



trust
THE PROCESS

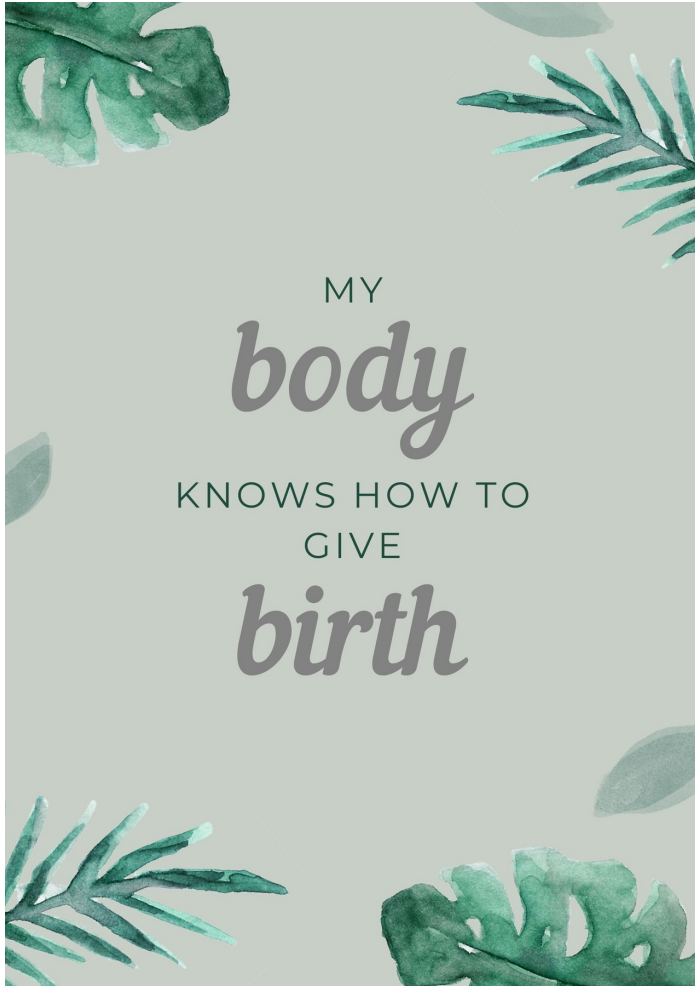
Birth
IS
safe

I FEEL THE
strength
OF ALL
birthers
WHO CAME BEFORE
ME

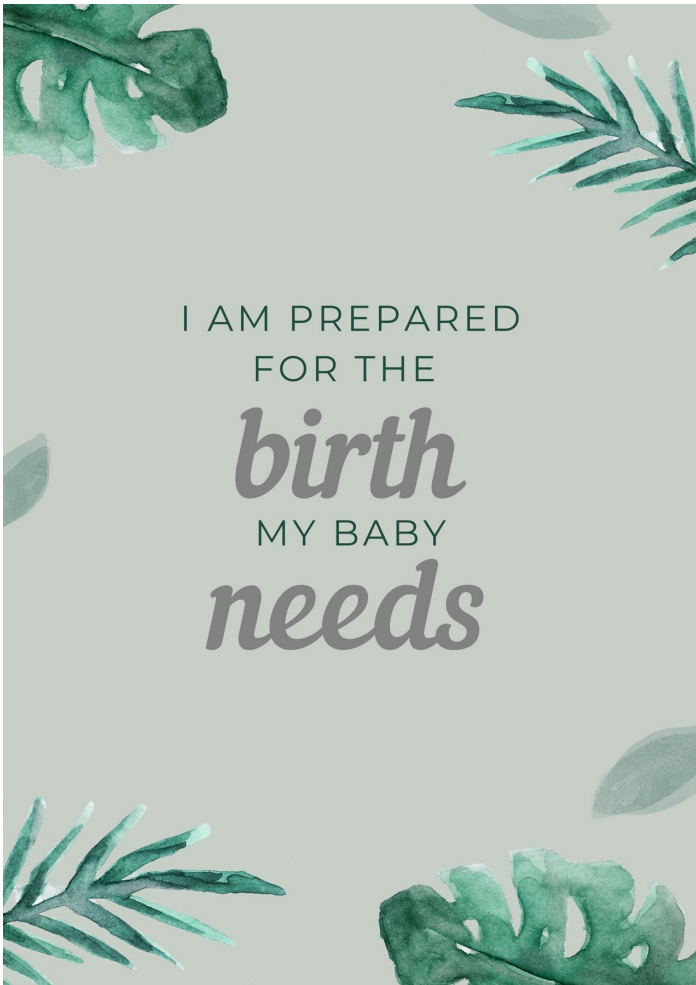
I AM
surrounded
BY
love



I
trust
MY
body




MY
body
KNOWS HOW TO
GIVE
birth




I AM PREPARED
FOR THE
birth
MY BABY
needs



Ride
THE
wave



I AM
capable
AND
strong



I AM
not
AFRAID
I WAS BORN TO DO
this



Release



Peace



EVERY


wave

BRINGS ME CLOSER
TO MY BABY

Breathe

IT'S NOT
pain
IT'S
power

I AM
supported




I
breathe
IN MY
power
AND
exhale
MY FEAR



MY BABY IS THE
perfect
SIZE FOR MY
body



IT'S
okay
TO
poop



Birth
IS
natural
AND
normal



MY
body
AND MY
baby

KNOW WHAT TO DO



I AM
safe
MY BABY IS
safe