

# 22 BIRTH SPACE AFFIRMATIONS FOR PREGNANCY, LABOUR & BIRTH



*relax into birth*

WITH CHARLENE YARED WEST



# 22 BIRTH SPACE AFFIRMATIONS FOR PREGNANCY, LABOUR & BIRTH

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*

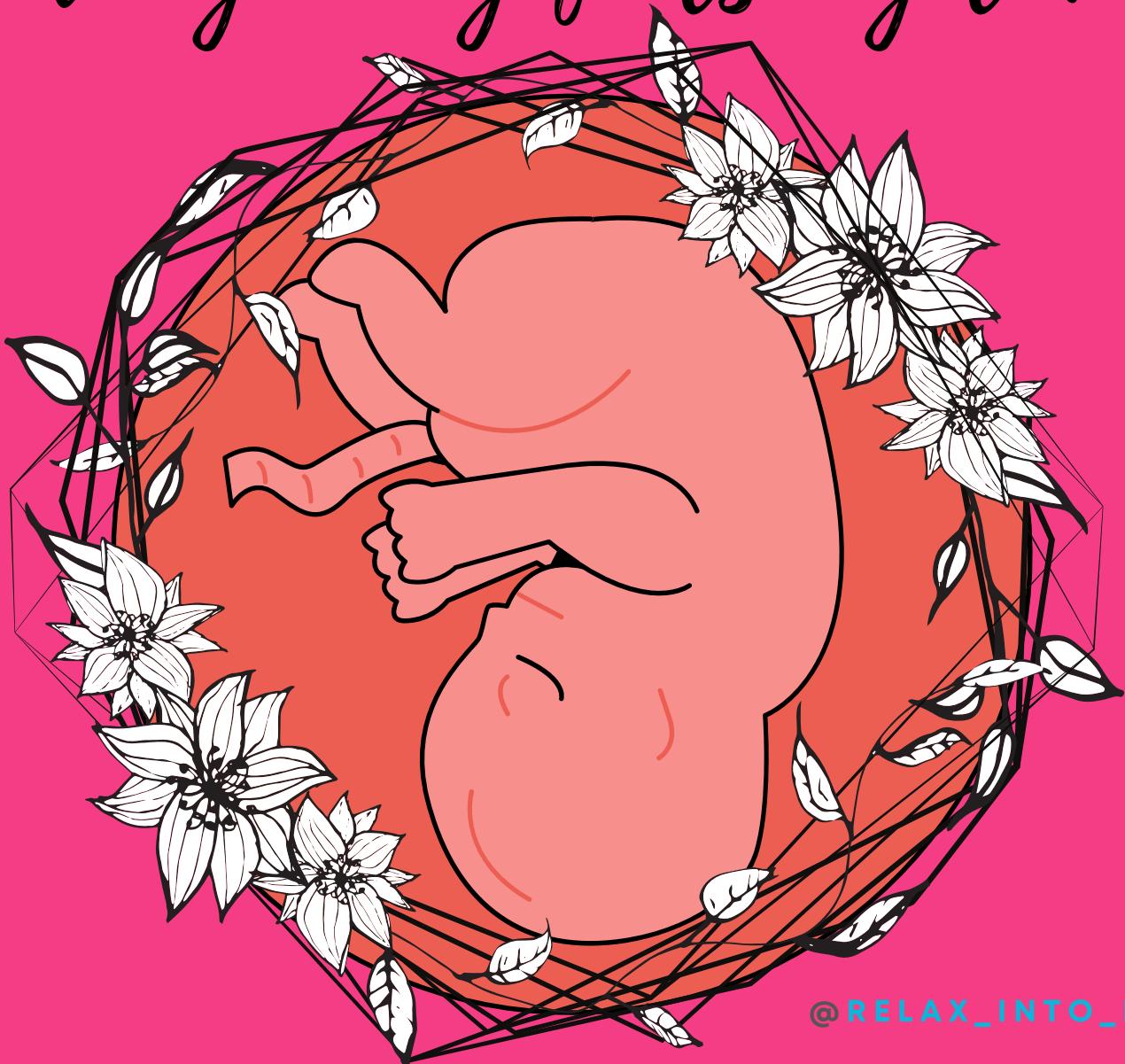
*with*

*every*

*surge.*

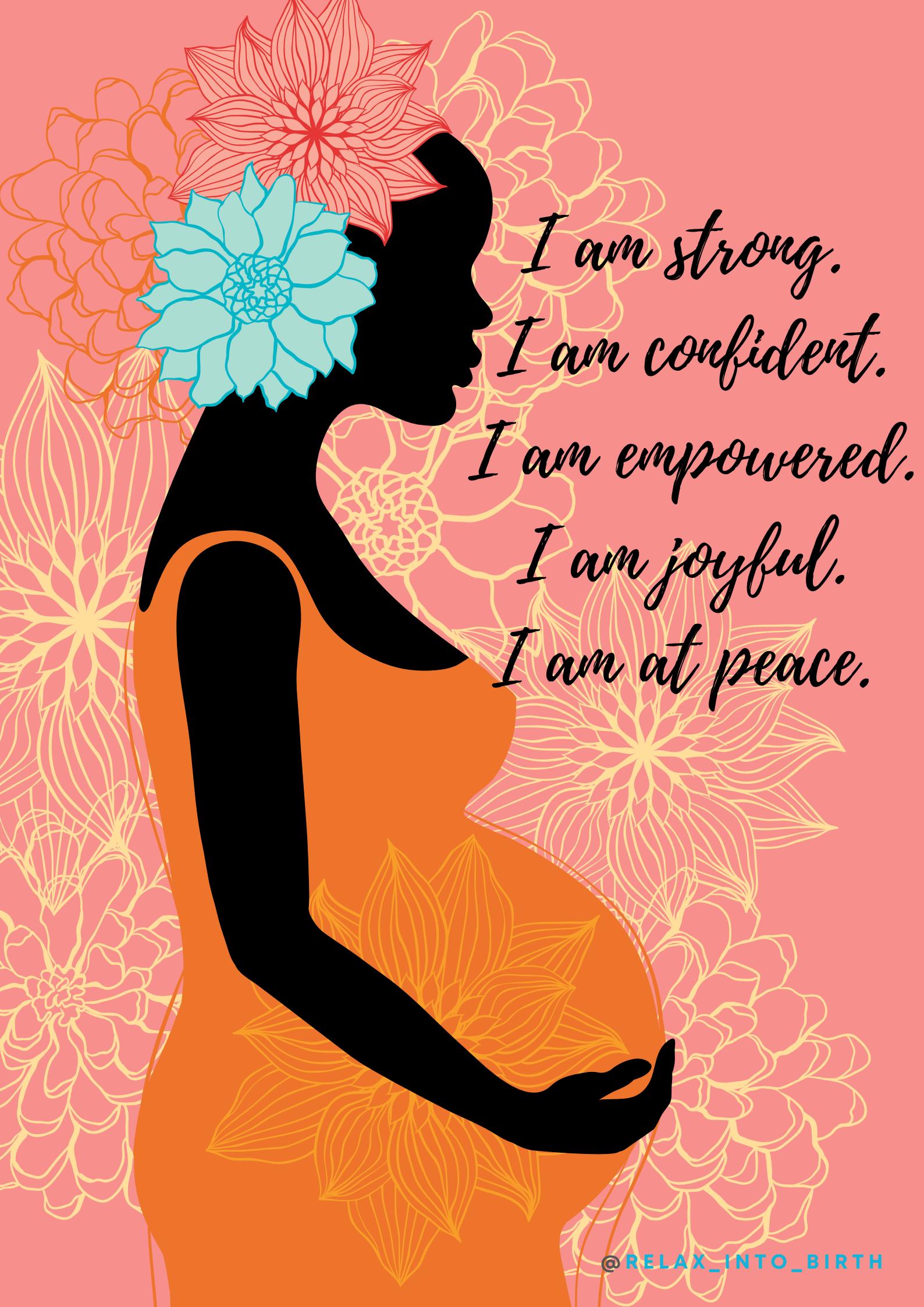
*I always breathe  
slowly and deeply.  
It helps me to relax.*

*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.*





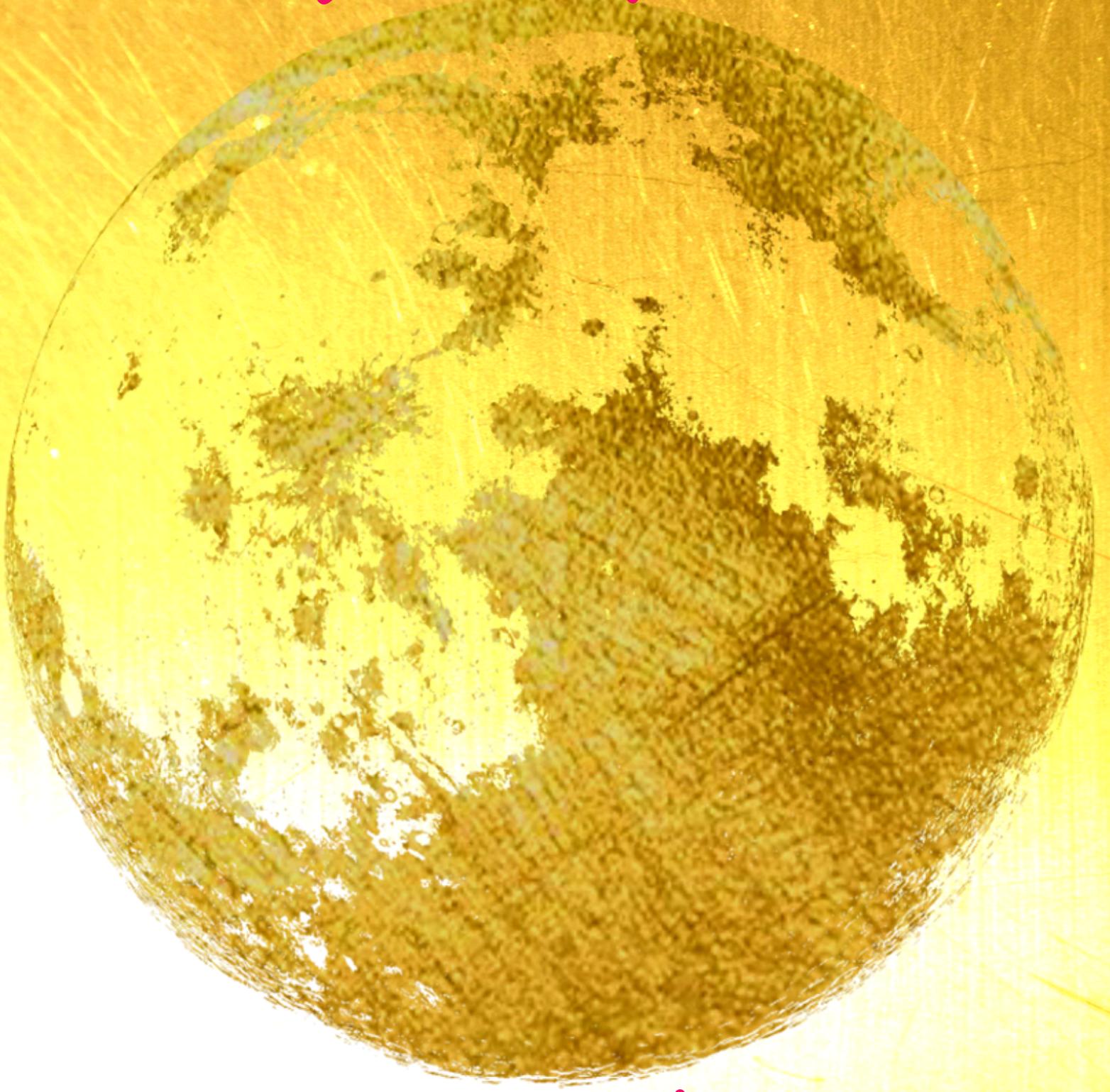
*We have a secret in  
our culture, and  
it's not that birth  
is painful, it's that  
women are strong.*

"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...*



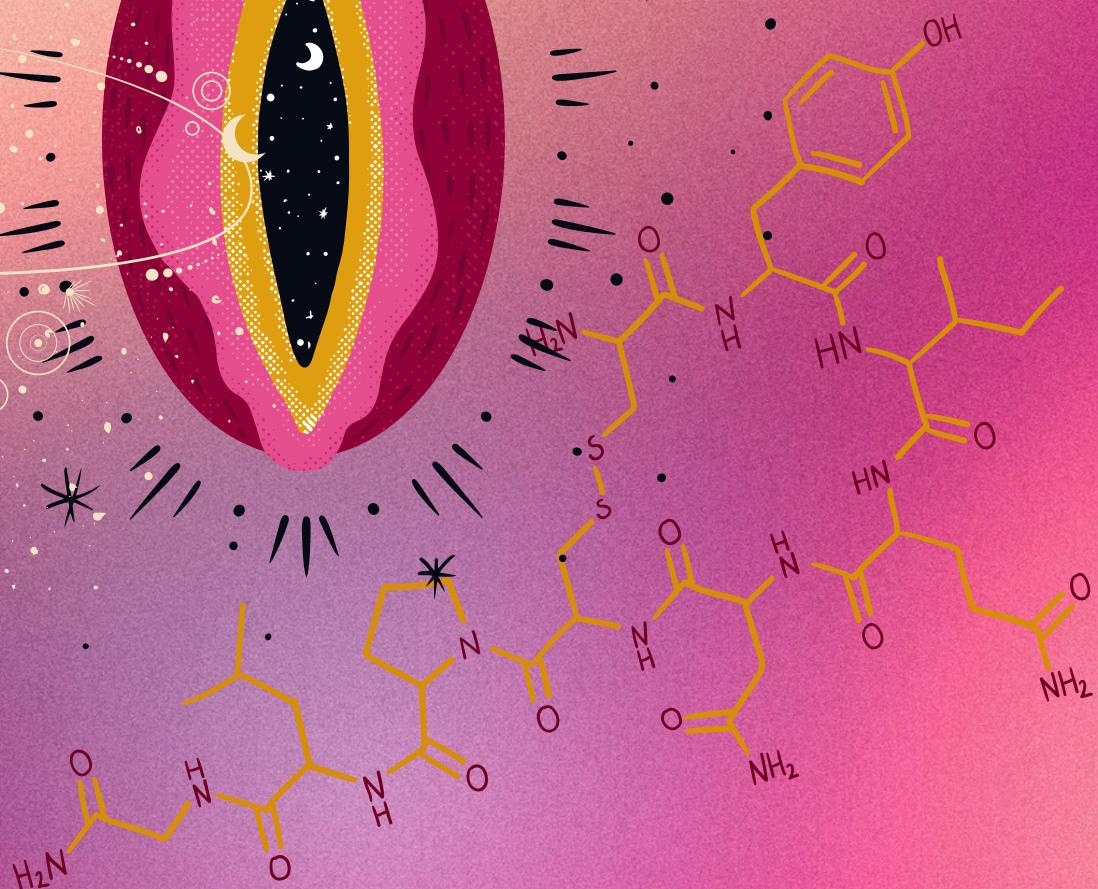
*I am not alone.*



I trust my body  
to birth my baby.

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

# Oxytocin, the love and labour hormone, blows through me...

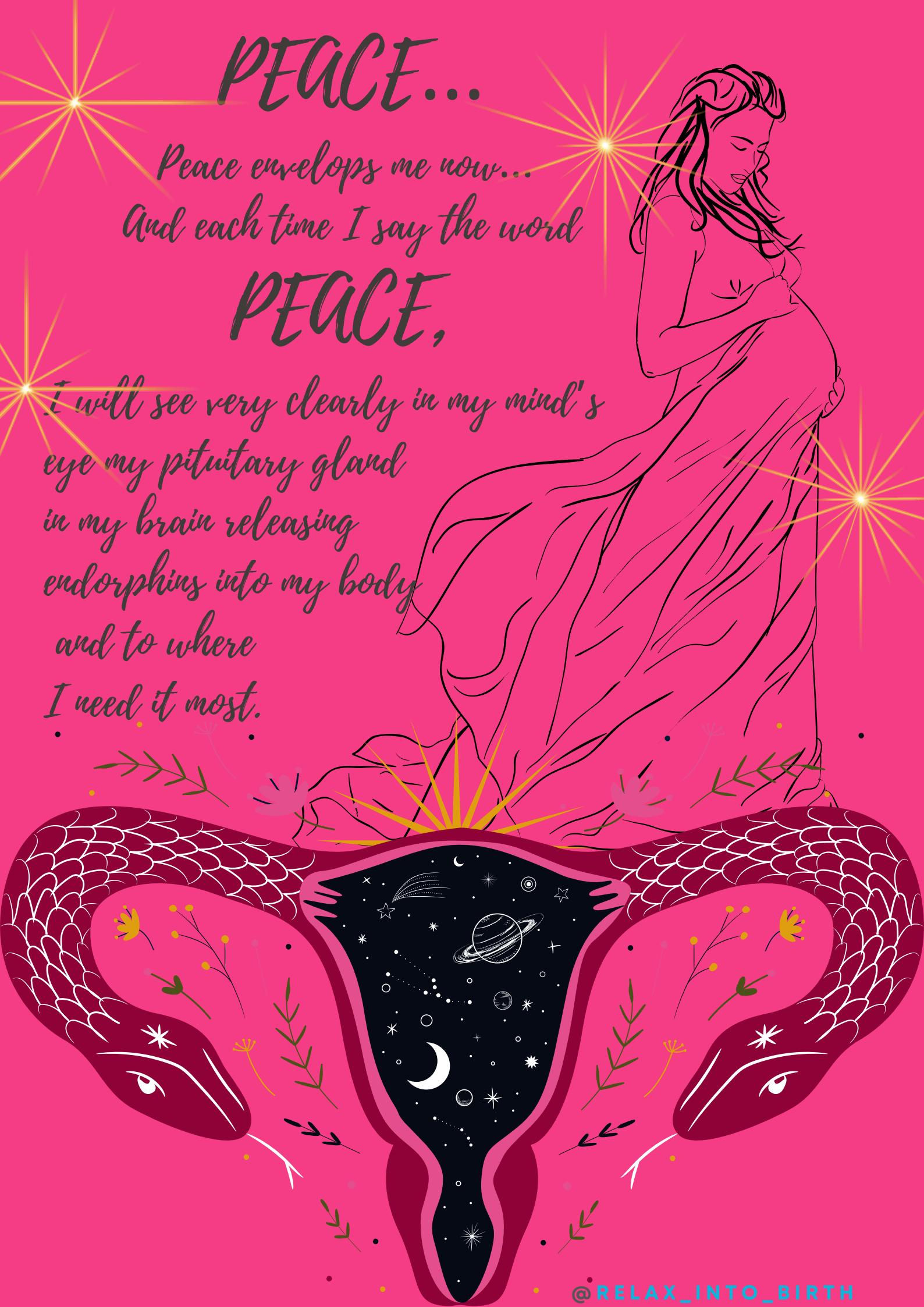


# PEACE...

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.





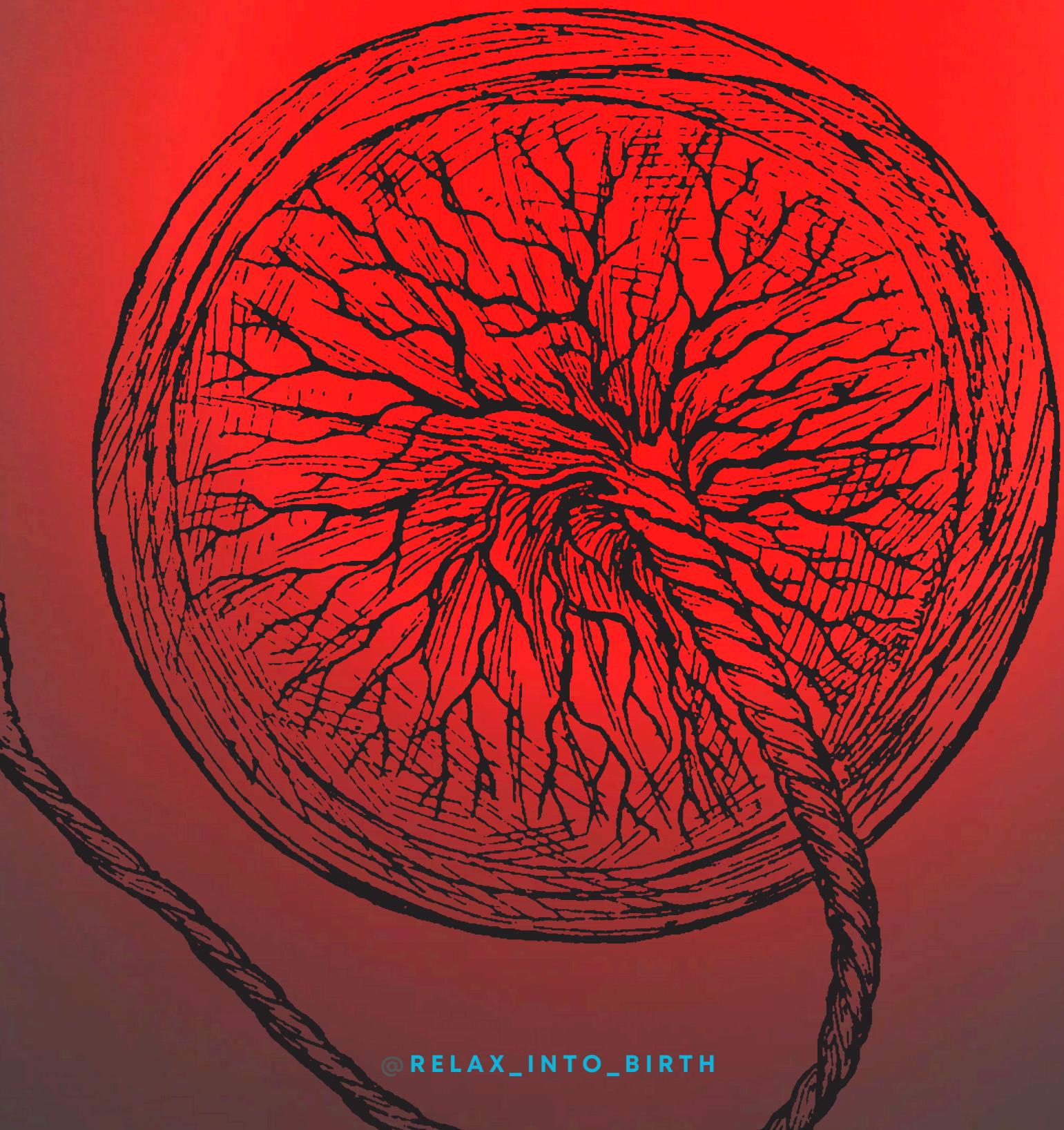
I  
am  
strong



*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.*



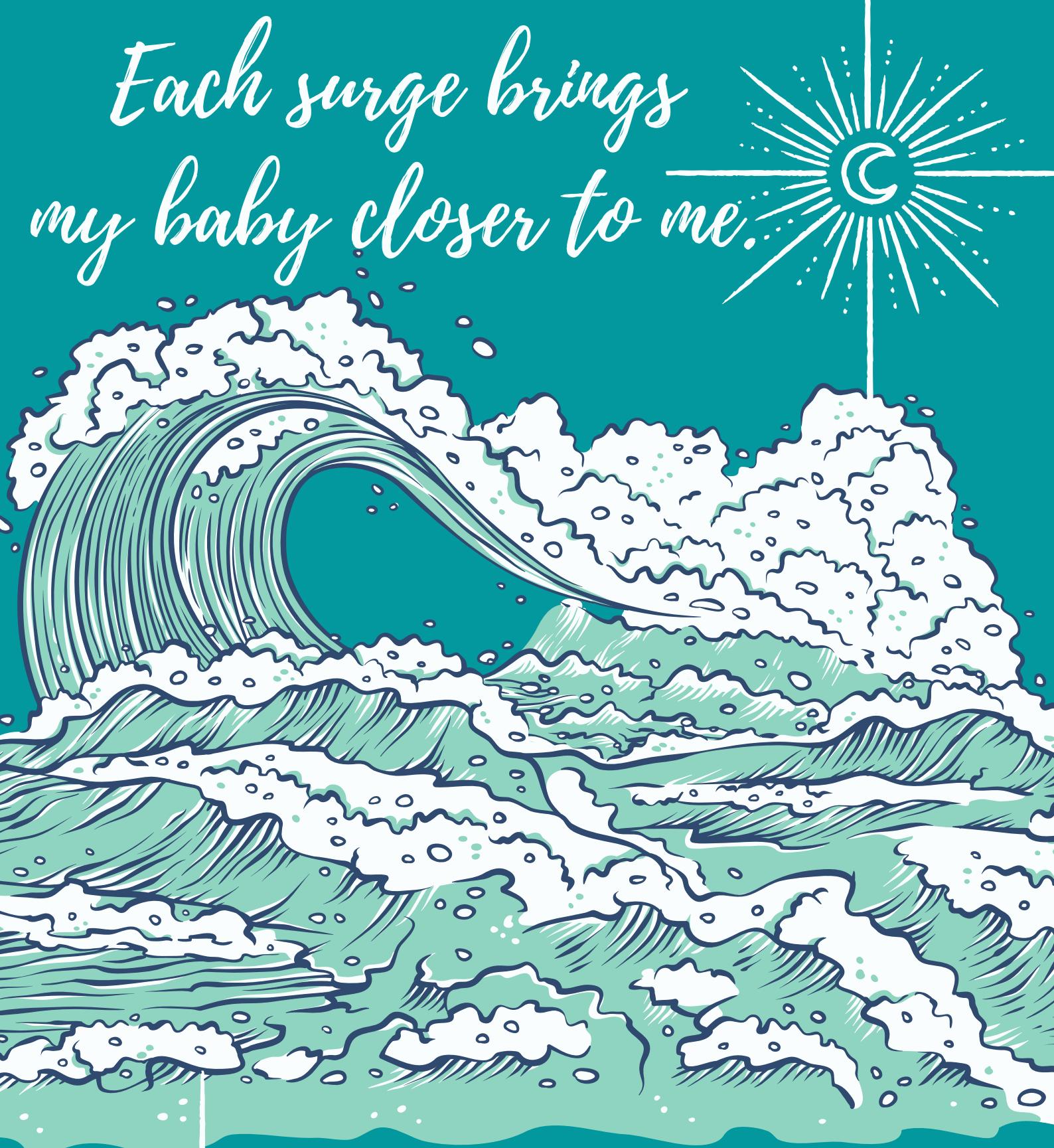


*My body is not a lemon.  
I have everything I need to  
birth my baby in my way.*

*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.*

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.*