

(introductory music)

**MARYN:** The universe, my body, and my baby has picked this exact moment for this experience. I trust and sink in. The sensations I feel are welcome, and I invite them in. The feelings are the energy of my baby. I observe the sensations with no judgment. Each breath brings me closer to my baby being here. I am so lucky to birth this way. I am so grateful I get the chance to birth in peace. Each sensation feels so good because I choose it to feel that way. My attitude is happy, optimistic, and joyful as my body opens.

Birth can be humorous. In between sensations, I can laugh and appreciate the humor of this experience. I have everything I need. Everything is within me. I choose to experience pleasure in this birth. I can choose pleasure every time. My body is wise. My baby is wise. I know this process is unfolding exactly as it should. With each sensation, I connect with my grandmothers and my grandmothers' grandmothers, who have come before me. This is ancient and sacred work.

I can do this because I am doing this. And I was meant to do this. When I feel the sensations, I let them in and let go. Getting out of the way is how my body works best. My baby works with me in this process. I feel you, baby, and you are doing a great job. Feeling the intensity, I fill that space with my breath and my baby. Every sensation has a purpose. I breathe and direct all the sensations in my body down into the earth grounding me and showing this baby out. I allow the energy to ride through me with ease. When it's time for my baby to arrive, I breathe him down easily. My body knows how to do this. My birth, my baby, and my body remind me that love is the center of it all. I am experiencing life firsthand.

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(closing music)