

trust in the  
process

heaven  
is  
close

this pain  
is purposeful  
power that  
will bring me  
my baby

inhale  
peace,  
exhale  
fear

angels and  
ancestors  
are round  
about me  
and will bear  
me up

baby & I  
are  
doing this  
together

trust that  
my body  
knows  
exactly  
what  
to do

I have a  
God-  
given  
gift to  
birth

I will  
allow my  
instincts  
to take over  
when it  
is time

birth  
is  
the  
ultimate  
act of  
love

both  
primal  
and  
spiritual  
are  
needed

instinctual

fearless

strength

calm

release

peace

breathe

relax

trust

celebrate

faith

intimate

open

surrender

embrace