

A large yellow semi-circle is positioned at the bottom of the frame, set against a solid green background. The semi-circle's top edge is slightly irregular, giving it a hand-drawn appearance. The text is centered within the yellow area.

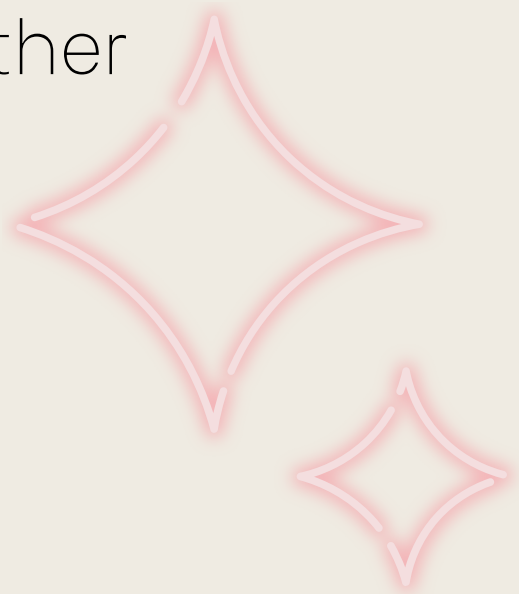
**I am safe**

**My baby is safe**



my body  
knows  
exactly what  
to do

my baby and I are  
working together





**I am breathing  
my baby down**



I soften

I open

I release

i am prepared to calmly  
meet whatever path my  
birth takes

The image features three overlapping circles of different colors: pink, yellow, and blue. The circles are arranged in a horizontal line, with the pink circle on the left, the yellow circle in the middle, and the blue circle on the right. They overlap in the center, creating a central area where all three colors meet. The text is centered within this overlapping area.

**everything I need  
is within me**

I trust my baby

I trust my body

I trust birth



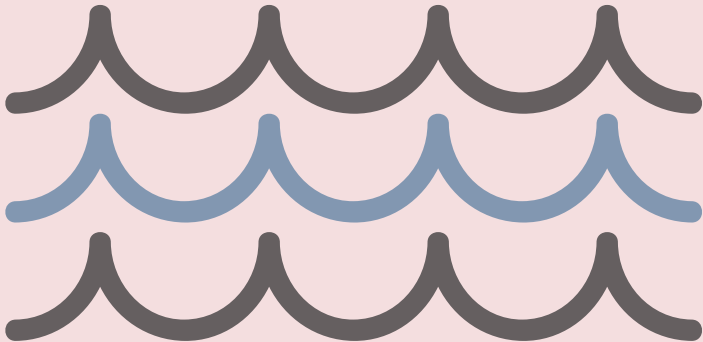


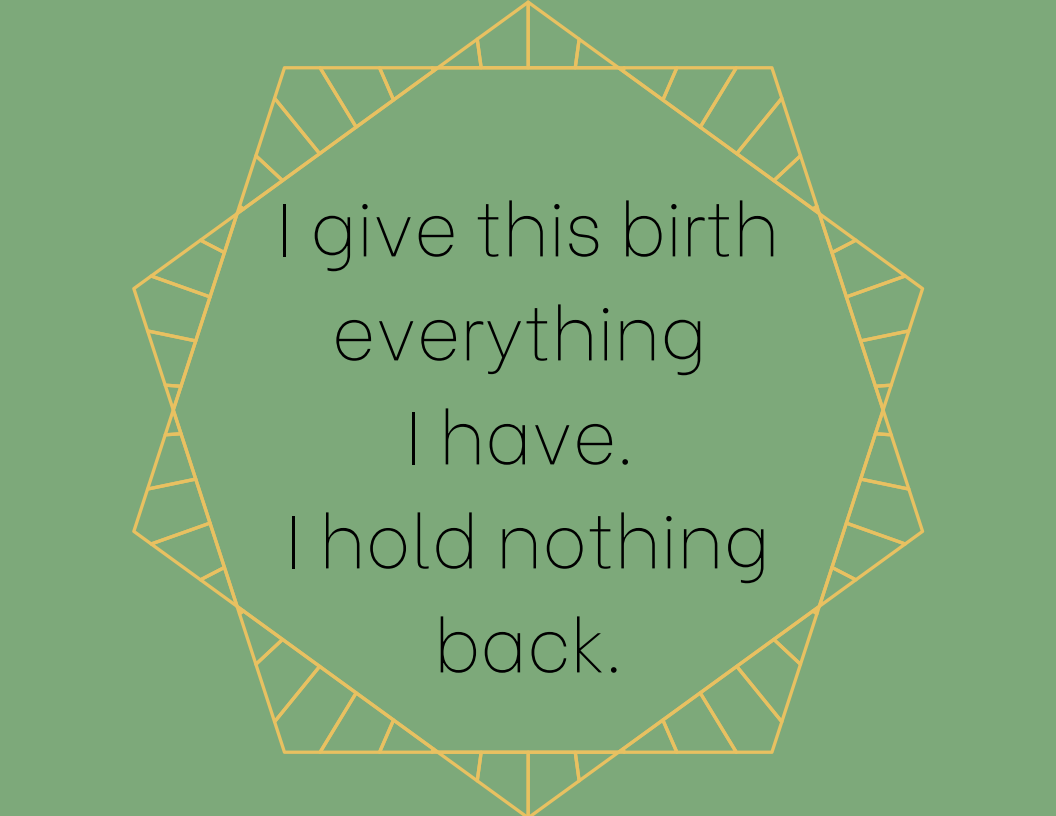
people all over the world  
are birthing with me



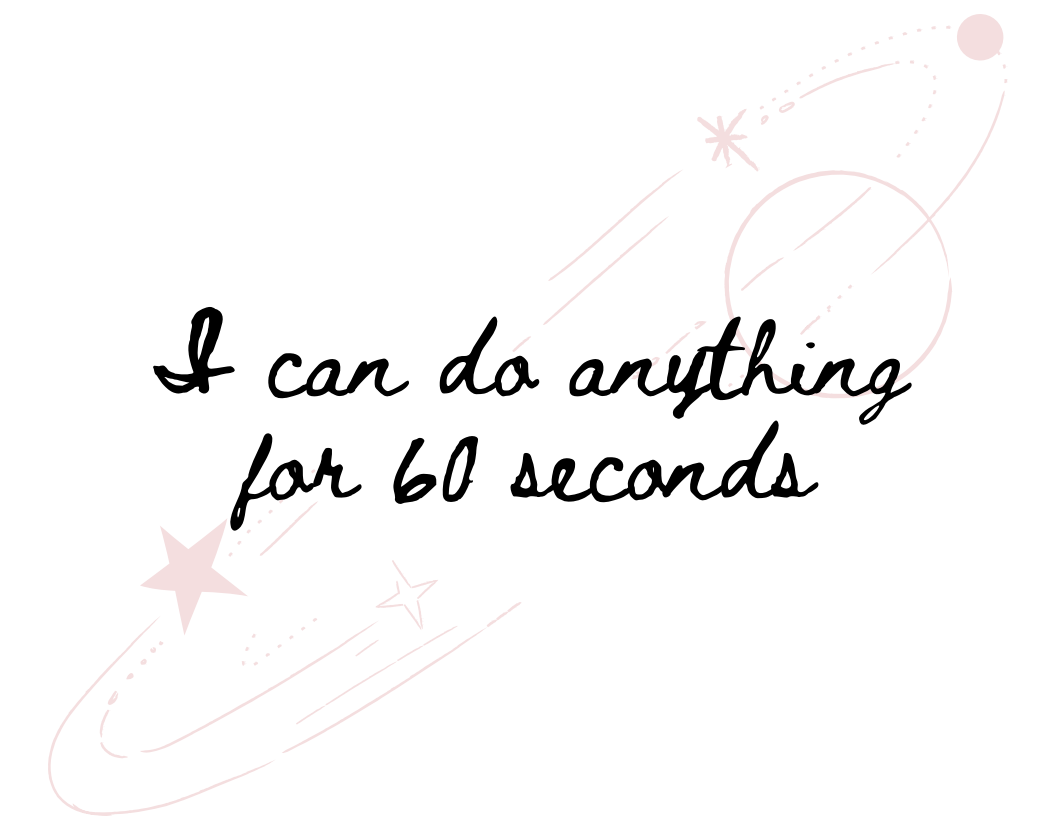
*I am surrounded  
by love*

each wave brings me  
closer to my baby



The image features a solid green background. In the center, there is a decorative border made of thin orange lines. This border is a complex geometric shape, resembling a square with its corners cut off and the sides further divided into smaller segments, creating a star-like or crystalline appearance. Inside this border, the text is centered and reads:

I give this birth  
everything  
I have.  
I hold nothing  
back.



I can do anything  
for 60 seconds