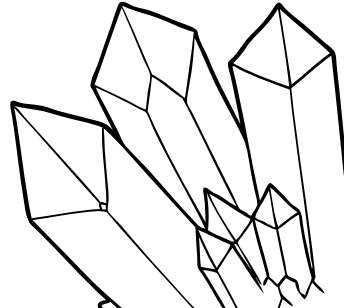
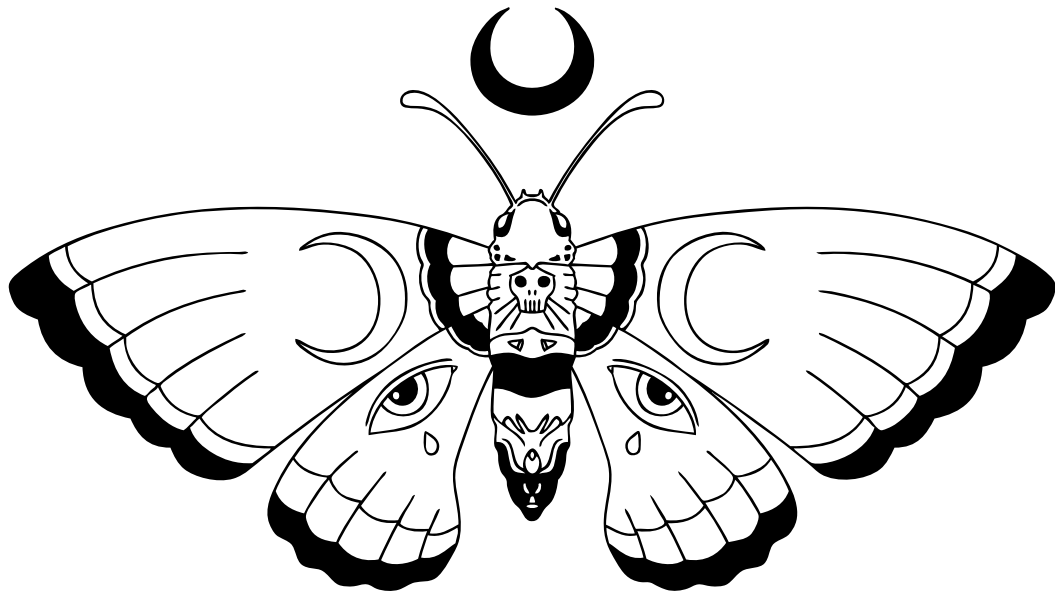




I trust my
body.





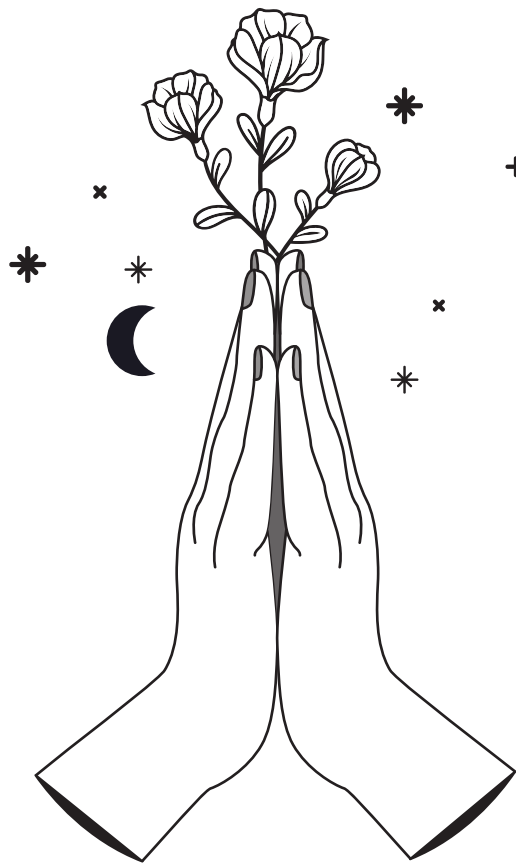
I allow this

pregnancy to unfold.

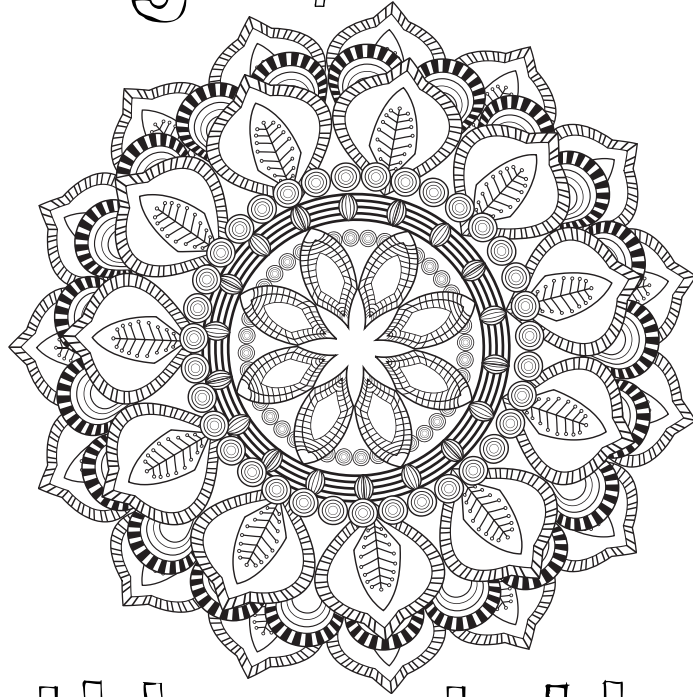
My body
and my
baby are
working
together.



I surrender
myself to
this
pregnancy
and birth.



Breathing in, I feel strong.



Breathing out, I let go.



I trust
my body.

I feel the strength
of all of the birthers

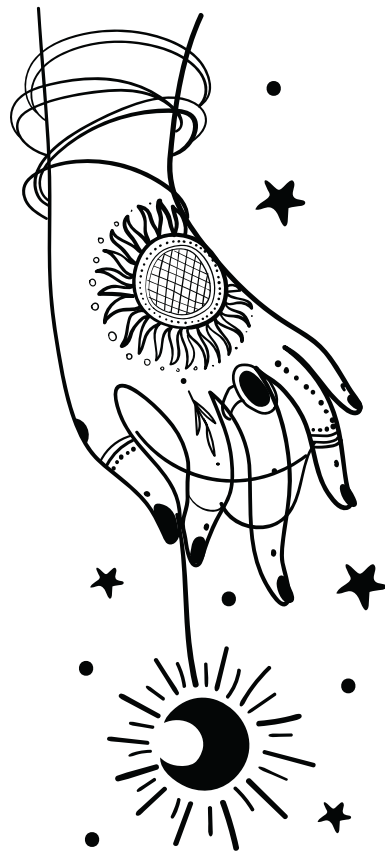
who have
come
before me.



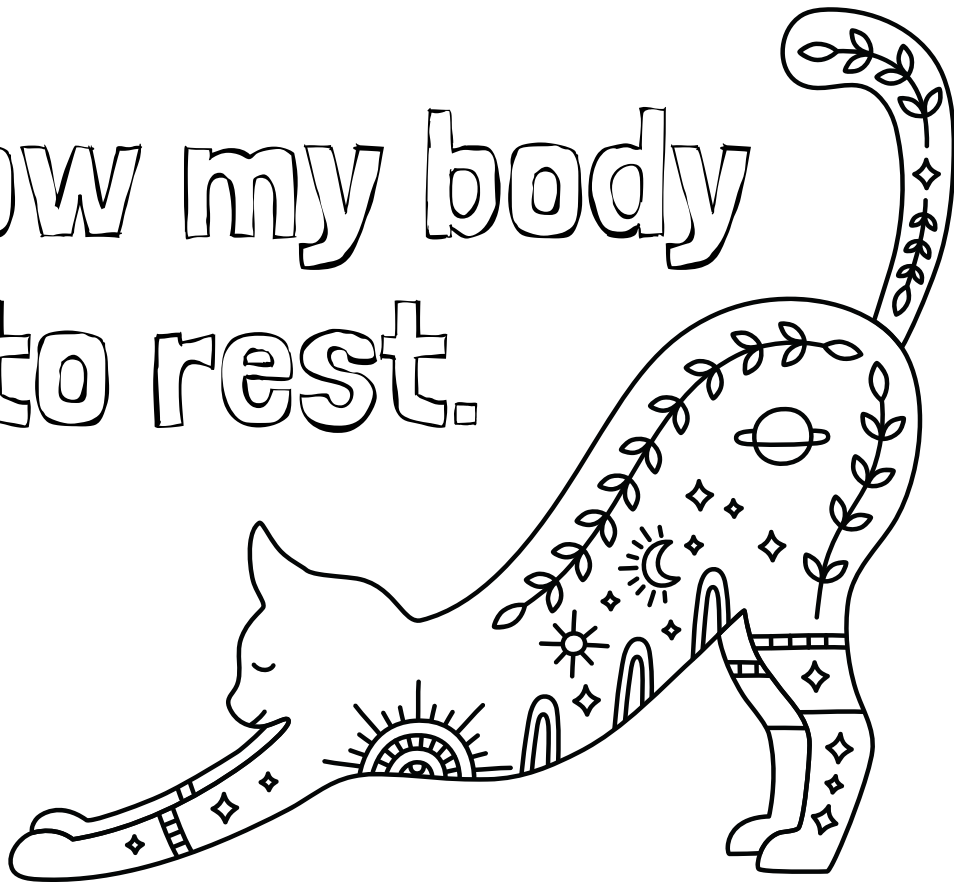


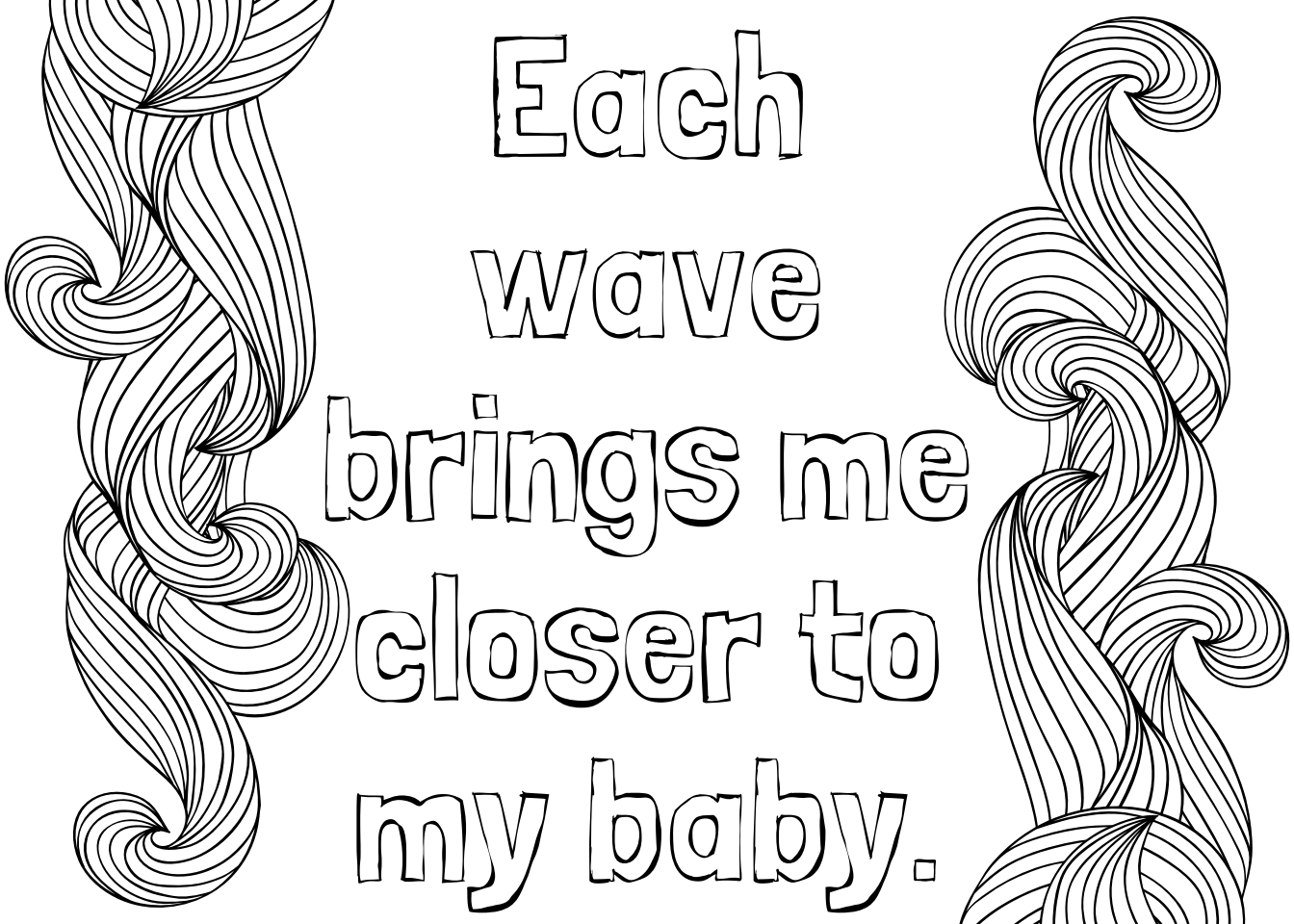
I believe in
my body.

I relinquish
control.



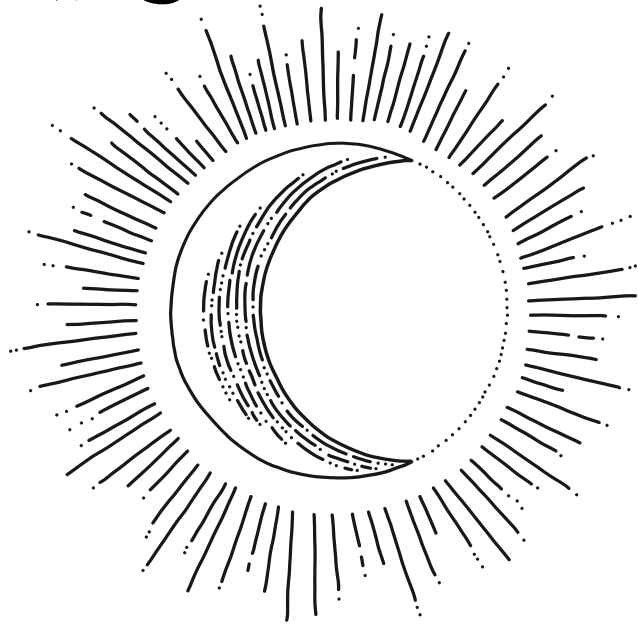
I allow my body
to rest.





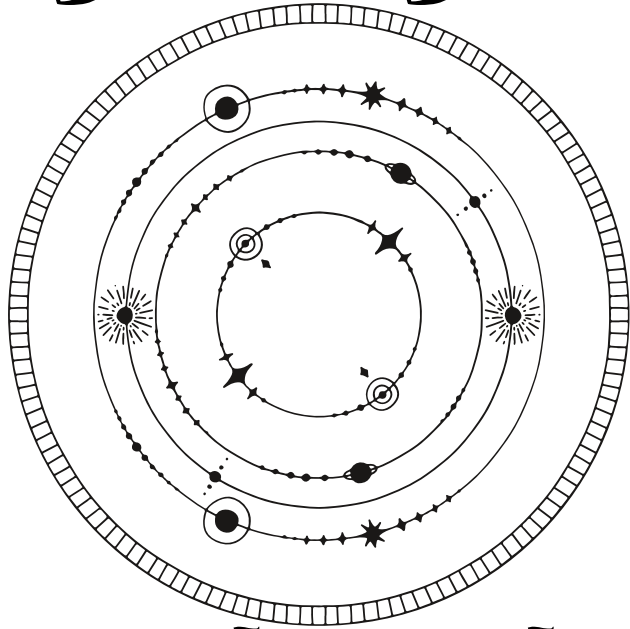
Each
wave
brings me
closer to
my baby.

Queens will always

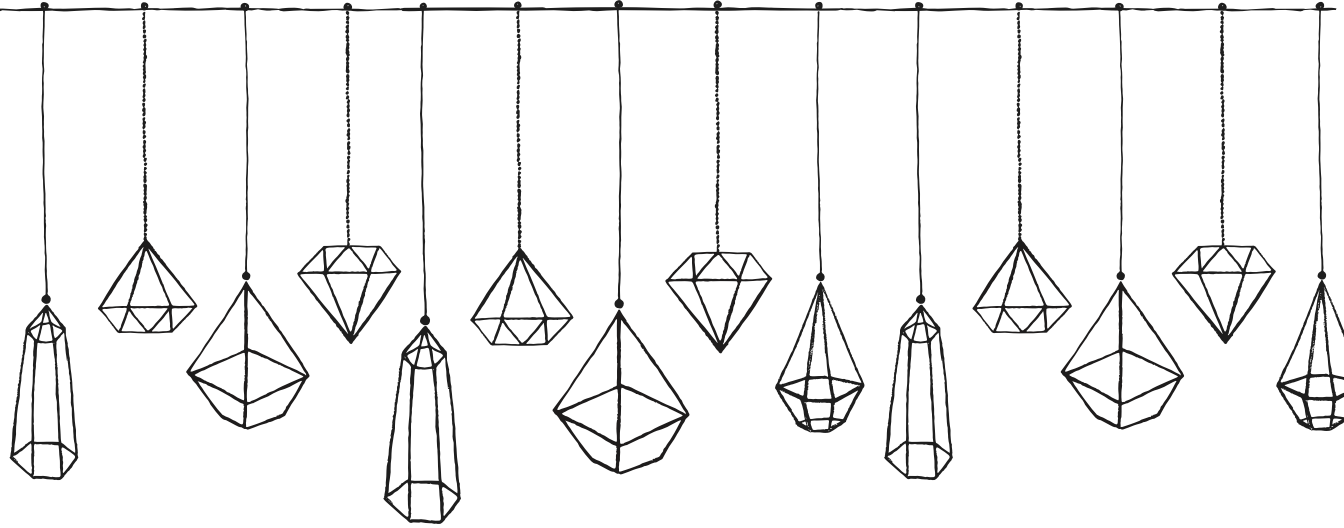


turn pain into power.

My body is



designed to do this.



My mind is relaxed,
my body is relaxed.

Return to your
breathing.

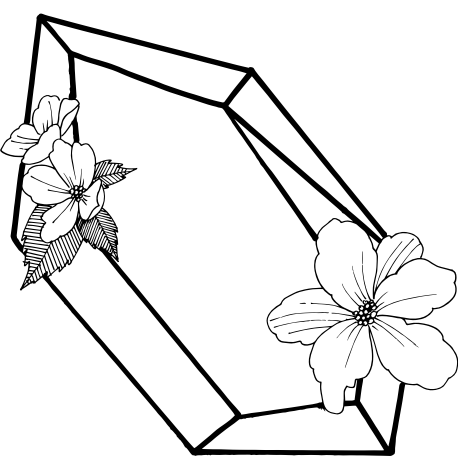




Actually,
I can.



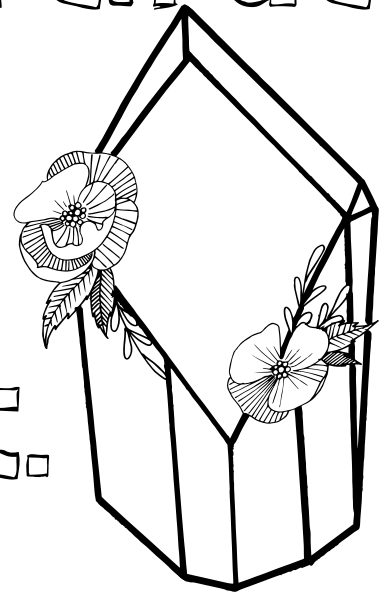
I am
surrounded
by love.



My body will
give birth at

the exact

right moment.





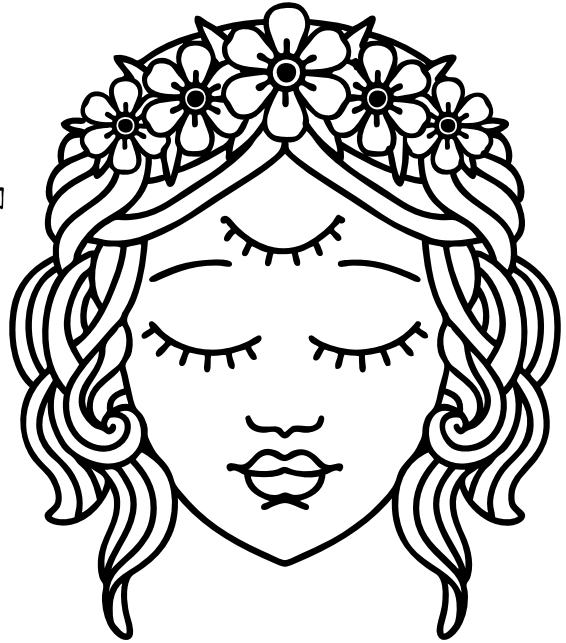
All of the strength I
need is inside of me.



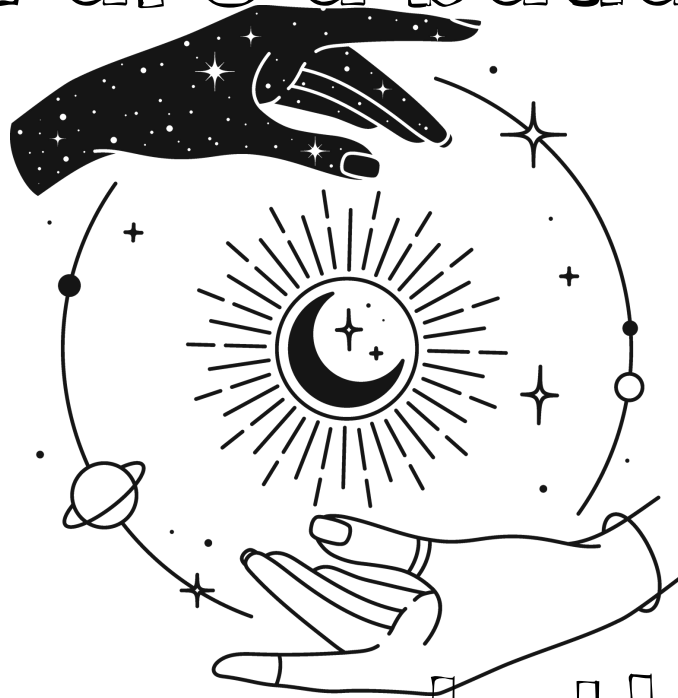
I let my body and my
baby set the pace.



Loose Jaw.
Open Hands.
Still Mind.



You are a badass.

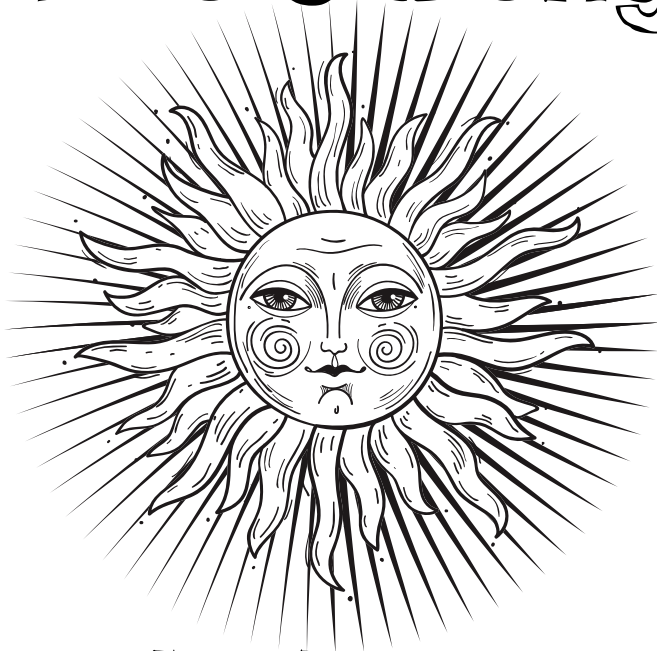


You can do this.

I believe
in my
body.



I inhale strength.



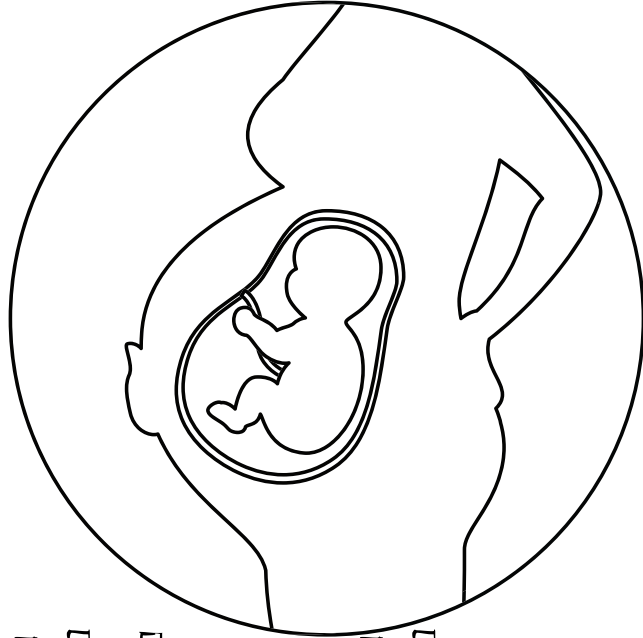
I exhale fear.

This birth and baby



are unique.

I am giving my baby



everything they need.



I am peaceful

I grew this
baby, I can
birth this
baby.





I am
ready to
meet my
baby.

My body
opens
like a
flower.



Rock those hips.

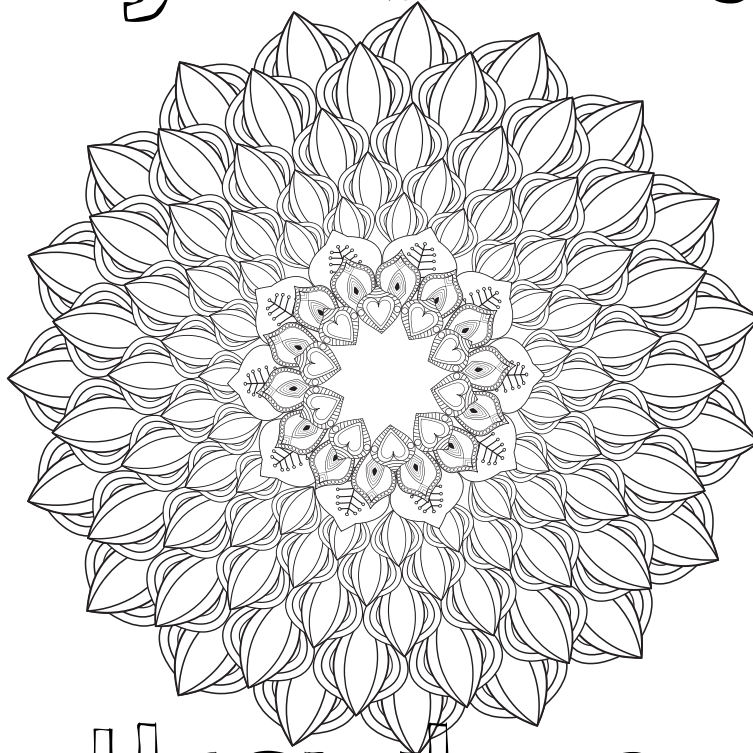


Loosen those lips.



Open.

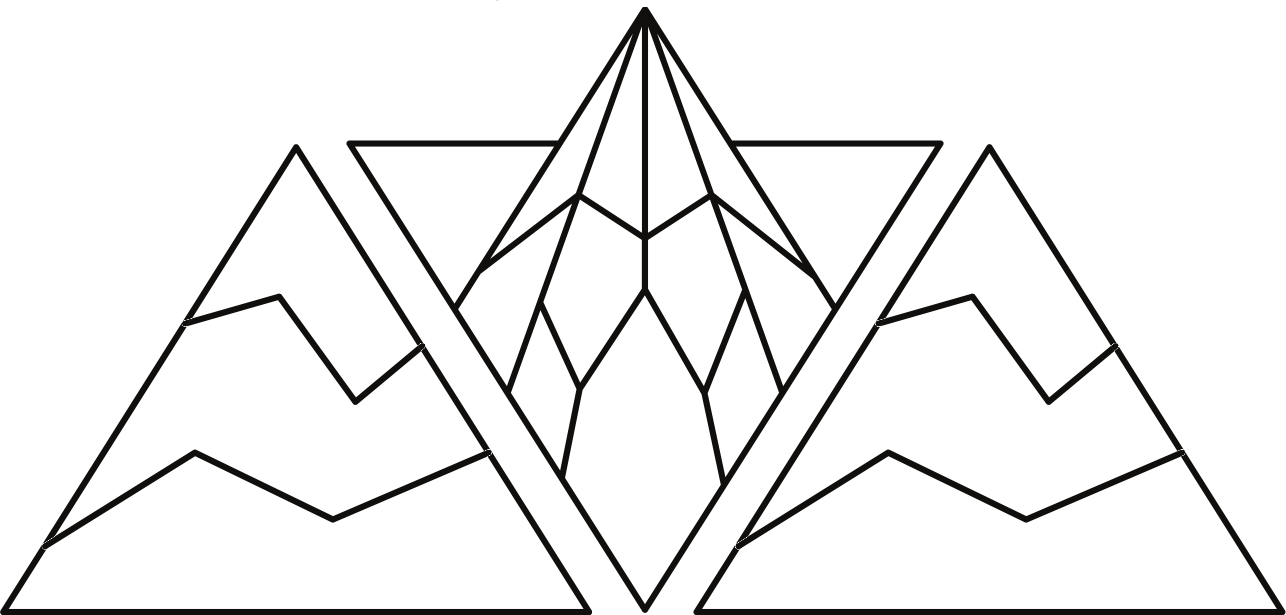
Oxytocin flows



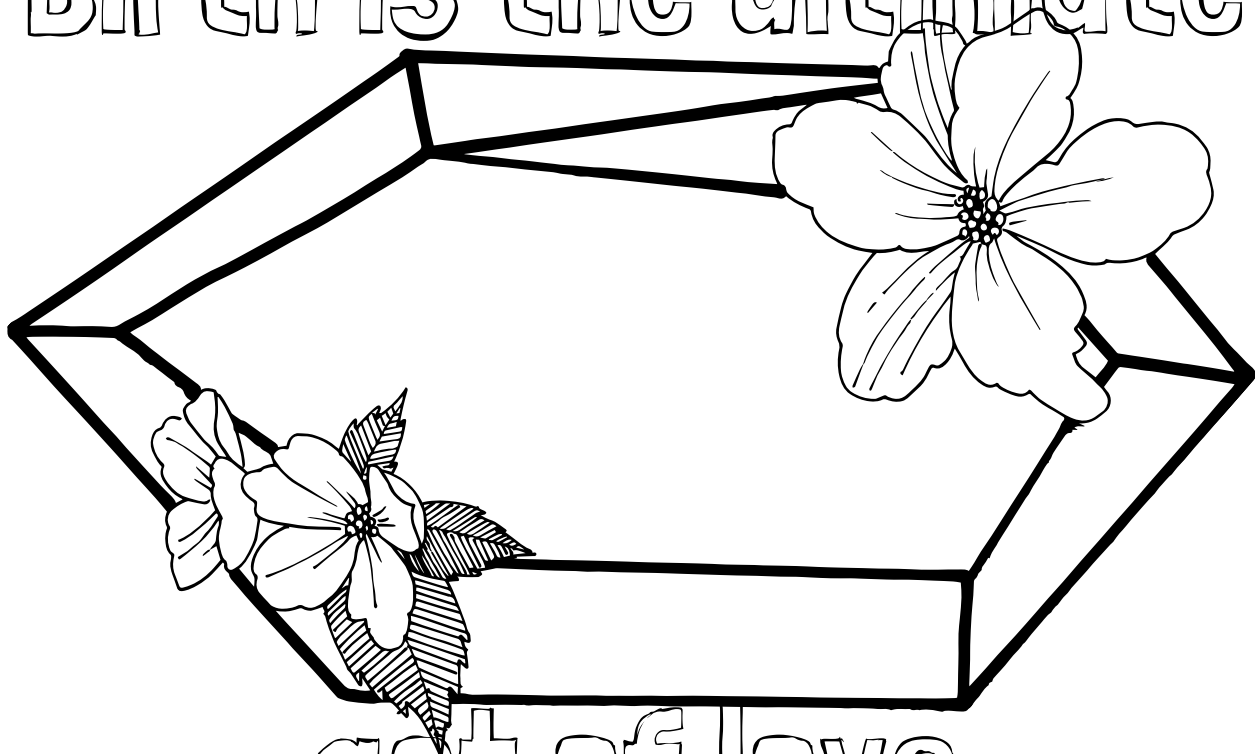
through me.

This is my mountain.

I can climb it.



Birth is the ultimate



act of love.



Breathe.



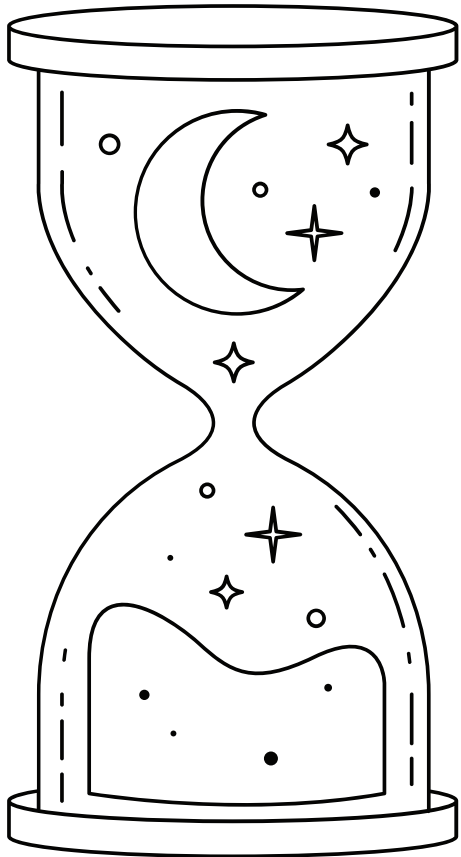
Release.



Relax.



Breathe
Baby
Down.



My baby
will be born
at the
perfect
time.

I birth
with
ease.



Let it
be big.

