
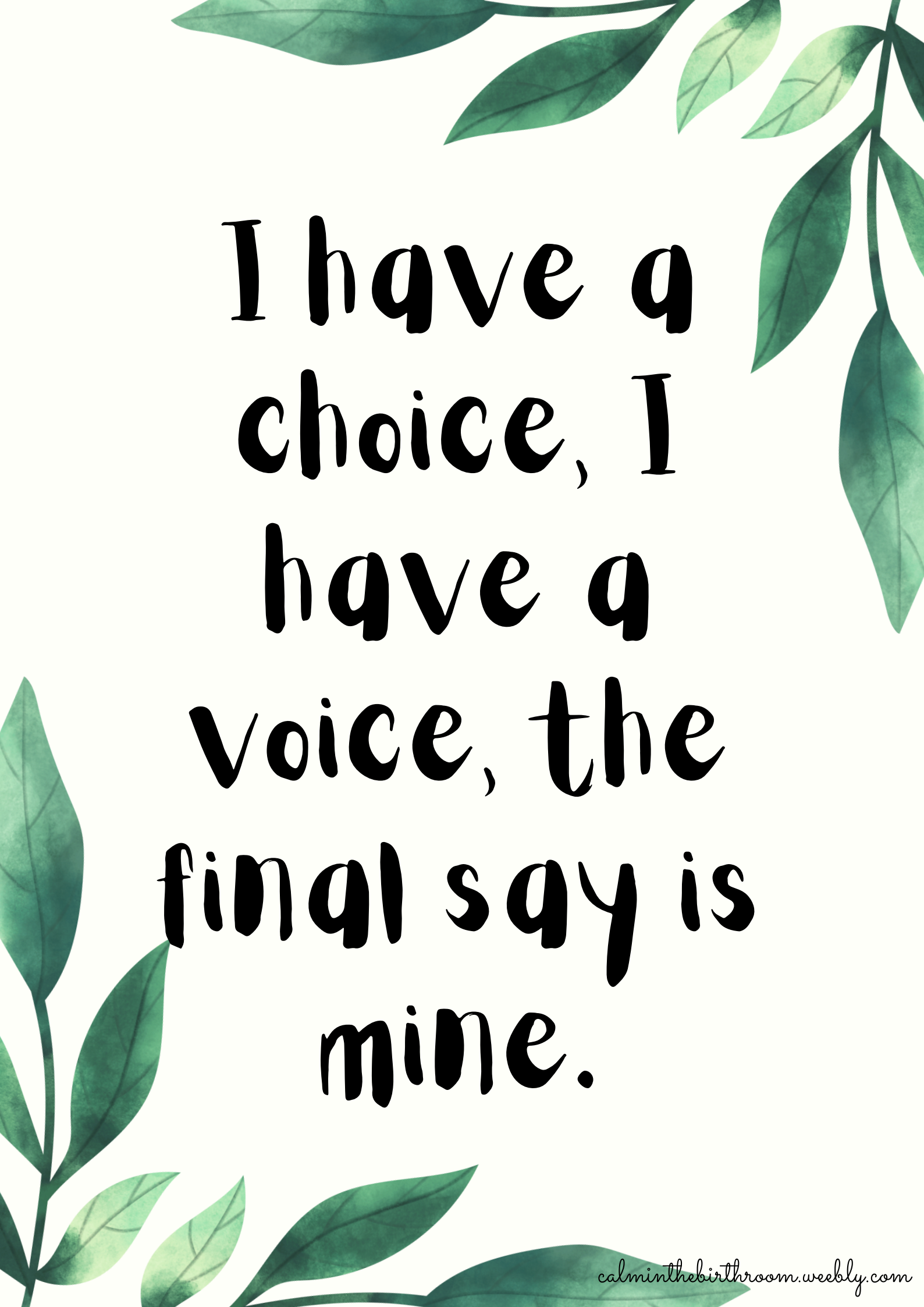


The image features a white background with watercolor-style green leaves in the corners. The leaves are various shades of green, from light to dark, and are arranged in a way that frames the central text. The text is written in a black, handwritten-style font and reads: "I am loved, cared for and supported."


I am
loved,
cared for
and
supported.



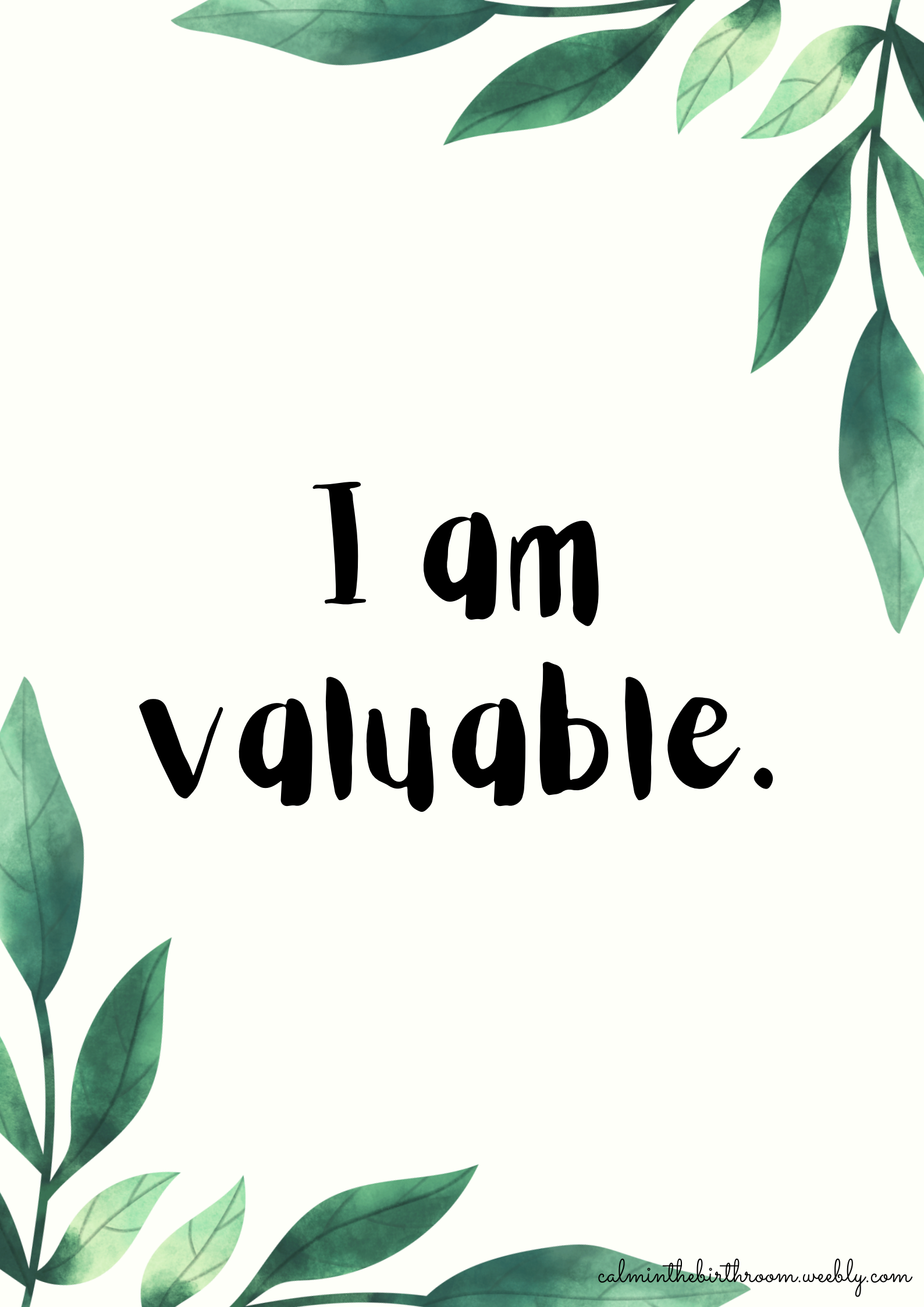
Women
everywhere
are birthing
with me.




I have a
choice, I
have a
voice, the
final say is
mine.

The image features a white background with watercolor-style green leaves in the corners. The leaves are various shades of green, from light to dark, and have visible veins. They are arranged in a way that frames the central text.


I am safe.

The image features watercolor-style green leaves in the corners. The top right corner has a cluster of leaves, and the bottom left corner has a branch with several leaves. The central text is in a bold, black, handwritten font.

I am
valuable.

The image features a white background with watercolor-style green leaves in the corners. The leaves are various shades of green, from light to dark, and are arranged in a way that frames the central text. The text is written in a bold, black, cursive font.

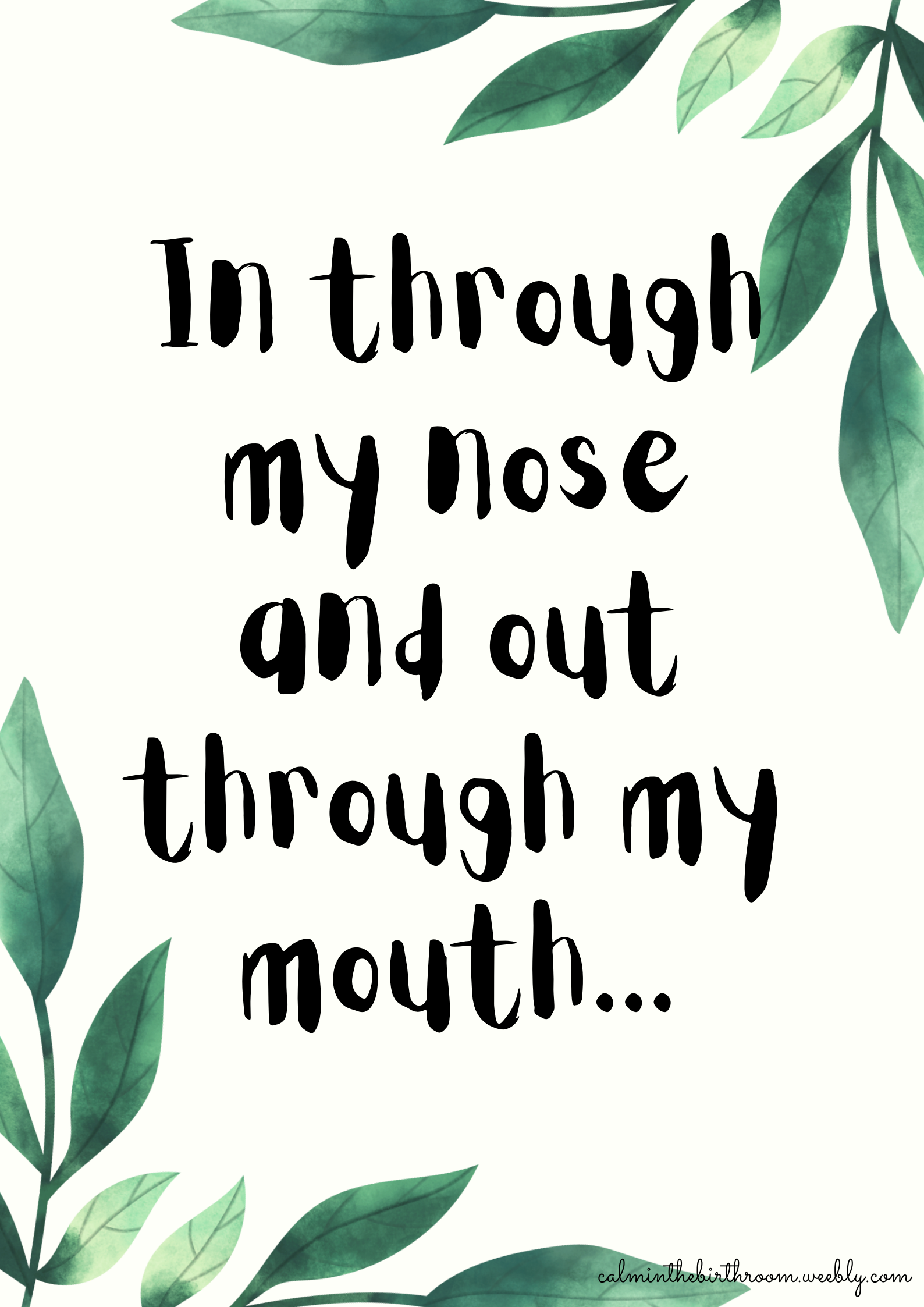
I inhale
calm, I
exhale
tension.

The image features a white background with watercolor-style green leaves in the corners. The leaves are in various shades of green and are arranged in a way that frames the central text. The text is written in a bold, black, handwritten-style font.

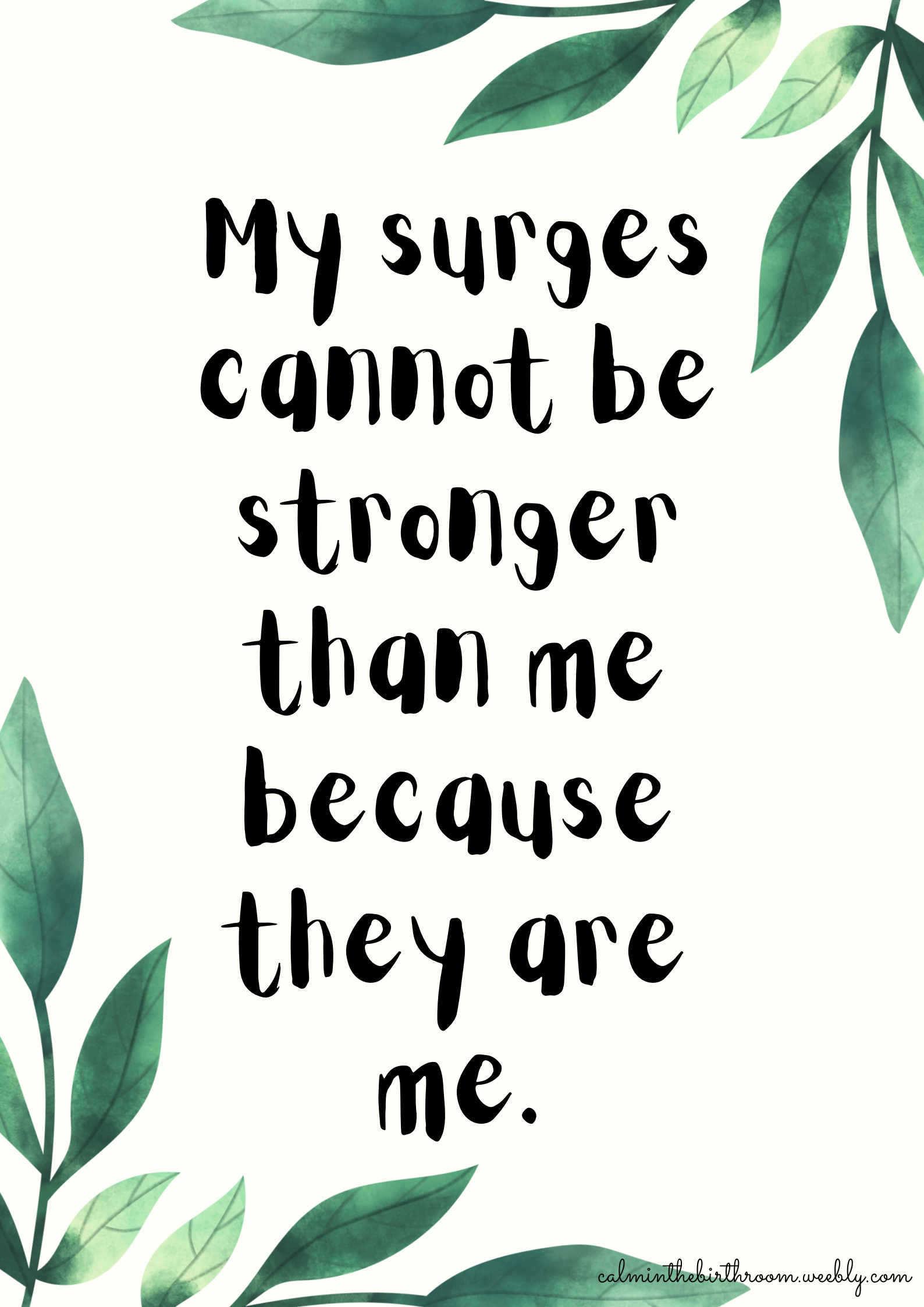
My baby
is coming
to me!

The image features several watercolor-style green leaves scattered around the text. Some leaves are at the top, some at the bottom, and some on the left and right sides, framing the central text. The leaves have a soft, painterly texture with varying shades of green.


one surge
at a time,
each one
bringing me
closer to
meeting my
baby.



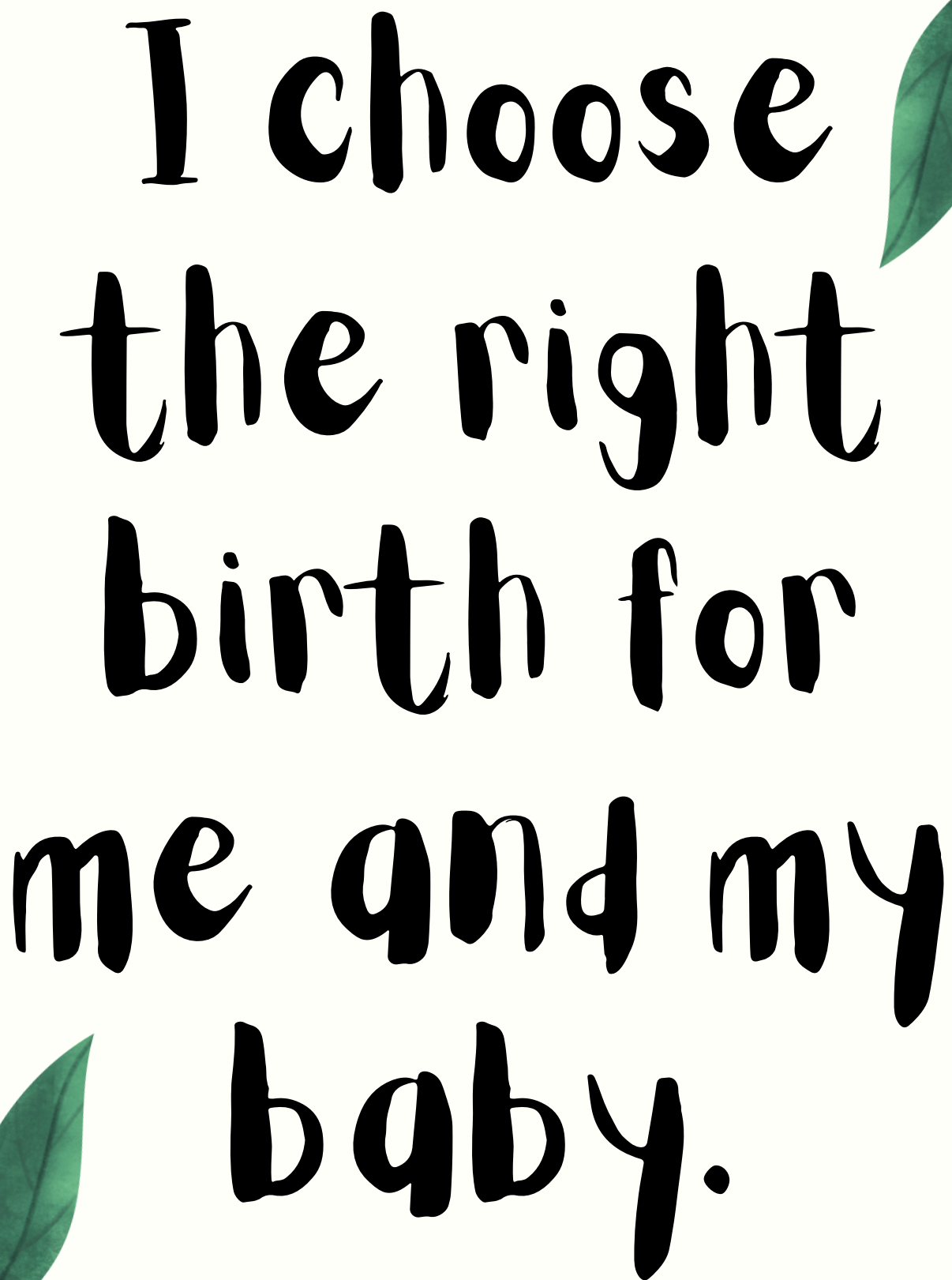
In through
my nose
and out
through my
mouth...

The image features a central text quote surrounded by watercolor-style green leaves. The leaves are in various shades of green and are positioned at the top, bottom, and sides of the text, creating a natural, organic frame. The text is written in a bold, black, handwritten-style font.


My surges
cannot be
stronger
than me
because
they are
me.

The image features a white background with watercolor-style green leaves in the corners. The leaves are in various shades of green, from light to dark, and are arranged in a way that frames the central text. The text is written in a black, handwritten-style font.

I was
made to do
this.

The image features several watercolor-style green leaves scattered around the text. The leaves are in various shades of green, from light to dark, and have visible veins. They are positioned at the top, bottom, and sides of the page, framing the central text.


I choose
the right
birth for
me and my
baby.

The image features watercolor-style green leaves in the corners. The top right corner has a cluster of leaves, the bottom right corner has a single leaf, the bottom left corner has a branch with several leaves, and the top left corner has a few leaves. The text is centered in a black, handwritten-style font.

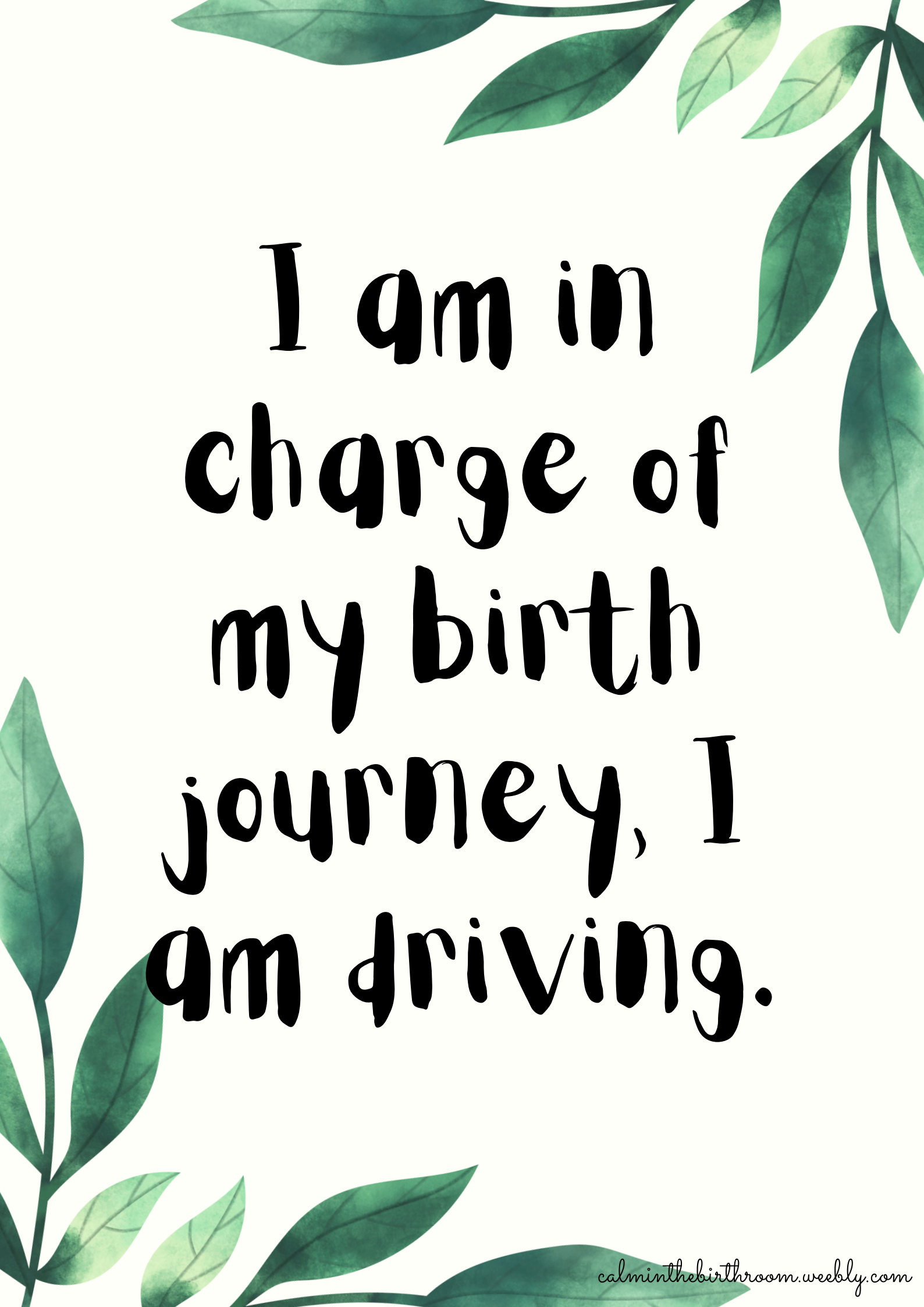
Relaxed
jaw,
relaxed
pelvis.

The image features a white background with watercolor-style green leaves in the corners. The leaves are various shades of green, from light to dark, and are arranged in a way that frames the central text. The text is written in a bold, black, cursive font.

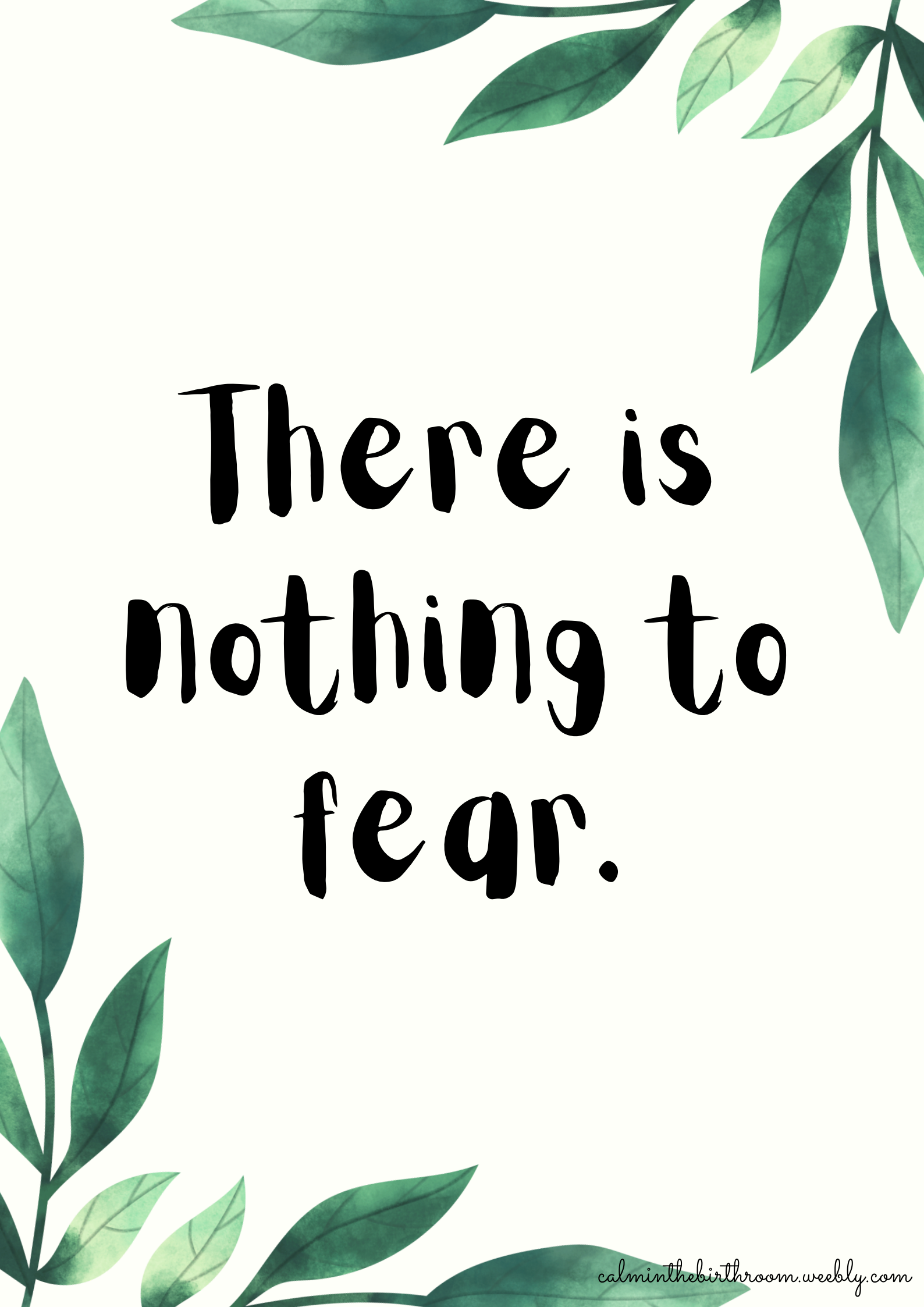
I can do
anything
for one
minute.

The image features several watercolor-style green leaves scattered around the text. Some leaves are at the top, some at the bottom, and some on the left and right sides, creating a natural, organic frame for the central text. The leaves are in various shades of green, from light to dark, with visible veins.


I am prepared
to meet
whatever
turn my
birthing
takes.



I am in
charge of
my birth
journey, I
am driving.

The image features a white background with watercolor-style green leaves in the corners. The leaves are in various shades of green, from light to dark, and are arranged in a way that frames the central text. The text is written in a black, cursive-style font.

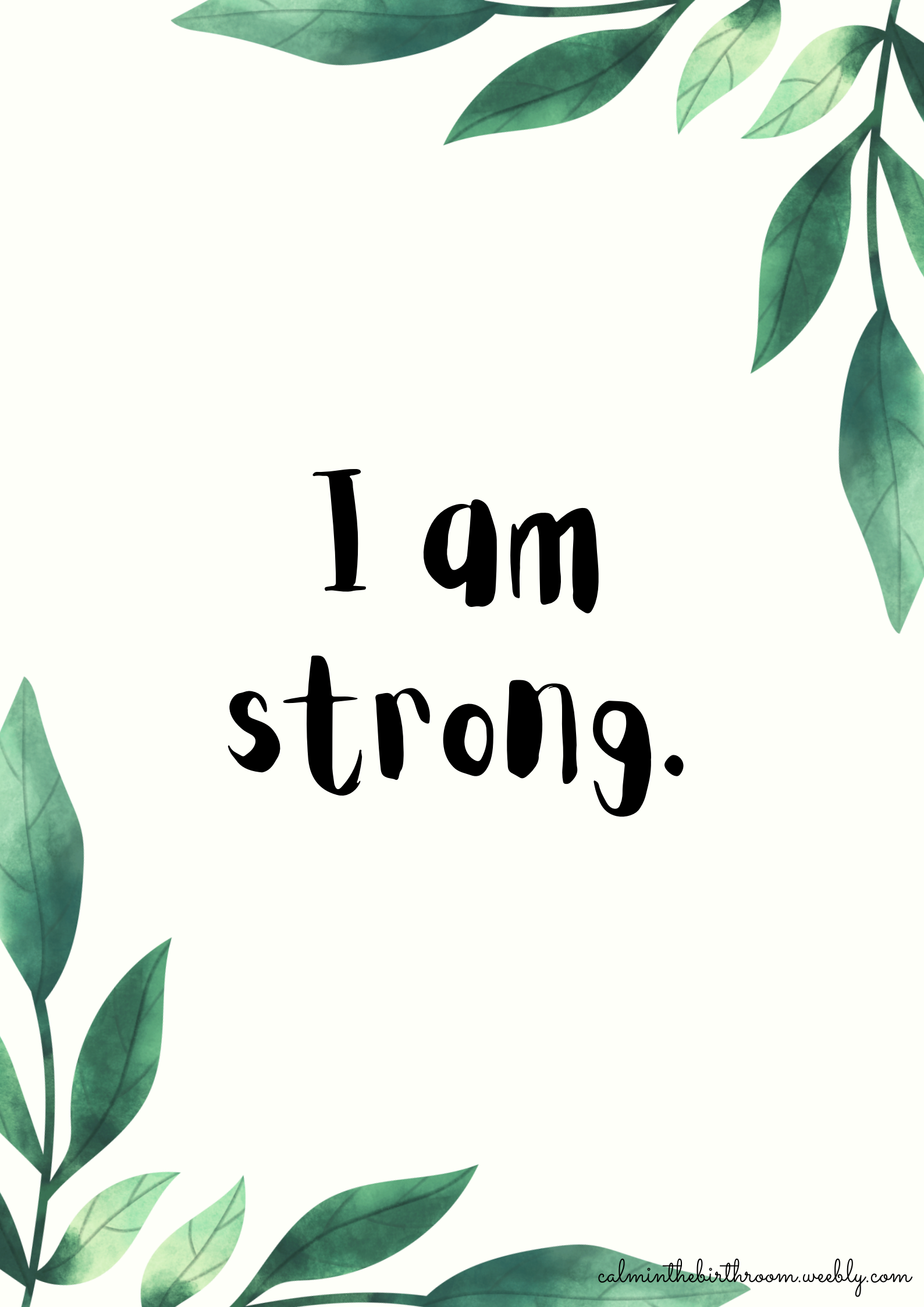
There is
nothing to
fear.

The image features a white background with watercolor-style green leaves in the corners. The leaves are various shades of green, from light to dark, and have visible veins. They are arranged in a way that frames the central text.

I can do
this.

The image features a white background with watercolor-style green leaves in the corners. The leaves are various shades of green, from light to dark, and have visible veins. They are arranged in a way that frames the central text.

I make
good
decisions.

The image features a white background with watercolor-style green leaves in the corners. The leaves are various shades of green, from light to dark, and have visible veins. They are arranged in a way that frames the central text.

I am
strong.