

Birthing Affirmations

I have been waiting for this day, and I am ready for it.

My body is strong, and it knows what to do.

Today, I am in communion with all birthing women everywhere.

I am one of a long line of women to do this, and they are with me.

Every sensation comes from the power of my body and its love
for my baby.

I am surrounded by love and support.

My baby has the wisdom to know when and how to be born.

I am being transformed into my baby's mother.

Baby and I both deserve a calm and serene birth.

