

Affirmations

- Just as my body knows instinctively how to create life, it knows when to begin labor and how to birth in a calm and gentle way.
- I look forward to the day of my baby's birth.
- I am confident when labor begins, trusting my body, feeling safe.
- I move easily into the level of hypnosis needed to support a calm and gentle birth, my very own panacea.
- I am deeply relaxed now.
- I feel natural endorphins and relaxant flowing through my body to all the places where they are needed to keep me and my baby comfortable during birthing.
- All of my birthing muscles working together perfectly, from the start of labor until the very end of labor.
- I use my breath to relax myself even more deeply between surges.
- I have the power to control my sensory experience and I can block any sensations that I do not want to feel during labor.
- I experience only pressure or tightening with each surge during labor.
- I breathe in and out deeply and evenly several times per surge to maximize the effectiveness of each surge.
- I see my labor going by quickly, as every 10 minutes that passes feels like just 1 minute to me.
- My baby and my body working together in harmony, because mommy and I are one.
- I see my baby in optimal birthing position, facing down and towards my back.
- I am able to do anything required of me during labor while remaining completely relaxed and comfortable.
- My cervix is soft and opens easily to make room for my baby when the time is right.
- I remain deeply relaxed throughout labor, handling any situation in a calm and focused manner.
- When my baby is ready to be born, my birthing outlet opens gently and comfortably, like a gently blooming red rose.
- When the time is right, my baby moves easily out of body and into my arms.