Life Affirmation Journal

Today I, _____, saw _____giving birth in the world around me. I _____ am part of this birth cycle.
your name

Today in my environment, I saw the birth cycle at work in the _____. I _____ am part of the birth cycle in the world around me.

Today the birth cycle presented itself to me in _____.
I _____am part of the birth cycle in the world around me.

Excerpted from Dancing Your Way to Fertility, available on Amazon.com.