

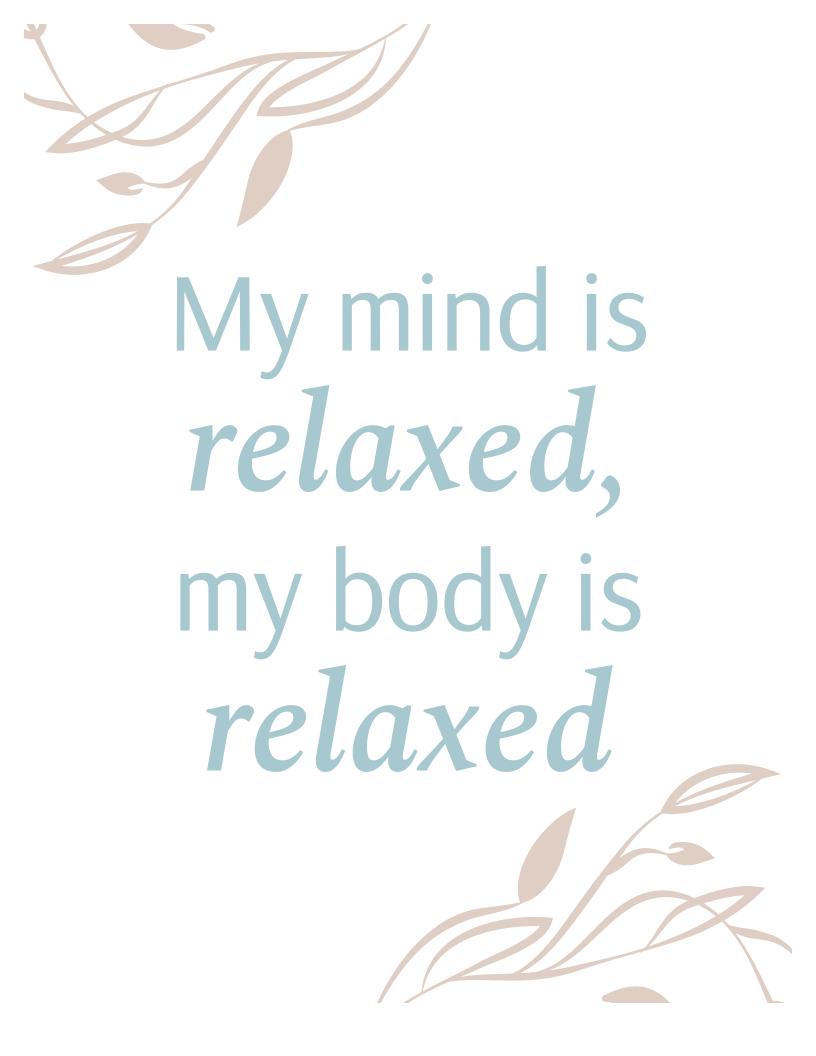
My baby's size is perfect for my body





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







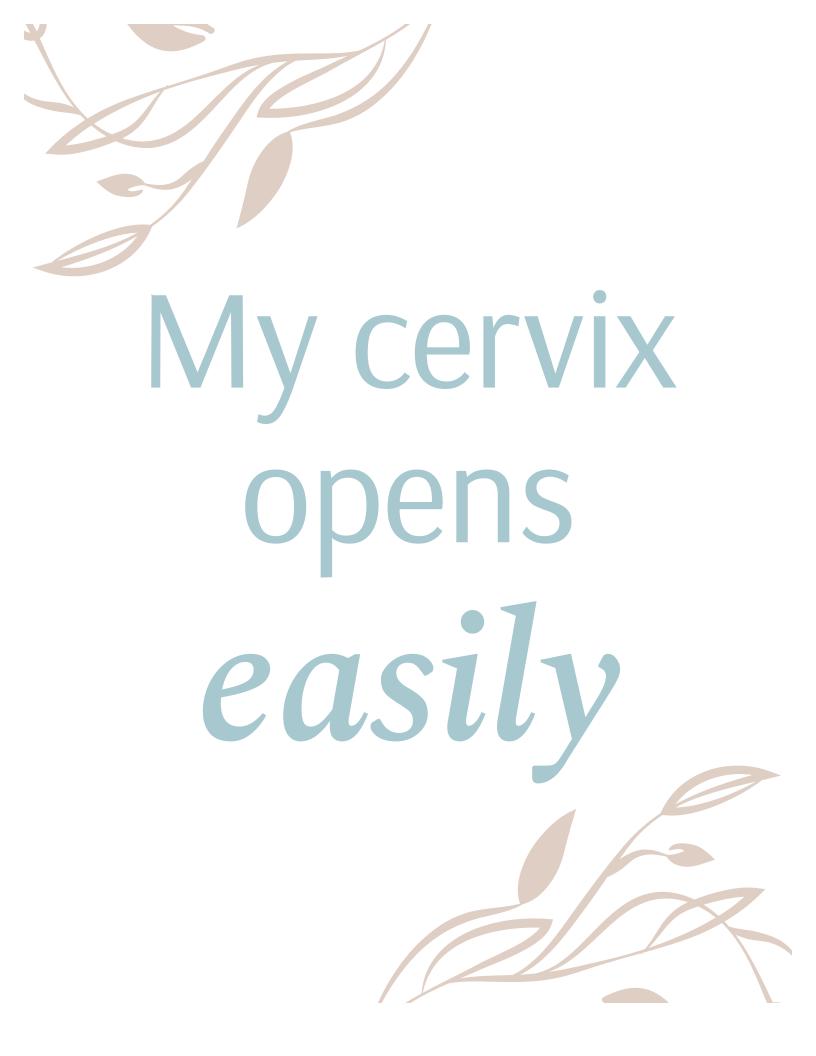
I feel confident I feel safe I feel secure





My mind quiets, my body opens, my baby descends







I am totally relaxed and at ease



I feel a natural anesthesia flowing through my body

lam prepared to meet whatever turn my birthing takes

I see my breath fillinga magnificent balloon



Each surge brings my baby closer to me





Inhale... Lexhale



My body remains still and limp





Dut all fear aside





My body and my baby know exactly what to do



l am ready to meet my baby





love





is coming



lam patient with myself and my baby



lam surrounded by love





I go deeper within





Breathe MOBO down