

Mantra for Birth

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I trust my body, I trust my baby, all is well

This is a labour of love

I can do this, I am doing this

Don't push, the river flows freely

My body opens, my mind quiets, my baby descends

I breathe in.... I open, I breathe out.... I relax

My body is opening

I am ready to meet my baby

My body knows what to do

I am ready to give birth

I am safe

There is nothing to be afraid of

My body is designed to birth this baby

Birth is normal, birth is safe

LAUREN FALCONER



My body is wise

My baby knows how to be born

Each part of my body is completely relaxed

I relax through each stretching sensation, allowing my uterus to work efficiently

I am safe and my baby is safe when the sensations are strong

I trust my body to know how to birth this baby

I trust my instincts to know what I need in labour

I am a strong and capable woman

Babies are born when they are ready

I trust my birth

I am a powerful, loving and creative being

I open....

I am ready to meet my baby

I trust my inner wisdom

I surrender to my divine feminine knowing





Babies are born when they are ready, not when doctors, midwives or anyone else decides

My body contains all the knowledge necessary to give birth to my baby

My breath brings oxygen to my muscles, creating nourishment, and washing out fatigue.

I am never alone...I have sisters throughout my city, my country, and around the world that will be having their babies at the same time as me. I tune in to them and send them my love and reassurance.

Easily...effortlessly...comfortably.

I surrender completely and open like a beautiful rose in full bloom.

Blooming

