

## Affirmations for comfortable birthing

*I am preparing for the most amazing journey I will ever take*

*I put all fear aside as I prepare for birthing my baby*

*I am relaxed and happy that my baby is coming to me.*

*I am focuses on a calm and comfortable birth.*

*I trust my body and my baby.*

*My mind is relaxed and my body is relaxed.*

*I feel confident, I feel safe; I feel empowered*

*My muscles work in harmony to making birthing comfortable.*

*I feel a natural flow of hormones flowing through my body.*

*I relax even more as my body moves through each phase of labour.*

*My cervix opens and allows my baby to move down.*

*I fully relax and turn my birthing over to my body and my baby.*

*I see my baby coming smoothly into the world.*

*My baby's birth will be calm because I am so relaxed.*

*I breathe with ease and this eliminates tension.*

*I feel the rhythm of my body sway as I relax.*

**Every Birth**

*I relax and work with my body and my baby.*

*I see my breath filling the whole of my uterus.*

*I am prepared to meet whichever turn my birthing takes.*

*My baby moves gently down through my birth path*

*Every surge of my body is bringing my baby closer to me.*

*My relaxation deepens as my labour progresses.*

*I am totally relaxed and comfortable.*

*My body remains loose and limp*

*I enjoy each surge, focusing with my breath.*

*I send thoughts of love to my baby as labour advances*

*I release any tension*

*I bring myself into the deepness of my relaxation*

*I slowly breathe down with each surge*

*I put fear aside to welcome my baby with excitement and joy.*

**Matters**

**HypnoBirthing**

Listen to your Audio affirmations daily and reaffirm to yourself continually as you prepare for birthing your baby.

Creating a visual board can also be beneficial.