

## *Centering*

Centering is a technique that uses your breath as a “container” for a thought or affirmation. The purpose is to become mindful and centered in the present moment. The container is a 10 second long breath—a five second in-breath and a five second out-breath—that holds a thought. You think the first half of the phrase on the in breath and the second half on the out breath. Use this technique once or twice to “greet” the contraction and then continue breathing with awareness throughout the remainder of the contraction.

Some suggestions of centering thoughts to use:

**(I am open) (to birth)**

**(I am ready) (for my baby)**

**(I welcome) (my labor)**

**(I am confident) (and strong)**

**(Right here) (right now)**

**(I am equal) (to this challenge)**

**(I embrace) (this moment)**

