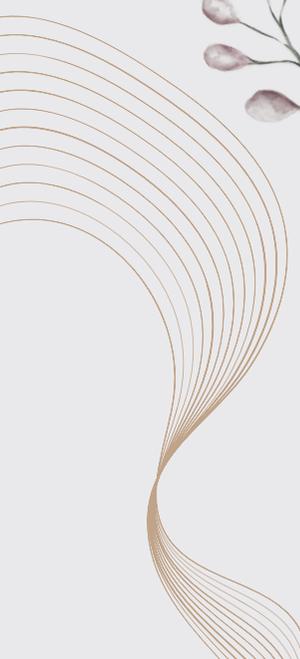


My body

knows exactly
what to do.



My baby

is in a perfect
position for birth.

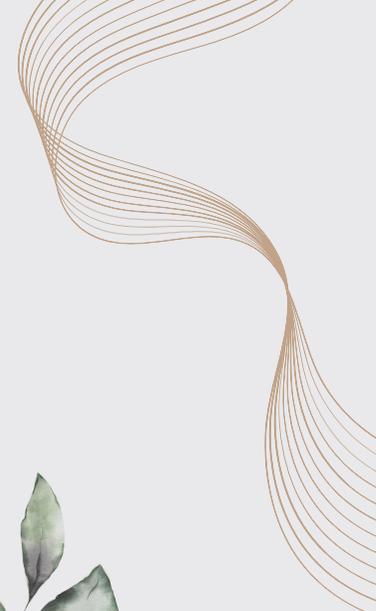


I am
present and
conscious
throughout
labor.



I inhale grace.

I exhale pain.



My body

knows how to
birth my baby.





I trust

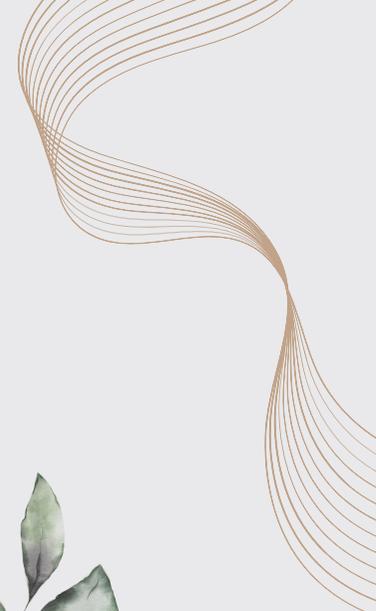


my body to know
what to do.



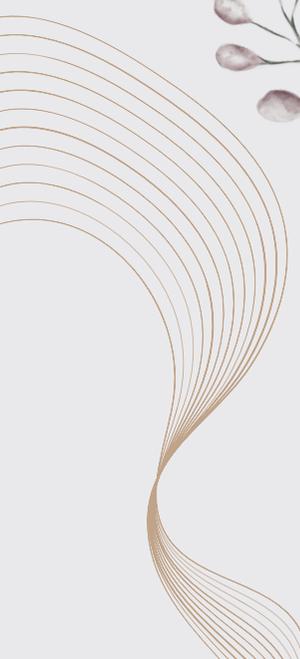
My body
and mind are
relaxed.





I trust

my instincts.





My muscles
work in complete
harmony.

The image features a central text block surrounded by decorative elements. In the top-left corner, there is a cluster of green eucalyptus leaves. In the top-right corner, there are several thin, wavy, golden-brown lines. In the bottom-left corner, there are more thin, wavy, golden-brown lines. In the bottom-right corner, there is a small cluster of green eucalyptus leaves. The text is centered and reads:

I give
birth easily and
harmoniously.

birth easily and
harmoniously.

The image features a central text quote surrounded by decorative watercolor elements. In the top-left corner, there is a cluster of green leaves. In the top-right corner, there are several thin, wavy, golden-brown lines. In the bottom-left corner, there are more thin, wavy, golden-brown lines. In the bottom-right corner, there is a small branch with green leaves. The text is centered and reads:

My labor
is short and
harmonious.

is short and
harmonious.



I am

surrounded by
love and support.



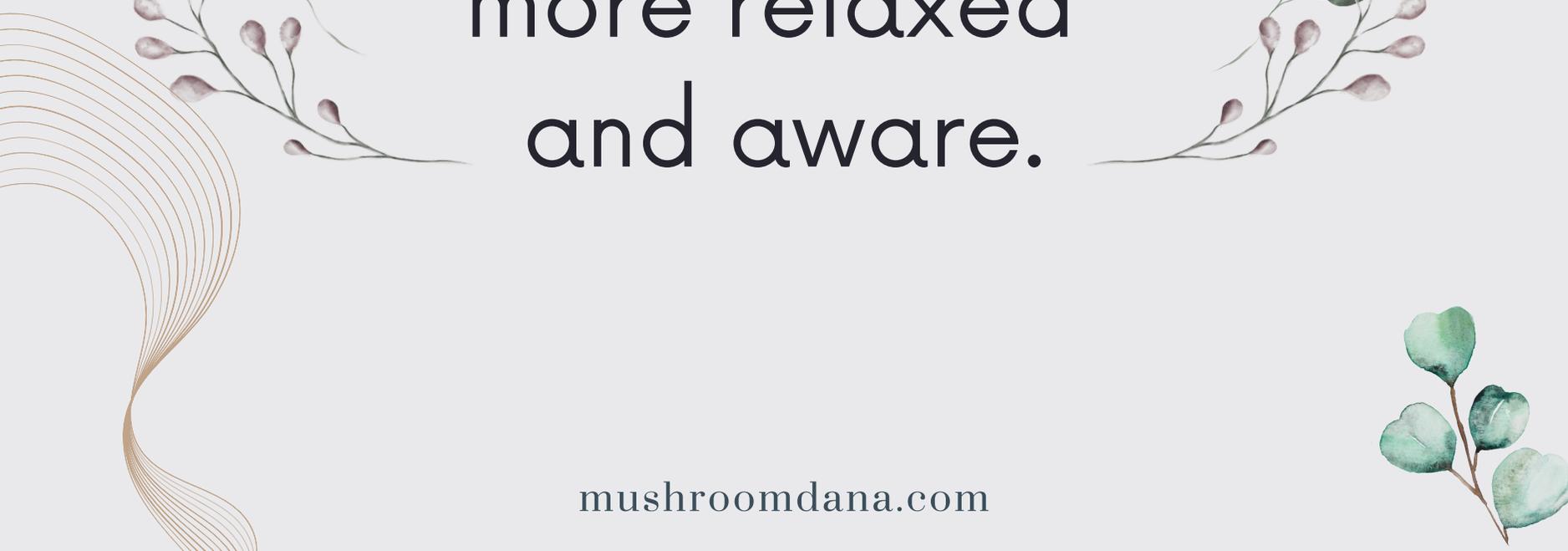
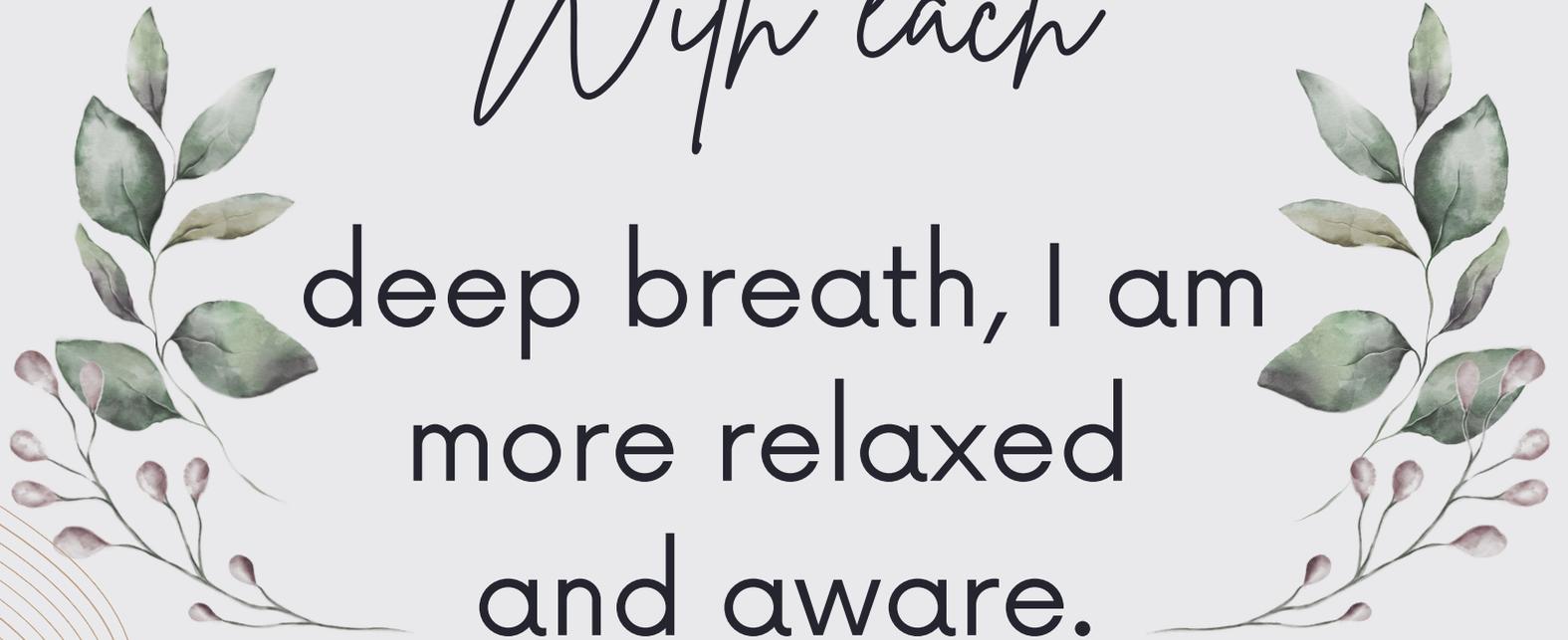


Birth is

powerful and I will
let it empower me.



I breathe
deeply and
consciously.



With each
deep breath, I am
more relaxed
and aware.



My mind

is clear, my body
is relaxed and my
soul shines.



My baby
is healthy and
slides fluently
through my
birth canal.



My baby

is relaxed and has
a smooth birth.



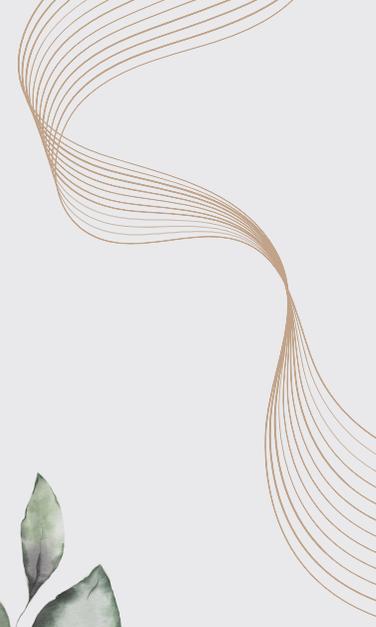
My baby

will attach to my
breast with ease
and lust.



I feel

grateful that my
baby is healthy
and joyful.



I feel

grateful for this
experience



I can
give birth with
ease and grace.