



## WHAT FAITHS SAY ABOUT MATERNAL HEALTH

### Buddhist

*“Just as with her own life, a mother shields from hurt her own son, her only child, let all-embracing thoughts for all beings be yours.”* - Karaniya Metta Sutta, verse 7

### Christian

*“A woman, when she is in labor, has pain because her hour has come; but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been born into the world.”* - John 16:21

### Hindu

*“We are born in the world of nature; our second birth is into the world of spirit.”* - Bhagavad Gita

### Jewish

*“Rachel began to give birth and had great difficulty. And as she was having great difficulty in childbirth, the midwife said to her, ‘Don’t despair...’”* - Genesis 35:16-17

### Muslim

*“Heaven lies under the feet of your mother.”* - Prophet Muhammad

### Sikh

*“In the mother’s womb, life was enshrined and cherished. You were blessed with body and soul.”* - Guru Granth Sahib, p. 1004