



Light of love surrounds me.
Energy of love enfolds me.
Power of love protects me.

The presence of love is
within me.



Surround yourself with the
dreamers and the doers, the
believers and the thinkers, but
most of all surround yourself
with those who see greatness
within you, even when you
don't see it yourself.



**YOU ARE
BASICALLY
SUPERWOMAN.**



Nothing in life is to be
feared. It is only to be
understood.
– Marie Curie



“My baby is healthy and innately knows when to begin labor. My body knows how to birth by instinct. My mind has released all fears and trusts birth. I am enjoying this process and growing through it all.”

– Mrs. BWF



“The wisdom and compassion a woman can intuitively experience in childbirth make her a source of healing and understanding for other women.”

– Stephen Gaskin



“There is power that comes to women when they give birth. They don’t ask for it, it simply invades them. Accumulates like clouds on the horizon and passes through, carrying the child with it.”

– Sheryl Feldman



“A woman in birth is at once her most powerful, and most vulnerable.

Any woman who has birthed unhindered understands that we are stronger than we know.”

– Marcie Macari



“Childbirth is an experience in a woman’s life that holds the power to transform her forever. Passing through these powerful gates – in her own way – remembering all the generations of women who walk with her... She is never alone.”

– Suzanne Arms



My baby senses the peace that I feel. I trust my body.
I trust in my ability to birth my baby.
My body is intelligent and will handle all situations expediently.
My body will birth my baby safely and effectively.



Courage. Faith. Patience.

Courage, faith and patience are required to send my baby joyfully into my loving arms.



“One of the most radical things women can do is to love their body.”

– Eve Ensler



“Being a mother is learning about strengths you didn’t know you had, and dealing with fears you didn’t know existed.”

– Linda Wooten



I am so grateful for my angels, my faith and my love for my baby.



Nurturer and sustainer of life, grant my child safe passage into the world. My baby will be born strong, healthy and alert, and may their spirit meet with ours in love and recognition once born. Help my arms to support my baby, my breasts to nourish my baby, and my body to warm them on the day of their birth and beyond.



I am a warrior woman! I will meet labor wholeheartedly. May I know all the strength of my powerful body, may my thoughts remain clear and focused, and may my spirit join effortlessly with the power of my birth.



I deserve a positive birth.
I deserve this birth!



“All natural birth has a purpose
and a plan; who would think of
tearing open the chrysalis as the
butterfly is emerging?
Who would break the shell to
pull the chick out?”
– Marie Mongon