



THE ENERGETIC LANGUAGE OF CONCEPTION

Infertility has become a multi-billion dollar business filled with invasive, uncomfortable tests and doctors who may lack compassion and sensitivity for their patients. Couples may become locked into the Western ideology that this is the only path to conceive a child. For some, in-vitro fertilization may seem like their last option. Yet the stories run abound... as soon as a couple stops “trying,” pregnancy occurs. As soon as a couple is told they will never conceive and decide to adopt, they become pregnant... and then become pregnant again. Is there an energetic language to conception? And how do couples learn to speak that language?

The language of energetics is not as mystical as it might sound. Like other laws in the Universe such as gravity, the law of energy is simply that energy follows intention. Although straightforward, humans are more complex. This means that couples must take responsibility for all that is spoken and unspoken- all that is thought consciously and unconsciously. This means understanding that even the best medical techniques will not override the underlying messages that couples may send to their bodies, to their unborn children and to each other.

To begin, couples may want to take an honest inventory of their relationship and see what they are energetically communicating to the unborn soul. Does one partner want a child more than the other? Is one partner pushing the idea while the other is secretly reluctant or indifferent? If one partner has children from a previous marriage, are they attempting to make their new partner happy while feeling burdened or guilty by the responsibilities of the children they already have? This may especially need to be addressed if the children are geographically separated from the parent due to a difficult or ongoing custody battle.

Couples who are trying to conceive after the age of 35 may also want to explore whether they are trying to conceive out of fear (a “now or never” attitude) or a true desire to be a parent. This may be especially true for women who, regardless of scientific advancements, cannot change the age of their eggs. Because of this, women may feel additional pressure to become a mom “before it is too late.” This fear may spiral into a fear of letting their partner and family down.

Furthermore, couples must take an honest look at their financial situation. Who is currently the breadwinner? If a woman does not feel financially stable or feels that her husband will not be able to supplement her income, her fear and the vulnerability of pregnancy may prevent conception. Regardless of the circumstance, the message is the same- fear can energetically block conception.

In addition to honest inventory and communication, new souls are looking for confident and ready mother and fathers. Couples who are consumed by their careers, stress and a general lack of time may doubt how a child would fit into their current schedule. Who will be responsible for the childcare? Will responsibilities be split equally or will one parent be expected to give up their current profession? Will this lead to resentment? Does one partner not feel ready to be a parent? When couples struggle with the self-doubt of parenthood, they are energetically communicating this self-doubt to the unborn soul. The soul may decide that now is not the right time and wait until the couple is more confident in their ability to be parents.

So how can couples energetically convey positive messages to their unborn children? If a couple feels confident in their relationship and mutual commitment to raising a child, they can welcome the child by writing in a journal. This may include stating what kind of life they will be able to provide for the child in order to call the right soul to the right atmosphere. Redecorating or rearranging the home using feng-shui techniques may also energetically create balance and harmony for a nesting atmosphere. The use of essential oils through aromatherapy can also be used during preconception in order to get in touch with both the Higher Self and the soul preparing to enter.

It is also important to recognize that all souls enter the Earth with different vibrational frequencies. Thus, a baby's body and soul need to be compatible. Many first trimester miscarriages are due to the baby having a higher vibrational frequency than the mother. Future mothers can use acupuncture, hypnosis, fertility massage, Reiki, yoga and castor oil packs to change the vibration level and energy of their body.

Additionally, tools such as hypnotherapy may help couples get to the root of their hidden belief systems to positively alter the messages they are sending. Christiane Northrup, MD, author of "Women's Bodies, Women's Wisdom," also suggests that couples put together an ephiotgram. This is an emotional and physical family health history that diagrams patterns found within families in order to understand what messages either partner has received about having children. This may include a list of family secrets including miscarriages, abortions and difficult births or birth defects. When couples can fully understand the impact that their thoughts and hidden belief systems have, positive communication to their unborn children can be established.

Since there is no one answer to infertility, it is important for couples to move beyond the anatomy and physiology of the body and recognize the subconscious messages that they are energetically sending to the unborn soul. Once these messages are decoded, the couple can seek help to change negative thought patterns, fears or communication blocks in their relationship. By investing time in their emotional wellbeing, couples may not only conceive a child, but a healthier relationship as well.

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