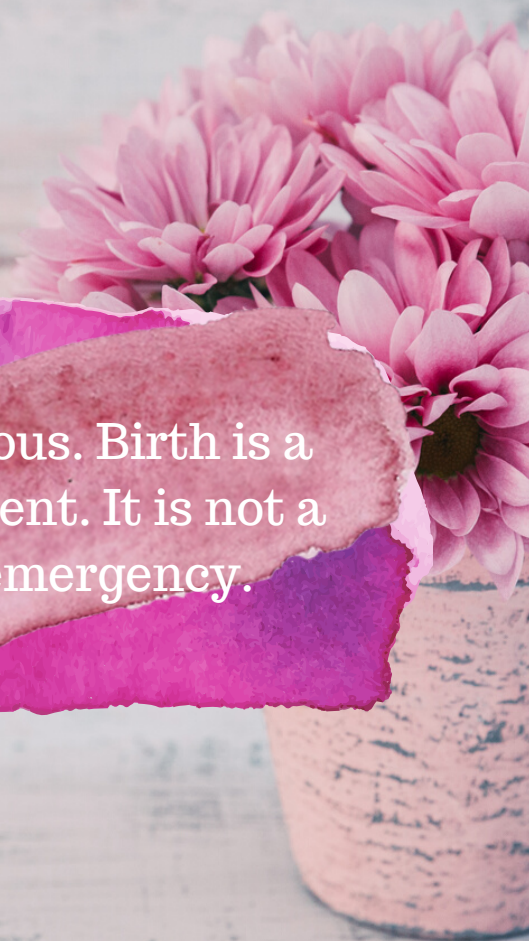






A labor is a journey... on this journey, call on the collective wisdom of your ancestors and embrace their courage, their love, the path they have made for you

CARIDAD SAENZ

A bouquet of pink chrysanthemums in a terracotta pot, positioned on the right side of the image. The flowers are in sharp focus, showing their many layers of petals. The pot is a light brown color with a textured surface.

Birth is joyous. Birth is a  
beautiful event. It is not a  
medical emergency.



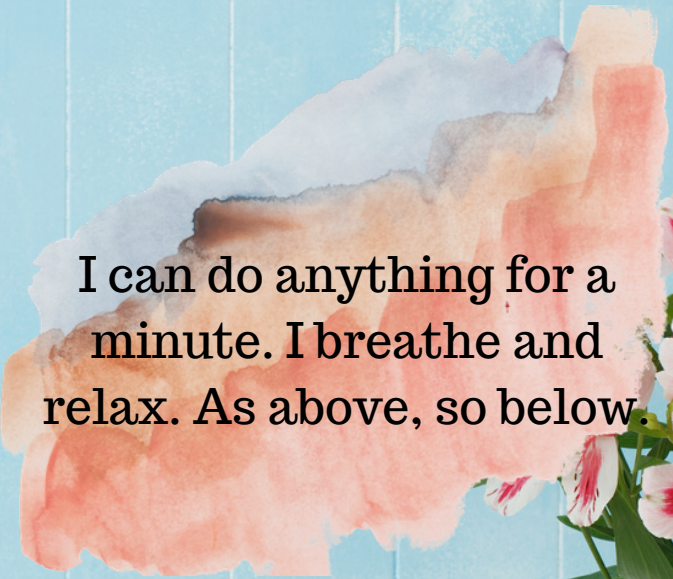


No matter where in your birthing journey you are at the moment, it has been perfectly CREATED for you and by you. You are also part of the creation. Enjoy it, nourish it. Enjoy YOU and nourish YOU

CARIDAD SAENZ





A large, abstract watercolor splash in shades of light blue, lavender, and peach, serving as a background for the main text.

I can do anything for a  
minute. I breathe and  
relax. As above, so below.








soften  
open  
release



Caridad  
Saenz  
CARRY LOVE



laugh , dance, sing,  
glow....  
let the oxytocin  
flow



Caridad  
Garcia

CARRY LOVE

A collage of various flowers and leaves scattered around the text. There are pink lotus-like flowers, purple pansies, white daisies, and large pink leaves with prominent veins. The background is a plain, light color.


*Candida  
Goenzy*  
CARRY LOVE

*I believe in my  
power to birth  
this baby*



*I am not alone*

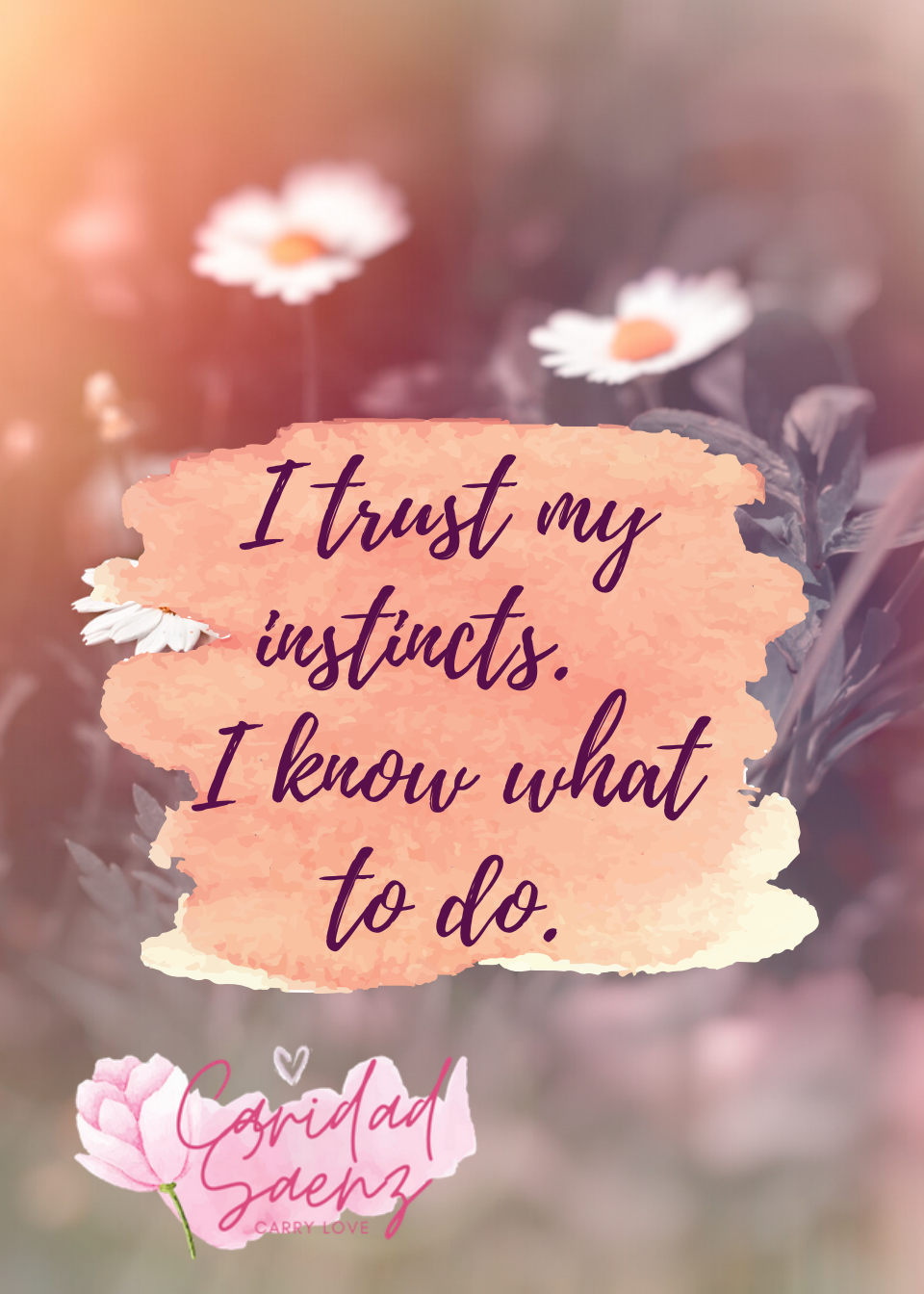




*I choose to be  
relaxed, calm, and  
confident during my  
baby's birth*



*Caridad  
zaenz*  
CARRY LOVE



*I trust my  
instincts.  
I know what  
to do.*








With each  
breath, I  
breathe love to  
my baby.



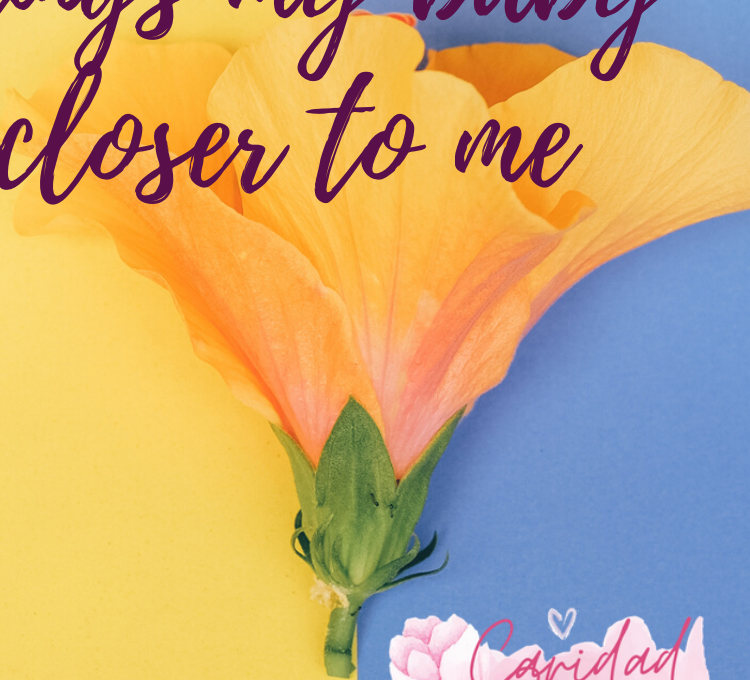
A bouquet of pink roses is scattered across a light-colored wooden surface. The roses are in various stages of bloom, with some showing deep pink petals and others as buds. The wooden background has a natural grain pattern.

*I am the perfect  
mother for my  
baby.*

A single pink rose is positioned to the left of the signature.

*Caridad  
Saenz*  
CARRY LOVE

each surge  
brings my baby  
closer to me





be the moon and  
inspire even when  
you are not full



sometimes, the moon is all I Have



CARRY LOVE