



HypnoBirthing[®]
The Mongan Method

Affirmations for an Easy, Comfortable Birthing

*I put all fear aside as I prepare for the birth of my baby.
I am relaxed and happy that my baby is finally coming to me.
I am focused on a smooth, easy birth.
I trust my body to know what it is to do.
My mind is relaxed; my body is relaxed.
I feel confident; I feel safe; I feel secure.
My muscles work in complete harmony to make birthing easier.
I feel a natural anesthesia flowing through my body.
I relax as we move quickly and easily through each stage of birth.
My cervix opens outward and allows my baby to ease down.
I fully relax and turn my birthing over to Nature.
I see my baby coming smoothly from my womb.
My baby's birth will be easy because I am so relaxed.
I breathe correctly and eliminate tension.
I feel my body gently sway with relaxation.
I turn my birthing over to my baby and my body.
I see my breath filling a magnificent balloon.
I am prepared to meet whatever turn my birthing takes.
My baby moves gently along in its journey.
Each surge of my body brings my baby closer to me.
I deepen my relaxation as I move further into labor.
I am totally relaxed and at ease.
My body remains still and limp.
I meet each surge only with my breath; my body is at ease.
I release my birthing over to my body and my baby.
I bring myself into deeper relaxation.
I slowly breathe up with each surge.
I put all fear aside and welcome my baby with happiness and joy.*