

Birth Affirmations

My body is strong

My body is powerful

I love my body.

I love my baby.

My body knows just what to do to bring me my baby.

My baby is healthy and strong.

I trust my body and my baby.

I embrace the wisdom and innate knowledge of my body.

I surrender to the power of my body.

There is purpose in the pain.

My body is perfectly designed to birth my baby.

I feel confident, safe, and secure.

I relax my body through each wave.

I surrender my body over to nature.

I breathe my baby to me.

I welcome every wave knowing each one brings me closer to my baby.

This pain is not bigger than me.

This strength and power IS me.

I release my birthing over to my body and my baby.

I put fear aside and welcome my baby with joy and happiness.

I am not alone.

Birth is a safe, amazing, and empowering experience.