

*I am prepared
to meet the
path my birth
takes*

*Each wave brings
me closer to my
baby;
I welcome each
wave with a calm
breath.*

*MY
body
opens
smoothly*

*My
baby is
perfectly
positioned for
an easy
birth*

i put all
fear
aside

I AM
Confident

*I am
strong
and
powerful*

I FEEL
CALM AS
I BIRTH
MYBABY