

My body knows exactly what to do.

Each surge of my body brings my baby closer to me.

I can do anything for 60 seconds.

My baby is working on a perfect position for birth.

I was made for this.


I trust my body to know what to do.

My mind and body are relaxed.

I am strong and capable.

I relax, release and open.

I can and I will.



My body is  
capable and  
strong.

Ride the wave.

Surrender.

My body was  
designed to do this.

I quiet my mind  
and let my body  
give birth.

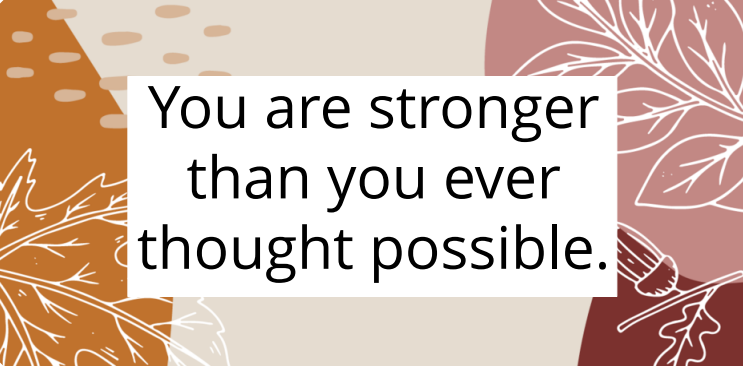
I can face  
whatever  
comes up.

I am surrounded by  
love and support.

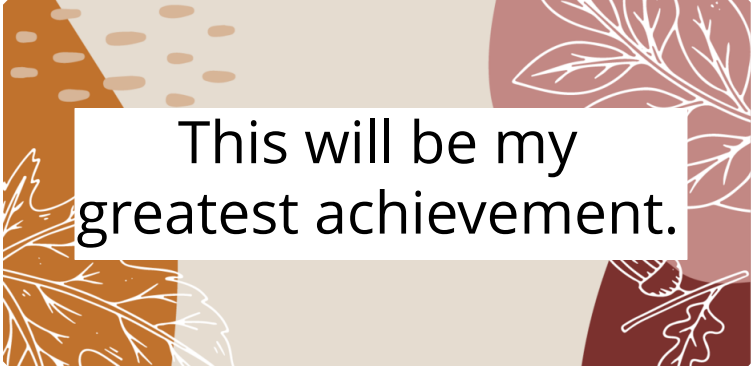
My baby will arrive  
at the perfect time.

I am powerful.

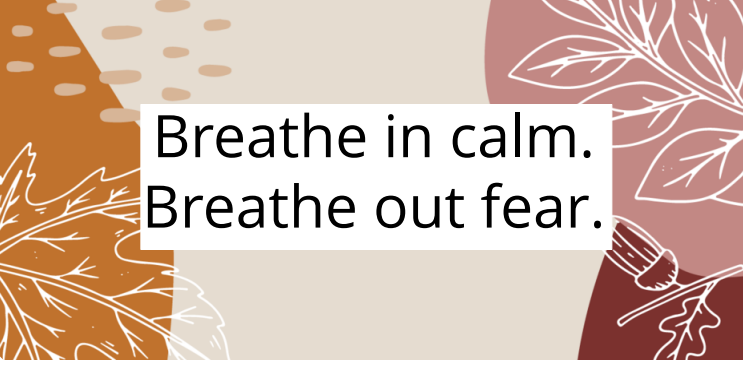
This is the  
moment I have  
been waiting for.



You are stronger  
than you ever  
thought possible.



This will be my  
greatest achievement.



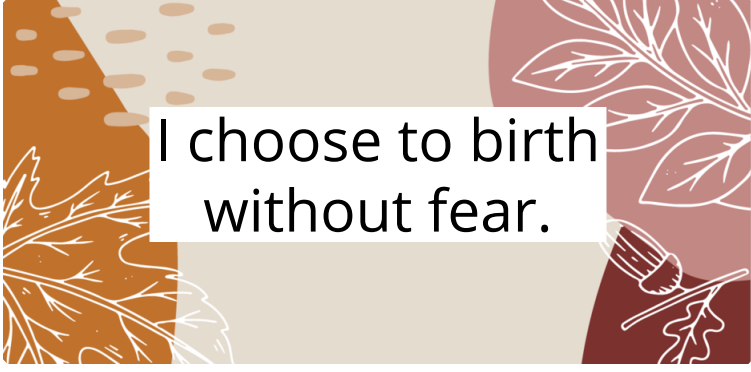
Breathe in calm.  
Breathe out fear.



I can do hard things.



Breathe baby down.



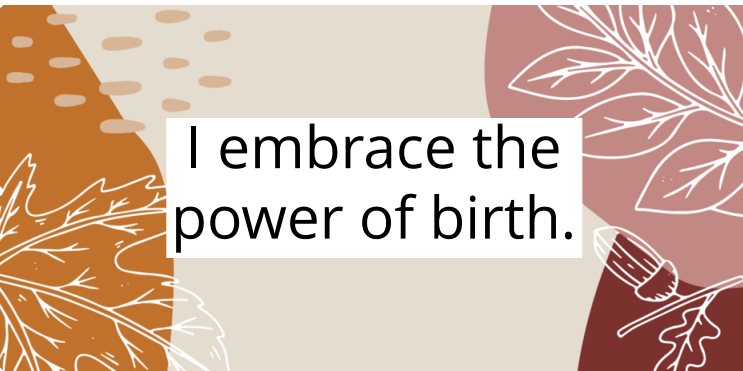
I choose to birth  
without fear.



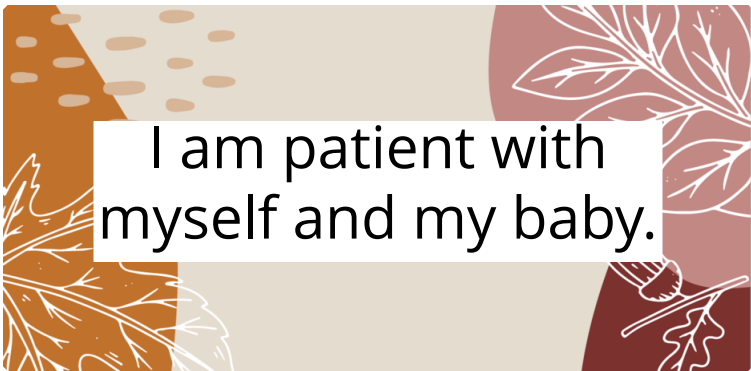
Open  
Relax  
Release



We are safe.



I embrace the  
power of birth.



I am patient with  
myself and my baby.