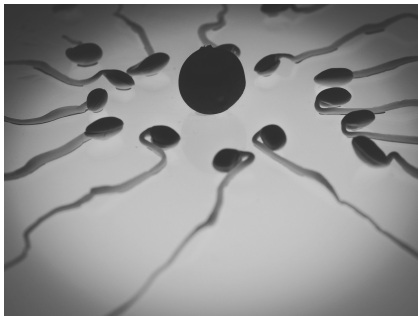


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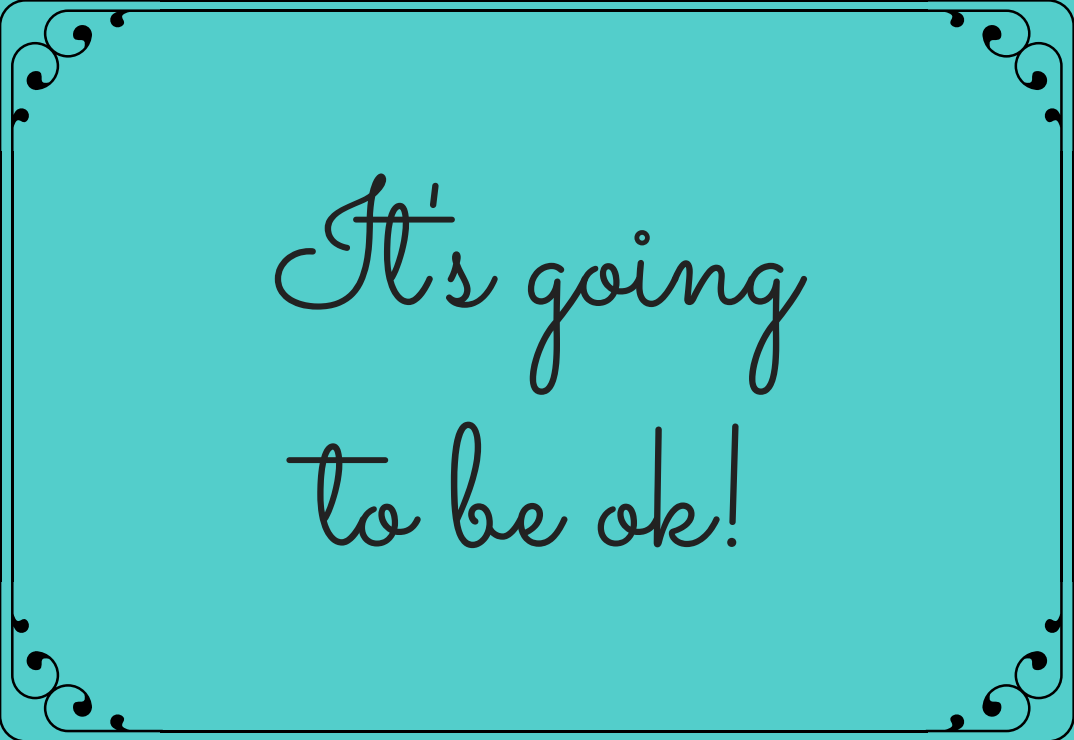
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I am healthy
I can carry life



I trust
my body



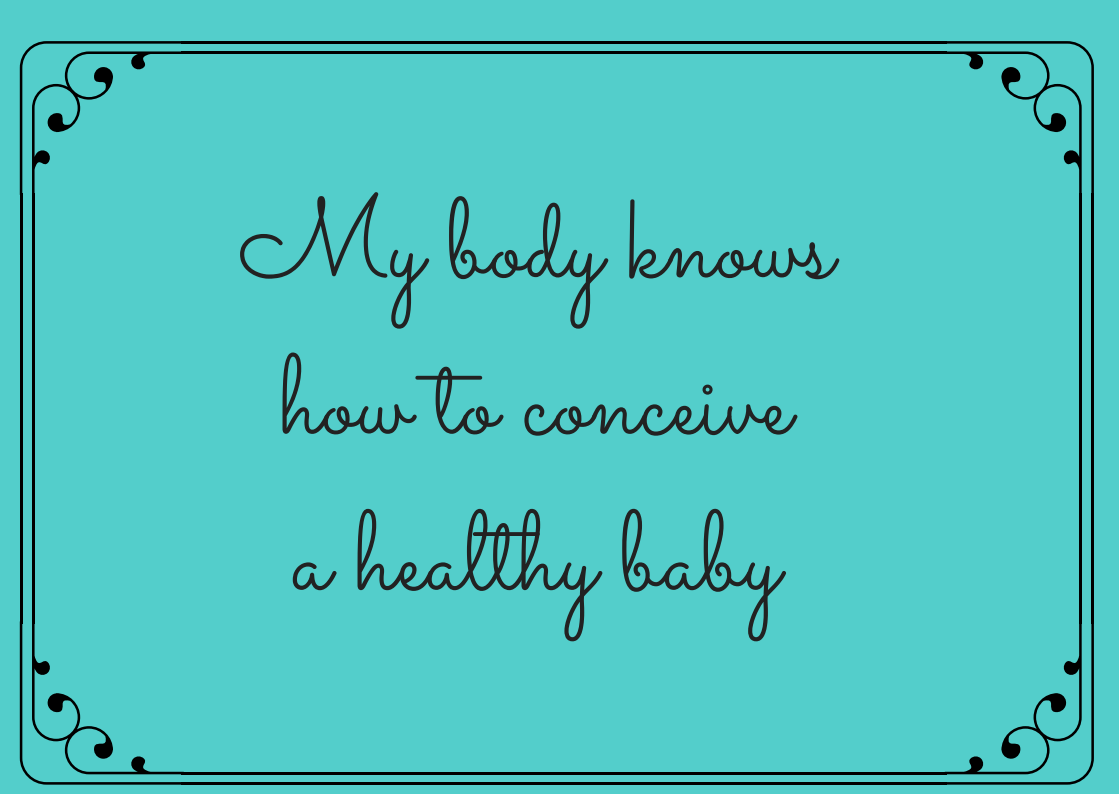
It's going
to be ok!



I am brave
courageous
and confident

I am blessed
with a
healthy body

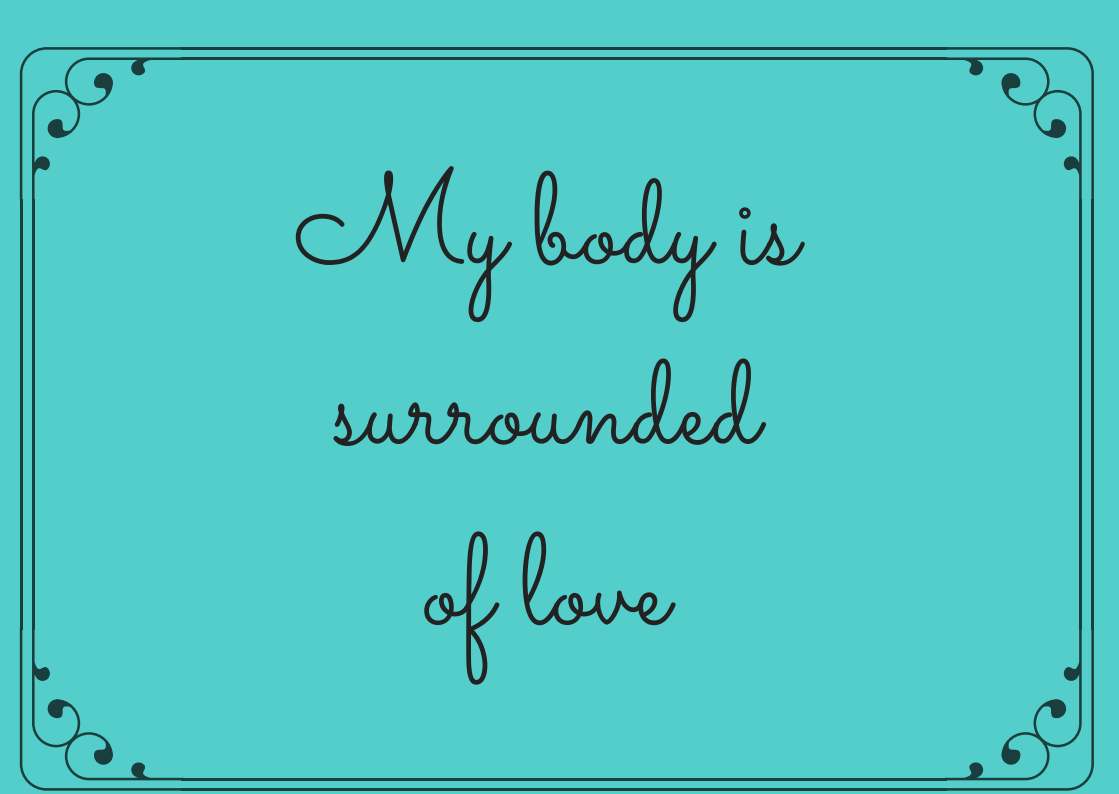
My reproductive
organs work in perfect
harmony with my body



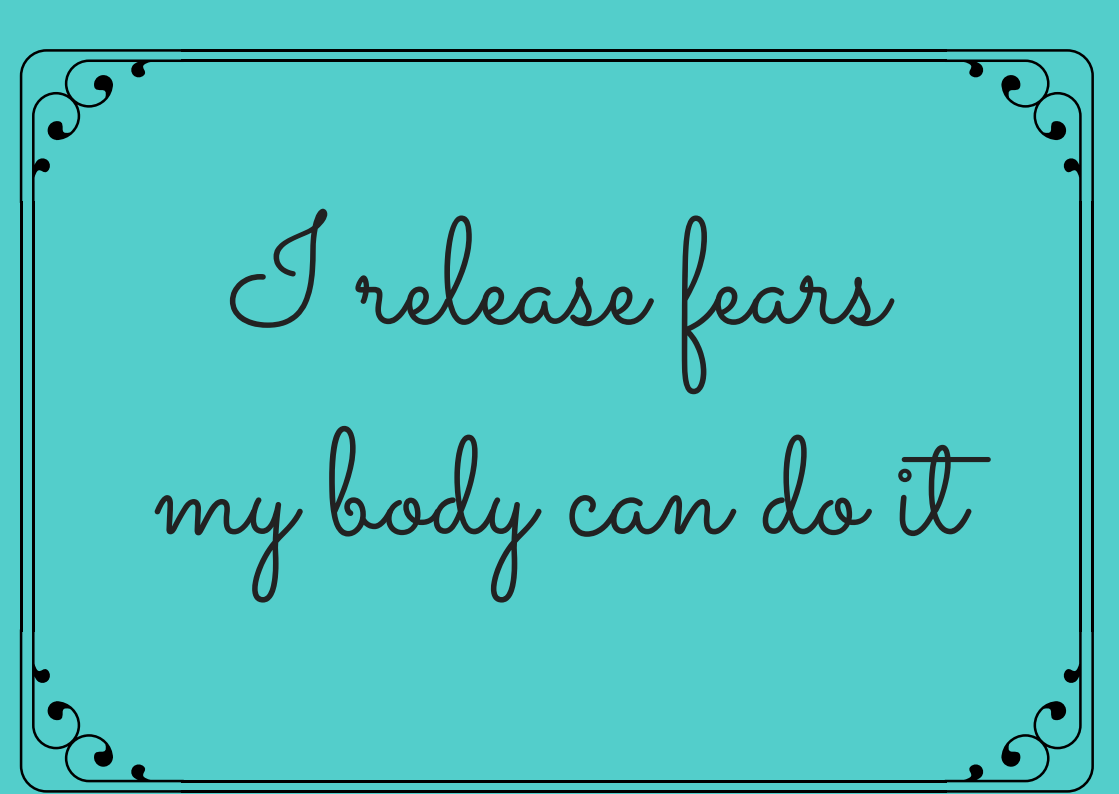
My body knows
how to conceive
a healthy baby

I breathe in
slowly and deeply
into my stomach
I breathe out slowly

My body is the
perfect fertile ground
for a baby to grow



My body is
surrounded
of love

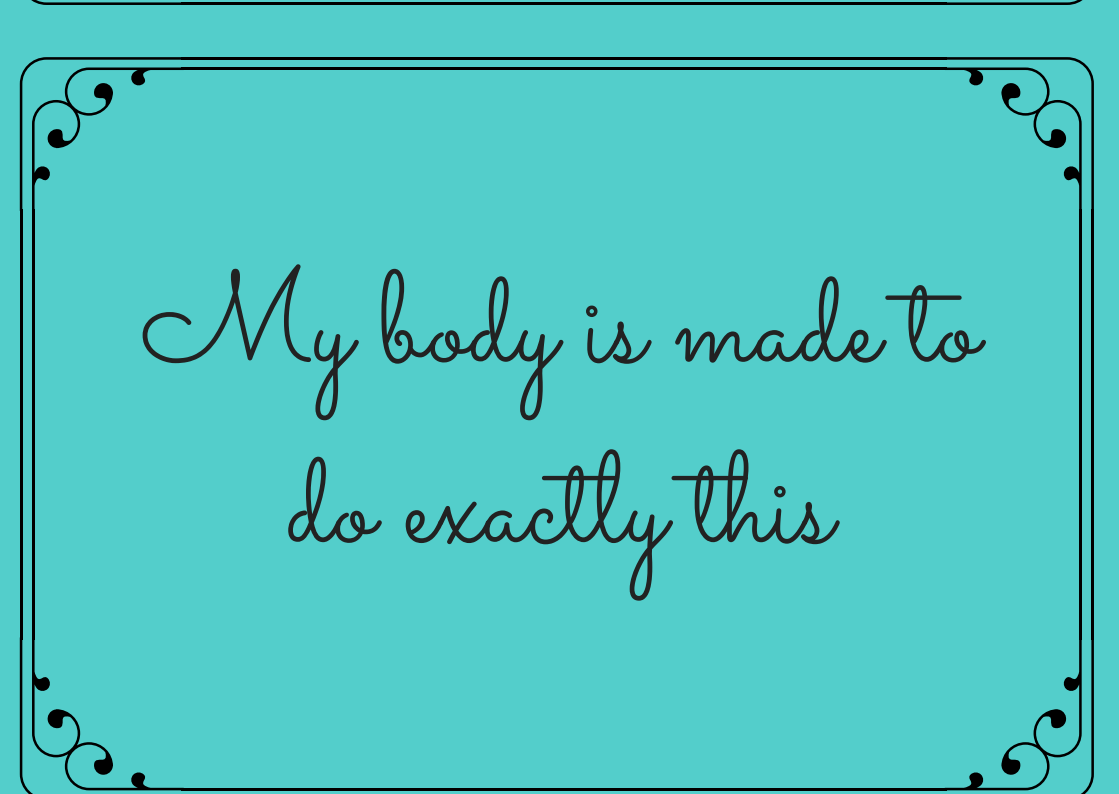


I release fears
my body can do it

My eggs are healthy and
happy to be released
during my next ovulation

Every time my period
comes I feel blessed that
my body is functioning
correctly

I am happy
to be in this journey
of conception



My body is made to
do exactly this

I am now releasing
any doubt
preventing me from
conceiving a baby

I allow myself
to keep going
It will all be worth it

I now release all my
fears and doubts
about my body
I am fertile

My body
can do it

I drink plenty of
water to keep hydrated
and healthy

As my grief lifts away
a renewal sense of hope
settles in my heart
forever

I share this journey
with my partner

I express my feelings

I have a healthy
lifestyle to enhance
my fertility

My body
enjoys
healthy food
every day

I visualise
a pink healthy uterus
on the daily basis

I am positive

I believe

in my body



There is peace
within me

I visualise
a bright white light
protecting me

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