

Birth Affirmations

TO EMPOWER AND SUPPORT

My mind is relaxed and my body is relaxed.

I put all fear aside as I prepare for the birth of my baby.

My muscles work in harmony to make birthing easier.

I surrender to this experience.

My surges cannot be stronger than me because they are me.

My baby and I are working together.

I breathe deeply and eliminate tension.

I can do hard things. I am made for this.

I am loved and I am not alone.

Breathing in, I feel strong. Breathing out, I let go.

Our baby was created in love and will be birthed in love.

I can do anything for a minute.

Every wave brings me one step closer to my baby.

The only way out is through.

I feel confident. I feel safe. I feel secure.

My baby is coming to meet me at exactly the right time, in exactly the right way.

I feel the strength of all the women who have come before me.