



POSITIVE
AFFIRMATIONS FOR
NATURAL BIRTH

@lyssa_earthy_mama

EACH STAGE OF
LABOR WILL
PREPARE ME FOR
THE NEXT



@lyssa_earthy_mama



I WILL FOLLOW
THE WOMEN
WHO'VE GONE
BEFORE ME



@lyssa_earthy_mama

I AM SAFE
IN THIS
MOMENT



@lyssa_earthy_mama



MY BABY & I
ARE WORKING
TOGETHER

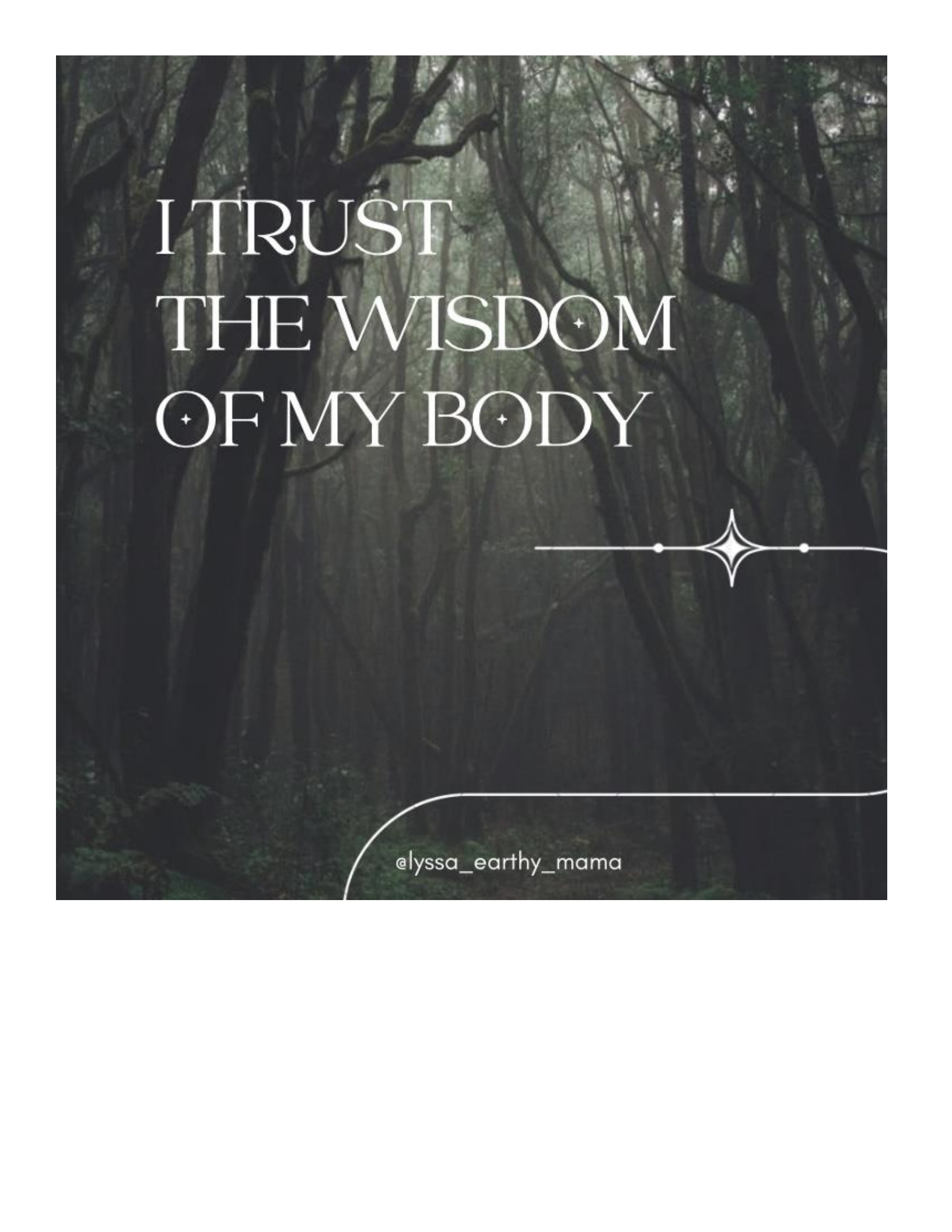


@lyssa_earthy_mama

SURRENDER AND RELEASE



@lyssa_earthy_mama



I TRUST
THE WISDOM
OF MY BODY



@lyssa_earthy_mama