

My mind

is

relaxed,

My body

is

relaxed



*I put  
all  
fear  
aside*



*I  
trust  
my  
body*

*I feel  
confident,*

*I feel  
safe,*

*I feel  
secure.*

The background of the image is a blurred sunset over the ocean. The sky transitions from a pale blue at the top to a warm orange and yellow near the horizon. The water below is also blurred, showing soft, horizontal bands of blue and white. The text is written in a white, elegant cursive font, centered on the page.

*I am  
totally  
relaxed  
and  
at ease*

A soft-focus photograph of a sunset over the ocean. The sky transitions from a pale blue at the top to a warm orange and yellow near the horizon. The water below is calm, reflecting the colors of the sky. The text is written in a white, elegant cursive font, centered in the upper half of the image.

I am relaxed  
& happy  
that my baby  
is finally  
coming  
to me



*soften*

*open*

*release*

*I go*

*deeper*

*within*





*I am  
prepared to  
meet whatever  
turn my  
birthing takes*

My cervix

opens

smoothly

and

easily



My baby  
is the perfect  
size for  
my body

*I*

*trust*

*my*

*intuition*



My body &  
my baby  
know exactly  
what to do



My mind  
quiets, my  
body opens,  
my baby  
descends

*I*

*am*

*surrounded*

*by*

*love*

My baby

&

I are

working

together