I TRUST MY INTUITION



@thejoyfulbirth



Your’e doing better than you think.



@thejoyfulbirth

You are

Stronger

Than you ever thought possible



@thejoyfulbirth

I BREATHE IN MY

Power

And exhale my

fear



@thejoyfulbirth



My baby's size is perfect for my body



@thejoyfulbirth



@thejoyfulbirth

I can do anything for one minute

@thejoyfulbirth



I BELEIVE IN MY BODY

@Thejoyfulbirth

I grew this baby.
I can birth this baby.



@Thejoyfulbirth



I am
relaxed
and
calm

@thejoyfulbirth

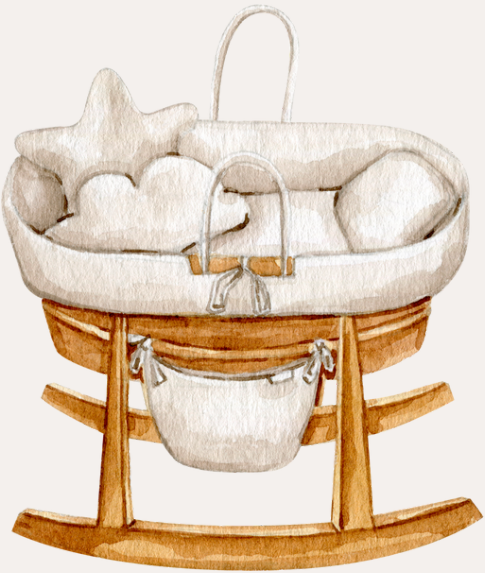
This pain will not last forever



@THEJOYFULBIRTH

THIS IS THE DAY I'VE BEEN WAITING FOR.

@thejoyfulbirth



Soften your neck and shoulders



@thejoyfulbirth



The power & intensity of the contractions cannot be stronger than me, because it is me.



@thejoyfulbirth



Surrender

@thejoyfulbirth



Each surge is one step closer to meeting my baby.



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My mind quiets,
My body opens,
Our baby is born



@thejoyfulbirth



Many others have done it, now so can I.

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I am loved & supported



Birth Affirmations



I trust

Birth

More than I fear it



@thejoyfulbirth