

22 BIRTH SPACE AFFIRMATIONS

FOR PREGNANCY, LABOUR & BIRTH



relax into birth

WITH CHARLENE YARED WEST



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Adorn your childbirth sacred space with these specially created affirmation posters by Relax Into Birth. Whether you choose to birth at home or at hospital, these posters will help you make the room beautiful and conducive to the optimal hormones needed for labour and birth.

You may also include items in the space that are special to you, such as gifts from your blessingway, heirlooms that inspire you, plants and flowers, fairylights, candles and other objects and images that are important to you.

Everything you choose to place in your birth space must have a calming, inspiring, relaxing and encouraging effect on you, to enhance the flow of the love hormones, which help to bring your baby down and out.

The space should mimic the same energy as a sleeping, love-making space that is dark, private, quiet and calm. This does not mean that you have to be quiet or sedate - on the contrary - your cervix has a voice, so let it be heard, whether it is a whisper or a roar! It is your choice.

I hope you enjoy this gift. These affirmations complement the Hypnobirthing and deep relaxation techniques that are included in the Relax Into Birth App, found in the Apple iStore and Google Play Store. You can find it here:

<https://relax-into-birth-hypnobirthing.passion.io/>

Yours in birth and beyond,

Love,

Doula Charlene

PS. Want to know what else I can do to help you?

You can check out all my services on my website, here:

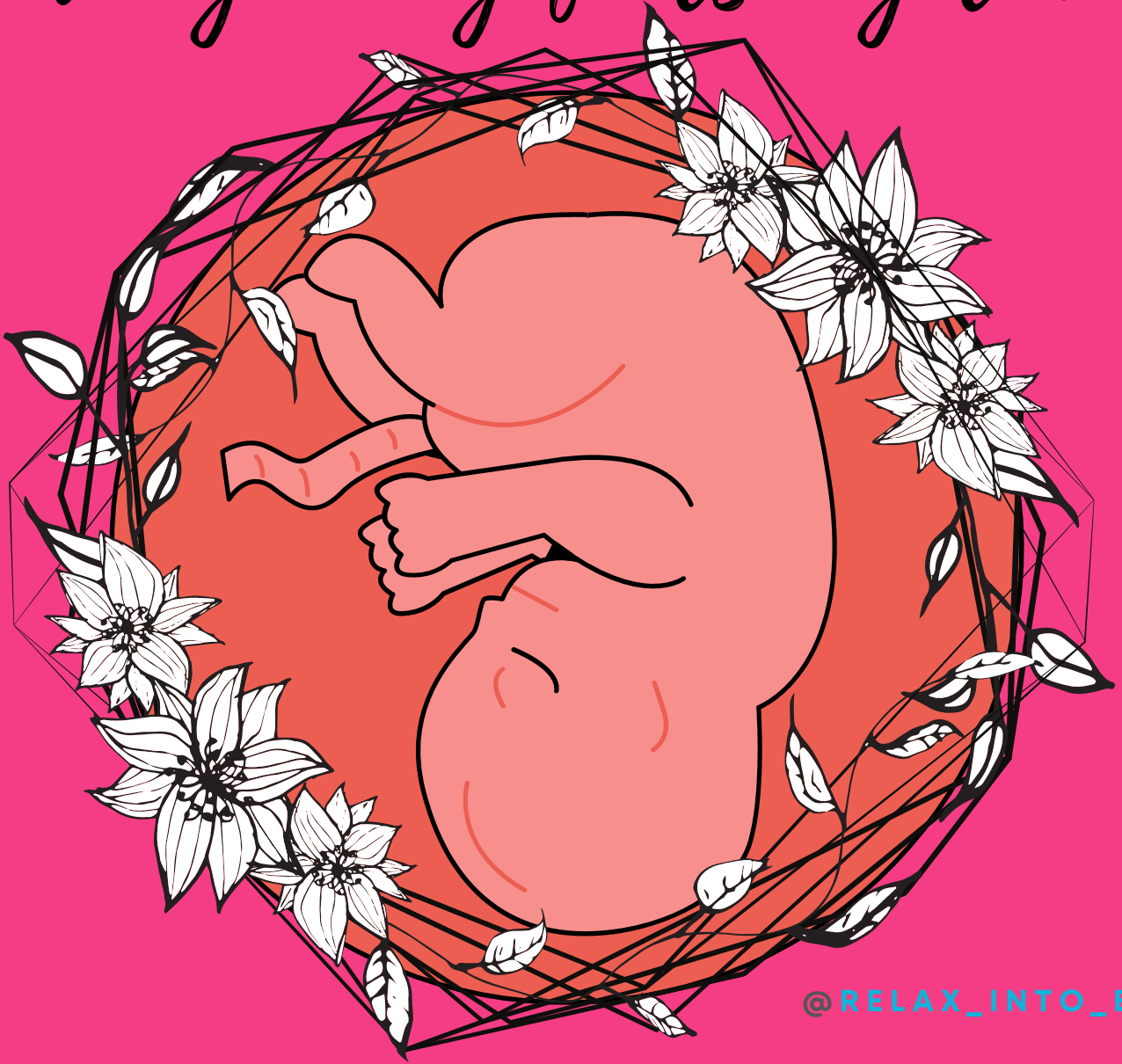
<https://relaxintobirth.com/>.



My
cervix
opens
more
with
every
surge.

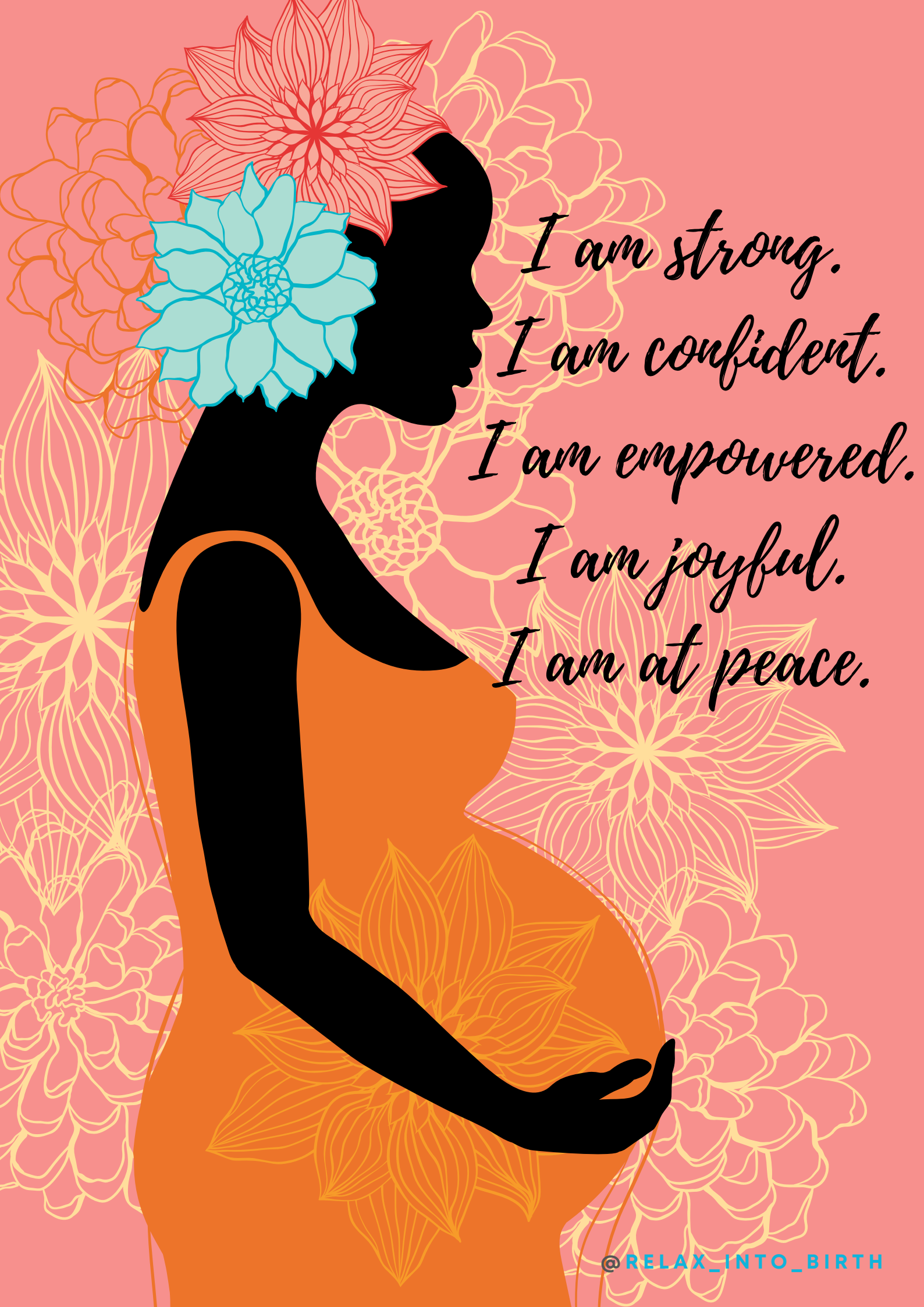
*I always breathe
slowly and deeply.
It helps me to relax.*

*I feel love toward everything
and my baby feels my love.*



*I have an empowered birth,
and, no matter what
turn my birthing takes,
my body stays relaxed.*






*I am strong.
I am confident.*

I am empowered.

I am joyful.

I am at peace.



*I tap in to my
own innate
wisdom.*

*I am always
guided by my
intuition.*



I roar.

I sway.

I sing.

I swear.

I decide.

I say no.

I say yes.



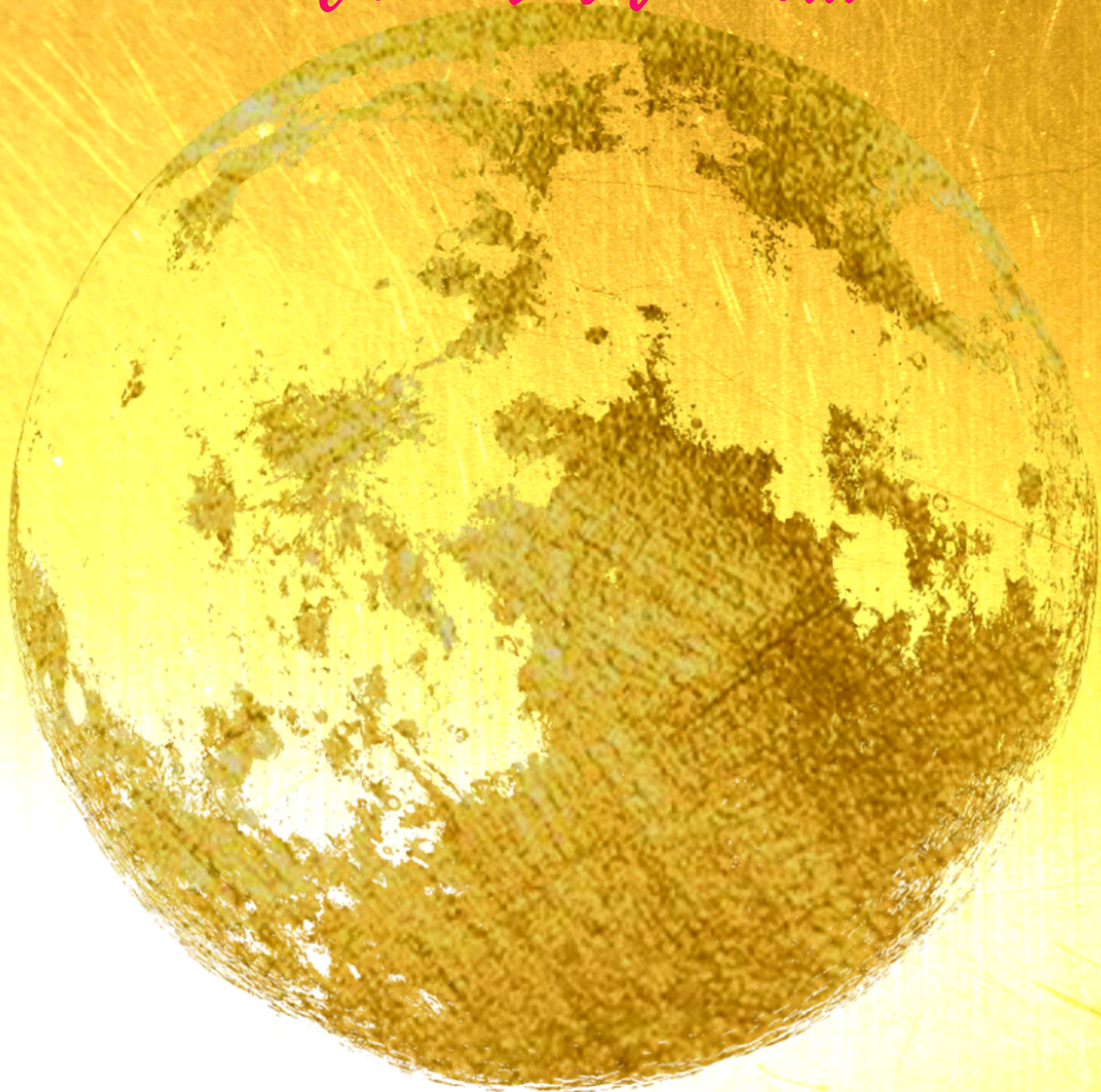


*We have a secret in
our culture, and
it's not that birth
is painful, it's that
women are strong.*

"If a woman doesn't look like a Goddess during labor, then someone isn't treating her right."
- Ina May Gaskin



*Right now, there are millions of
women around the world
in labour with me...*



I am not alone.

@RELAX_INT0_BIRTH



*I trust my body
to birth my baby.*

*I simply let go,
release,
and allow
the process
of birth to
happen.*

PEACE...

Peace envelops me now...
And each time I say the word

PEACE,

I will see very clearly in my mind's
eye my pituitary gland
in my brain releasing
endorphins into my body
and to where
I need it most.





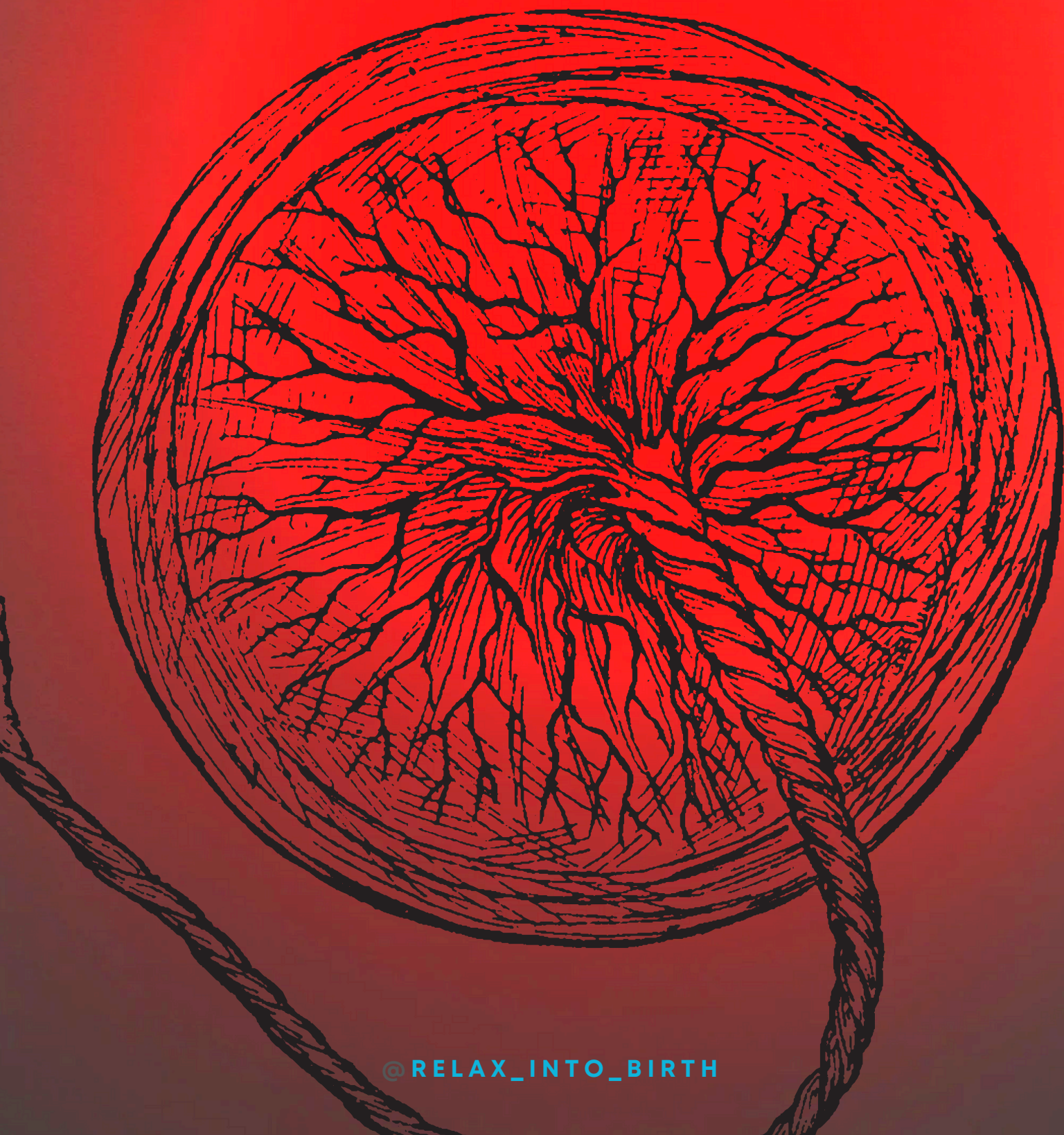
*I
am
strong*



*My uterus is strong
and powerful.
Each surge that flows
through me,
comes from me.*

*My surges
cannot exceed me,
because they
come from me.
I am strength.*

*My body perfectly
nourishes my baby.
My baby is safe.*



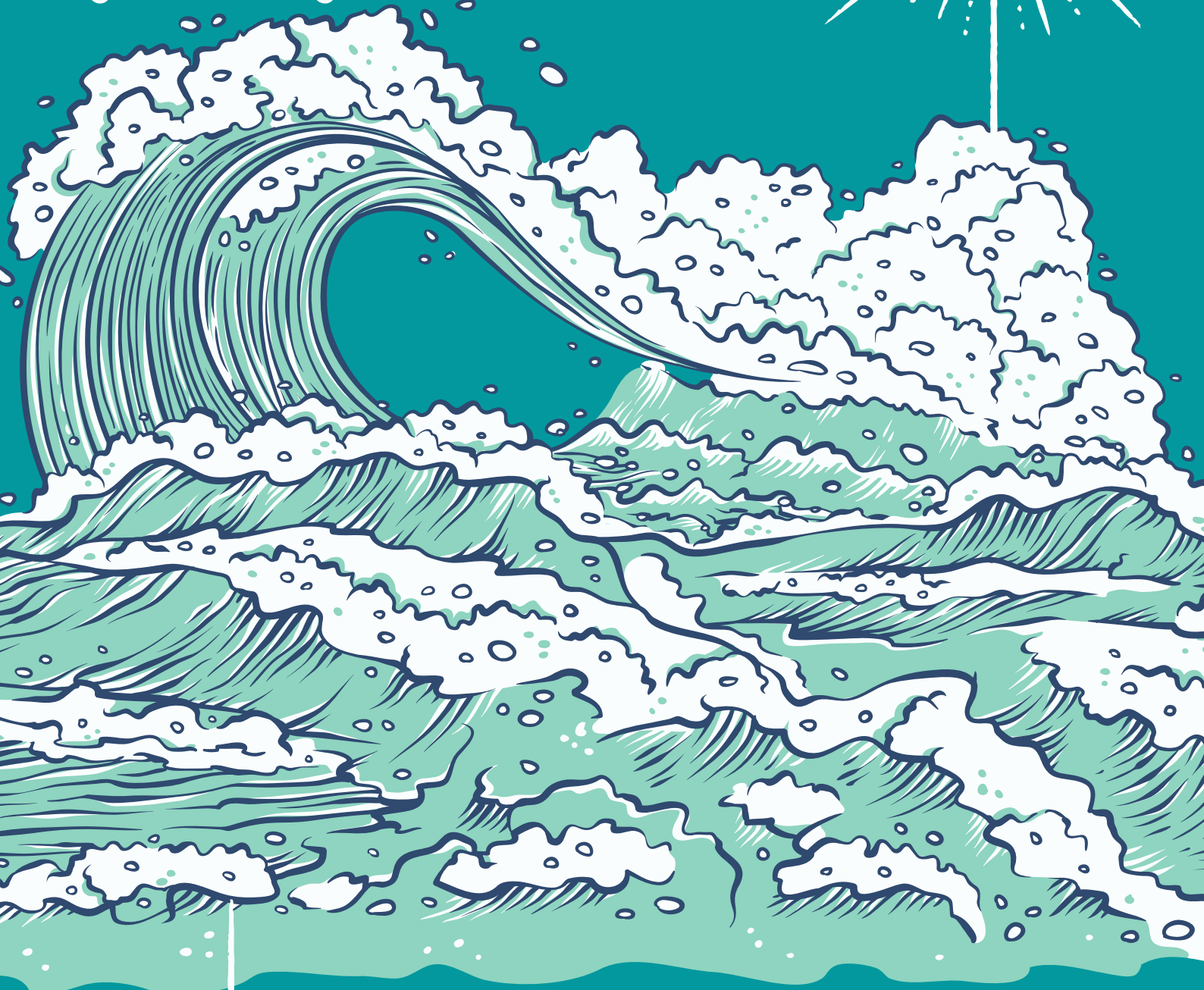


*My body is not a lemon.
I have everything I need to
birth my baby in my way.*

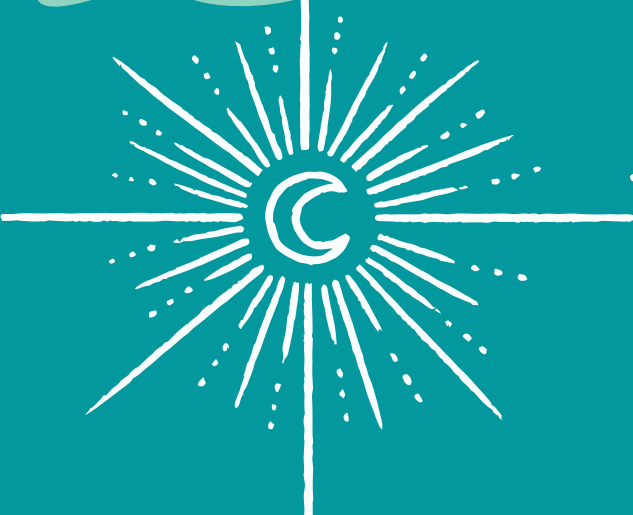
*I inhale
PEACE.
I exhale
fear.*



*Each surge brings
my baby closer to me.*



*I ride each wave
out to shore.*



*I can do anything
for one minute.*



*I only need to complete
one surge at a time.*

A pink line-art illustration of a pregnant woman in a relaxed pose, surrounded by various flowers and foliage. The woman is shown from the waist up, with her head tilted back and eyes closed. She is wearing a simple, light-colored top. The background is a solid light pink color. The text is written in a teal, cursive font on the left side of the image.

*I relax
my hands, my face,
my jaw and my
pelvic floor.*

I soften. I open.

I release.

I let go

& surrender

into my

birthing time.

*My baby
is working
with my
body to
be born.*



*I trust in the wisdom
of my body
and my baby.*



*It is said that women
in labour leave their
bodies and travel to
the stars to fetch the
souls of their babies
and then return to
earth together.*