



I AM  
SURROUNDED  
BY *love*





I FEEL

*confident*

ABOUT BIRTH





I FEEL *safe*  
AND *secure*



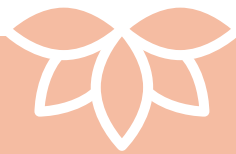


I FEEL TOTALLY

*relaxed*

ABOUT BIRTH





I AM

*strong*





I AM

*brave*





MY *body*  
IS MADE TO  
*birth* MY *baby*





I FEEL AT

*ease*







I FEEL *loved*

AND

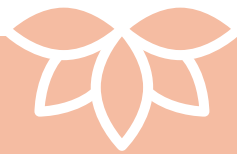
*reassured*





MY BABY'S SIZE  
IS *perfect*  
FOR MY BODY





I TRUST MY

*body*





I TRUST MY

*intuition*





I ALLOW MY  
CERVIX TO

*Open*





I FEEL

*positive*

ABOUT BIRTH





I AM

*happy*

AND

*excited*

ABOUT BIRTH





MY BABY

*knows*

WHAT TO DO







I AM ABLE TO  
PUT MY FEARS  
*aside*





MY BODY

*knows*

WHAT TO DO





SOFTEN

*Open*

RELEASE





MY MIND IS

*relaxed*





I GO

*deeper*

WITHIN





MY BODY IS

*relaxed*





EACH SURGE

BRINGS ME

*closer*

TO MY BABY





I AM *prepared*  
FOR WHATEVER  
TURNS OUR BIRTH  
MAY TAKE







MY BABY AND I  
ARE WORKING

*together*





I FEEL AT

*peace*





MY BODY IS

*designed*

TO BIRTH MY

BABY





I FEEL

*calm*





MY BODY IS  
FLOWING WITH

*oxytocin*





I WELCOME

EVERY *garage*





MY BODY IS  
FLOWING WITH

*endorphins*





MY BABY

MOVES DOWN

*slowly*







I AM

*proud*

OF MYSELF





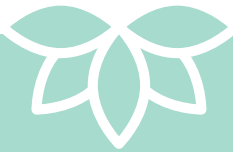
I AM

*breathing*

MY BABY INTO

THE WORLD





I believe

IN MYSELF AND

MY BODY





I AM A

BIRTHING

*goddess*





I *can*  
DO THIS AND

I *am*  
DOING THIS





I RIDE EACH

SURGE LIKE A

*wave*





I believe

IN MY OWN

STRENGTH





I AM ONE  
SURGE *closer*  
TO MEETING  
MY BABY







I *relax*

WITH EVERY

SURGE





I *open*

MY BODY LIKE

A FLOWER





DROP

*loosen*

SMILE





I relax  
AND release





I FEEL

*protected*

BY MY PARTNER





I CAN

*visualise*

MY BABY





*millions*

OF WOMEN ARE

BIRTHING WITH

ME





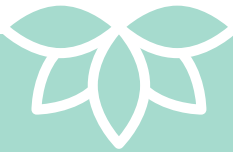
I CAN

*birth*

MY BABY







MY BODY IS  
DOING  
SOMETHING  
*beautiful*



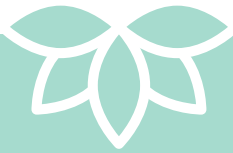


I ENJOY THIS

*magical*

EXPERIENCE





I FEEL

powerful





MY BABY WILL

SOON BE IN MY

*arms*

