

Birth Affirmations

- “I am beautiful, aware of this tiny baby blossoming like a flower within me. I am unique, my baby is unique. I promise to nourish and love myself, thereby nourishing and loving my baby growing within. By watering the flower within me, we both grow strong and healthy.”
- “I am strong like a mountain. I touch the earth and sky, at one with nature and with my baby. In my strength and my solidity I support my baby. With this strength I empower myself and prepare for my incredible birth”
- “I am like a lake. Crystal clear, calm and tranquil. Still – as if you could take the perfect picture. In my tranquility and peace, peace and tranquility in others are reflected. My baby benefits from this calm and its development and birth is also reflected in my tranquility. When I smile, others see this peace deeply within me and I reflect on my love for my baby developing within his or her calm and peaceful waters”
- “I am like space. I have movement all around and feel my baby moving freely within. My mind is free and still. My focus is clear in this space and I have freedom and a deep sense of peace and of who I am and how I communicate with my baby growing within me. Space gives me clarity and comfort both while I am pregnant and during my baby’s birth”

Adapted from the pebble meditation by Thich Nhat Hanh