

# 20 Baby Making Mindset Tips



Do you suffer from unexplained infertility?  
Discover how to stay positive and develop  
a Baby Making Mindset

## Introduction

We all know that how we think can have a dramatic effect on stress levels and therefore on body chemistry – and can you believe it, there's even some research suggesting that emotions can switch genes on and off.

So, having a positive mental attitude is important: to have the belief, to be certain, that you will get pregnant, will improve the likelihood your chance of getting pregnant. And it will certainly make the journey more bearable.

20 years of research and training in complementary therapies and Neuro-Linguistic Programming, lead me to believe that your thinking can have a substantial influence on your chances of getting pregnant.

The following 20 tips are designed to help you overcome some of the mental and emotional hurdles to conceiving and prevent you getting in your own way. They are designed to focus your attention on what you **want**, rather than on what you don't want, and they offer strategies to help you develop a more positive mindset around the whole issue of getting pregnant.

Although everyone reading these tips will have wanting to get pregnant in common, they will all be in different places with regard to their personality, personal preferences, belief systems and the struggle they have endured in trying to get pregnant, so some of the tips may resonate with you more than others.

Getting pregnant is a mind and body process, so diet, therapies and the recommendations of your GP should all be included in your approach to getting pregnant.

Enjoy applying these tips and best wishes for a fast and safe pregnancy and a healthy baby.

## **1. Check Your Stress**

Stress may have a significant impact on fertility. Stress has a very negative impact on the body – blood sugar levels are elevated; blood thickens; hormones become imbalanced and the body slows down functions not essential to fight and flight response, such as digestion and reproductive systems.

Now, being stressed may not stop you getting pregnant, but it certainly doesn't help either. And some people have a much more sensitive response to stress than others: so stress can have a much more dramatic physical effect on them.

## **2. Quiet Your Mind And Relax Your Body**

Relaxation is the antidote to stress.

When you relax you enter a state which is completely opposite to being under pressure or stressed.

Relaxation allows your body to neutralise the stress chemicals and activates your repair and renewal processes.

Relaxation:

- Boosts your energy
- Stills your mind
- Stimulates your body's repair and renewal function
- Helps boost immunity
- Helps you manage strong emotions

A study at the University of Western Australia found that women were more likely to conceive during periods when they are relaxed rather than stressed.

And a study at Trakya University in Turkey found that stress reduces sperm count and motility, suggesting that relaxation may also boost male fertility.

Studies have also shown that relaxation can reduce symptoms of irritable bowel syndrome, reduce blood pressure, and improve conditions such as arthritis, asthma, skin conditions such as psoriasis and heart disease.

Research at Harvard Medical School has shown that deep relaxation changes our bodies on a genetic level: long term practitioners of relaxation methods, such as yoga and meditation, have far more active “disease-fighting genes” compared to those who practised no form of relaxation. In particular, they found that genes that protect from disorders such as pain, infertility, high blood pressure and even rheumatoid arthritis were switched on. These experiments at Harvard showed just how responsive genes are to behaviour, mood, environment and revealed that genes can just as easily be switched on as they switch off.

### **3. Keep Communicating**

A burning desire, pursued single-mindedly, can easily take you to that place where you don't see or hear anything that doesn't relate to your objective. You want to manifest your desire, not turn it into an obsession – a barrier to love and intimacy.

It's vital to keep communications open between yourself and your partner. You may have different views on all sorts of issues: how much you desire a baby; when to try; how long to try for; priority in relation to other life issues such as work; what it's OK to give up in your desire for a baby; etc.

Be open and HONEST and share your thoughts and feelings. Respect each other's feelings and recognise that you may not both have the same level of intensity of feeling at any one time.

Remember that communication is a two-way process: listening and understanding the other person's views and feelings is just as important as expressing your own.

Keep a balance and ensure that the support you give each other is mutual. Sometimes one partner gets carried along, or gives the other support at the expense of their own needs. Aim for a balance.

And..... **remember why you got together in the first place.**

#### **4. Identify Any Barriers to Getting Pregnant**

Sounds ridiculous, doesn't it. How could any part of you not want to get pregnant. But it may be that, what we desire on a conscious level and what is programmed to happen on an unconscious level do not always align. And it's the unconscious programming that creates your outcome.

So, how do you access any unconscious barriers that you may have to getting pregnant?

**RELAX .....** & **LISTEN .....**

When you relax, you create a state in which your conscious and unconscious minds can communicate. You quieten the conscious mind and allow the unconscious mind to be heard.

Allow thoughts to arise without any judgement or attachment: watch your thoughts arise and pass, as if you were in a cinema, allows you to create a space in which your unconscious mind can be heard.

Sit for 15 minutes and relax and then, when your mind is quiet and your muscles are relaxed, when there is no resistance and when you're ready to receive wisdom, notice what thoughts you have.

Be open to whatever comes up.

## **5. Dealing With Disappointment**

It can be difficult, when you've been hopeful all month, to cope if your period arrives. The disappointment can hang about well into your new cycle and that's not helpful.

And if you've been trying for a while then you may have created a bucket of disappointment that gets topped up every time.

If you feel the strength of your disappointment increase as time goes on, then you need to empty your bucket. If you don't it may overwhelm you and it will impact on your daily life.

## **6. Let Go Of The Past**

Don't allow the past to affect your future. We can't change the past and you did your best at the time with the resources you had available then.

Whatever your path has been to this point in time, the power is in the present. Harness the full power of the present by letting go of the past and the damper it puts on present energy.

Miscarriages and the grief, disappointment and lost hope that come with them can be difficult to bear. Letting go of the past doesn't mean forgetting, or minimising the importance of the event in your life. It doesn't mean putting it in an emotional box and hiding it deep in your psyche. Letting go of the past means accepting that, "it is what it is", giving yourself time to come to terms with the emotions, and then allowing yourself to let go of the negative emotions.

We often carry toxic emotions from the past with us into the present. Anger, fear, sadness, hurt and guilt are the big emotions that we tend to store. And we hold on to them, not to punish ourselves but to remember the lesson they taught.

Well, trust me, you got the message - your unconscious mind is like a camcorder, recording and storing everything that's ever happened to you. So the lesson is already logged, and you don't need to hold onto the emotion to remember. OK?

## **7. Break the Curse**

At some point in the past it would have occurred to you that getting pregnant might not be as easy as you had assumed.

It may be that this realisation came with such an emotional impact that the thought has become embedded in your unconscious mind, creating an obstacle to you becoming pregnant.

To break this curse, and neutralise the memory, you need to reprocess the way you first thought about the possibility of not getting pregnant. Think back to the time when you first realised that it might not be that easy to get pregnant.

Imagine how you would prefer your thinking to have been in that moment – hopeful, positive, vital, confident. Create an image in your mind's eye of that more positive moment.

Now imagine the moment you felt it wouldn't be easy to get pregnant – create a picture in your mind's eye. Take a huge eraser and rub out that image, and then replace it with the new image you would prefer to have.

Make the new image big and bright, so it fills your whole imagination.

## **8. Set Your Goal**

There is an old saying in Chinese medicine: “Wherever the mind goes, the body will follow.” By making sure you have a clear view of what you want, you will facilitate the body’s ability to create it.

What you focus on grows, so setting a goal allows you to be certain that your focus is on what you want, rather than what you don’t want.

Create a clear, compelling vision of what you want. If you find yourself being negative either with your thoughts or feelings, revisit this vision and it will help turn your attention to a more positive direction.

## **9. Be At One With Your Goal**

If you want to get pregnant and have a baby, you’ll have a much better chance of success if you’re totally congruent.

Every aspect of yourself and your life needs to be as closely aligned to your goal as possible:

- Your thoughts (and your self-talk)
- Your feelings
- Your behaviours
- Your choices
- Your lifestyle/work/health
- Your values
- Your beliefs

You want your whole being and life to flow in the direction of getting pregnant and having a baby.

## **10. Talk Your Walk**

It's important to talk your walk, that is, to be congruent about what you say and do. If you use negative language to describe any aspect of your desire to conceive and have a baby, then that language will train your brain (both conscious and unconscious) and body to under-deliver on your desire.

- “I’ll never get pregnant/have a baby”.
- “Everyone else is getting pregnant except me”.
- “Why can’t I carry a baby to full term?”
- “The odds are against me”.

The list is endless.

Get used to describing your thoughts and feelings in a more positive way – more positive even than you actually believe possible, just yet.

If you want to achieve a certain result, you need to make sure your talk and self-talk reflect the outcome you want to achieve. Become aware of any negative self-talk and make it more positive.

## **11. Get Support**

There's no need to do it alone. Get support, ideally from people who have some idea of what you're going through because they're going through the same experience.

The Baby Making Mindset Club is for women who want to give and receive support from others in the same situation PLUS you get exclusive access to a monthly Mindset Masterclass to help you stay positive and manage your emotions more effectively.

## 12. Make Your Ideal Future Compelling

You can boost the intensity and power of the visualisation of your ideal future by intensifying the qualities. Play with the following list of qualities to see for yourself (everyone's different) what makes your visualisation most intense and real for you.

### Make what you visualise:

- \*Brighter
- \*Larger
- \*Closer
- \*Sharper

### Imagine what you hear is:

- \*Louder
- \*Faster
- \*Sexy
- \*Closer

### Give what you feel:

- \*Colour
- \*Shape
- \*Intensity
- \*Change it's location in your body

## 13. What You Focus on Grows

There's a universal law that says: what you focus on grows – that is, you get more of what you think about.

Have you ever noticed that when you buy a car, suddenly all you can see on the road are cars just like the one you have? Before you bought your car, you never noticed that there were quite so many cars just like it on the road. That's an example of how, what you focus on grows.

Here's another.....

Imagine Jill and Jane both go to London for a visit. It's raining and Jill is miserable because she hates the rain. Jane is entranced by the bustle and all the sights and sounds of the big city and hardly notices that it's raining. They

both have to take the tube to their hotel and it's the rush hour. Jill is irritated by all the people who seem to know where they're going and push past her in their rush to get home. Jane stops a stranger to ask how to get to her destination and since they're going to the same place, they walk with her to the tube and give her some great information about what to do and see while she's in the city. Their visit continues in this way with Jill seeing all the negative aspects and Jane seeing all the positive aspects, and of course, by the end of their visit, Jill is delighted to get away from the rain sodden city where everyone is rude and life is difficult. Jane on the other hand loved her visit and came away thinking how friendly everyone was, how much there was to see and that the weather wasn't too bad was it? Jill and Jane both had the same experience, but their responses (focus) were different and they both came away with two very different interpretations of the same experience.

Have you noticed that since you've been taking action to get pregnant, just how many other people you know or have heard about are in the same boat? Does it seem like everyone around you is getting pregnant? How do you respond to that (what do you focus on)?

I know lots of women who want to get pregnant feel very dispirited when everyone around them seems to be getting pregnant and they're not.

Take heart.

If, it's a universal law that what you focus on grows, then the fact that everyone around you seems to be getting pregnant means that your focus is working. All you need to do now is recalibrate to get all that energy into YOU getting pregnant.

I want to clarify at this point.

When it comes to your thinking, I'm less interested in what's true and more interested in what's helpful. If the above point seems like nonsense to you, just imagine how it would transform your whole way of thinking if it were true! Instead of feeling miserable and down every time you heard someone was pregnant, you'd be hopeful and energised because it would be proof that your way of thinking was working and all you needed was to redirect it!

Because what you focus on grows, it's very important to focus on what you want, rather than what you don't want.

It's all too easy these days to open magazines and read stories of how difficult it can be to get pregnant if you're over a certain age; or how women are leaving it later and later to get pregnant and how difficult that makes it; and of how there is an infertility epidemic.

Well, I'd like to tell you here and now, that all that negative campaigning is most unhelpful and is likely to have the effect of bringing your mental and physical energy down.

I'd like to ask you, as much as you feel able, to ignore all the scare stories and instead start collecting stories of hope. Seek out and associate yourself with those women who have overcome the challenge against all the odds. It will have the effect of turning your thoughts and focus on what's possible, rather than what might not be possible.

## **14. 5 Years On**

Is your focus too pin-point? Is your thinking too short term?

Of course, it's vital to focus on what you want, but you also need a grasp of the bigger picture, a view of the YOU some time from now.

Do the following exercise to help you define the bigger picture.

RELAX. Give yourself 5 or 10 minutes to fall into a deep relaxation.

Now imagine yourself 5 years from now – **as you would like it to be.**

Picture yourself clearly:

- How do you look?
- Where do you live?

- Who is important in your life?
- Do you work and at what?
- How do you have fun?
- How have you changed as a person?
- How are you contributing to society?

And ask yourself, “Are you ready to receive all that?”

## **15. Let Go of Attachment**

When you really want something, it’s important to get out of your own way – to detach yourself from the outcome.

If you’re too attached, it can restrict the flow and prevent the object of your desire from being manifest. Not to mention the stress it can cause!

It’s unhelpful to hold onto your dreams too tightly .....

Imagine putting your hand into a cookie jar and closing your fingers over your favourite cookie. And as you hold tightly onto the cookie, you can’t get your closed fist with the cookie through the neck of the jar. You have to hold the cookie lightly between two fingers, where it seems in danger of being dropped, before you can get your hand and the cookie back out of the jar. That’s detachment!

Everything you desire holds the possibility of being created or not. Trying, forcing, pushing, driving all come from a place of need and want. Trust, belief, acceptance, calm all come from a place of being ready to receive. Which do you think might be the better state to have if you want to realise your dreams?

So when you focus on what you want, aim, as much as you are able, to do so from a place of trust, belief, acceptance and calm.

## **16. Stop Trying And Get Ready To Receive**

Trying means putting a lot of effort into something that you're not at all sure you will achieve. "Trying" focuses on how difficult the job is compared to "doing" where the focus is on the successful completion of the goal. "Being" ready to receive is an even more effective, subtle and resistance-free way to create your desire.

Give yourself a break and stop trying. Instead of trying, turn your attention to the much more relaxing activity of allowing yourself to receive your heart's desire.

First, decide what you are willing to receive. Then, RELAX – you know how to relax now.

Now, imagine RECEIVING your heart's desire ....

## **17. Stop Trying And Get Ready To Receive**

We all set priorities in our lives – at work, in our home, in our personal lives and in all areas of our lives. And there are times when we have to prioritise between our priorities – work needs to come first because there's a deadline looming, or work takes second place because we're buying a new house, etc, etc, etc.

You're probably pretty clear about your priorities in life and they have usually been decided consciously – you've decided what's important to you.

And what happens if your actions don't align with your priorities: you probably get pretty frustrated or even stressed. You find yourself doing this when you *should be* doing that and it doesn't feel good.

Conflict can occur when your value system doesn't align with your priorities in life. And that conflict can result in inconsistent or poor results.

Your value system will create the priorities in your life. Values guide our every decision and if you have difficulty deciding or you're getting inconsistent or poor results, it's probably because your values aren't clearly defined – or because there may be a conflict of values.

Clear values and congruent action which represents those values will create a powerful force for manifestation.

Values are those qualities we hold dear. They are normally abstract, single, all encompassing words like: love, family, money, freedom, peace.

Values don't all have the same weight – some are more important than others. And the values at the top of the list will over-ride those lower down.

Is getting pregnant one of your top values? Are there any other values that you hold that may be in conflict with getting pregnant? For example, if being safe was really important, then getting pregnant may undermine financial security. Or if being fit, healthy and slim was a high value, then getting pregnant would undermine that.

Remember, values drive our behaviour at an unconscious level, so even though, on a conscious level, the value clashes described above appear ridiculous, they may exist.

The important thing is to identify your values, and resolve any mismatches to ensure being congruent, at a deep level, in your desire to have a baby. Because, you don't want to be inadvertently sabotaging yourself.

## 18. You'll See It When You Believe It

The title of this tip is also the name of a book by Dr Wayne W Dyer.

The principle is that, by holding a belief in true certainty, total alignment and without doubt, that belief can become a reality.

Beliefs are our guiding principles that provide meaning and direction in life. Beliefs determine our perception and limitations.

The power of belief is remarkable: Anthony Robbins in his book Unlimited Power describes the case of a woman with a split personality: "Normally her blood sugar levels were completely normal. But when she believed she was a diabetic, her whole physiology changed to become that of a diabetic. Her belief became her reality."

Effectively, your beliefs are DECISIONS you have made ABOUT WHAT IS TRUE FOR YOU. Your thoughts are then programmed to seek out examples of how true your beliefs are. Have you ever noticed how when you get a new car, all you can see on the road are cars exactly like yours? Beliefs have the same power of attraction.

So, if your beliefs aren't giving you what you want – change them to ones that will work more effectively for you.

Most people consider their beliefs in a context of true or false. What you believe you will hold as true and everything that does not fit into that belief you will consider to be false (regardless of whether the evidence points that way or not).

But what if you looked at your belief system through a filter of useful or not useful?

Regardless of whether it's true or not, isn't it better to believe that it's perfectly possible for you to get pregnant easily and effortlessly? Especially, if you consider that what you believe creates your reality!

A word about the future ...

The future has yet to be created - it doesn't yet exist – so NO ONE knows what will happen. In effect, anything, anyone says about what will happen in the future is a BIG FAT LIE.

So, if you are thinking or talking about the future, would you not rather tell BIG FAT LIES about what you WANT TO HAPPEN rather than about what you don't want? The choice is yours!

What do you believe NOW about your ability to:

- Get pregnant?
- Have a healthy pregnancy?
- Have a healthy baby?

## **19. Get Out of Your Own Way**

Have you noticed how, when you're trying to get pregnant, there's too much trying and not enough getting pregnant?

It's very easy to try too hard. And how would you know whether you're trying too hard or not hard enough anyway?

The problem with trying is that it recognises the possibility of failure. Indeed, it almost presupposes failure! We're trying because we don't really think it's possible, but we're going to put a lot of effort into probably NOT achieving our objective.

Do you hear Olympic athletes say that they're going to **try** their best? You may hear them say they're going to **DO** their best, but if you think about it, that's quite a different attitude.

One of the definitions my dictionary gives for trying is: "to put strain on". And that is pretty much what happens: the harder you try, the more strain (or

stress) you put on yourself. And stress takes you away from a body chemistry that supports easily getting pregnant.

So, how do you stop trying and still feel that you're doing all you can to get pregnant.

Well, it's a bit like going fishing ...

If you were to go fishing, you'd pack your kit – everything you need to land that prizewinning fish. You'd pick the perfect spot where you know the fish are likely to be. You'd set your bait and cast your line and then you'd **sit back and relax** and wait for the fish to bite. And while you're waiting for the fish to bite you'd just enjoy being out in the fresh air, in the peace and quiet, letting your worries and cares wash away.

What you wouldn't do is, jump into the car with no equipment. Then stop at any old spot without checking first to find out how the fishing was. And race into the water fully clothed, trying to catch the fish with your bare hands!

The very act of trying, creates a level of stress that is more likely to take you away from what you want instead of closer to it. You create obstacles that didn't otherwise exist in your desire to increase your chances of getting pregnant. You begin to get in your own way!

It's important to get out of your own way, to make sure that your desire to get pregnant doesn't create unnecessary stress and take your thoughts to unhelpful, negative places.

**Stop trying and start being ready to receive.**

Now, I'm not suggesting that you stop doing those things that might help you get pregnant: diet, therapies, herbs, ovulation checks, etc. I'm just saying that if you can, it would be useful to do these things without TRYING - without having any expectation or effort attached to them. Do them because you think it will help, not because you think it will get (instant) results.

## 20. Programme Your Mind

Try this simple exercise to programme your mind. Repetition sets up neural pathways that change the way you process information.

### EXERCISE – PROGRAMME YOUR MIND

RELAX by focussing on your breathing. Visualise your heart's desire.

Do this for 15 minutes. 3 times a day. For 66 days.

And it will become fixed in your unconscious mind – a desire gathering energy to be manifest.

So,

**15** minutes

X **3** times a day

X **66** days

Disclaimer:

No claims are being made that these 20 Baby Making Mindset Tips are guaranteed to get you pregnant.

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