



Birth Affirmation

My body is open and accepting of new life within me.

My body is designed to conceive, carry, and birth my baby.

I now see myself holding my beautiful, healthy baby in my arms.

My body knows how to grow this baby, and my body knows how to birth this baby, I trust my intuition.

I can hold peace during discomfort. I am at peace. I am calm. My contractions are power within me.

I let go and accept whatever will happen and receive it with love.

I am prepared. I am confident. I know that my baby and I will work together as a team; and my body has everything it needs to birth my baby.

My mind is at ease. I walk into pregnancy, and birth with calm confidence, knowing I can handle whatever comes my way.

I use healthy foods to fuel my body,

I am now relaxed and healthier than ever.

Every adjustment I receive gives me more, and more nerve power, which helps my body and my baby become stronger.

I make perfect decisions for myself and my baby.

My baby is in a great position for birth. My baby is part of me and made to fit my body. My body will open and my baby will descend with ease.

I discipline my mind to focus on love with each breath. I breathe in and out, riding each contraction like a wave. Breath comes and goes, in and out, in and out, peaks and valleys, in and out.

I am enjoying each moment as it comes.

- 1. Read Birth Affirmation into a recorder app on your phone 3 times slowly.**
- 2. Actually picture what is happening and it being real. Imagine, conception, your baby growing inside you, eating healthy foods, getting awesome adjustments, birthing your baby, meeting and holding your baby.**
- 3. Then listen to your recording before bed, and when you first wake up every day. This is to retrain your mind on birth and pregnancy. You can add in other times to listen as well.**