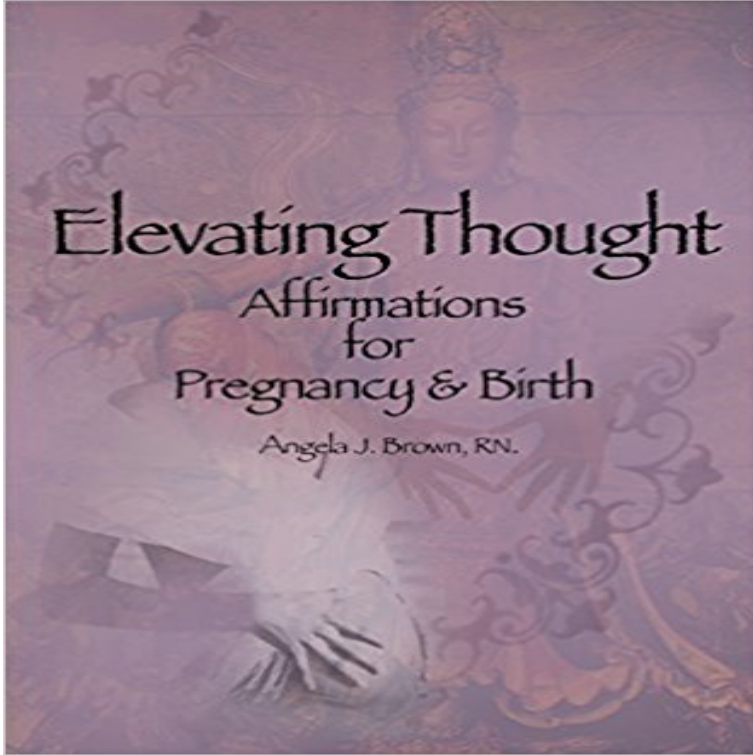


# Elevating Thought: Affirmations for Pregnancy & Birth



This eBook, *Elevating Thought, Affirmations for Pregnancy & Birth*, was created to support pregnant women in building a consciousness of faith and trust in the birth process and in themselves. Some of you are going for a VBAC (Vaginal Birth After Cesarean), because you now know that you can birth differently than before. Go for it! Affirmations are positive statements that help one to correct an unsupportive thought, to change a negative mindset. Mental awareness and repetition is the key. Practiced regularly, these pregnancy affirmations are a gentle and wonderful way to remind you to keep aligning your thoughts with the energy and activity of love that you are. Where true love is present, fear cannot abide. These affirmations can be read aloud, you can write your own, you can speak them into a recorder and listen to them throughout the day or night. You can even have the volume low or silent, the great thing is, your subconscious will still receive the information. Your love frequency and thought vibration will surely rise as you keep affirming anew! In this day and age, there is so much negativity and fear surrounding childbirth that pregnant women need all the positive support they can get. To successfully manage your child's birth, you must change your thinking, which will elevate your thoughts and bring them into alignment with that which is truth that your body already knows how to birth, you just have to prepare your mind. May you be willing to invest in yourself and create a daily practice that will help you develop mental discipline that will create spiritual muscle for labor and birth. May your gratitude and love be stronger than any thought of fear. May your attention consistently come to a place, where you effortlessly behold the beauty and love in the birth you are about to experience. May you experience the birth

of your dreams and enjoy elevating your consciousness in the process.

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**Elevating Thought: Affirmations for Pregnancy & Birth**

Birth, affirmations during pregnancy, Daily Affirmations, Affirmations for **Images for Elevating Thought: Affirmations for Pregnancy & Birth** About Angela J. Brown Registered Nurse Childbirth Educator Pregnancy Life Coach Angela J. Brown Elevating Thought. Affirmations For Pregnancy & Birth. **Blog - DoulaLovesCreation** I am grateful and deeply appreciative that my new book, Elevating Thought, Affirmations for Pregnancy & Birth is being launched on ! Today, as **Sacred Pregnancy Journal: Weekly Affirmations & Meditations to** Jan 12, 2017 - 21 sec - Uploaded by Amar nicolasdownload Elevating Thought Affirmations for Pregnancy Birth pdf. Amar nicolas **Elevating Thought Affirmations for Pregnancy & Birth Paperback** Find great deals for Elevating Thought Affirmations for Pregnancy & Birth Paperback . Shop with confidence on eBay! **Books Archives - DoulaLovesCreation** According to Susan Fekety, MSN CNM, author of The Pocket Midwife: Affirmations for Healthy Pregnancy and Normal Birthing, Affirmations are mindfully **Elevating Thought: Affirmations for Pregnancy & Birth - Spiritual Mall** Elevating Thought: Affirmations for Pregnancy & Birth. \$9.95. Paperback. Elevating Thought: Affirmations for Pregnancy & Birth by Angela J Brown RN (2015-. **Elevating Thought - DLC Direct Purchase - DoulaLovesCreation** Elevating Thought, Affirmations for Pregnancy & Birth is a book that supports pregnant women in building a consciousness of faith and trust in the birth process

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