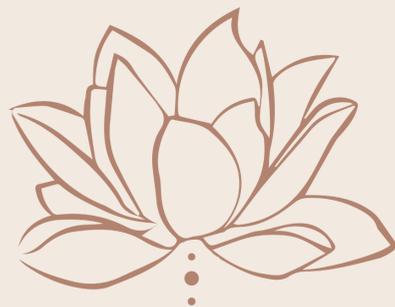


*My breath
keeps me
present*

birth love notes



MATERLAND

I am *worthy*
mama

birth love notes



MATERLAND

I am *focus*,
my *mind* is
clear

birth love notes



MATERLAND

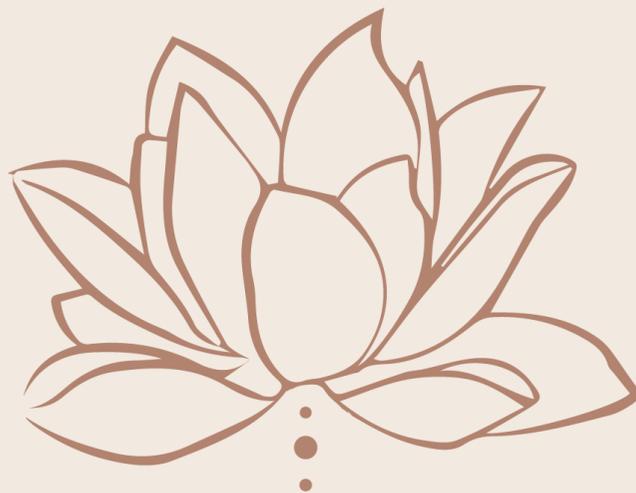
I stay
connected to
my *intuition*

birth love notes



MATERLAND

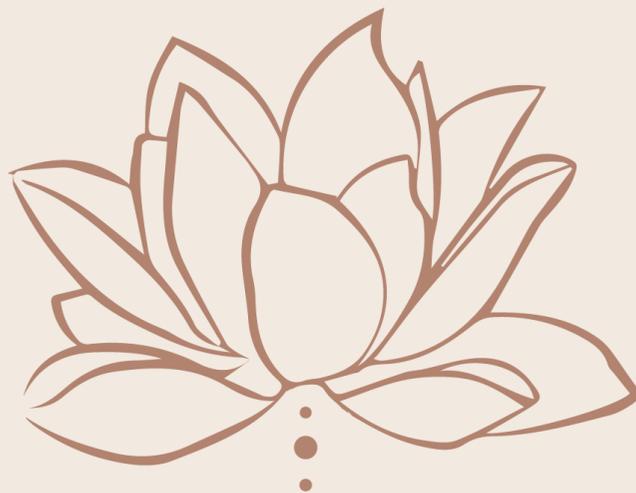
I love my
body



birth love notes

MATERLAND

My body is
flexible

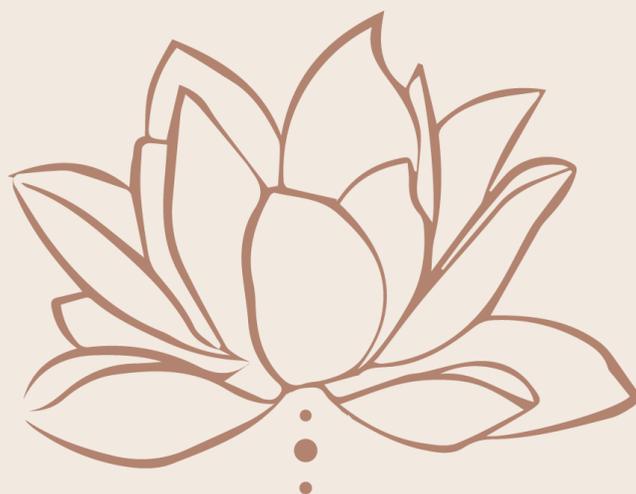


birth love notes

MATERLAND

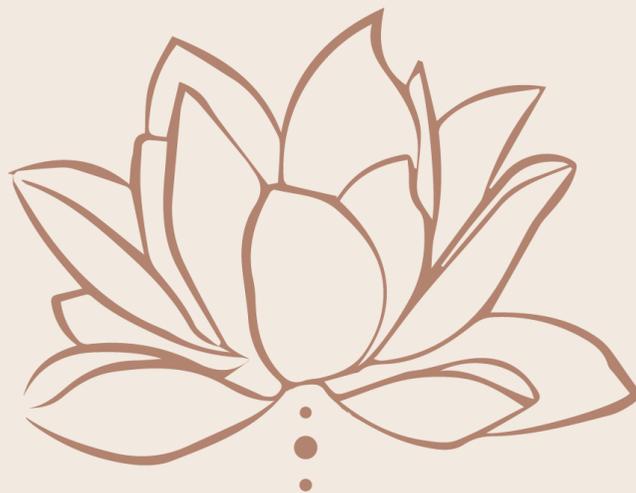
birth love notes

I am
grounded



MATERLAND

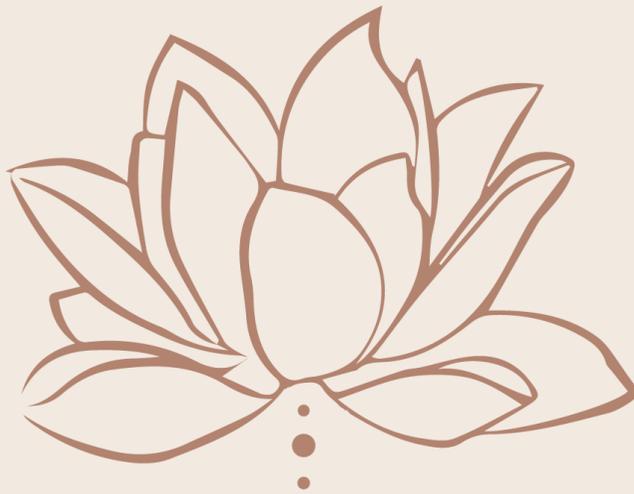
My body is
capable



birth love notes

MATERLAND

birth love notes



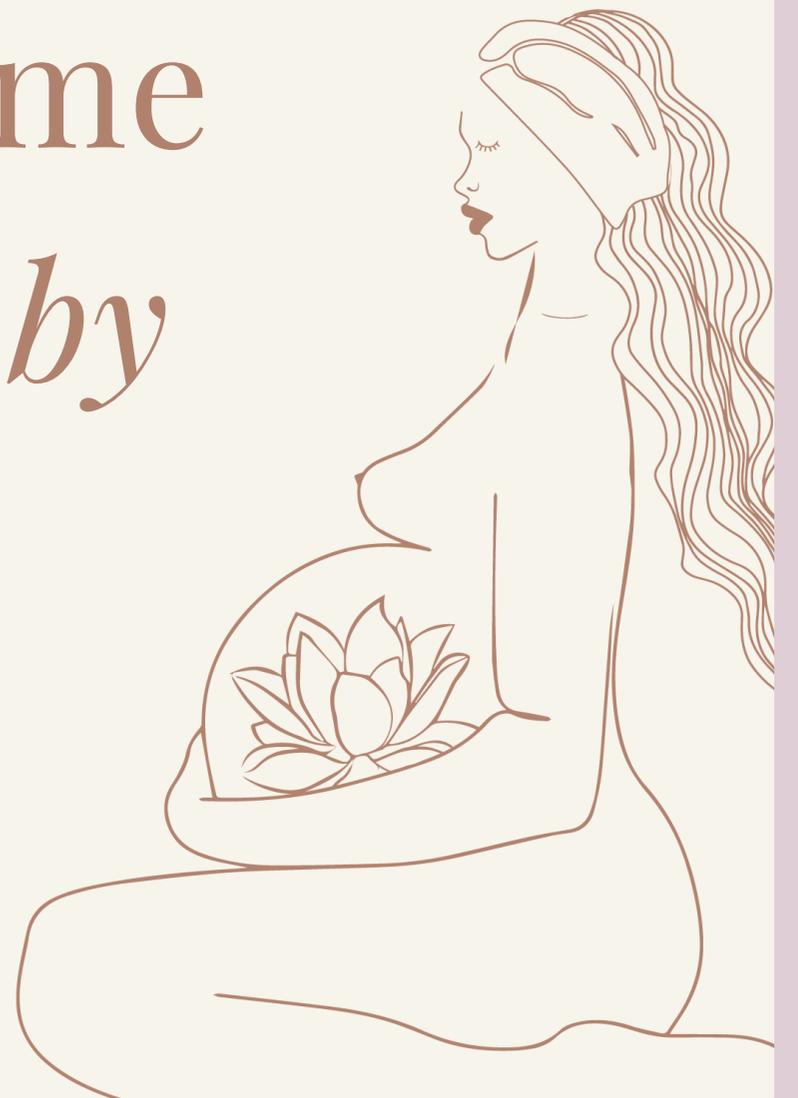
MATERLAND

birth love notes

”

My breath
connects me
to my *baby*

MATERLAND



birth love notes

”

Being a *mama*
is *innately*
inside me

MATERLAND



birth love notes

”

Soon I will
hold my *baby*
in my arms

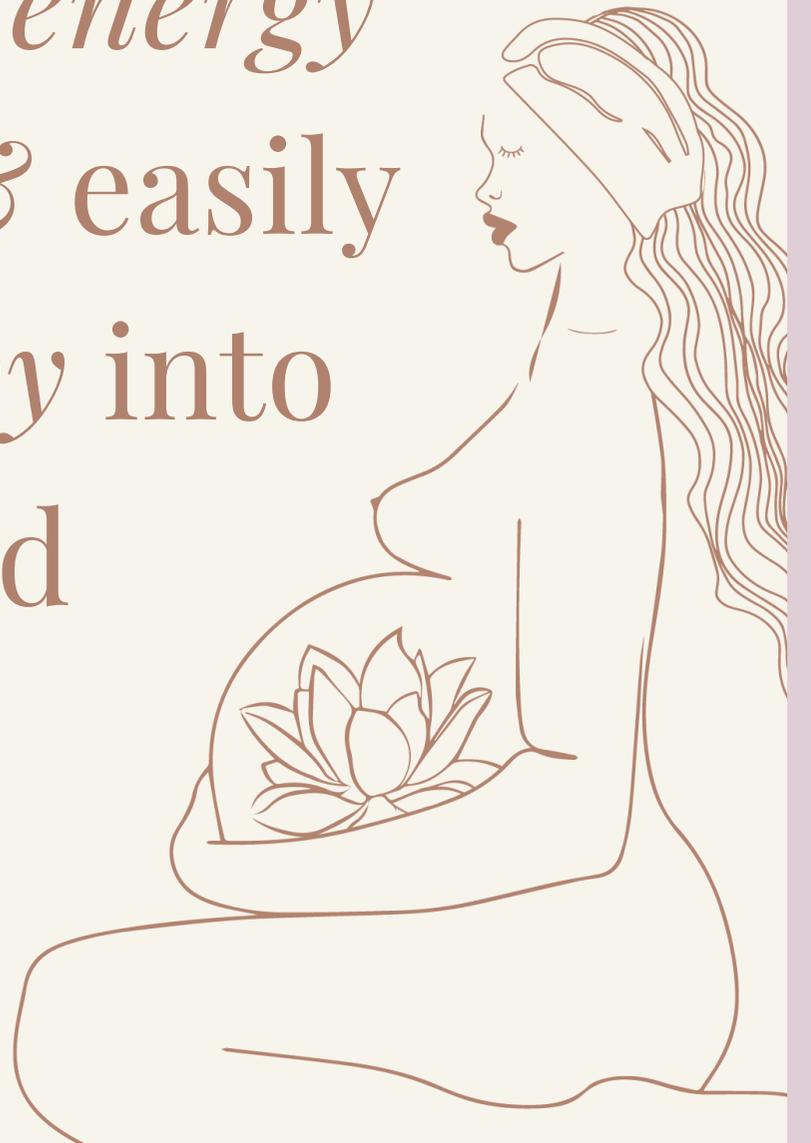


MATERLAND

”

the *universe* sends
energies & *guardians*
to sustain my *energy*
lift my *spirit* & easily
bring my *baby* into
the world

MATERLAND



birth love notes

”

I am *certain* I
will *make it*
through this

”

MATERLAND



birth love notes

”

My body
knows what
to *do*

”

MATERLAND



birth love notes

”

*Soon I will
see my
baby's face*

”

MATERLAND



birth love notes

”

*I am certain
I will make it
through this*

”

MATERLAND



birth love notes

”

”

MATERLAND



birth love notes

”

*My body is
preparing me*

”

MATERLAND



love note to self

”

I am *focused*,
I am in the
zone

”

MATERLAND

HOMEWORKING IN THE

love note to self

”

My body
knows exactly
what to do

”

love note to self

”

*I let go of self
criticism &
self judgment*

”

MATERLAND

love note to self

”

*My breath
keeps me
focus*

”

MATERLAND

love note to self

”

I get *closer* to
meeting my
baby with *every*
breath

”

MATERLAND

love note to self

”

We will meet
when *time* will
come

”

MATERLAND

love note to self

”

I make room
for every
sensation

”

MATERLAND

love note to self

”

I breathe
into every
surges

”

MATERLAND

love note to self

”

*Every breath
gets me closer
to my baby*

”

MATERLAND

love note to self

”

*I create space
around every
sensation*

”

MATERLAND

love note to self

”

If I feel pulled
towards fear I
reconnect with
my *strength*

”

MATERLAND

love note to self



MATERLAND



*My focus is only
on myself and
my baby, nothing
else matter right
now*

love note to self

MATERLAND



These surges
aren't happening
to me, these
surges are me

love note to self

MATERLAND



*My reservoir of
courage is
limitless, I can
drawn again
and again*

love note to self

MATERLAND



love note to self

With each
breath I ride
the waves
inside me

MATERLAND



love note to self



MATERLAND



love note to self

I let any
thoughts and
distraction *melt*
away

MATERLAND



love note to self

*My breaths
connects me to
my baby*

MATERLAND



love note to self

*I love my body,
my body knows
what to do*

MATERLAND



love note to self

*I love my body,
my body knows
what to do*

MATERLAND



love note to self

Thanks for
choosing me as
your *mama*, I
will do my best

MATERLAND



love note to self

The more I
breathe the more
we *connect* and
work together to
do this

MATERLAND



love note to self



MATERLAND



I am

grounded

MATERLAND



I am

peaceful

MATERLAND



My energy

is strong

MATERLAND



I am

fearless

MATERLAND



I am loved

I am love

MATERLAND



I am

MATERLAND



I feel

MATERLAND

I am at
peace



I will meet

you soon



I know

I can do it



I can do it

I am doing it





MATERLAND

love note to self



My support
team is here
for me



love note to self



I am *divinely*
supported

love note to self



My *baby* is
ready

love note to self



My *baby* is
nearly *here*



love note to self

I become more
resilient with
every *breath*



I love and *support*
myself, I do what I
need to do to get
through to each
and every moment

love note to self



I am
unconditionally
loved in this
moment

love note to self



love note to self

*Everyone here
wants what is
best for me and
my baby*

love note to self

