

BODY

- I trust my instincts.
- I can trust my body to know what to do.
- I can do anything for 10 seconds.
- Birth is powerful. I will let it empower me.
- I can learn to surf the waves.
- With each deep breath, I feel better and better.
- My body knows exactly what to do.
- My body knows how to birth my baby.
- I cooperate with my body and my baby.
- My mind and my body are relaxed.
- My muscles work in complete harmony to make birthing easier.
- I can surprise myself.
- Untapped sources of strength are available to me.
- I have the power to do everything I need to accomplish today.
- I am proud of myself.
- I can do this because I am doing this
- My body and my baby know what to do.
- My mind is relaxed. My body is relaxed.
- I listen to my body.
- My body knows just what to do and I trust it
- Breathe in ability. Breathe out resistance
- I will never have to do that contraction again
- Every contraction brings me closer to my baby.
- Women all over the world are birthing with me right now
- My instincts can be trusted and lead me to my baby
- Each wave has a purpose
- When I feel I cannot do it, I know I am close
- Pain is part of the process. I let it be.
- I welcome surges. I don't fight against them
- There is nothing to fear
- I intuitively know the right thing to do

BABY

- This will be one of the best days of my life
- I'm so excited to meet my baby
- I am present. I am doing this. We are doing this.
- Strong surges bring the baby closer.
- I relax and my baby relaxes with me.
- My baby trusts me, and I trust this process.
- I am relaxed and happy that my baby is finally coming.
- My baby is working on a perfect position for birth.
- Baby is turning a corner.
- I am strong enough to let my baby be born the way baby needs.
- The baby wants to come out.