



# Mantras for Pregnancy & Childbirth

Always begin your meditation by finding a comfortable position. Take several slow, deep diaphragmatic breaths and relax your entire body. Clear your mind and follow your breath all the way in and all the way back out.

When you are ready, begin repeating your mantra silently to yourself in time with the natural rhythm of your breath. If you lose your concentration, bring your mind back, gently but firmly, and try repeating the mantra with more emphasis.

I am...relaxed

Birth is a natural...and beautiful process

Birth...is normal (natural, beautiful, etc.)

My baby is healthy...and perfect

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

My labor...will be short and easy

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## MANTRAS FOR LABOR ONLY

It's only one minute...I can do anything for one minute

I am opening...like a flower

Open mouth...open cervix

The stronger the contraction...the sooner my baby will be here (the more I relax)

Open; Relax; Surrender; Breathe; I can

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