



Pregnancy and Birth Affirmations

1. I embrace the innate knowledge of my body
2. I surrender to the power of my body. My contractions bring my baby closer to being born.
3. I feel the power of my body with each contraction. My body works flawlessly.
4. My muscles work in complete harmony to make birthing easier.
5. My cervix opens and allows my baby to ease down with each contraction.
6. I put all fear aside as I prepare for the birth of my baby.
7. I trust my body and my baby.
8. My body has been perfectly designed for giving birth naturally.
9. My body and pelvis open wide for my baby to pass through.
10. Each contraction produces a healthy, positive pain that I can handle.
11. My courage and patience will send my baby into my arms.
12. My body knows what to do. I will surrender fully and completely.
13. I have grown this baby; I will birth her fearlessly.
14. I am strong and my body is powerful. I trust my instincts to know what I need for my labor.
15. Countless people have given birth before me. Their courage and strength are with me.
16. My pelvis releases and opens easily to make way for baby.
17. Good strong contractions will help me meet my baby.
18. I will welcome my baby in peace and joy.
19. My body contains all the knowledge necessary to give birth to my baby.
20. My baby knows how and when to be born.
21. Birth is a safe, wonderful, and powerful experience.