



PUNKY MOMS
&
NEW ENGLAND
PLACENTA ENCAPSULATION
PRESENTS

BIRTH MANTRAS

PRINTABLE
MANTRAS
FOR YOU TO ENJOY

My mind, body & heart
are perfectly aligned



**I
CAN
DO THIS**

1

Set Myself
free Of Any
Doubt

*I am
confident
my choices
are right for
my baby
and me*



I trust my
intuition

I S O F T E N

**M Y B O D Y
O P E N S W I D E**

**M Y B A B Y
D E S C E N D S**



*IT IS NOT PAIN,
IT IS POWER.*

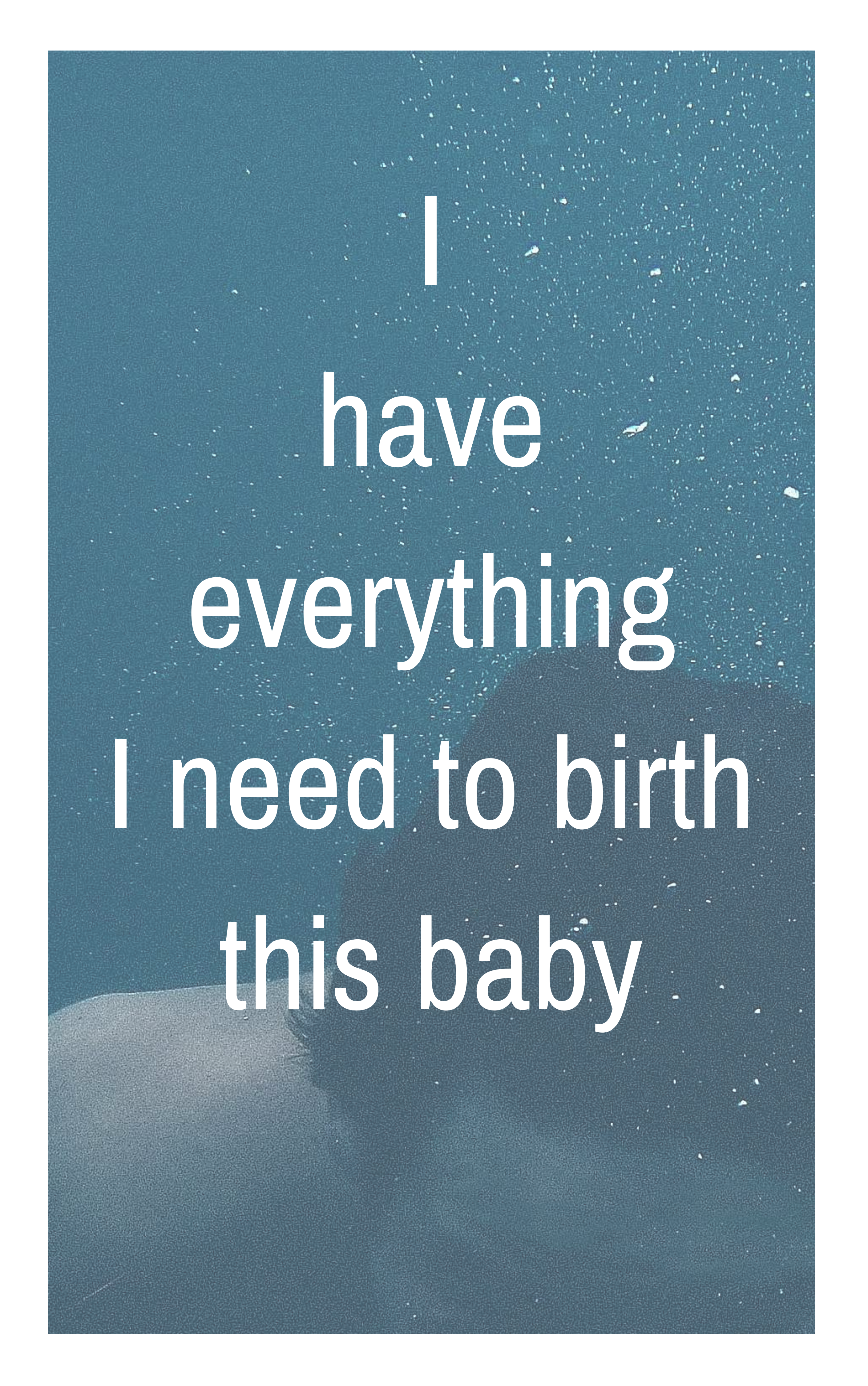
**I AM PREPARED
FOR WHATEVER**

BIRTH MY BABY

AND BODY

NEEDS

**I am
proud
of my
body**



I
have
everything
I need to birth
this baby

*This
Will Not
Last Forever*

