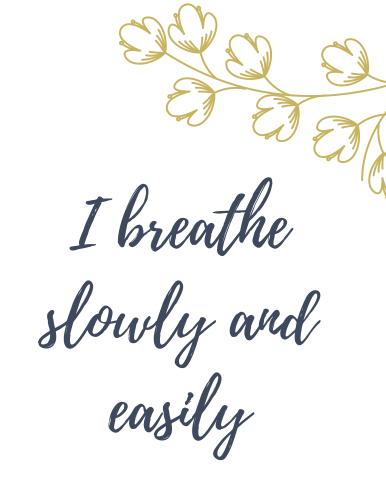
Our baby's birth
will occur at just
the right
moment and in just
the right way

I trust my body to grow my baby, and
I trust my body to birth my baby

E E E E E

My body is strong enough to birth this baby



I am calm,
I am safe,
I am relaxed

Childbirth is a normal, healthy event

My body is my friend

I trust my body to labor smoothly and effectively I trust my instincts and will make good decisions



My baby and I

are working

harmoniously

together.





I become more powerful with each contraction



I fully feel the force of new life within me

I am celebrating the birth of my child



I am giving our baby the very best start in life



My baby is strong and healthy



Birth is a beautiful and safe experience I am surrounded by a loving and supportive environment

My baby knows exactly what to



I am relaxed and happy that I will soon meet my baby

I envision a smooth and easy birth



My mind is
relaxed
My body is
relaxed



My body is free of tension, fear and pain





I breath to eliminate tension

I turn my birthing over to my body and my baby

I am prepared to meet any challenges my birthing journey takes



I am a strong woman



I see my baby coming smoothly from my womb

My baby gives me the strength to do anything

With each amazing wave, I am letting go more easily

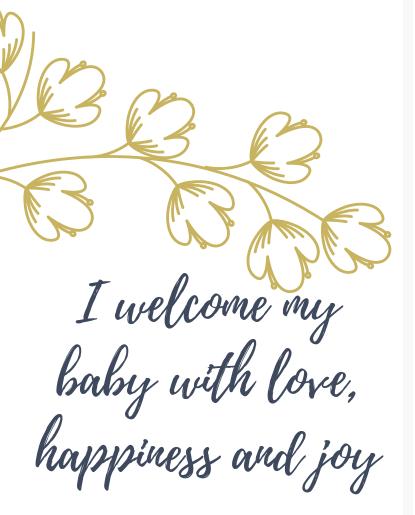
I see my breath as energy for my body



I accept that I cannot control all aspects of birth

I accept the unknown nature of birth

I meet each surge only with my breath; my body is completely relaxed





Birth is miraculous however it happens My body is strong and healthy

We are grateful for this powerful experience





Soon I will meet my baby



I am able to adapt to unexpected situations

I will make the best decisions I can with the information I have

I trust my support system to help me navigate challenges





I accept my fears



I trust my care and apprehensions providers to keep me and my baby safe

This is where I am supposed to be





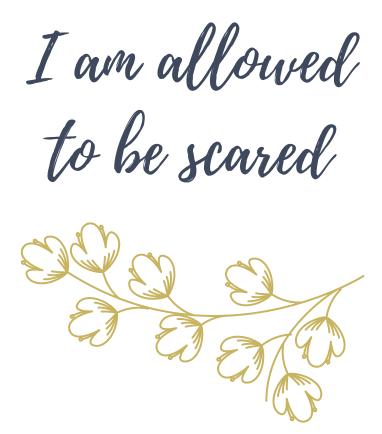
I could not love my baby more

I am strong
I am determined
I am a mother



I trust my partner to support us through labor and birth

I am not alone





My baby is safe



I can do this