## *HypnoBirthing®*

**Affirmations for An Easy Comfortable Birthing Experience**

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

*I am focused on a smooth, easy birth.*

*I trust my body to know what it is to do.*

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

*I feel confident; I feel safe; I feel secure.*

*My muscles work in complete harmony to make birthing easier.*

*I feel a natural calmness flowing through my body.*

*I relax as we move easily through each stage of birth.*

*My cervix opens outward and allows my baby to ease down.*

*I fully relax and turn my birthing over to Nature.*

*I see my baby coming smoothly from my womb.*

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

*I easily remember to use my breathing during surges, as it’s key in eliminating any tension.*

*As all tension is released, my body and baby work in perfect harmony.*

*I feel my body gently sway with relaxation.*

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

*I see my breath filling a magnificent balloon.*

*I am prepared for this incredible journey of life coming through me.*

*As I let go and go on this journey of love, I keep open to whatever turn my birthing takes.*

*My baby moves gently along in its journey.*

*Each surge of my body brings my baby closer to me.*

*I deepen my relaxation as I move further into labor.*

*I am totally relaxed and at ease.*

*My body remains so relaxed.*

*I meet each surge with my breath; my body is at ease.*

*I release my birthing over to my body and my baby.*

*I bring myself into deeper relaxation, as I focus on my baby and my journey.*

*I slowly breathe up with each surge.*

*I release each breath slowly out as I sink down further into my instinctive labor.*

*I welcome my baby with happiness and joy.*

HB Institute & Jackie Foskett of Healing Hypnotherapy