

 *Hi there mama!* 

Thank you for downloading my free printable HypnoBirthing affirmations. I am excited and honored to be able to inspire you during your pregnancy and labor.

I would love to see how you use these affirmations in your birth space - tag me! **@hypnobirthingoc** or **#hypnobirthingoc**

What is HypnoBirthing®?

While labor is seen as a very physical process, HypnoBirthing allows you to focus on the emotional and soulful aspects of your birth; not just for the mother, but also for your partner and baby.

HypnoBirthing is a comprehensive childbirth education course. HypnoBirthing teaches you how to enhance the physical experience of labor through a variety of easily learned techniques included in our 6 course components: Education, Relaxation, Breathing, Visualization, Affirmations, and Hypnosis.

HypnoBirthing is appropriate for all women and all environments. First time mothers, VBAC, and even those who are having a planned c-section; hospital, birth center, home birth. The techniques taught in HypnoBirthing can be adapted for each of these birthing experiences and environments.

For more information, contact me at
[hi@hypnobirthingoc.com!](mailto:hi@hypnobirthingoc.com)

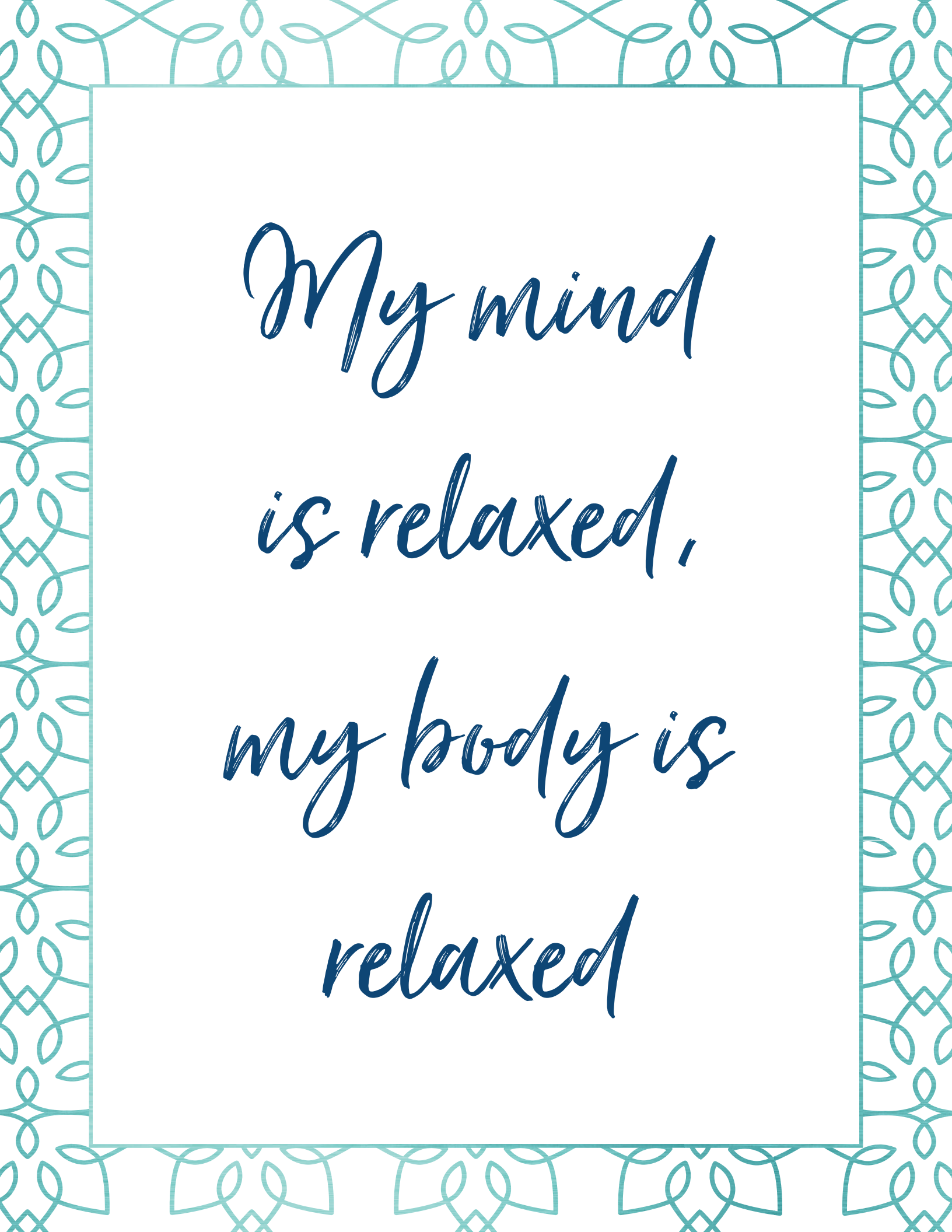


HypnoBirthing
ORANGE COUNTY



Each surge
brings my baby
closer to me

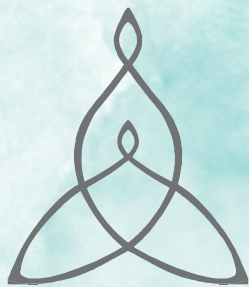




My mind
is relaxed,
my body is
relaxed

I put all
fear
aside

I trust
my body





I feel confident

I feel safe

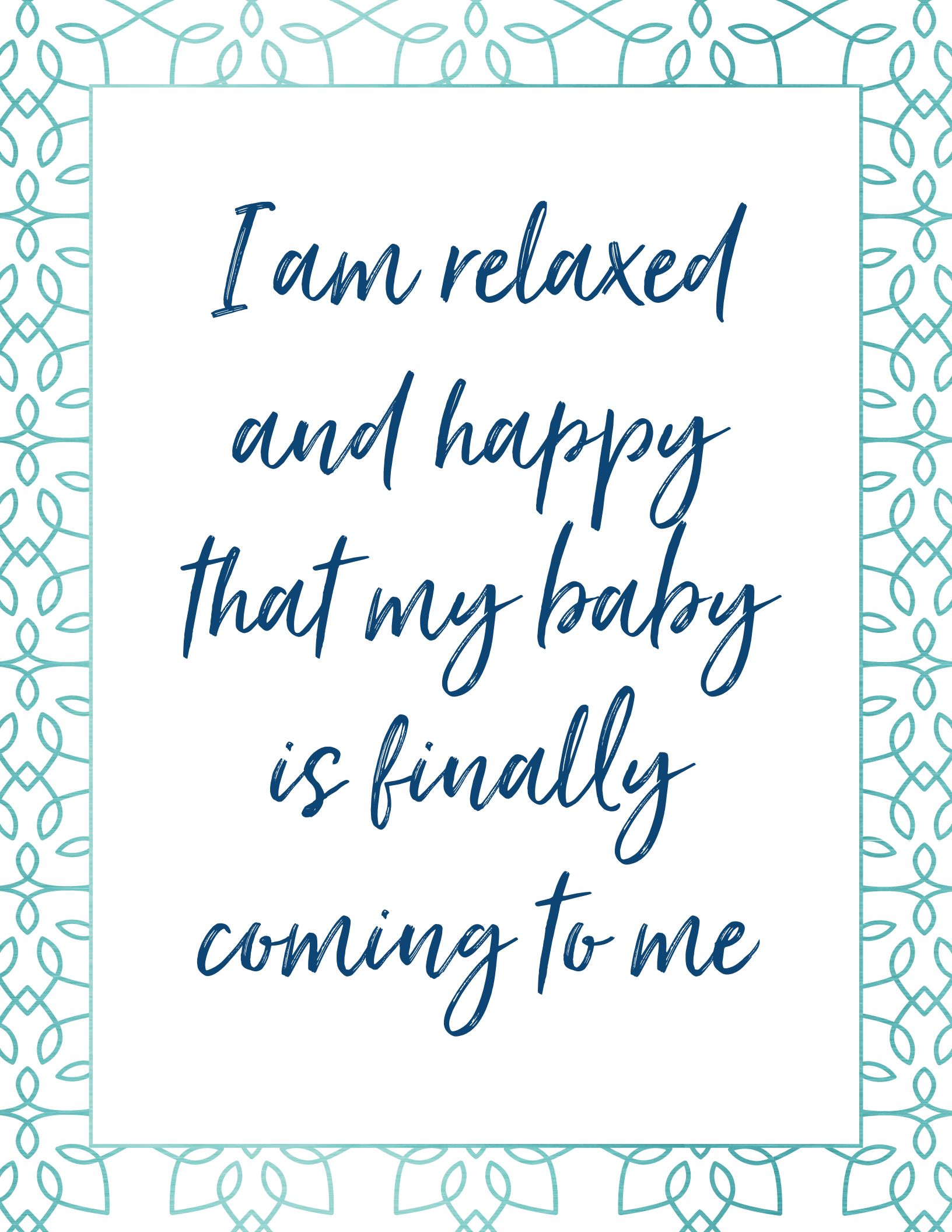
I feel secure





*I am totally
relaxed and
at ease*



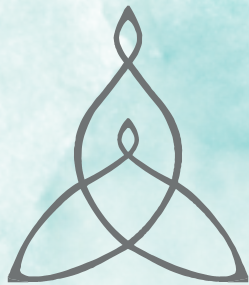


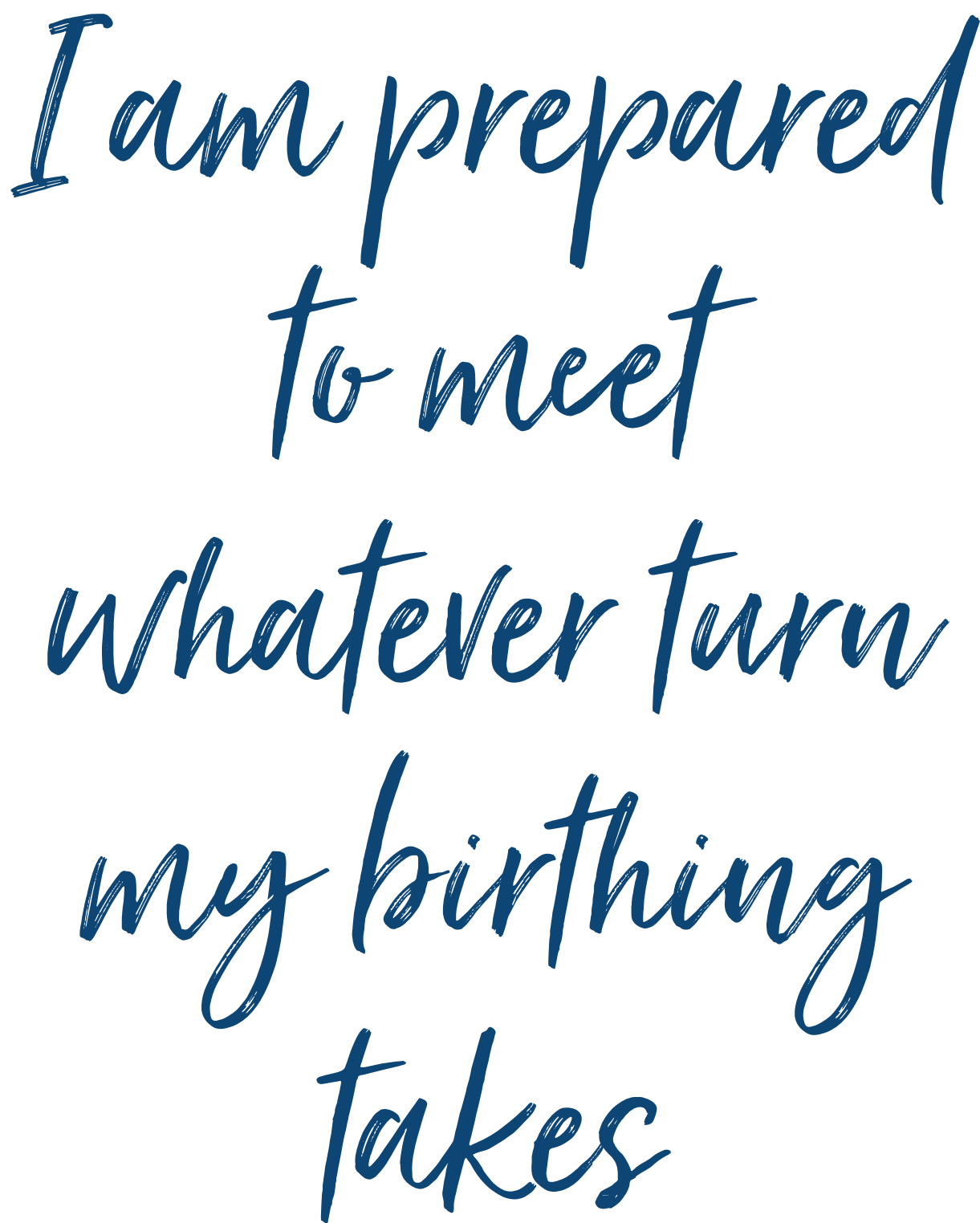
I am relaxed
and happy
that my baby
is finally
coming to me

Soften
Open
Release

I go deeper

within



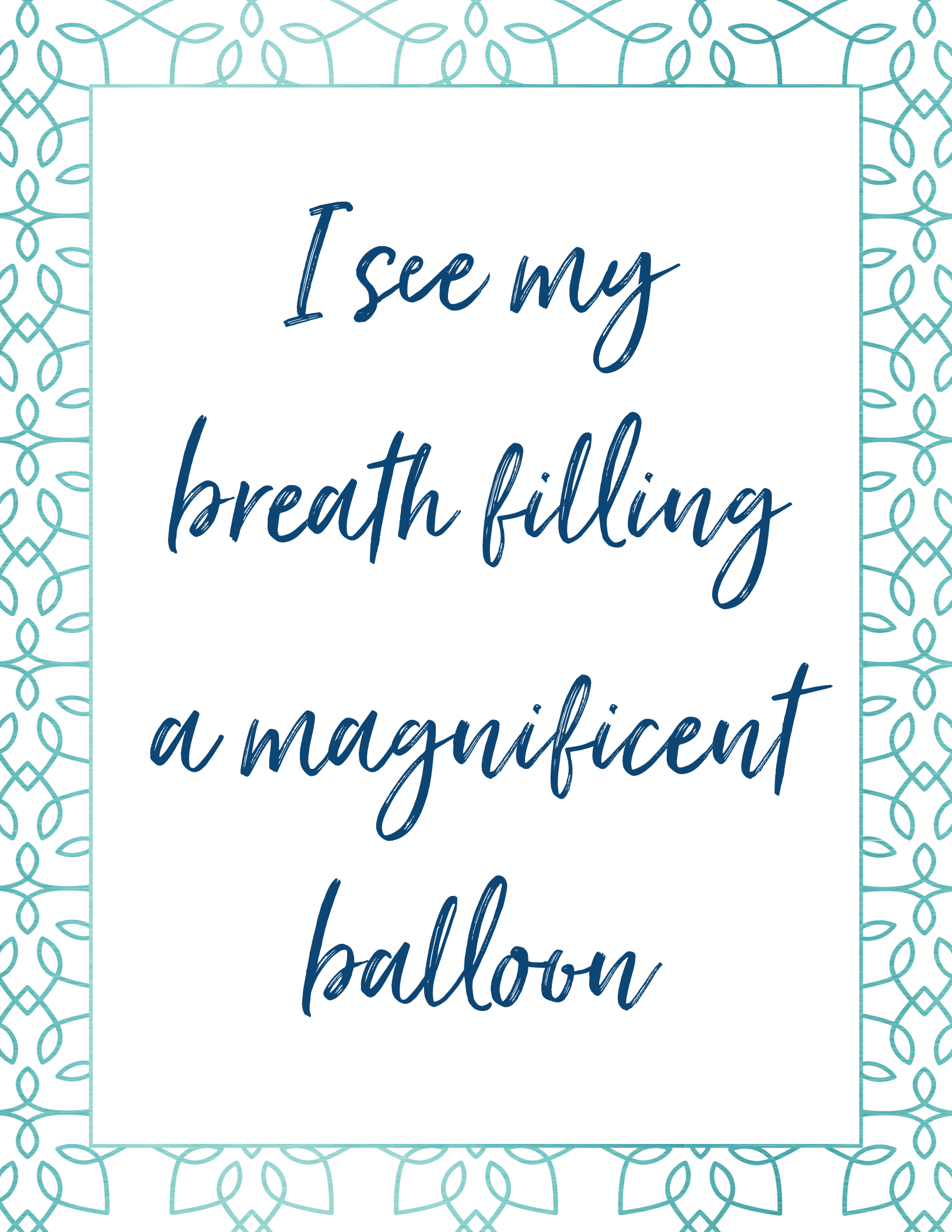
The background of the image features teal watercolor washes at the top and bottom, with a white central area where the text is located. The text is written in a dark blue, cursive script.

I am prepared
to meet
whatever turn
my birthing
takes



My body
remains still
and limp

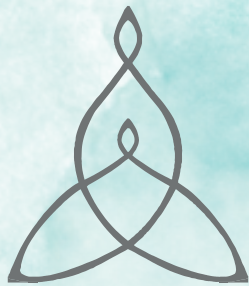




*I see my
breath filling
a magnificent
balloon*

I feel a
natural
anesthesia
flowing
through my
body

My cervix
opens easily



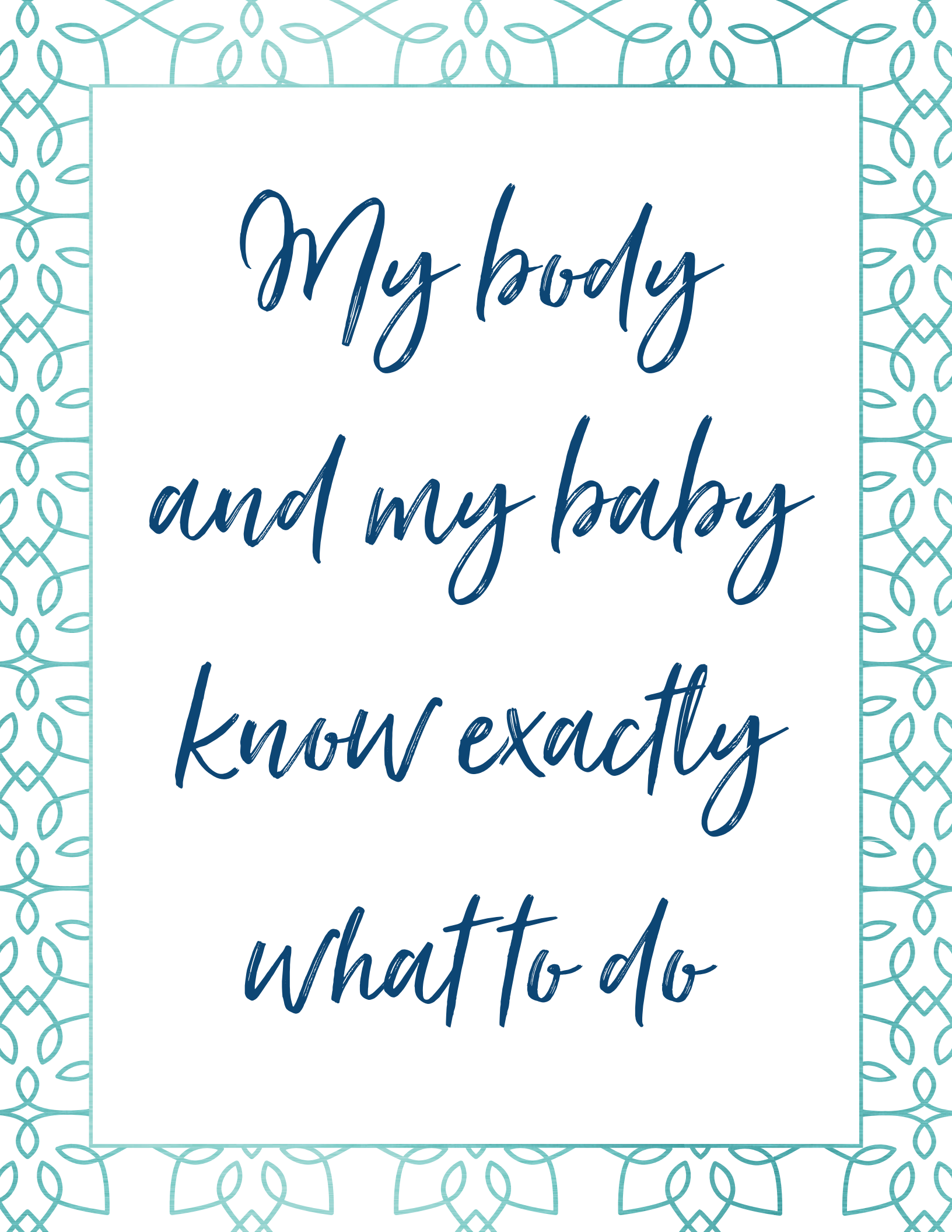


My baby's
size is
perfect for
my body



I trust my
intuition

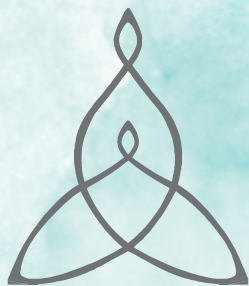


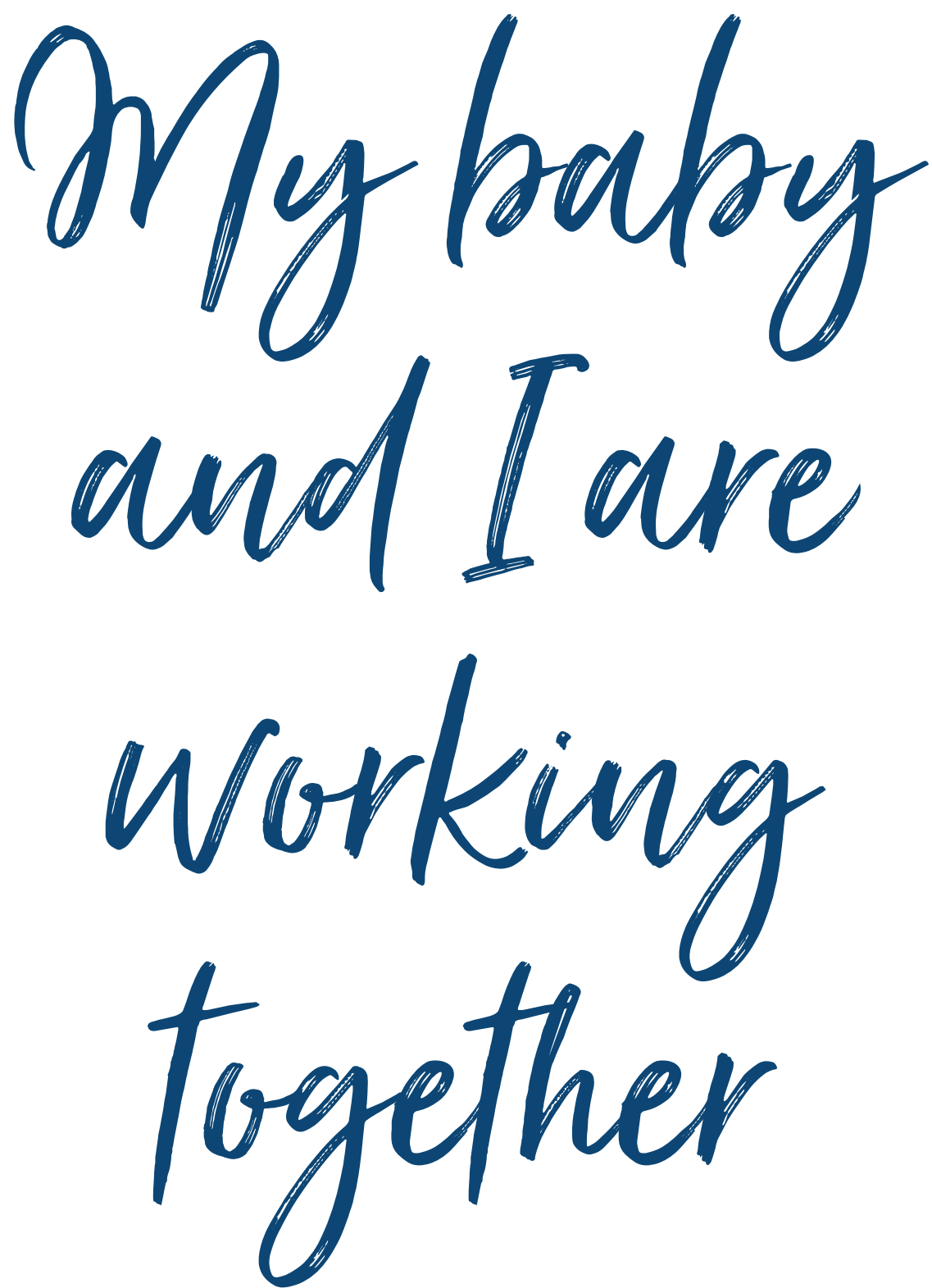


My body
and my baby
know exactly
what to do

My mind
quiets, my
body opens,
my baby
descends

I am
surrounded
by LOVE





My baby
and I are
working
together