



With a companion's support, I can allow my birthing brain and body to take over because I feel safe, comfortable and relaxed



If there is nothing I can do about it right now, then there is no benefit to worrying about it... If there is something I can do... Then I will do it!



When I practice relaxation, anxiety becomes less pronounced, advice and horror stories fade into the distance and I move forward feeling calm, centred and at peace with my own journey



When I realign with my inner guidance and stop judging my body and my feelings as bad, when really they are just offering me information, I am on the pathway to a birth and a life filled with understanding, comfort, growth and delight



I know that I can do this, I trust my instincts



Each inhalation fills my body with oxygen, feeding all of the cells in my body, Each exhalation lets go of tension and waste products, allowing my muscles and mind to relax even more





"Peace does not mean to be in
a place where there is no
noise, trouble or hard work.
Peace means to be in the
midst of all of these things
and still be calm in my
heart"



When I am relaxed
my baby will be
too



I welcome my baby
with love and
confidence



I look forward to
holding my baby
in my arms



Giving birth
is powerful
and so am I



My job is simply
to relax and allow
my body to birth
my baby





My baby will be born
gently,
calmly
and safely



I trust in the
instinctive nature
of birth



Birth is a safe and
wonderful
experience for me
and for my baby



My baby's birth
will be easy
because I am so
relaxed



All the strength
I need is within
me



I am a strong
and capable
person





My surges will not
over power me
because they are me,
they are my power



Every surge
brings me closer
to meeting my
baby



My birth partner is
at my back and has
my back



I breathe in a sense
of peace and
breathe out any
tension



I listen to my
body and I do
what it needs me
to do



As labour
progresses, I
become more deeply
relaxed





My baby is the
perfect size for
my body



My baby will come
when my baby is
ready



My baby knows
when and how to be
born



The birth of
my baby will
be beautiful



Relaxing my
mind, relaxes my
muscles



Where my mind
leads, my body
follows





I will birth my
baby naturally,
calmly and
comfortably



I trust my body is
perfectly
designed to birth
my baby



My body knows
how to nourish and
grow my baby



I feel calm,
relaxed and at
ease



I choose to birth
with love and
parent with love



I look forward to birth
as the most wonderful
and empowering
experience





I love and
respect my
pregnant body



I make informed
decisions that are
right for myself
and for my baby



My birth partner
is by my side and
on my side



Birth is
Miraculous
However it
Happens



Here comes
another wave
I can ride it



I quiet my mind and
let my body birth
my baby





I can do
Anything
for a minute



Nothing lasts
forever
This too shall
pass



I am built for
birth



They believed
they could
And so they did



I am a badass
birthing person
I have this



I am surrounded by
loving, nurturing
support

