



3 Keys that have the Power to Change the Course of your Fertility Journey

Hello and Welcome!

There is so much to learn, so much to transcend, so much to give and so much to gain on this fertility journey. Maybe you are tired from traveling on this journey, maybe you are exhausted, maybe you are exasperated, or maybe you want a little reprieve? I understand.

I would like to share with you a few powerful thoughts that can shift the way you relate to the quest of bringing in a new life. And by allowing for that shift, there can be a new found ease that can create an opening, just big enough for a new life to slip in.

I promise you, if you allow these three concepts to sink in, your journey will change.

About the Power of your Words

I am sure you have heard about this. Words are powerful. Words can create or destroy. Words can heal or hurt. There is tremendous power in our words - in fact, there is a force, an energy behind letters, as if to propel the meaning of the word into the ether, where something does get created. This is how our words turn into reality.



Words do carry our intentions forward into the world, and create. If that is so, then why not optimize that effect, and make it work for us? We could choose words that we use often to describe what we want most, carefully. That simple shift alone can have a deeply profound effect.

So here is a very specific shift of words I would suggest you integrate into your speaking (and thinking and being):

How often have you heard someone say: “We are working on trying to have a baby.”

If you take a moment to look at the energy behind the two verbs of this statement: “working” and “trying”. Working implies, well, work. Work is usually not considered enjoyable (although of course it can be, but the main energetic connotation behind the word is more, shall we say, laborious). Do we really want to put that out there?

Conception is a magical event; one of allowing the mystery of the whole of creation to take place in one’s womb; the creation of a new life. This is an occurrence, over which we have absolutely no control over.

Working also has a feel of “I am making this happen” - “my hard labor will produce this”. Well, in the arena of conceiving new life, not really. “Working hard” usually has nothing to do with it.

Trying. I am sure you have heard this before. The word trying is implying that you will not ever get there. Otherwise you would not be trying. The word “try” implies failure. For as long as you try, you don’t succeed.



So what words would provide an open energy instead? Try it out for yourself and see what feels good for you. What words enhance the experience of it actually happening. Examples might be:

- ✿ “We are open to conceive our child”
- ✿ “We are ready to conceive”
- ✿ “We are opening ourselves up to receive the sacred duty of raising our baby”
- ✿ “We are having fun making our baby” - well, maybe that is not something you’d like to share...

There is of course no right or wrong way. I only want to draw your attention to noticing the energy behind the words you use, so you can make an empowering choice for yourself.

Timing

OK, I get it. You want your baby to come now. I totally understand. Even if you don’t want him to be here right now, you do want to know right now, that she will come. And therefore, you want him now. You want the proof that she will come.

Or maybe your doctor told you that if not now, then it will be too late.

How do you know, that now is the right time? How can you be sure, that now is the right time? Truly speaking, you can’t. In conception, in the creation and birthing of a new life, there are so many factors that are interwoven.



There are so many areas in our modern life, where instant gratification is the way to go. You want it? Order it on Amazon and it is here the next day, if you want to pay the price.

And so we subconsciously become used to the idea, that now is better, and that if it is not now, there is something wrong. And unfortunately, I see it all the time, the moment a woman does not get pregnant within a few months, she assumes there is something WRONG with her, or her partner, or maybe even God. And the fear and worry about what might be wrong, is starting to take over. The trust in one's own ability erodes even faster, when statistics are compared, and doctor's opinions are ingested. What if there is nothing wrong? What if conceiving has everything to do with CONNECTING AND TRUSTING? If that is so, then why do we disconnect so quickly and readily and trade our faith and trust for something someone else said?

What if a possible "delay" in conception is a loving invitation to connect deeply, with one's self, one's partner, and God? And trusting that? Trusting, that if we do not feel at ease, with how we feel in our day to day life, then maybe there is something that wants to be delayed. Maybe conception has an innate intelligence and is giving you the space to make the adjustments in your life that only you know need to be made for a baby to come in? Don't we know it already in our hearts? We do. We always do. Sometimes it takes some extra effort to listen. And then even more effort to act on what we hear. But why would we expect our baby to put up with what we are not willing to adjust?

The Big Why

Do you know why you want a baby?

I know, this question can feel offensive, especially, if you have done everything in your might, possibly for years, to conceive a child. I don't mean to offend you, by any means.



I mean to assist you in dialing into the real “why.” The “why” that only your soul knows about. Because once you touch that place, it sets the energy free to make it happen. Things fall into place when we align with our soul’s mission.

I do believe that we have different “layers of why” that are available to us at different stages. There might be an initial “why,” that gets replaced by a different type of “why” that might feel like it comes from a deeper place within. Although this is a very painful truth, parents, who have been struggling with building their families, who had to wait for their baby (ies) to arrive, often dive deep into that place of their “why.” And often times, that is an additional reason of what makes them amazing parents!

I hope that some of these concepts bring about an opening, an accepting, and a letting go, so that you can conceive your baby. It is my deep wish, that you have your baby. I believe my purpose is to guide women through the conception and birthing process. If you would like to chat with me about what is going on for you and how you might be able to move into deeper alignment with yourself, [click here](#) and I will be in touch with you.

Many blessings to you and your family!