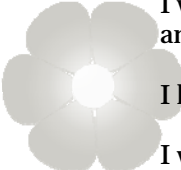




Love Script

This script is to be used when mom is lying on her side, with no tension or straining on any joint or portion of her body. She should assume a sleep position (closed eyes, mouth slack, deep abdominal breathing, no movement or speech) while another person reads this script softly, evenly, and without rushing. Low light and soft music can also help mom to relax. At the end of the script, the reader should conclude with “When you are ready, take a cleansing breath and open your eyes”.



I will grow my baby in patience; knowing that my body is giving me this time to hold him inside my body and nurture him.

I know that my baby will come when it is the right time for him, on his own schedule.

I will be kind in thought and action to those who love me as my body changes. I will carry my body with grace and beauty.

I will meditate and the normal and natural – dispelling from my mind any thought of negativity or stories that are not a reflection that which is true of birth.

I will hope in gentle anticipation to the birth of my child, and will persist in the act of labor as an act of love, a work of heart!

Thoughts: