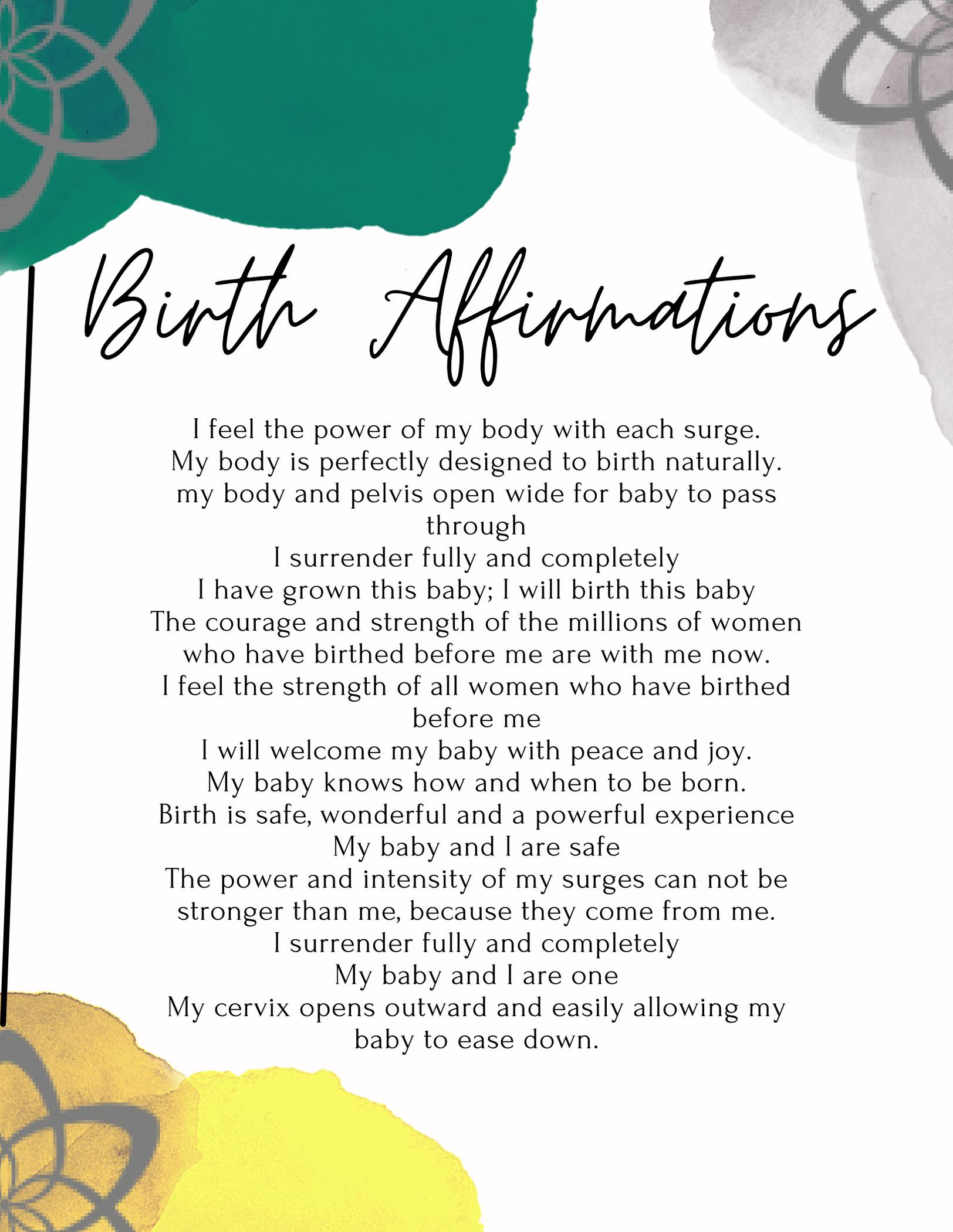


Birth Affirmations

My body knows exactly what to do
I am powerful
I put all fear aside
Each surge brings my baby closer to me
I am ready to ride this next wave
I am letting go and allowing.
I trust my body
My cervix opens easily
My baby's size is perfect for my body
I trust my intuition
My body and my baby know exactly what to do
I am surrounded by love
My breath is my superpower
I go deeper within
I put my fear aside
My mind and body are relaxed
My body knows how to birth my baby
I embrace the wisdom and innate intelligence of my
body
I surrender to the power of my body
My suggestions come from me.



Birth Affirmations

I feel the power of my body with each surge.
My body is perfectly designed to birth naturally.
my body and pelvis open wide for baby to pass
through

I surrender fully and completely

I have grown this baby; I will birth this baby
The courage and strength of the millions of women
who have birthed before me are with me now.
I feel the strength of all women who have birthed
before me

I will welcome my baby with peace and joy.

My baby knows how and when to be born.
Birth is safe, wonderful and a powerful experience

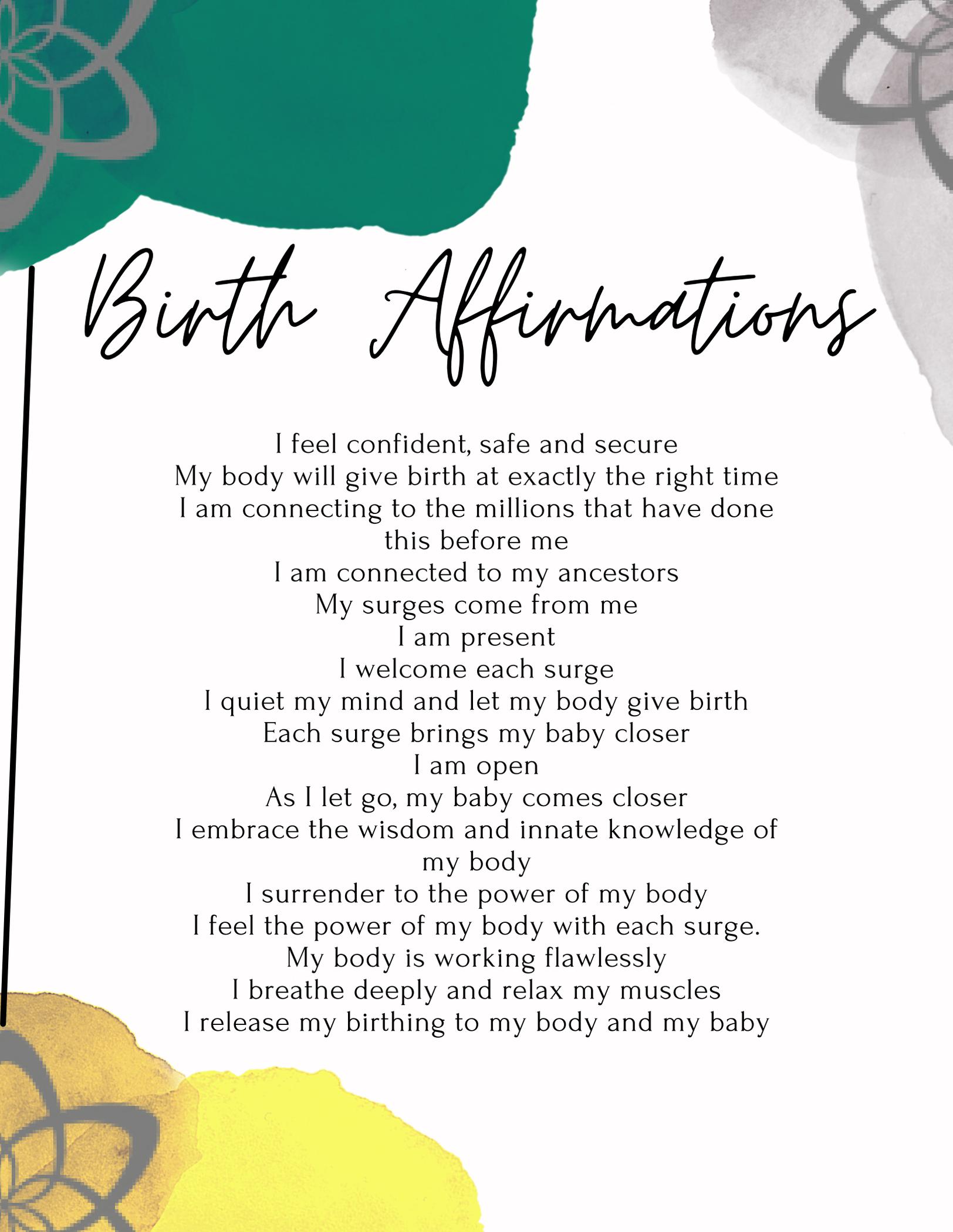
My baby and I are safe

The power and intensity of my surges can not be
stronger than me, because they come from me.

I surrender fully and completely

My baby and I are one

My cervix opens outward and easily allowing my
baby to ease down.



Birth Affirmations

I feel confident, safe and secure
My body will give birth at exactly the right time
I am connecting to the millions that have done
this before me

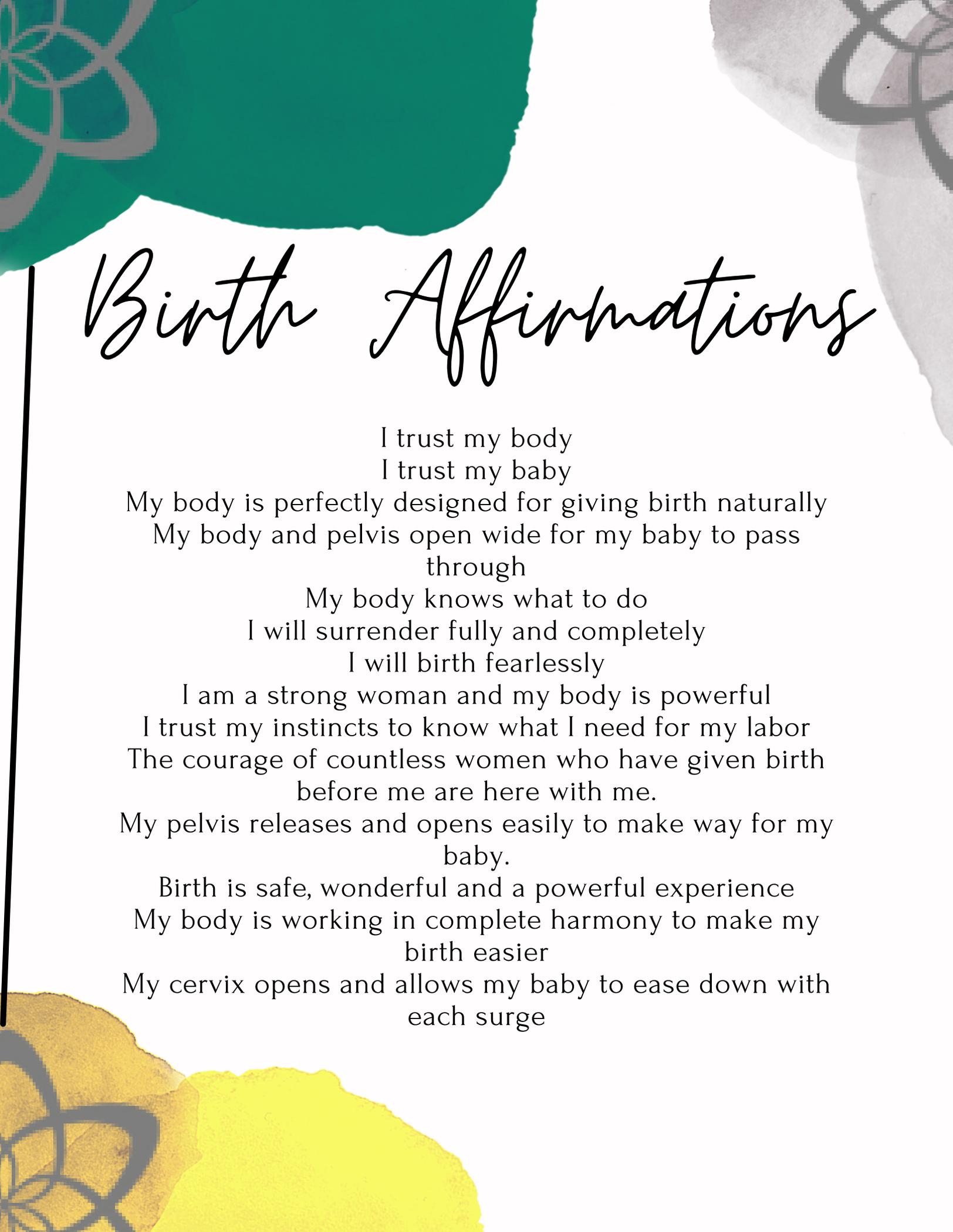
I am connected to my ancestors
My surges come from me
I am present

I welcome each surge
I quiet my mind and let my body give birth
Each surge brings my baby closer
I am open

As I let go, my baby comes closer
I embrace the wisdom and innate knowledge of
my body

I surrender to the power of my body
I feel the power of my body with each surge.

My body is working flawlessly
I breathe deeply and relax my muscles
I release my birthing to my body and my baby



Birth Affirmations

I trust my body

I trust my baby

My body is perfectly designed for giving birth naturally

My body and pelvis open wide for my baby to pass
through

My body knows what to do

I will surrender fully and completely

I will birth fearlessly

I am a strong woman and my body is powerful

I trust my instincts to know what I need for my labor

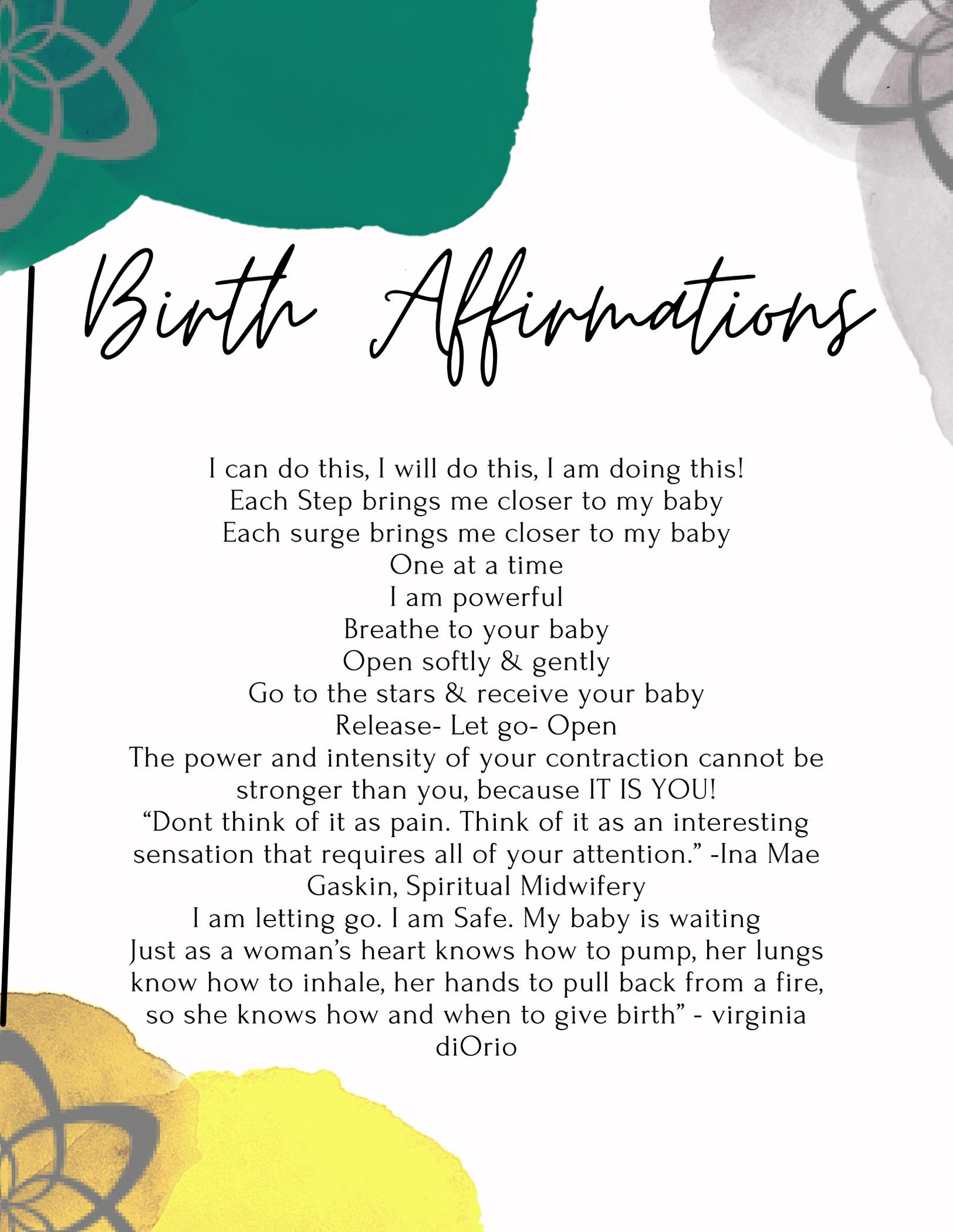
The courage of countless women who have given birth
before me are here with me.

My pelvis releases and opens easily to make way for my
baby.

Birth is safe, wonderful and a powerful experience

My body is working in complete harmony to make my
birth easier

My cervix opens and allows my baby to ease down with
each surge



Birth Affirmations

I can do this, I will do this, I am doing this!
Each Step brings me closer to my baby
Each surge brings me closer to my baby

One at a time

I am powerful

Breathe to your baby

Open softly & gently

Go to the stars & receive your baby

Release- Let go- Open

The power and intensity of your contraction cannot be
stronger than you, because IT IS YOU!

“Dont think of it as pain. Think of it as an interesting
sensation that requires all of your attention.” -Ina Mae

Gaskin, Spiritual Midwifery

I am letting go. I am Safe. My baby is waiting
Just as a woman's heart knows how to pump, her lungs
know how to inhale, her hands to pull back from a fire,
so she knows how and when to give birth” - virginia

diOrio