

Holistic Pregnancy Affirmation

This exercise is intended to help you trust in your body's ability to nourish your pregnancy and give birth to your baby. You may find that you fall asleep during the exercise. That's okay, it is probably just what you need at this time. Just listen again later.

Begin by lying down on your side, comfortably supported by pillows, or by sitting in a chair in which both feet can touch the floor and your head is supported. Uncross your arms. Uncross your legs. Close your eyes.

Now take a few moments to focus on your breathing. Inhale, feeling air fill your lungs and feeling your lungs and abdomen expand. Exhale, letting tension and stress release from your body as the air leaves your lungs. Repeat: inhale slowly..... and exhale slowly..... inhale slowly..... and exhale slowly. Continue to breathe in this way throughout this exercise

Now begin at the top of your head, and release the muscles in your forehead, letting your forehead relax more each time you exhale. Relax the muscles in your eyelids and around your eyes. Now release the muscles in your cheeks, your lips, the corners of your mouth, and your jaw. Feel your face become soft and relaxed.

Release the muscles in your neck, and in your shoulders. Loosen and relax the muscles in your upper arms, your lower arms, your wrists, hands, fingers, and down to the tips of your fingers. Feel the comfort and looseness of your shoulders and arms.

Now relax the muscles in your chest, and your upper back, feeling your upper back sink into the surface supporting it. Release the muscles in your lower back, breathing deeply into this feeling of relaxation. Relax the muscles in your abdomen, your buttocks, and in your pelvis, so that your uterus is surrounded by soft, relaxed, yielding muscles. Feel the comfort and relaxation in your upper body.

Move now to your upper legs, letting each exhalation let you become looser and looser, and more relaxed. Release your knees, your lower legs, your ankles, feet, toes, and the tips of your toes. Your whole body is now loose, soft, and relaxed.

Check your body, and if you find any areas where tension has returned, gently let go. Now imagine that you are sweeping your body with your slow even breaths. Inhaling fresh energy from the top of your head to the tips of your toes, and exhaling any remaining tension, from the tips of your toes to the top of your head.

Enjoy this feeling of complete relaxation.

I will now express several positive affirmations. Repeat each affirmation to yourself, either silently or out loud, and take a moment to live with the statement. Feel the truth of each affirmation for you.

My body is perfectly designed to nourish my baby.

I make choices that best promote my baby's health.

My baby is growing perfectly inside my body.

I can give my baby everything that he or she needs.

My body and my baby know when it is time for labor to begin.

My body and my baby will work together, in concert, during my labor.

My body is perfectly designed to give birth to my baby.

I trust myself to work well with my contractions.

I trust my birth partner to help me during my labor.

My body is perfectly designed to give birth to my baby.

I possess everything I need to give birth.

I possess everything I need to be a good mother.

My body is perfectly designed to give birth to my baby.

Continue to breathe deeply, enjoying this feeling of confidence, relaxation. Let your baby share this feeling of contentment and relaxation too. Know that you can return to this state of peaceful relaxation whenever you choose.

Now, let your awareness return to the surface supporting you, to the room, the sounds, and the time of day. As you feel ready, gently wiggle your fingers and toes to signal your body that it will soon be time to move. Open your eyes. Take a few moments to regroup, and when you feel ready, slowly sit up.