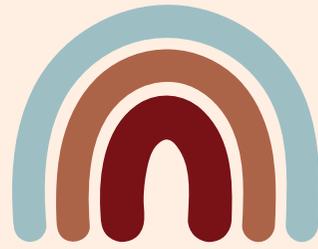


I give this birth over
to our Heavenly
Father, Lord Jesus,
and Holy Spirit



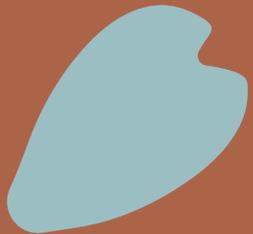
I trust in the Lord,
knowing that I have
been perfectly
designed to do this.



I relax, I breathe
slowly, and I open
gently.



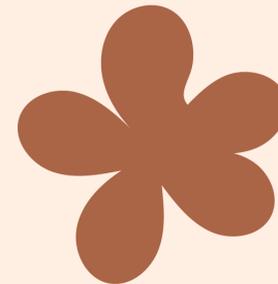
I am strong. I am
brave. I am spiritual
warrior.



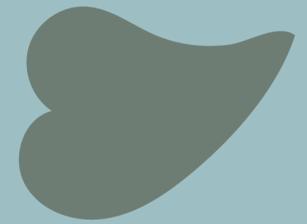
Each wave and each
contraction brings me
closer to our baby.



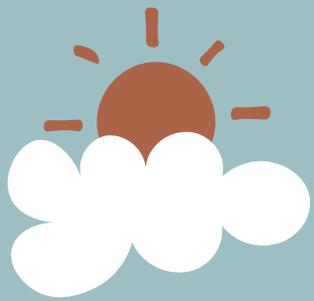
I trust in our
Heavenly Father, Lord
Jesus, and Holy Spirit.
I know they are with
me.



My body has been
designed by God, and
knows how to give
birth.



I trust that our baby's
birth has its own
perfect timing, and
that God's hand is
upon this birth.



I inhale deeply and fully to meet each surge; I exhale to release.



I let go of anything that I don't need.



I accept the path God has for our baby's birth.



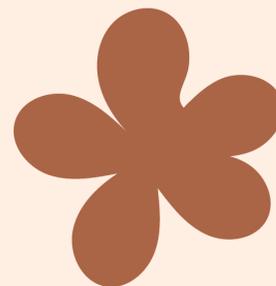
I relax and release completely.



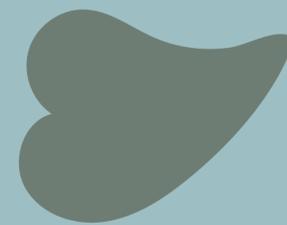
I accept the sensations of each contraction, knowing that each one brings us closer to meeting our baby.



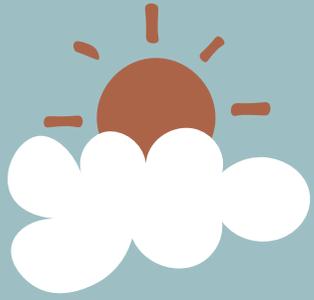
I step into God's grace, feeling his warmth and presence around me.



I feel strength and confidence.



I am more and more relaxed and at ease.



I ask our Lord Jesus for help, strength, and spiritual protection.



I am in a state of wonder at how perfectly God has designed my body for birth.



I ride each sensation and trust in the Lord.



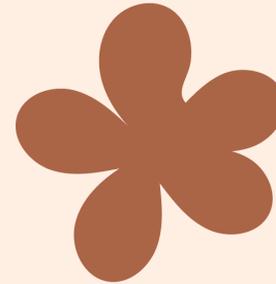
I loosen, open, and release .



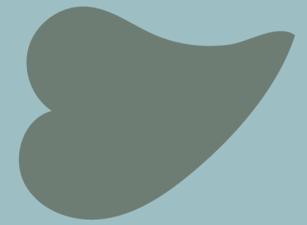
I feel God's love pouring into me and into our baby.



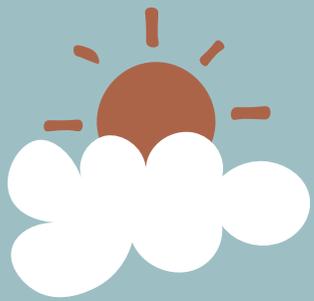
I feel nurtured by God and by those around me.



I can do this.



My body softens, expands, and opens.



I am strong, and I am powerful.



I hand control over to God and my body, which has been designed to give birth.



I allow the birthing instincts that God has given me to come to the surface.



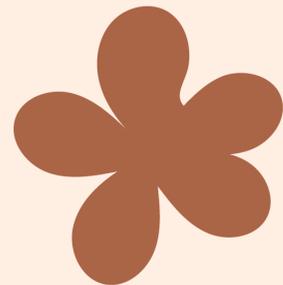
I let go, release, relax, and flow through birth.



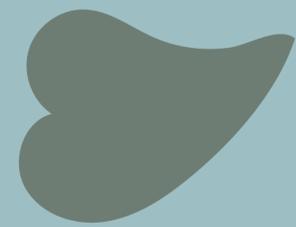
I go with God and with the natural flow of my body.



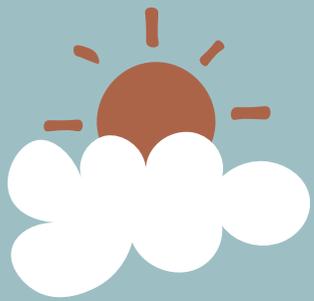
I breathe deeply, I breathe fully, I release, and let go.



I am designed to do this and I can do this.



Lord Jesus, please continue to help me, strengthen and give me all the support I need.



Birth is a wonderful,
safe experience
designed by our
Heavenly Father.



I can feel God's love
surrounding me and
strengthening me.



Our baby has been
designed by our
Father and knows
how to be born.



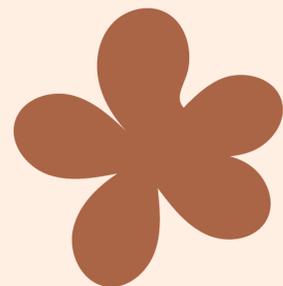
I feel confident, I feel
safe, I feel secure.



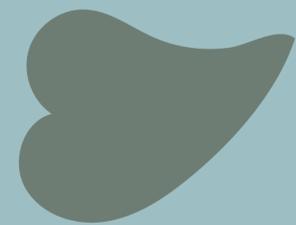
I give this birth over
to our Father.



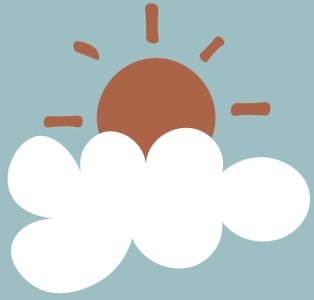
I know that all things
are possible with
God.



I have an unlimited
strength that comes
from our Father, Lord
Jesus, and Holy
Spirit.



I am relaxed and
happy knowing that I
will see our baby
soon.



I can feel the Holy Spirit surrounding us and keeping us safe.



My mind is relaxed; my body is relaxed.



I welcome this opportunity to grow and change.



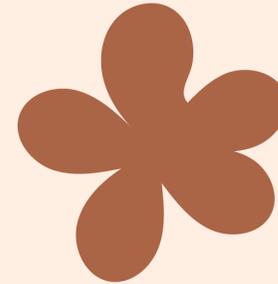
I am more and more relaxed and at ease.



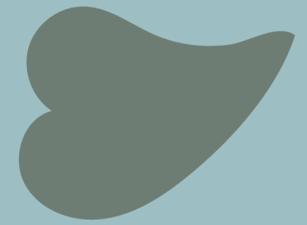
I wonder at the amazing strength and wisdom God has given to my body.



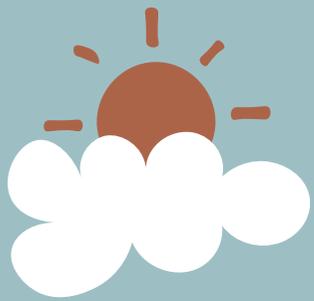
I ride each sensation and trust in our Heavenly Father.



I am doing an amazing job.



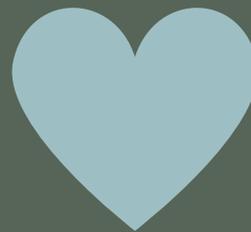
Women all over the world are birthing with me.



I feel timeless strength and courage.



I allow love to flood through me.



When the time is right, I surrender to increasingly downward sensations and allow our baby to move downwards.



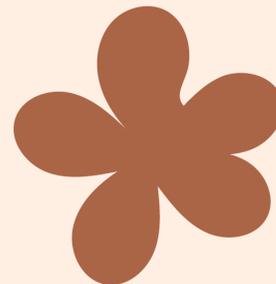
Our baby effortlessly moves through the birth canal, guided safely by our Heavenly Father.



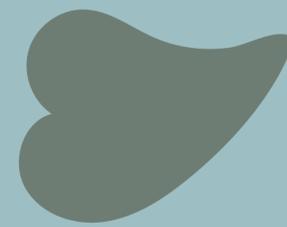
I breathe down to my belly and our baby.



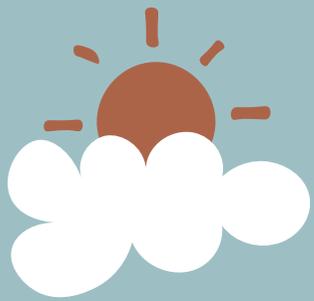
I welcome our baby with open arms and an open heart.



I connect with our baby, imagining their journey.



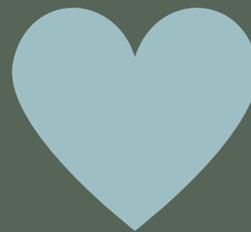
I go deeper and deeper into relaxation and gratefulness.



I am open to and grateful for the birth journey



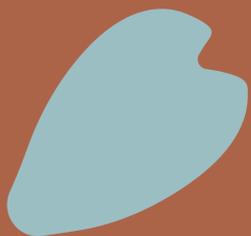
I am safe, loved, and seen.



My body was made for this and capable of meeting each moment.



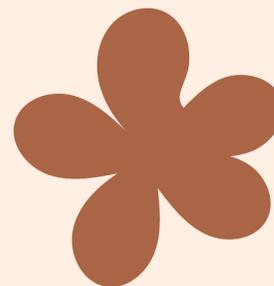
I embrace the rhythm of birth and am fully open to this journey.



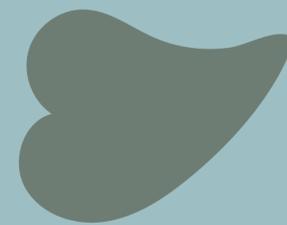
I am filled with unlimited strength and power that comes from our Heavenly Father.



I am excited and happy to meet our baby soon.



I can do hard things with great expectation.



I breathe peace deeply in, and exhale slowly all tension.