

Inner Power Hypnobirthing

POSITIVE AFFIRMATIONS

An affirmation is anything you say or think and this affects your unconscious mind. In fact, your thinking determines a great deal. Think negatively, and you attract negative realities. Think positively, and the benefits you desire in life may well come true.

Say your affirmation in the present tense, as if it is happening now. Say what you want to happen. For pregnancy and birth, the list of affirmations is endless.

Here are a few examples: -

“I enjoy my pregnancy.”

“My digestive system works efficiently and effectively.”

“My digestive system is more and more comfortable.” (This is used to overcome early morning sickness.)

“I look forward to the birth with excitement.”

“I have a wonderfully natural childbirth.”

“I heal up easily after the birth.”

“I breastfeed easily.”

“I enjoy being a mum.”

“I trust my instincts and intuition.”

“I am a wonderful mother.”

“When I feel tired I rest for half an hour and listen to the Hypnobirthing MP3.”

“I have all the energy I need.”

“I am doing great.”

“I am doing fantastically well.”

“I am excited about the birth.”

Use your imagination and you can make up as many affirmations as you wish.

Emile Coué (1857—1926) put forward the 'Law of Concentrated Attention', which states, “Whenever attention is concentrated on an idea over and over again, it spontaneously tends to realise it.”

Therefore, keep on saying your affirmations and they will spontaneously happen for you. You can use them when things are going well. You can also use them when things are not going so well and you need to redirect yourself, and things really will get better.

Positive affirmations also link up with the ‘Law of Attraction’, which states that what you put into the universe is reflected back to you. So radiate positivity and calmness, and that is what you get back.

Visualizing the birth you wish to have is also very useful as this lets your unconscious mind know what you would like to have happen and then it does. Do the visualizing just before you go to sleep at night, or when you have an afternoon nap when on maternity leave.

With compliments from Paola Bagnall