



GET *Pregnant* & Stay Pregnant

With the Law of
Attraction

Your 5 Step
Process To
Fertility Success

Deirdre Morris
M.Sc. M.Ed.

GetPregnantStayPregnant.com

GET PREGNANT
AND
STAY PREGNANT
with the
LAW OF ATTRACTION

By Deirdre Morris

‘Get Pregnant and Stay Pregnant with the Law of Attraction’

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Deirdre Morris asserts the moral right to be identified as author of this book.

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Disclaimer

The ideas represented here are educational and inspirational only. They are not meant to replace medical or other professional advice. I cannot guarantee that you will Get Pregnant and Stay Pregnant because I cannot vibrate for you. Only you can do that. Please seek out medical, psychological or other advice if that is what you need.

Dedications

I am so grateful for my beautiful babies Loreena, Doireann and Julianito for opening my heart, inspiring this book and helping me discover who I am. I am deliciously thankful also for a very healthy, happy pregnancy with my twins Eadaoin and Caoimhe who were born at the perfect moment!

Gracias Julian, my love and co-creator, the man with whom I have the privilege of sharing this beautiful journey.

Thanks also to my wonderful parents Mary and Dermot for bringing me into this amazing world and for giving me a lovely brother (Ciaran) to play with and for my four other siblings Catherine, Dermot, Elizabeth and Robert who died in the womb.

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I am very grateful also to Maire Clements for her editing and inspiration.

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Deirdre Morris B.A., M.Ed., M.Sc., Spiritual Life Coach

Deirdre Morris studied Psychology in Ireland before completing her postgraduate programmes in London and Manchester. She then went on to work as a psychologist for almost a decade which is when she discovered a deep love for supporting parents and enhancing the parent-child relationship.

A desire to explore the power of the mind combined with a passion for understanding our spiritual nature led Deirdre to spend a year in Nepal and India exploring meditation and other healing practices.

Dedicated to her own personal and professional development, she has learned many different methods of therapy and healing all over the world. She has trained in Neuro Linguistic Programming to Master Practitioner Level and is a qualified Spiritual Life Coach.

Committed to the conscious evolution of humanity and supporting new souls coming to the planet and their parents, Deirdre inspires magical beginnings for baby and you.

Deirdre coaches parents and parents-to-be into successful mother and fatherhood with a process that works on both the inner and the outer levels.

Her personal experience of three miscarriages taught her how seemingly irrelevant thoughts, beliefs and patterns become blocks to success in fertility, pregnancy and beyond.

Deirdre inspires magical beginnings for babies and parents through her unique coaching and teleseminar programmes for pregnant women, those who want to be pregnant and new parents.

Deirdre is a co-host on the Blog Talk Breastfeeding Radio Show

<http://www.blogtalkradio.com/TheBreastfeedingSalon> She is the mother of two beautiful twin girls who were conceived and nourished by harnessing the law of attraction following three miscarriages. This is Deirdre's first book.

Deirdre can be contacted at Deirdre@magicalbeginningsforbaby.com

Getting the Most Out Of This book

Welcome! It is my delight to meet you. It is my intention to serve you through these pages and empower you with a process and ideas that will begin to change your life in beautiful ways.

Before you begin, I suggest having a special notebook to record what comes up for you during the course of reading this material, while carrying out the various exercises and reflecting on the questions posed in each chapter.

We know that the act of writing actually supports us in assimilating new information and making changes to our neural pathways and ultimately our vibration.

You may wish to read ‘Get Pregnant and Stay Pregnant with the Law of Attraction’ right through initially or step in and out of different chapters. Regardless of where you are on your journey into pregnancy success, there are discussions in each chapter that will support you.

Spend a little time each day on this material. Choose a subheading, read it with the intention of supporting your fertility and pregnancy and notice what insights (ahas) come up for you. Record them without judgment.

I suggest that you complete the 5 A’s Of Getting Pregnant and Staying Pregnant in relation to the main themes of (1) Getting pregnant (2) Staying Pregnant and (3) Birth. You can also use the 5 step process separately for themes that have particular relevance to you.

As you proceed through the book, record anything positive that arises. These are evidences of shifts in your vibration and will begin to attract more to be grateful about in your fertility.

Allow yourself to take baby steps. Remember that even a tiny shift in vibration changes utterly your point of attraction. Take one day at a time and enjoy what unfolds for you.

With love,

Deirdre Morris B.A., M.Sc., M.Ed., Spiritual Life Coach

Inspiring Magical Beginnings

www.MagicalBeginningsForBaby.com

Deirdre@magicalbeginningsforbaby.com

Chapter 1

Pregnancy and the Nature of the Universe

Really, it is very, very simple. You can *only* ever conceive and give birth when you are in alignment with becoming pregnant *and* sustaining that pregnancy until it is time for your baby to be born into the world.

So it doesn't matter what age you are, how wonderful your diet, how much money you may have spent on fertility treatments or how often you make love at the 'right' time. If you are not in alignment with a healthy, successful pregnancy you just cannot experience that in your reality.

It is very useful to know a little bit about the nature of the universe in order to grasp this fully.

The Nature of the Universe

Although you appear to be solid physical being, if you were to look at yourself under a very powerful microscope you would see clearly that you are energy in a motion...constantly vibrating at speeds far too rapid for the naked eye to perceive.

And, you live in a vibrational universe in which everything else is vibrating too, including your computer, the screen, the paper you are reading and even the letters on the page. *Everything* is in motion.

At a recent conference I attended in Barcelona, Deepak Chopra spoke on this topic. He explained that all 'things' are, in fact, artefacts of perception. Although we experience them as objects with clear boundaries, everything is a 'constant and every changing dynamic process'.

Even an atom is not a solid entity. It is a 'hierarchy of energy and information'. While you perceive with your senses that the world and the objects in it are continuous (meaning solid and pretty much permanent), in reality the world and everything in it is actually discontinuous.

Let me explain. Instead of being solid, your body is energy flashing on and off. Your senses are not keen enough to be able to observe this process but it is happening none the less.

Chopra likened it to a film. When watching it, you perceive a continuous stream of motion, sound and colour. But you are actually viewing a series of still frames at the rate of approximately 24 per second. This is much too fast for your nervous system to process and so you see a smooth continuity.

What Has That Got To Do With Pregnancy?

Everything.

Firstly, it is great news that your body is a process rather than an object.

Because your body is changing all of the time, you are *not* stuck with a particular experience of it. This is true of all organs and processes involved in your fertility as well as your experience of pregnancy and birth.

So just because it has been a certain way does not mean it has to stay that way.

How You Create Your Reality

We live in a field of possibility or ‘pure potentiality’ in which anything is possible. *Your* interaction with the field is what creates *your* reality.

Thoughts and feelings are very powerful vibrations that you constantly send out into the universe. Your thoughts, beliefs and feelings actually mould what you perceive in the world. In other words they influence what will flash ‘on’ next in your reality.

Each thought and feeling has a different vibration. In the same way that the colour red and the colour green are different vibrations of light, or each note on the musical scale has its own vibration, each thought and feeling is also a unique pulse of energy in motion. It’s just that you can’t see it or hear it.

So Why Do Some Things Always Appear To Be The Same Then?

Because, for the most part, we continue to have the same kinds of thoughts over and over and we don’t realise that what is happening in our lives is happening as a result of our thoughts (or our vibration).

When you perceive something as ‘the way things are’, that is what will appear in the flash ‘on’. So, if you have a belief that life is hard or unfair, for example, whatever flashes ‘on’ in your experience of reality will confirm exactly that to you.

If you are concerned or fearful that you cannot get pregnant for example (and it is dominant in your vibration), this is what you are calling forth from the field of infinite possibilities and proof of it will appear in your reality (e.g. another menstrual cycle, negative pregnancy test etc.)

Universal Laws

Objects and people (including ourselves) are not just randomly vibrating without any order however. There are consistent and exact laws (Ray, 2006) operating in the universe at all times.

On planet earth, for example, gravity is a law and something you are very used to. You never get into a car, for example, and worry that the car might suddenly begin to float. Nor do you ever expect to fall upwards. This is because you accept (consciously or otherwise) gravity which is a consistent feature (a law) on this planet.

You don't have to be aware of it or understand it in any way for gravity to have a huge affect on almost every facet of physical life here. It is the same with universal laws.

You may not understand them or realise they exist, but they are operating nonetheless and having an enormous impact on every area of your life including your fertility, ability to conceive and your pregnancy success.

Law of Attraction

One of these powerful universal laws is the Law of Attraction. The Law of Attraction states that things that vibrate at similar frequencies are attracted to each other. To use Deepak Chopra's analogy, whatever flashes 'on' in your reality will be a vibrational match with you, your beliefs and feelings.

You can see the Law of Attraction in your own relationships. For example, you tend to enjoy the company of people who share similar attitudes, values and beliefs (those who are on a similar wavelength or vibration).

You can observe the Law of Attraction all through your own development too. As a baby, survival was your priority and the dominant part of your vibration. So, all of your energy went into ensuring that you have enough food, cuddles and comfort.

The desires to run, fall in love or become financially secure were not part of your vibration then. The neural connections already established and those taking place at this time in your life related to bonding with caregivers, feeding and establishing digestion and sleeping rhythms etc.

Your actions reflected your vibration and you cried to receive comfort, food etc. And that is what you attracted...support to help you feel safe, loved and satisfied.

Neural Pathways and Connections

At each stage of life the focus of development is different and results in new neural pathways being developed in the brain. As you develop new pathways, whether triggered by hormones or experience, your vibration changes and you attract whatever it is that is dominant at that time.

So a toddler will spend much time engaging in pretend play as he or she establishes new neural connections in preparation for more complex socialisation and language development.

While for a teenager who is reaching sexual maturity (mirrored in neural changes and hormone changes), one of the main goals of development is establishing independence from the family, creating closer bonds with friends and exploring sexuality. As a result a teenager attracts experiences that are very different to those of a baby.

And this process continues through-out your life.

Your Thoughts and Feelings

So your vibration changes as you go through different stages. But from moment to moment, your vibration also changes as you choose different thoughts. If the new thought is different to the previous one, you begin to attract something new. Alternatively you attract the exact same type of experiences if your thinking hasn't really changed.

You may notice that some days just seem to go well for you right from the start. That happens when you are feeling more upbeat and optimistic.

Simply put, whatever you put our attention on becomes your vibration. So when you are looking at something that really pleases you (like somebody you love), you are in a happy vibration and attract more of the same (more feelings of love and more reasons to feel love).

When you bring to mind something that bothers you (like another month gone by without conceiving or perhaps a previous miscarriage), you feel disappointment, sadness and a host of other lower vibration feelings. In that moment, they become the pulse you are sending out into the universe and they attract to you more of the same even though you don't want more of that.

Unconscious Thoughts

Not all of our thoughts are conscious however. Unconscious beliefs are mostly shaped by our family, culture and our own experience. They too will have an impact on pregnancy, staying pregnant and even the kind of birth journey we will have.

Its like as if every thought you have is heard as a request by the universe and brings back to you a perfect match. The more you focus on a particular thought the more powerfully you attract that to you.

You may be concerned about your unconscious thoughts. However, there is no need to be. In relation to pregnancy and birth for example, as you engage in The Pregnancy Success Process™ or become part of my coaching programme, for example, you will become aware of the thoughts and beliefs that are in your way.

You don't need to seek them out. They will make themselves known to you as you step forward into success in your fertility. You can then replace them and open up to getting pregnant and staying pregnant with ease and confidence.

Summary

We live in a field of infinite possibilities in which everything is energy in motion (vibrations). Our senses are not quick enough to be able to perceive this and so we observe objects with clear boundaries.

We create our reality with our beliefs and thoughts which are vibrations too. Our thoughts call forth from the field of possibility a particular reality (our future).

The Law of Attraction explains this occurrence because things of similar vibration are attracted to each other so our thoughts, beliefs and feelings attract to us more of the same.

This applies to getting pregnant and staying pregnant too. Because everything is constantly changing, you *can* experience success in your fertility and pregnancy. Circumstances *only* stay the same when your thoughts and beliefs remain unchanged.

Regardless of what has happened up until now, you can deliberately harness the Law of Attraction to create a reality in which you are fertile, you conceive with ease and you enjoy a healthy, joyful pregnancy and successful birth.

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly?

Did you have any Aha (insight) moments? If so, about what?

What was most beneficial for you in this chapter?

Chapter 2

Pregnancy and The Law of Attraction

However, just thinking about getting pregnant does not mean that you are in alignment with pregnancy or staying pregnant.

All of your thoughts and feelings (your vibrations) are ingredients in the soup of your reality. Sometimes we have incompatible thoughts or ideas that prevent us from becoming pregnant or staying pregnant.

Even when you are absolutely sure that you want to have a baby and are ready for this change in your life, you may harbour other thoughts and beliefs (seemingly irrelevant ones) that are having an enormous impact on your ability to conceive and bring your baby to a full-term safe, gentle birth.

Certainly, I found this to be true in my own situation. It was only following three miscarriages that I realised why I was not attracting a successful pregnancy experience.

In hind sight it was so obvious. Although I was fully aware of the power of the mind and actively using the Law of Attraction, I did not realise the extent to which my periphery thoughts (those not related directly to pregnancy) were shaping my experience of fertility.

I will share my story in the next chapter.

Unexplained Infertility Explained

Unexplained infertility can be explained easily when one understands the Law of Attraction. Put simply, even if all of your physical parts and process involved in fertility are working in the proper manner, you cannot become pregnant if you are not a vibrational match to pregnancy.

As noted earlier, the frequency you radiate is like a soup consisting of *all* your thoughts and feelings. And while you might be very healthy, you may also have in your vibration thoughts and feelings that actually prevent you from becoming pregnant.

Unexplained fertility just means that the reason for challenges do not lie in your biology or physiology. Instead, they are caused by more subtle factors that don't appear on a scan or in a blood analysis (your thoughts and feelings).

Vibrational Infertility

I have coined the term 'Vibrational Infertility' to replace 'Unexplained Infertility' because it can be explained when one understands the law of attraction. And the great news about Vibrational Infertility is that because it is caused by your thoughts, beliefs and feelings it is not permanent and *must* change as soon as you begin to alter what you are thinking and feeling about fertility and related issues.

By going through the exercises in this book you will become aware of the areas in which your vibration is not in alignment with pregnancy success and can begin immediately to change that story.

Your Vibration is Unique and Every Pregnancy Is Unique

While many of us might want to become pregnant and have a baby, we all have different hopes, fears, expectations and experiences of pregnancy, birth, motherhood, family life etc....all of which combine to create our point of attraction.

For example, each of us has our own idea of what we want for the baby and ourselves during pregnancy. Some women expect to have a baby inside a long term relationship while others do not.

Depending on where you are in the world and your culture (which also influences your vibration), you will either expect a natural delivery in your own home or else perhaps see yourself attached to monitors in a hospital when your baby makes her arrival into the world.

You may have certain conditions that you absolutely want fulfilled in your pregnancy or birth experience. Having supported women in birth at home and in hospital, I was absolutely *certain* that I wanted to have a peaceful setting and a supportive birth team who would honour my inner wisdom and capacity to bring life into the world.

Of course this won't be a requirement for everybody but it contributed strongly to *my* attraction point around pregnancy and birth. You can only become pregnant and stay pregnant when *you* are in alignment with *your* ideas, beliefs, expectations and hopes around pregnancy and motherhood (your attraction point).

Why Some Women Become Pregnant Even If They Don't Want To

When you really want a baby, getting pregnant and staying pregnant will probably be the most important goals in your life. Perhaps you have been trying for a while. Many of us wonder then, why it is that some women who don't even desire a baby seem to get pregnant easily anyway.

How can it happen that a woman who doesn't want to become pregnant finds herself very fertile while others who try desperately to conceive and go to full-term cannot? This makes perfect sense though from the perspective of the Law of Attraction. 'Whatever we think about we bring about'.

A woman who doesn't want to conceive but ends up pregnant anyway is a vibrational match to being pregnant. There are infinite combinations of thoughts and feelings that could cause a woman who doesn't want a baby to be a vibrational match to pregnancy.

For some, this may arise because of the focus on 'not becoming pregnant'. A woman very fearful of pregnancy may, for example, spend a lot of energy preventing pregnancy, worrying about pregnancy, imagining what might happen if she did become pregnant etc.

In the same way as the phrase 'not blue elephant' activates the vibration of 'blue elephant' and causes one to picture a blue elephant, focusing on 'not becoming pregnant' activates within us the vibration of 'becoming pregnant' and draws it closer.

Another woman might be a match to pregnancy because she is constantly feeling overwhelmed, tired and responsible and she experiences or perceives motherhood in this way. So ending up pregnant would be the avenue through which she attracts more fatigue, exhaustion etc.

It is possible that another woman who isn't trying to become pregnant might be a match for pregnancy because she is very happy and grateful and believes that having children is a beautiful gift. The permutations are endless.

What is absolutely certain though, is that becoming pregnant (even if pregnancy hasn't been on a woman's mind) is a perfect vibrational match every time.

Case Study 1

One client who was going through IUI had just been inseminated a few days earlier. She had gone through the process on previous occasions without the desired result.

Laura was feeling great and very happy in herself but kept wondering if she was pregnant. She felt ready and excited but in our session explained that she was annoyed and angry because she kept receiving the message from others that she was not pregnant yet.

Comments like ‘your baby will pick the right time’, ‘maybe fertilisation hasn’t occurred yet’ and ‘you might have cravings but you are not pregnant’ seemed to be coming at her unsolicited from all directions.

She came to realise that she had a belief (in her vibration) that ‘I can’t be pregnant and feel great, energetic and in my power’. There was a sense that one must suffer in pregnancy. Coaching then focused on changing that belief which was attracting all those unwanted and unhelpful remarks.

The session ended with Laura feeling light and knowing that she is indeed the writer of her own story and *can* create it the way she wants it. She was again in her power and in alignment with the pregnancy she desired.

The 5 Step Process to Harnessing the Law of Attraction

In order to apply the Law of Attraction in an easy way to getting pregnant and staying pregnant, I have broken the process down into five steps I call The Pregnancy Success Process™

The Pregnancy Success Process™

ACKNOWLEDGE- the first A

Acknowledge what you do not want.

This is a very important step and often overlooked by those working with the Law of Attraction and/or creating positive change.

The reality is that ‘what you don’t want’ is contributing to your attraction point anyway. And the universe delivers to you what you are emitting even if you don’t want it (as the case study above demonstrates).

So for example, maybe you really don’t want to have ‘problems in pregnancy’. However, your focus in this case is on ‘problems in pregnancy’ and that is what the universe delivers.

By giving yourself the opportunity to list all your ‘don’t wants’ (as part of this 5 Step Process), you are letting go of that vibration and clearing out the clutter so to speak.

I compare this step to crying when you are feeling low. While you might fight the need to cry...all your energy is on not ‘crying’ and the urge to cry becomes even stronger.

But when you surrender and give yourself the opportunity to have a good sob, you may notice that you feel better. You experience a great sense of relief once you’ve had the cry because you have given yourself an outlet for the sadness that you felt.

Afterwards you are actually attracting at a higher level because you have let go of heavier vibrations that caused you to cry in the first place.

The step of ACKNOWLEDGING in this The Pregnancy Success Process™ works in the same way. It provides the space to release lower energies in the form of expressing clearly what you don’t want thereby creating room for what you desire.

ASK- the second A

Ask for what you really want not what you think is possible.

You have to ask for what you want.

Many of us don't believe for example that birth can be a truly wonderful and beautiful experience and so don't ask for a pain free or orgasmic birth (it is just not part of our vibration). But there are other women who do believe that this is possible. They ask for it and they get it.

Even if you have fertility challenges, ASK for what you want.

Make sure you really want it though. Sometimes society cajoles us into a relationship, a job or even a pregnancy because that is what the majority are doing.

You have your own path to fulfil so ask for things that you would love rather than things you feel you 'should' have or do.

ASSUME- the third A

Assume that this request has been answered and is on its way.

So when you ASK to become pregnant and stay pregnant, instead of wondering if it might happen or fearing that you might lose the baby, ASSUME that your request has been answered even if there is no evidence of that.

In ASSUMING, your vibration immediately becomes one of confidence and optimism rather than that of fear and self doubt. And we know already that when we feel positive we draw more of that to us in every area including our fertility.

ALIGN-the fourth A

Align yourself (become a vibrational match) with what you want.

Bring yourself into alignment with your desires (in this case healthy pregnancy and birth).

Deliberately think thoughts that are compatible with the request you have just made to the universe to become pregnant and stay pregnant.

Examples of such thoughts might be 'I am very fertile', 'my body is very healthy' or 'I wonder what month my baby will come'. These thoughts trigger feelings of possibility, excitement and hope and are in alignment with your goal of success in pregnancy.

Pretend you have just given birth to your beautiful baby. How do you feel? Write a letter telling your friend about it. In doing this kind of exercise you become a match for exactly that experience.

Other thoughts such as 'my time is running out', 'what if I don't conceive this month' or 'how could this possibly work' serve only to make you feel bad, add to your doubt and literally move you away from the healthy, joyful pregnancy you seek.

ACT-The Fifth A

Take Action towards your goal of getting pregnant and staying pregnant.

Action is required. I am not just referring to making love or going for your fertility treatment. Here I am referring to *inspired ACTION*, actions that come up for you as a result of going through the 5 A's of Harness the Law of Attraction.

Sometimes an inspired ACTION may not seem remotely related to getting pregnant and staying pregnant (like going for a walk for example). But following inspired ACTION will bring you more and more into alignment with your own personal requests and make it easy for the universe to bring to you what you have asked for.

For me, I was inspired to stop 'trying' to become pregnant and to make love only when this is what I really wanted in that moment (when I was inspired to).

You Inner Wisdom - Emotional Guidance

The great thing about mastering the Law of Attraction is that you have within you the mechanism and guidance to know when you are on track for success in pregnancy.

Your feelings are your internal guidance system. When you are feeling good, you are on track. What you are feeling not so good you are off track.

Each thought you have triggers an emotional or feeling response.

Exercise 1

You can practice for a moment. With the intention of just noticing how your body responds, close your eyes and hold the thought 'What if I can't have a baby' for a minute or two. How does that feel?

If you really want to become pregnant and stay pregnant that thought is likely to bring up feelings of discomfort, fear, dread or just sound awful to you.

This emotional response from your body is guidance that the current focus of your attention (what if I can't have a baby) is not in alignment with your desire to become pregnant and have your baby.

Now, close your eyes and hold the thought 'Of course I am going to have baby'. Notice the sensations and how that feels. You will observe a relaxation or sense of joy because this thought *is* in harmony with where you want to go.

Sometimes it takes practice to hear the response of the body but you will always get feedback as to whether you are heading in the right direction or not.

In each moment you are receiving guidance from our amazing inner wisdom informing you what it is you are attracting in that moment.

When you are feeling good, upbeat, open, optimistic, excited, hopeful and happy you are powerfully magnetising to you the healthy pregnancy you desire.

When you are feeling doubtful, afraid, guilty, nervous, unworthy or incompetent your inner guidance is letting you know that you are headed in the wrong direction.

Your guidance informs you when you are on your own side (thinking and feeling in a way that supports your goals) and when you are working against yourself (thinking and feeling the opposite).

By going through this book and completing the exercises, you will be partnering with the Universe to bring to you a joyful, healthy pregnancy.

Summary

The Law of Attraction makes sense of unexplained Infertility and why some women who don't want to have a baby get pregnant with ease. I have coined the term Vibrational Infertility as this is what is happening in Unexplained Infertility.

I have presented a process I developed for becoming a match to pregnancy success which I have called The Pregnancy Success Process™. These are (1) Acknowledge (2) Ask (3) Assume (4) Align and (5) Act.

You have an internal guidance system that guides you in the direction of your desires. When you are feeling good you are moving towards your goal of healthy, successful pregnancy.

You can use this information to make baby steps in each moment until you are a perfect match for getting pregnant and staying pregnant.

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly.

Did you have any Aha (insight) moments? If so about what?

What was most beneficial for you in this chapter?

Chapter 3

My Story- From 3 Miscarriages to Healthy Pregnancy

My First Pregnancy

About 14 hours after making love, my first pregnancy was announced to me while I was preparing a meal in the kitchen. It was like a click in my head as I felt something happening inside and heard myself say 'I am pregnant'!

I was thrilled. In the next few days my breasts began to swell and I became very tired. On several mornings I could not bring myself to leave the bed (most unusual for me as I love being an early bird). And so my pregnancy was developing.

And so were we. Lots of things were happening in our lives. Just a few months earlier I had left my job, family and country to be with my partner.

He too, was in transition as he had left his secure position to work independently. I was in the process of trying to establish myself and create new sources of income in Spain, a country that did not share my mother tongue.

Some of my energy was invested in projects that I had been carrying for a couple of years. And even though they were not my real passion, I felt I had to pursue them. They represented the familiar for me and allowed some sense of continuity in a life that had changed enormously.

We were in the process of getting a new home but everything seemed to be at a standstill. I didn't feel so good in our dwelling place at the time and was missing the familiar green from home.

I was also writing about miscarriage...the importance and significance of which I felt was not honoured in our society. I had worked with couples around miscarriage and had wanted to write about it for a long time. So I took the opportunity.

While writing, I did get the intuition that this was not really the energy the baby needed. But I didn't take it seriously enough. I told my baby that I was just writing about miscarriage, that we wanted her very much and that all was well.

I knew about the Law of Attraction and had been using it very successfully in my life and was visualising our baby being safe and well and being born full-term. However, a few weeks later I miscarried (Loreena is the name we gave this baby).

My Second Pregnancy

After the initial devastation and utter shock that this could possibly happen to me, I told myself that this is very common (which is true) and that the soul would return to us soon.

And indeed we did become pregnant again a few months later.

Many things had changed for the better. I was letting go of trying to make something that was not my passion a business and I had become clear as to how I could work while following my passions in a new country.

We were in the process of moving to a place that felt great for us both. I was settling in. Things were falling into place.

I planned not to fly during this pregnancy and so did not envisage going home to Ireland during that time. However, when on the phone to my family, I felt guilty at the thoughts of not seeing them for so long.

In spite of the feeling in my gut telling me not to, I booked a ticket and flew. I had business to sort out anyway and it would be a great opportunity to do that.

At 9 ½ weeks, while staying at my parents' house I had a miscarriage with baby Doireann (we had chosen this name beforehand). I had started to spot and did spend lots of time in bed and when all seemed to be well got up to deal with some of the things 'I had to do'.

Then, during meditation, I received an image that the spirit of my baby had already left my womb. But I could not believe this and continued to meditate, visualise and tell the baby that all was well.

However, it was too late. The pregnancy had already come to an end and after a few days of desperately trying to resist contractions and the reality that I was having a miscarriage, my baby left my body and later a scan in the hospital confirmed that my 'womb had opened and was emptying'.

As I did not want a D n C, I went home to let nature take its course. I am so very grateful for the support of my wonderful parents at this time.

Apart from dealing with the guilt, sadness and the physical pain of the continuing contractions, I knew in my heart that this was something I had created.

I was able to intellectualise it and explain to myself that all was well, that Doireann was happy (which was the image I had) and that everything in life happens for a reason.

But there were many bells screaming in my head. I had ignored my intuition, I had pushed my body. My warped sense of responsibility for others was greater than for myself and my baby. I knew that I had attracted this experience.

And I knew I had to learn.

So I began immediately.

My Third Pregnancy

The first step began with me allowing myself to let go of feeling responsible for my family and friends. Being the first born of first born parents, I had inherited (unconsciously) the habit of feeling responsible for others.

So I took a step back. At one level this was not hard because I was still caught up in the miscarriage and I needed time out.

I began giving myself permission to say 'no' when others wanted to come and stay with me. This was very difficult for me. I felt so selfish. I believed that it was wrong of me...reminding me of a powerful programme that I had been running in my life for a very long time.

But I knew that I just could not continue any more in my old way. I needed to slow down, to look after myself and create a space for my new family.

I looked at my diet too and decided to include fish in it. I had been vegetarian up until then. While I know many vegetarians who thrive in pregnancy and with their babies, perhaps I needed more variety.

I was making shifts. And a few months later we became pregnant again. This time I didn't tell my family because I didn't want to worry them. I just told a few people. But a few weeks later I had another miscarriage.

What this time?

Suddenly, it dawned on me that I really wasn't ready for a new pregnancy. I hadn't grieved fully. My body needed time but I was on the self imposed treadmill of 'I want to get pregnant soon'.

I simply wasn't in the emotional space to sustain pregnancy. I was still giving my power to my intellect and reason and not listening to the promptings of my inner wisdom.

In truth I was exhausted. I hated feeling the pressure (from myself) to become pregnant. It went against my deeper truth. Nor did I want to become pregnant in circumstances that were less than magical.

We had written about the type of conception we wanted for our baby. Core to it was a sense of joy, ease and peace. But I was not in that place within myself.

I was still processing and coming to terms with the loss of my other babies. So I was sending out two different messages to the universe (1) I want to become pregnant now (2) I am not ready to bring new life into the world.

My miscarriages reflected to me that I was not in alignment with becoming and staying pregnant. My vibration was off.

And when I reflected on why this might be, it made perfect sense.

My Story and The Pregnancy Success Process™

For almost a decade I had worked as a psychologist with parents. I had also supported many women in pregnancy, had run classes on the Positive Thinking in Pregnancy and attended births at home and in hospital.

Because of this experience I had developed very clear ideas about what I absolutely did not want in pregnancy, birth and parenting. I had fulfilled step 1 of the The Pregnancy Success Process™ and ACKNOWLEDGED to the universe what I did not want.

When you know what you don't want, it becomes clear also what you want. I was not cloudy in any way around the kind of pregnancy and birth I wanted *and* kind of mother I wanted to be.

I wanted my babies to be conceived in love, joy and awareness. I wanted to enjoy a gentle, peaceful pregnancy. I wanted to have excellent supports such as homeopathy, acupuncture and to have a holistic doctor.

I wanted to feel financially secure. I wanted to feel confident and optimistic. I wanted to give birth in a peaceful, sacred space that encouraged me to work with my inner wisdom and my baby without pressure.

After birth, I wanted to be able to breastfeed with joy, to feel present with my baby and to be joyful and calm. As a mother, I wanted to be in my power, honouring myself and modelling that to my baby.

Over the years I had become very, very clear about what I wanted...what was really important to me. This had been part of my vibration for a very long time, so Step 2 ASK in my process had also been long since accomplished.

In relation to Step 3-ASSUME that the universe was answering my prayers (and bringing to me the pregnancy, birth and motherhood experience I wanted), I did believe. I knew the power of focusing on what I want. I had worked with it for many years.

But there was a big part of me trying to control everything else in my life. In the uncertainty of the transition, I was 'making sure' I had everything in place financially. I wanted to maintain my relationships as before but this is not possible if you live in a different country.

So while I assumed that the universe would bring me the birth and mothering experience I wanted, I felt that I had to ensure that the my business was in order to free me up for motherhood.

I was in two camps....one moving forward into my new life and the other trying to maintain relationships the way they were. I was caught up in trying to manage *how* my requests from the universe were going to unfold. Even though I had so much experience of the Law of Attraction, my actions were clearly communicating lack of trust in the universe's ability to delivery my requests!

In spite of what I thought at the time, I just was not ASSUMING that my prayers were being answered regarding pregnancy, birth and the circumstances around that.

Step 4- ALIGNING myself with successful pregnancy. In some ways I was aligning myself but in other ways I was not.

We had discussed and planned for how we wanted the conception to be, so I was able to conceive without difficulty. I was visualising and had a vision board with a baby on it!

But as most of energy was invested into establishing myself in a new country (or, more accurately having one foot in two countries), new business, my family and maintaining old patterns, I was *so* not in alignment with the peace, tranquillity and trust I had always wanted to feel in pregnancy.

Step 5 ACTION- While many of my actions were supporting my vision. Others clearly were not the actions of a woman who was prioritising her pregnancy and the gentleness and peace that she had so often asked for.

I did not listen to my inner guidance. I didn't allow the Law of Attraction to work for me.

I simply wasn't a match with my own desires. In part, this was happening because I had made some major life changes like leaving my job, my country and beginning a new life with my partner. Any of these alone may have explained what had happened.

But there was more. I was still running old programmes, habits and beliefs that were incompatible with what I wanted for my pregnancy, my baby and the kind of mother I yearned to be.

It was time for Deirdre Morris to change.

Becoming a Match with Getting Pregnant and Staying Pregnant

In my case, there were several themes (vibrations) in my being that were working against my possibilities of staying pregnant and bringing my baby safely in the world with a lovely birth experience. I began to listen deeply to my body and to my inner guidance.

Stop 'Trying' To Become Pregnant

After 3 miscarriages, I realised that I just was just not emotionally available for pregnancy. My body needed to rest. I had been through so much and I did not want to have to think about pregnancy for a while.

In fact, I decided that I just was not available for pregnancy.

This was a very empowering step for me in many ways. For one, it began the process of reclaiming my power from the false idea that my biological clock was ticking away.

It was also very freeing for me. I felt great. My body was mine again. I didn't have to consider when I would be fertile. I was making love for the joy of it, not as a means to an end.

I didn't know how long this phase would be but I was just going to allow it to unfold. I was relaxing again into trusting the universe and my body to guide me.

So in my decision to stop trying I was beginning to fulfil at a deeper level step 3 –ASSUMING that the universe was bringing what I want at the perfect time. I didn't need to figure it out any more.

As a result of the decision not to become pregnant and the relief I felt around that, I began to relax, feel the peace within me, trust the process, have more fun and appreciate all that was wonderful in my life.

Even though I was actively avoiding pregnancy, my vibration in relation to pregnancy was changing. Instead of a feeling of urgency around having a baby, I knew that it would happen at the perfect time and I did not have to worry.

Ironically, I was more in ALLIGNMENT now. Even though my ACTIONS (not having intercourse when I was fertile) appeared to be moving me away from pregnancy, I was following the guidance I received from within (doing what felt good to me) and was actually (vibrationally) moving toward my goal.

Preparing For Birth

Another important factor for me was taking steps to create the kind of birth experience I wanted.

Home birth was not an option but I still wanted a birth experience that acknowledged my inner wisdom and would support a natural birth. We discovered the perfect hospital for us, one that combined medical excellence with a more holistic understanding of the birthing process.

Nurses were trained in homeopathy for labour. One could have complementary treatments like Reiki or Bach Flower Remedies. The birthing rooms were homely and they had a big water tub (the use of which is known to make labour easier).

Visiting the hospital I felt great knowing that I had found a place that would support me in the birth experience I have always wanted.

I was still not ready to get pregnant or feeling anywhere close, but my vibration was changing. Again, I was coming into ALIGNMENT with the kind of pregnancy and birth experience I had ASKED for.

Letting Go of Responsibility

Perhaps the greatest shift for me during this time was a realisation that I was holding a huge sense of responsibility for my family and friends. I also came to understand that my current habits were disempowering others and draining me.

It took three miscarriages to reveal the depth of this habit. I knew that I had to learn to listen first to my inner guidance rather than try to meet the needs of others (who didn't want it anyway!). I had to realise that I was not the source of their joy, that I could not vibrate for them and that they didn't actually need me (which was the truth).

This was difficult for my ego and also because it involved people I care about and love. But my body told me that I could not continue as I was and be the kind of mother I wanted to be. I had to prioritise myself and my new family.

This meant being guided by my body and not behaving out of habit or duty. So I didn't call people unless that actually felt joyful for me. I didn't visit unless I was inspired to do that.

I stopped inviting people to stay just because I felt I should. I just allowed my guidance to lead me.

Still I was not trying to get pregnant, but I was releasing my sense of responsibility for others and feeling much lighter and happier in myself. I was letting go of family patterns that I did not want to pass on to my children.

So my vibration was continuing to change. I was coming into my power and I was becoming more aligned with my vision of the pregnancy and motherhood.

Establishing My Home As Sacred Space

I realised that one of my core needs is for peace and harmony in my home environment. It was essential for me to be in a space (home) that felt good.

But it did not stop there. I realised also that it did not feel good for me that my home would be a holiday venue for others. I just did not have the energy.

Instead, I understood at a new level, that I need my own sacred space. So, I began to allow myself to offer to arrange alternative accommodation when people asked if they could come and stay.

This seemed so selfish to me. It went against what I had been taught was good and right. But my body was very clear. And I was determined to develop a new habit that honoured my need for sacred, peaceful space.

Once I began to do that, the sense of relief was palpable. I was on the right track.

I was sure now that I wanted my family to be the priority in my home and began to see that I don't want my babies to have to compete for the attention that they need (in the womb or afterwards).

Still, I was not making love during my fertile period but feeling very proud of myself for allowing myself to make tough decisions (they were at the time) and make room for the kind peace I want in my life and my mothering.

Discerning with whom and when to share my news

At several different stages of my miscarriage journey, I had regretted telling certain people about ever being pregnant because of their concern or reaction.

I am an open person, often sharing with others personal details. This experience made me realise the importance of giving myself permission not to share my pregnancy with people who would be worried or not supportive if the pregnancy came to an end.

In allowing myself to establish new boundaries, I was creating room for something to grow in peace. This has been an important lesson for me (and does not apply only to pregnancy but is true also of other projects).

I learned that I need to give myself time in the beginning of pregnancy so it can develop, take root and manifest fully in the world before it becomes the object of discussion, doubt or concern!

Listening To My Body

For years, I had been in no doubt about the wisdom within.

Apart from intuitively knowing this always, I had trained in various techniques such as Cranio Sacral Therapy and had so much proof that our bodies are deeply wise.

I loved to follow the guidance from within. And because of the results I had experienced in my own life and with clients and colleagues, I wanted take this listening to a new level. This was a request I had made to the universe.

As we saw from my story however, powerful beliefs and patterns of behaviour meant that I ignored my body at times when it was guiding me towards my truth.

One of the most compelling lessons from the experience was to listen to my intuition or my inner guidance over other voices.

Now, I have tuned my ears to follow the guidance I receive over my fears, habits and logic. I have come to a new relationship with my inner wisdom and am experiencing much more deeply the truth that we live in a loving universe.

In this place, I was becoming well positioned to be the kind of mother I want to be.

My Relationship

The passionate whirlwind that punctuated our international relationship was quite marvellous. And even though I never doubted the love I felt, I did wonder if it could work.

Without realising it, I really needed time to see how our relationship would develop and to be sure that this was indeed right for me.

I was firm in my resolve that my babies would be born into a loving, solid relationship. But perhaps I had not fully committed yet.

The process of going through miscarriage and the aftermath confirmed to me that I was with the perfect man for me and our children. I was now communicating in a different way, honouring my truth rather than convention and I discovered that our relationship only thrived as a result.

This knowing allowed me to relax further and allow wonderful events to turn up or flash 'on' from the field of pure potentiality.

Letting the Magic Happen

One day, when I wasn't supposed to be ovulating we made love with great joy, passion and delight. I knew that I was pregnant immediately. My partner knew too.

So now was the time. By being I had transformed in minute but monumental ways and I was starting what was going to be a beautiful, healthy, happy pregnancy.

Your Story

Each of us will have a different story. The themes that emerged in my process may be very different to yours.

There is no wrong or right story. You are a unique expression of creation and are here to co-create your own magical tale.

Honouring your own truth and inner wisdom is what matters when it comes to getting pregnant and staying pregnant by harnessing the law of attraction.

Your Story So Far

Write out your own story, your fertility history and whatever else feels relevant to you as you prepare to get pregnant and stay pregnant.

When you have completed this, explore it again through the window of The Pregnancy Success Process™ under the headings: (1) Acknowledge (2) Ask (3) Assume (4) Align and (5) Act.

Summary

In this chapter, I shared my story of how I attracted 3 miscarriages even though I had made the request for a baby.

I explored my experience through the The Pregnancy Success Process™ and it became clear where I was off track.

I then looked at the themes that emerged in this process and how I made the changes I needed to the universe could deliver what I really wanted.

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly.

Did you have any Aha (insight) moments? If so, about what?

What was most beneficial for you in this chapter?

Chapter 4

Removing Blocks to Getting Pregnant and Staying Pregnant

My story demonstrates, blocks to getting pregnant and staying pregnant may be invisible to you initially. Or, they may include issues that seem quite irrelevant to your life and your pregnancy success.

However, there are some themes common to many women who are seeking to have a baby but may be experiencing challenges of one form or another.

A Woman's Value

We live in a masculine society. For five thousand years our civilisation has 'rested on the mythology of patriarchy' (Northrup, 1998) in which men and fathers have authority.

Historically too, the value of a woman has been linked to her capacity to bring forth heirs. While this supposedly does not apply in modern times, many still judge bearing children as the 'raison d'être' of woman.

As we know from the Law of Attraction, our environment influences our vibration and what we value, expect and attract. So in a society that values more the masculine, we attract confirmation that the feminine is less than.

Even if we are proud of our femininity and believe in a woman's value and worth, we are still swimming in the patriarchal stew that influences us at deep levels.

In some cultures like in India with the practice of Sati (a woman committing suicide following the death of her spouse), this bias towards the value of masculine is very obvious. However, it exists also in western society but perhaps in more subtle ways.

Educated clients have told me that they found themselves apologising to their partner upon giving birth to a girl instead of a boy. Perhaps this is hard to believe, but it is a common occurrence according to Christiane Northrup Obstetrician/Gynaecologist!

The message that female is 'less than' is ingrained in our subconscious and this shapes what we attract. It is particularly relevant in your experience of your fertility.

Your Relationship With Your Female Body

Exploring your relationship with your body (and what is uniquely feminine) will shed light on what is going on for you outside of your awareness and how your current ideas may be interfering with success in fertility.

Your Relationship With Your Female Body

What is your relationship with your menstrual cycle? What words would you use to describe it?

Do you suffer from PMS or do you recognise that this is a special time during which you can hear the stirrings of your soul prompting you to make positive changes in your life?

What words would you use to describe your breasts? Are you wishing they were bigger, smaller or more pert? Or do you marvel at how they produce what Maire Clements (2008) describes as

'liquid gold'....milk that actually changes from feed to feed depending on the needs of your baby.

What about pregnancy? Is it a time when you lose your figure and become unattractive or is it when you blossom abundantly?

And birth? Is this an experience to survive preferably with the help of medication and a doctor? Or is it a time for you to discover your amazing capacity to bring forth new life?

There is no judgement here. The purpose of this is to become aware of how you feel about your woman's body and the processes and cycles relating to your fertility.

Your attitudes towards your body matter. When we constantly criticise a child, she eventually becomes depressed and underperforms.

The same applies to your beautiful body and its amazing cycles. We know what we attract is a combination of all of our thoughts and beliefs whether or not we are aware of them.

Perhaps it is time for a new appreciation of yourself and your femininity.

Family History

Most of the information we have in our subconscious mind has come from our families and society and was encoded in our brain by the age of 7 years.

In addition, most families have experienced miscarriage, stillbirth or other challenges in fertility at some stage in recent generations. Unfortunately, in western culture no space has been provided to grieve the loss of these babies or what might have been.

Mothers and fathers were (and still are) left alone in the grief and there is an assumption that babies who dies in the womb are not really babies. Nothing could be farther from the truth.

An intimate connection exists between parents and their child even before conception and this bond is independent of the length of time shared together.

So many families have unacknowledged siblings. We know from therapies such as Family Constellations that unexpressed grief of miscarriages and stillbirth is passed down from generation to generation.

Family patterns keep repeating themselves until they are healed. From a Law of Attraction perspective this makes sense because many of the ingredients in the soup of our vibration have come directly from our families (even if they were never articulated).

Surviving children unconsciously pick up on the unspoken loss and can end up feeling responsible or carrying the burden of this sadness in other ways through-out their lives and as a result attracting more sadness.

I know this was true in my own situation.

Honouring Loss in the Family

It can be a very useful exercise to acknowledge the loss that has come before us. You can perhaps ask your own parents or grandparents about the experience of miscarriage, stillbirth or other early loss that is not really spoken about.

Exercise- Honouring Loss

For each of these children in your family (and others if you intuit there may have been more), you can light a candle honouring their brief lives with the intention of releasing any guilt or sadness from the family and moving forward into success in your own fertility.

You may wish to plant a tree or write a poem or whatever resonates with you at this time. In taking this action, you are making room for the expression of what needs to be seen and clearing the emotional closet so to speak thereby creating fresh space for new life to come in and stay in.

This process can serve to change your vibration moving from a place of powerlessness to one of empowerment as you deliberately choose to release patterns and make room for successful pregnancy. Follow your intuition around this.

This ritual was very beneficial for me. Following my miscarriage with Doireann when I was at home with my lovely parents, we did this together.

The visual of seeing all the candles representing pregnancies that ended in miscarriage over three generations was very powerful. For me, the process replaced the silence, guilt and fear with light.

Observing the flickering flames I was reminded that I am the eldest of six children not two. We named my lovely siblings and those babies from previous generations.

This 'celebration' acknowledged for the first time, the souls of my children, siblings and aunts and uncles giving them their rightful place in our family.

Often we are afraid to ask and to look at sadness in our lives. But that just gives it more power. The universe hears 'I cannot talk about it', 'I have to suffer alone', 'I cannot express my feelings' and so we get more of that.

Looking at what has happened in a simple gesture such as the one above allows you to take stock, honour what has been and release those patterns.

Previous Termination

Many women have had terminations some of which they are comfortable about and others in which they may have felt coerced in some way.

Sometimes women feel huge guilt or loss around these babies and can be left feeling inadequate as mothers, ashamed, guilty and a whole host of other emotions. It is not unusual for women who have had previous terminations to feel, at some level, unworthy of successful pregnancy. They may even feel that their difficulties getting pregnancy or staying pregnant are somehow a punishment of sorts.

These feelings and thoughts only attract more of the same. It is important to give expression to any heaviness you have around termination (your own or your mother's) so that you can vibrate from a different place.

Exercise- Acknowledging Terminations

Write a letter to each soul, explaining your decision.

Give thanks for the experience and what you have learned from him or her. Choose a name if that feels good.

You *can* come into a place of peace and harmony around this. Remember you are the only one who needs to forgive you ever.

The universe (God) is not judging you. It is only concerned with bringing you what you are focused upon...what is in your vibration.

Freeing yourself of any tangled energy around termination will serve you and future generations and will help you to come into alignment with the joy you deserve in your fertility, pregnancy and birth.

Your Age

More and more of us are waiting until a career is established before we start a family. As a result many women are just beginning a family in their 30's and 40's.

The term your 'biological clock is ticking' can cause panic because of the fear that you may run out of time.

When we understand the nature of the Universe however, we realise that it is not age but our vibration that dictates whether or not our time is running out.

In a field of infinite possibilities, what flashes 'on' is determined by our vibration (thoughts, beliefs and feelings). If you believe that your time is running out you will find evidence of that.

Exercise- Burying The Biological Clock

So get rid of the proverbial clock. It exists only in your mind. Remember that your body is a process constantly changing and know that *you* have the power to conceive and bring a healthy baby safely into this world now.

You can even have a bit of fun with this. Before you begin, write out all the ways in which the idea that your biological clock is ticking are affecting you. Imagine you are attending the cremation of Your Biological Clock. Safely burn the paper you have just written on. Draw a headstone with the words 'My Biological Clock R.I.P. Thank Biological Clock for whatever it taught you and know that it is gone now.

Imagine now that, like Mother Nature, your fertility is ageless and timeless. Turn on a piece of music you love and allow the energy of this ageless and timeless fertility flow through your body from mother earth. Feel it in every part of your being and notice how good that feels.

And if ever again you become concerned about your age, recall the headstone and reconnect to mother earth and your own infinite fertility.

High Risk

Regardless of how vibrant you are, when you pass a certain age or have a particular history you are neatly placed into the 'High Risk' category.

This has been part of my own experience and perhaps yours too. This term has its value. Perhaps it can remind you of just how precious the cargo you are carrying is.

But it does not foster peace, optimism, joy or hope. Rather it holds the energy of foreboding.

Really it is up to you how you treat this. I opted to use the term 'high risk' to my advantage. I decided that it was true... I was 'indeed high risk'....but not for difficulties in pregnancy, miscarriage or premature labour.

I decided that I was high risk for joy. I figured that precisely because of my age and my fertility history, I was far more likely to take care of myself, to take it easy, to appreciate fully the wonder of being pregnant and to feel so grateful for the opportunity to be a mother to my babies.

As my perception of the phrase changed, I felt so much better and my inner guidance let me know that my version was the truth.

After doing that exercise, interestingly my doctors never again referred to my pregnant as 'high risk'. As my perception and belief changed, what I was attracting changed too!

Exercise- Using 'High Risk' To Your Advantage

Take a few moments to write out why you are high risk for joy and success in this pregnancy. Play with this. Use your imagination.

So for example, one of the reasons you might be 'high risk' for a very healthy pregnancy is that you have a special angel (use language that fits for you) minding you in this pregnancy.

Another might be because you are attracting amazing experiences in this pregnancy and the whole universe wants you to have this baby.

Get into this exercise and notice that as you do, your vibration around 'high risk' changes and so too does your confidence in your pregnancy.

Summary

Collective beliefs also affect our vibration and what we attract in pregnancy. This chapter explored some of the more common beliefs that may be acting as blocks to getting pregnant and staying pregnant.

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly.

Did you have any Aha (insight) moments? If so about what?

What was most beneficial for you in this chapter?

Chapter 5

Getting Pregnant

While the actual moment of getting pregnant is very brief, the journey starts a long time before conception.

Indeed there is so much involved that successful conception is statistically a very unlikely event (Deepak Chopra, 2008).

But of course thousands of babies are conceived every day. Why? Because you are not alone in the process, but are part of the much greater story of creation governed by powerful laws you can harness to deliberately become pregnant.

You can move beyond statistics and consciously create your new family by activating the Law of Attraction. And you can begin right now to nurture the egg and sperm that will become your new baby.

In ‘The Biology Of Belief’, Dr. Lipton explains that in the latter stages of sperm and egg development, the behaviour of specific groups of genes (in the sperm and egg) is actually changed by a process called ‘genomic imprinting’ which alters the character of the baby who will be conceived.

Parents literally ‘act as genetic engineers’ of their children before conception. Whatever is going on in the lives of the parent before birth will have an impact on the egg, sperm and ultimately the baby.

Parents-to-be activate in the egg or sperm what is happening in their own vibration. This makes sense because the baby must be a vibrational match to his parents. So feelings of health, happiness and optimism will be mirrored in the egg and sperm as will feelings of fear or anxiety.

According to this research, before pregnancy parents should cultivate the happiness of loving parents who truly want to conceive a child because that ‘awareness and intention can produce (attract) a smarter, healthier, happier baby’ (Lipton, 2005).

You can deliberately engage in this process of by activating the Law of Attraction through The Pregnancy Success Process™ below before conceiving your baby.

The First A of Getting Pregnant-ACKNOWLEDGE

Acknowledge what you don't want in your conception story. Just get it all down on paper. It doesn't matter how it sounds, it is important to acknowledge these thoughts and feelings before you go any further.

What beginnings don't you want for you and your baby? What atmosphere don't you want? What feelings don't you want? Remember your eggs and sperm are listening!

The Second A of Getting Pregnant-ASK

Ask, ask, ask. You might think to yourself, I have been asking Deirdre. But it is useful to examine what exactly you have been asking for.

Your Circumstances

What we value and what matters is peculiar to each person. Some of your preferences will have been shaped by your background and culture and some will have emerged from your own unique slant on the world.

For example, perhaps like me you have always hoped to feel happy, healthy and to be in a loving relationship.

Unless these conditions and others (which are decided only by you) are met, there may be a part of you waiting for your circumstances to be 'right' for you before you become pregnant.

This list will be different for us all and there is no 'right'. My intention here is to help you to become aware of how you might be blocking pregnancy without realising it.

It is possible that your childhood ideas about how you would be as you started a family are no longer relevant in your life. The list may need to be updated.

Becoming clear about what you really want is very important in this process. It begins with you.

Your Circumstances Around Getting Pregnant

On the top of a page write 'What I have always hoped for in my pregnancy' and give yourself 10 minutes to record anything that you would really love to be part of your motherhood experience. What have you always said you would like for your own children?

Some of these you might have had since childhood, like the house with the white picket fence, and may not be important to you now. Other elements might be more subtle like feeling peace or being patient.

Include here what comes up for you when you are with friends/ family and their kids, or other pregnant women. Sometimes it is easier to look at others to remind you of what you really want.

There is no need to censor this list. Indeed it is useful just to let it flow for you as it can give you valuable insight into what is going for you at an unconscious level.

When you have finished, put a line through those items that are not so important to you now and replace them with what is. So while you may not be seeking that house in the country for now, you do want to be in a space that feels safe and happy.

Or perhaps you had hoped to be in a stable, loving relationship with a partner but that is not in your current experience. Be clear, if this is a prerequisite to becoming pregnant for you.

Again there is no judgement here. What matters is that the pulse you are rippling into the universe is the one that you want.

Read through your list again and make sure that they include only what *you* really want (not what others think you should have).

You and Your Readiness For Pregnancy

Having worked with pregnant mums, I was clear that I wanted to be in a particular emotional space regarding pregnancy. I wanted to ooze joy, optimism and excitement at the idea of being a mum.

How do you really want to feel as you create new life? How do you want to be in yourself? Would you love to be relaxed, open, healthy, trusting and feeling sure that you are in the right place?

This is a very important part of the process of opening up to conception and ultimately a healthy, full-term pregnancy. So write down how exactly how you want to *be* in yourself, in your relationship and in the world as you prepare for new life.

Many of us have experiences that we don't want our children to have for example, or issues that we don't want to pass on to the new generation. In doing this, you may come to understand that you need support through coaching or therapy to release these patterns or fears and that is fine.

The very process of realising that you need more specialised support frees up your energy and brings you closer to your desires.

Your Relationship

It can happen that even though we perceive ourselves as being fully ready to be pregnant, hidden concerns about our relationship (if we are in one) can prevent us from conceiving.

This is a very good opportunity to really look at what is going on for you in the relationship. Write down issues that are coming up for you and then go on to create a clear picture of how you really want to be in your relationship before you conceive your baby.

Enhancing Your Relationship With Your Partner

Do you really believe that this is the relationship for you? Is this how you had hoped it would be? What needs to change in order for this to happen?

Sometimes, we 'know' at a deep level that this is not a match for us but find ourselves going ahead with plans for a baby because that is what everybody else is doing.

Often it is not that the other person that needs to change, but rather you need to express yourself clearly, state your needs, love deeply, receive support, have more fun or say 'no' when that is what feels right in a given situation.

When you are creating your ideal image of how you want your relationship to be before you conceive include the heading 'How I am/ behave in the relationship'. This can be very revealing because it all starts with you!

For example, you may desire the clarity and certainty that this relationship is indeed the right one for you to become pregnant in. By going through this process, you will come into alignment with your true needs and wants and attract that to you (either in this relationship or a new one).

It is also a very good idea here to be clear on how you would love your partner to feel about getting pregnant, being a dad, your relationship etc.

The Moment of Conception

How do you want your baby's beginnings to be? How do you want to feel in yourself, with your partner, about becoming pregnant etc?

In this scene are you focused on getting pregnant or are you in a more relaxed, open space, feeling passion and delight as you enjoy fully making love or the adventure of assisted fertility.

Perhaps you would like to conceive in a particular place, with a particular atmosphere etc. Be clear.

This can be a lovely exercise to complete with your partner.

Assisted Conception/ IVF/IUI

More and more women and couples are being assisted to conceive. If you are going through this process, you can harness the Law of Attraction here too.

Sometimes there can be a sense of loss or sadness about not becoming pregnant 'naturally'. Become aware of issues, if any, you have around assisted conception and use them to attract what you do want.

For example, instead of feeling that your body has failed you, perhaps you would love to sense a deep acceptance and peace around this process for you.

Maybe you don't want to experience the beginning of your baby's life as clinical or you seek a sacred experience of conception. Well you can!

Allowing Magical Beginnings In Assisted Fertility

The beginning of your baby's life is sacred even if it requires technology or other support. It is all down to your vibration and how you perceive it.

Go through all the elements about which you don't feel so good. Even if you feel that you cannot change the actual process, you can certainly shift your attitude.

Decide to make it special. Love the entire process, the people helping you, the room in which it takes place, the tools being used... everything. Make peace and know that this is all part of a loving universe.

Love yourself, your body and your partner's for giving you this experience and opportunity.

In addition, you can choose to make the moment special with flowers, a candle, and a certain piece of music or whatever feels good for you.

Visualise sperm and egg being surrounded by love and know that this precious process is bringing even more love into the world.

Single And Wanting to Become Pregnant

Our world is changing. There are many single women who choose to have a baby on their own.

Because we have been brought up with the expectation of finding the perfect partner, settling down and having children, for some women this can be a very difficult decision.

Again, it is important to be clear about what *you* really want. For many, it just feels right to have a baby outside of a relationship but others are planning to get pregnant because of fear that time is running out. Please refer back to the last chapter on Burying the Biological Clock if this applies to you.

You may still yearn to be in a loving relationship with somebody who shares your vision of creating family together and new life together.

In this situation, your dominant energy may actually be one of loss, sadness or a feeling that you have failed in some way. Even if you truly desire to have a baby your other thoughts and feelings around it may be attracting more disappointment.

So you might be actively trying to become pregnant, but you also feel at some level that this is wrong for you or the baby.

In order to harness the power of the Law of Attraction you need to become clear about what *you* really want regardless of your age, current circumstances, the opinions of others or what you perceive as possible for you now.

Tune into your own truth. Be in harmony with you and this is what you will experience.

If you discover that you actually do want to have a baby inside a relationship, you can begin to shift your vibration by going through The Pregnancy Success Process™ to bring you the perfect partner.

If not, become very clear about what you are asking for in terms of the conception, implantation etc. Love yourself, love your decisions and enjoy every step of the journey.

Your Baby's Perspective

It is useful to pre-pave the way for your baby also.

Your Baby's Experience of Conception

How do you want your baby to feel as he or she starts out life in this beautiful world?

How would you like the journey to be for him or her?

What kind of feelings and thoughts would you like him or her to receive from you in this moment? What kind of feelings and thoughts would you like him or her to receive from their Dad in this moment?

The Third A of Getting Pregnant- ASSUME

The third part of the process in getting pregnant and staying pregnant involves getting out of the way of the universe.

All you have to do is Assume that your request is answered and that you are indeed attracting exactly what you have asked for.

In most cultures however, we have been programmed since childhood to believe that we are responsible for all parts of the story of our success. As a result, we often try to control how it will unfold and actually interfere with the workings of the universe.

When you feel that we have to do it all, that is the dominant message you are sending out to the universe and that is exactly what you will manifest...confirmation that it is all down to you. I speak from experience!

'The hows are the domain of the universe' (Dooley, 2003). You absolutely *do not* need to know how the universe is going to bring your desires to you. Trying to know will actually move you away from you goal because you get caught up in figuring out, planning and controlling and this does not feel good.

Assume that all is well and that you *are* attracting what you have asked for. Because you are!

The Fourth A of Getting Pregnant- ALIGN

Your emotional guidance system is *the* most important tool for you now as you prepare to become pregnant.

How you feel is letting you know whether you are moving towards your goal of getting pregnant or away from it.

Each thought generates a feeling response and will indicate very clearly to you whether you are stepping forward into pregnancy or otherwise.

Now that you have considered all of the above, you have clarity about what *you* want. The universe has heard your request and wants you to have it too!

So do anything that makes you feel good!

When you feel open, excited or optimistic you are magnetising to you this new reality. When you are feeling tense, fearful, concerned, or under pressure about getting pregnant you are no longer attracting what you want.

The following examples will shed more light on that.

(a) You don't feel like making love but you are fertile:

So maybe you don't feel like making love but you know you are fertile and you think you should use this opportunity to get pregnant. When you are feeling I 'I should', you are messing with the 'hows' of the universe.

There is a sense of being under pressure and if you have already identified that you would love to feel joyful and in love at the moment of conception having intercourse now would be pointing you in a direction different to your desires. Tune into your body. If the thought of making love now does not feel good follow that guidance and do something that does feel good instead.

(b) Not Fertile But Feel Like Making Love

If on the other hand, you feel like making love but are not in your fertile period and are inclined to postpone love-making for some reason, you are faced in the wrong direction.

The feelings of wanting to make love are positive, free, joyful and exciting....all great vibrations that bring you closer to your goal. However, trying to manage these feelings and fit your desires into your fertility or any other calendar does not feel good and just curbs the flow of the universe.

So make love!

My Story

Because I was fed up with tuning into my cycles, I decided to make love only when that is what felt great whether or not I was in my fertile phase. On one particular day, I remember sensing a strong desire to make love which was matched by my partner.

It was a beautiful, loving, magical experience.

Unknown to me, the universe had arranged a long cycle so that I was fertile at the time. My body guided me into making love with great joy at the perfect moment.

I listened to that guidance and we became pregnant in a way that was even better than we had asked for!

(c) Inspired to make love but it's not 'appropriate'

Maybe you are out in the car with your partner or visiting friends and you get this urge to make love but you are not in the 'appropriate' setting. Or, because of cultural conditioning, you may be shy about instigating intimacy and believe that is the man's job.

Let go of this judgment and check in with your partner to see if he or she is on the same wavelength. If so, it is the perfect time for an adventure!

Moving from 'it's not appropriate' to 'let's make love now' shifts your energy and opens you both up to the possibility and magic that you have asked for.

(d) *Going for Fertility Treatment But Having Doubts*

You may be in a fertility treatment programme, for example, and even have an appointment for a treatment to start new life. Somewhere perhaps it does not feel right for you this month, but you feel you should go through with it anyway because that is what you had planned for.

Again, in spite of the fact that you may be going for this treatment, if you don't feel good about it then you are moving away from your goal of becoming pregnant.

Check out how it feels to postpone your treatment. If this gives you a sense of relief then you are back on track.

One decision will always feel better than another. By going with your guidance, regardless of how illogical it seems, you are moving towards your goal of getting pregnant in the way you have already identified.

The Fifth A- ACT

Take the action that you are guided to take. Forget about reasoning and analysing because you are engaging with the Universe at a different level (as conscious co-creator) now.

Summary

Getting pregnant isn't just down to you. The universe will manage how it will happen. Research confirms that in the months before conception, parents are influencing genes in the sperm and egg which will ultimately affect the character of the baby yet to be conceived.

You can use The Pregnancy Success Process TM to make positive changes in your vibration (and as a result in the vibration of the egg and sperm) so that you attract exactly what you want in conception.

Tune into your guidance and follow that even if it doesn't make logical sense.

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly.

Did you have any Aha (insight) moments? If so about what?

What was most beneficial for you in this chapter?

Chapter 6

Being A Match For Your Baby

How Parents and Babies Choose Each Other

Some people believe that the connection between baby and her parents is not random, that there is a contract of sorts between us long before your baby is conceived.

Through the lens of the Law of Attraction, it is very easy to explain how parents and babies come together. At conception, you choose (or attracted) your parents in that they were a vibrational match to you at the time of conception.

Even before babies come into physical expression ‘they set into motion this life experience’ (Esther and Gerry Hicks, 2006). Their vibration is powerfully attracting to them also.

Thanks to the Law of Attraction you ended up in the family that was in perfect alignment with your vibration and intentions at the time. The same applies to your baby.

Even if you don’t feel connected to your family of origin, you might still be able to see how and why you choose them and what important lessons you have learned as a result of being with them.

As a parent too, you choose your baby in that she has to be of a similar vibrational essence to your dominant vibration when conception takes place.

Open To A Baby or A Particular Type of Baby?

At one level, it would be easier if you didn't have preferences about pregnancy, birth, family life etc. But you do. That is part of who you are and your uniqueness. Honouring that is important.

If you haven't thought very much about pregnancy, are pretty open, take it all in your stride or feel that you can't really influence the outcome you might actually find it easier to become pregnant because (consciously) you're vibration is saying 'yes' to whatever comes.

If, on the other hand, you are clear that you want to have a healthy baby and to be healthy with her, you may need to actively come into alignment with your desire by eating better food, taking exercise and honouring your body so that you are feeling the vitality you desire to have in pregnancy and beyond.

Or, if you yearn to have a peaceful and happy family life with your baby then perhaps you need to help yourself to move into a place of peace now.

Your inner guidance will show you the way regardless of what you have asked for.

Pregnancy- A Serious Business?

Pregnancy can be a very serious business particularly for those of us who have been 'trying' for a while to conceive and have a baby. Charts, dates, appointments, and recording temperatures can add to a feeling of pressure around getting pregnant.

However, pregnancy is also so much more than that. It is the beginnings of new life, the journey from potentiality into reality and mirrors the very magic of existence.

When you are caught up in the ‘business’ of pregnancy and that becomes the energy around your love-making, you may be off-track when it comes to attracting what you want.

You might want to lighten up for your baby!

Play- An important Attractor

It can be useful to remember that you are attracting a child into your life...a little baby.

Babies love to feel cared for. They thrive on cuddles, nourishment, safety, comfort and love. By engaging in behaviours that echo these kind of feelings you are coming into harmony with a baby’s needs and will as a result be more ‘attractive’ to a baby (who wants to thrive)!

Children love fun, playfulness, exploration, routine, love, patience and compassion. So engaging in playfulness and daftness will bring you into alignment with the energy of childhood.

Spending time in nature, pampering yourself, relaxing and activating a more care-free approach to life may actually be the next steps for you in becoming pregnant rather than be caught up in the business of pregnancy.

You will know yourself by how that feels. But it is certain, that as you play more, and allow for greater fun you are magnetising more of that to you.

Mothering

So you want to be a mother.

Exercise – Preparing For Motherhood

Make a list of the qualities you want to embody as a mother. Perhaps you want to be loving, patient, fun, nurturing etc. Maybe you sense there were gaps in the mothering you received.

Make up for that now! Start mothering yourself! Give yourself whatever love, kindness, rhythm, tenderness or routine you need. Become a master at mothering yourself!

And while you are doing that, know that you are becoming wildly attractive to the baby who wants to thrive with you!

Attracting a Baby Who Wants To Stay

As is all relationships, unless you consciously change your vibrational output, you will find yourself repeating patterns. So you may be familiar with the experience, for example, of attracting relationships that are very empowering or those that are less fulfilling.

You may have the habit of being with people who won't commit or those who drain you in some way. Or perhaps you are the one in relationship who avoids commitment.

It is useful to reflect on what you are attracting at the moment in terms of relationship. I was attracting babies who stayed for a short time. This mirrored, of course, my own process and reflected the fact that I was out of alignment with what I truly wanted in pregnancy and life.

However, these babies were a perfect match for me at that time. They were great teachers. They helped me realise that I needed to make changes in my life to be the mother I aspired to be and become a match to the pregnancy and birth my soul yearned for.

These babies were in alignment with a brief experience of being my baby in the womb. Maybe they just wanted a short stay. Perhaps their purpose was to help me to make necessary changes for my evolution.

It is so easy to judge yourself harshly and feel guilty or inadequate for not getting pregnant or bringing your babies safely to full-term. On the other hand, you can come into your power, take responsibility without judgment and use this experience to consciously move in the direction of healthy pregnancy and full-term birth.

So intend to attract a baby who wants to experience a full-term, safe, gentle birth and enjoy a wonderful childhood with you!

Celebrating You

This information is on the cutting edge and the first book of its kind in the area of pregnancy and fertility.

You have attracted this information because it is in line with your vibration. This in itself is very positive and a sign that you are heading in the direction of getting pregnant and staying pregnant in a way that honours you and your wonder.

Celebrating You/Celebrating Baby's Dad

So celebrate yourself. In doing that you are attracting more reasons for celebration (like having a baby!).

Remind yourself how amazing you are. On a new page, place the heading 'Reasons to Celebrate Me' and sit down until you fill the entire page or more.

Do the same for your partner and/or your baby's dad even if you don't (or won't) know him.
Intend to connect with his goodness and wonder and just let it flow.

You can do the same for your baby even if you haven't yet conceived.

When you are consumed with feelings of being good enough (and that your partner or baby's dad is good enough), you are sending out powerful messages to your baby that his origins and essence are worthy of celebration.

How lovely (and attractive) is that! You can begin to develop the habit now.

It is worth it. As mentioned in the last chapter, your behaviour in the months prior to conception, shift not only your own vibration, but alter also the genes in the sperm and egg.

But all through-out pregnancy and your baby's life you will be co-creating together in this way. It is never too late to begin. Now is the perfect time. So have fun!

Summary

Your baby is powerfully attracting too. This chapter looks at ways in which you can become much more attractive to a baby, to childhood and to mothering.

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly.

Did you have any Aha (insight) moments? If so about what?

What was most beneficial for you in this chapter?

Chapter 7

Staying Pregnant

Those of us who have conceived and lost a pregnancy realise that getting pregnant is only part of the story. Often, there is an assumption that once you are pregnant then you are home and dry. However, becoming pregnant is just the very beginning.

Staying pregnant can seem to be quite a challenge for many of us. In part, this is because pregnancy is a journey that requires your active involvement for its fulfilment (in the way you want it).

Even though your baby manages to grow without your conscious guidance, everything you do, think and focus on will have an influence on this pregnancy.

The First A of Staying Pregnant- ACKNOWLEDGE

Pregnancy brings many changes to your body and your perspective on life. Some you will embrace and others might be less that appealing for you.

Take this opportunity to just dump out whatever issues, however big or small, are coming up for you. Many women are concerned about how they look for example. So this is the perfect place to state that you don't want to feel _____ (fill in the blank).

The table below ‘Common Concerns in Pregnancy’ will stir up what you might have forgotten about. But first I suggest that just put pen to paper for now and let flow all the concerns (don’t wants) swirling in your mind about being pregnant and staying pregnant.

The Most Common Concerns in Pregnancy

From my research in 2008 with, pregnant women, women who have gone through pregnancy and experts in the field, the following issues were identified as the most common concerns of pregnant women.

Most Common Concerns In Pregnancy

Baby’s Health	Birth not going according to plan	Nutrition
Finances	How I look/My Changing Body	Relationship/Sex Life with Partner
Nausea and other Health Issues	Baby’s life/ Miscarriage	Coping in Labour
Maternal Age/Downs Syndrome	Having Adequate Support	Managing Baby and Work
Being A Good Mom	Coping After Birth	

It is useful to know that you are not alone in your worries. It is even better to use this information to your advantage by applying each of the above to The Pregnancy Success Process™

Fatigue

If it fits for you, acknowledge that you don’t want to feel exhausted in this pregnancy or that you feel you cannot take a rest when you need it.

Believe it or not, fatigue can be a great ally in pregnancy. Sometimes, in spite of cultural conditioning, you literally have no choice but to lie down, go to bed early, take a nap or put your feet up.

When you fight fatigue and continue working, caring for others or whatever it is you are doing instead of resting, the message you are giving to the universe sounds something like the following:

‘I have to do this’, ‘nobody else can do it’, ‘I don’t have the time for rest’, ‘there is so much to do’, ‘this (work) is the most important thing now’, ‘I just don’t have the support’.

And this is exactly what you attract....more evidence that you don’t have time, have to do it all etc.

If on the other hand, you take even a few minutes to put your feet up, meditate or take a nap, your vibration conveys that you do have time for this pregnancy, that your baby is important to you, that you can take care of yourself and that everybody will cope.

In this frame of mind you are powerfully attracting confirmation of the same and paving the way for even more rest and relaxation.

When you honour the wisdom of your body in this way, you are supporting your pregnancy and your baby.

Nausea

Perhaps you want to acknowledge that you don’t want to suffer with nausea or to feel overwhelmed by morning sickness.

Many women experience nausea to varying degrees. However, you can choose to respond to it in a way that supports your pregnancy and body.

Nausea is a very obvious reminder from your body that something hugely important is happening. Perhaps that is the function of nausea...nature's way of letting you know for sure that new life is growing inside of you so you can care for yourself appropriately.

Dealing positively with nausea requires gentleness with self and attention to your own nourishment.

You can resist it assuming that your body is letting you down in some way. Or else we can befriend nausea and work with your body realising that there is wisdom in the guidance you are receiving... that a really significant change is taking place which requires a new way of responding and a new level of nourishment.

By cooperating with your body and asking questions like 'how can I support myself now', 'what do I really need now' you are coming from a more peaceful place of acceptance and openness that will attract what you need.

This attitude will also help to reduce intensity of symptoms as your vibration becomes one of calm allowing.

The Impact of Stress on Your Baby

So that you can be even more precise about what you don't want, I will share some research findings with you. As you are acutely aware now, mother and baby share the same environment so whatever you experience will affect your baby.

Dr. Bruce Lipton (2005) explains that stress activates the fight or flight response in the body and affects the same organs in the baby as in the pregnant mother.

Blood is redirected from the large organs inside the body (heart, liver, stomach etc.) to the muscles and hindbrain in order to provide energy needed by legs and arms for life-saving reflex behaviours (like running).

Because foetal tissue and organ development is proportional to the amount of blood they receive and their function, stress hormones (which significantly disturb the distribution of blood flow to your baby) serve to alter the very character of you child's physiology.

In response to stress, blood flow to the uterus is restricted and the foetus receives fewer nutrients, which may also result in lower birth weight. (Milanovic, 2008).

In addition, research has suggested that that prenatal stress (in mothers) may be associated with a spectrum of adverse pregnancy outcomes, including preterm birth and low birth weight (reviewed in Hobel et al, 2008).

Indeed a very recent study by (Wisborg et al, 2008) found that women with higher stress were twice as likely to have a stillbirth.

From the Law of Attraction vantage point, when you are much stressed you are communicating 'I just can't do it' or 'I am overwhelmed', 'There is too much to cope with'.

This is exactly what your baby will feel too so it is no surprise that complications can arise for you both when you are not in a place of ease.

The Second A of Staying Pregnant- ASK

You can use the information above to make very specific requests. For example, you might ask that all of your baby's organs and tissues receive the perfect amount of blood flow for optimum health.

You may ask that your baby develops at the perfect pace for her health and well-being. You can intend also that your baby be born head down and face down (the easiest delivery position for you both) if that is what is best for her.

Supporting Yourself and Your Pregnancy

Because everyday so many women in the world become pregnant and give birth, it is easy to forget the miracle of what is happening now.

A precious new life is growing in you. You are a mother, co-creating this amazing new human being.

The 'job' you are doing is of great significance (to you and world) and worthy of all the supports that any other hugely important project requires.

Make a list of the kind of assistance you would love and be aware of what your body is requesting now.

My Story

I developed pelvic pain which necessitated sessions with a physiotherapist/ physical therapist.

The guidance and encouragement I received in these sessions went far beyond what I needed on a physical level.

Through these sessions, I came to realise that my body well telling me take smaller steps (both on the physical level and indeed in all areas of my life).

When I made the necessary adjustments in my life, the pain disappeared and I was actually in a much healthier place than before the pregnancy....and free of unnecessary stress.

Other supports you might ask for include acupuncture, homeopathy, cranio-sacral therapy, hypnotherapy, spiritual coaching, yoga, tai chi or just being with positive people.

Remember that in this section your job is to ask for whatever you want regardless of what you think is possible.

Give yourself the permission to create a support team of your dreams, to enlist also the guidance of experts (who empower you) and to give yourself and this pregnancy every chance of success.

The Third A' Of Staying Pregnant- ASSUME

Assume that this pregnancy will come to a wonderful conclusion with you holding your healthy, vibrant baby following a safe, gentle, empowering birth.

When challenges arise, assume that there is an easy solution emerging even if you have no idea what that might be.

The Truth About Pregnancy

Pregnancy is a sacred process. It can feel like your former self is dissolving. But what is really happening is that a new, more evolved you is emerging as you prepare for the journey of birth and motherhood.

During pregnancy you will be prompted to wake up to your truth and the deep wisdom you have within (if you allow it). Your body knows exactly how to bring your baby to a full-term safe, gentle birth if you work (and play) with it.

Assume that you can nourish your baby with ease until it is her perfect time to be born.

The Fourth A of Staying Pregnant- ALIGN

Part four involves becoming a match for what you have just requested. This can occur on many levels.

Nourishing the Seeds of Your Pregnancy

Every new venture requires time and attention in order to sustain it. We observe in nature that seeds require water, soil and sunlight (in various combinations) to develop adequately. The same is true for your baby.

She requires nurturing from the very beginning. This can be expressed in many ways from a good mineral supplement to lots of loving encouragement from you.

My Story

As I mentioned previously, one of the lessons I learned was to give my pregnancy time to establish itself. Instead of sharing the news early as I had done, I decided to wait for 3 months before letting everybody know.

Apart from a couple of people, who could celebrate with me, saw me as fertile rather than someone who was having difficulties with her fertility and would not be overly concerned for me, I kept the next pregnancy to myself.

I also felt that it was right for me (inner guidance) not to share the news with my family (for three months) because they would have been worried for me.

Remember that my mother and both of my grandmothers had experienced miscarriage. The memory of miscarriage was in the family and so it made sense that they might be concerned for me and the babies.

This decision was an expression of my resolve to nourish my pregnancy, to create the space that it required and deserved and to establish new healthy boundaries that facilitated this.

So I learned that it was ok (and even necessary) for me to maintain a privacy around my pregnancy until we were ready. All of these changes together altered my vibration and helped to bring me into alignment with sustaining a healthy pregnancy.

You can align yourself with your dreams by communicating clearly your intention to go forward with this pregnancy and bring your baby into this world in a safe, gentle way.

What are you Modelling to Your Baby?

Your beautiful baby is already learning how to be in the world. At this moment you are her teacher.

You are laying the foundations for how she will treat her body and her whole sense of self-worth. You are letting her know what she can expect in relationship...whether she will be cared for, whether her needs will be met, whether she is worthy of special attention and love or if she is just another pressure in a busy world.

It is useful to reflect on what exactly you are modelling to your baby. Are you teaching her that she has to push herself, that her body is her enemy, that others things are far more important than her (this pregnancy)?

If so, she is then much more likely to push herself and to ignore her own needs (e.g. going to full term or receiving nourishment fully). If this is part of her vibration (and yours), it is more likely to attract premature birth or other complications.

As mentioned before, research has suggested that that prenatal stress (in mothers) may be associated with a spectrum of adverse pregnancy outcomes, including preterm birth and low birth weight (reviewed in Hobel et al, 2008) and stillbirth (Wisborg et al, 2008).

You can model to your baby that there is time and space for her, that she too has inner guidance that will support her and that she is precious, wanted and greatly loved.

Tuning into to what your behaviour is expressing can be a powerful catalyst for changing your old patterns.

Modelling to Your Baby

What was modelled to you by your own mother? What are your pregnant friends modelling?

What are your current actions, thoughts and feelings teaching your baby?

What would you like to be modelling to her? How can you begin to start that now?

I have learned the hard way. As a result of 3 miscarriages I can now ask for what I want, say 'no' and care for myself in a new way and this is exactly what I want for my babies.

What is it that you need to do now to stay pregnant in a way that allows you and your baby to thrive?

After 3 Months

Once you have passed the three or four month mark you will probably feel more confident in your pregnancy.

My Story

It is easy then to relax back into your old way of being...to begin to push yourself or take on too much. I noticed that this was happening to me. I was trusting that my pregnancy was viable and noticed myself working more.

After a few days, I could feel myself becoming stressed. I took stock and decided that this could not continue. My inner guidance was very clear about this. I wanted to prioritise the two babies growing inside of me.

Even though I was excited about my work, it just was not compatible with the vision I had for my pregnancy. And while I had already made big shifts in this regard, it was time for me to take the next step into making space and time for a gentle pregnancy.

I decided to put on hold $\frac{3}{4}$ of the projects that I was working on. This decision required that I inform my business partner that I had to take a break.

It also necessitated withdrawing from work with people I really respected and wanted to collaborate with. My ego didn't want it to be this way.

But I did it. I knew for sure that my babies were infinitely more important to me than anything other project. And I felt great once I had decided and let others know (confirmation from my inner guidance that this was the best solution).

And surprise, surprise everybody survived without me!

So the adjustments in your vibration will be on-going and will sometimes require you to take actions that are difficult for the ego (the little you). But part of being a mother is creating sacred boundaries around your family so that you and your baby can thrive.

Trust your inner guidance and realise that these signals comes from a place in you that is in touch with the workings of the entire universe.

During the pregnancy you will get lots of practice to release the patterns in your life that are incompatible with the kind of pregnancy, birth and experience of motherhood and life you have asked for.

Be aware. Listen to inner wisdom. Allow yourself not to participate in conversations that focus on horror stories or a negative interpretation of pregnancy and birth.

Instead surround yourself with uplifting people who believe and know that you *can* bring your baby to full-term with ease, enjoy a wonderful birth journey *and* experience fulfilment in mothering this precious new life.

The Fifth A of Staying Pregnant- ACT

This step necessitates that you follow the direction given by your emotional guidance system.

Listening To The Wisdom Within

Your body is incredibly wise. Although society encourages you to look outside for answers and guidance, your body is an amazing tool that will support you in keeping this pregnancy if you listen.

If you have experienced challenges of any kind in your fertility you may be losing trust in your body, feeling disillusioned or even angry that it does not appear to be working.

And indeed, this may be the feedback that you are getting about your fertility. However, the most significant step into really allowing this pregnancy to flourish for both you and baby is to develop the art of listening to your body's wisdom and acting on it.

In many places, a person's worth *seems* to be based on whether one can keep it going, stand up to pressure, stay on the job...and ensure that performance is not affected in any way by anything (and most certainly not pregnancy).

When you are ill, there may be the pressure to work anyway. There may be the expectation to bring work home or do over time. In addition, at this moment the precious work of women (and men) in the home does not rank very high in terms of how it is valued by society.

So you may become pregnant in a world that teaches you to push yourself, to put work first and to ignore the stirrings of the body. When you reflect on this, you probably realise that it just doesn't make sense, that there has to be a better way.

But as I learned, you may well unintentionally continue in your pre-pregnancy rhythm because these are the patterns that have been long since established, the neural pathways in the brain most often travelled and they require deliberate effort (action) to change.

Discomfort or pain in your body is letting you know that you are not faced in the direction of your desires.

My Story

I developed pelvic pain which necessitated sessions with a physiotherapist/ physical therapist.

The guidance and encouragement I received in these sessions went far beyond what I needed on a physical level.

Through these sessions, I came to realise that my body well telling me take smaller steps (both on the physical level and indeed in all areas of my life).

When I made the necessary adjustments in my life, the pain disappeared and I was actually in a much healthier place than before the pregnancy....free of unnecessary stress and on track for staying pregnant.

So take the action that you are being guided to take and enjoy fully your wonderful pregnancy.

Summary

Pregnancy brings up a host of concerns from baby's health to your finances. This chapter took a look at how stress can affect your baby so that you can be clearer in acknowledging what you don't want.

It also explored many not so obvious ways you can support yourself and your baby so that you stay pregnant with ease and joy.

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly.

Did you have any Aha (insight) moments? If so about what?

What was most beneficial for you in this chapter?

Chapter 8

Completing Pregnancy and Giving Birth

Birth- The Dominant View

Instead of perceiving birth as a natural event for which women and babies are specifically designed, birth is often seen as something dangerous that requires intervention.

In our current paradigm, birthing women are no longer seen as powerful and capable. This is reflected, for example, in the practice of placing women in wheelchairs on the way to the delivery room.

Instead of honouring a birthing woman's capacity to bring this new life into the world by working with her body and her baby, there is a sense that birth is something you have to survive.

Rather than being a rite of passage during which a woman discovers her deep wisdom and competence, birth can be an experience of disempowerment and even trauma for some.

This image is often displayed in the media and so collectively we have come to believe it as the truth.

The Affect Of This View Point On Pregnancy

Unless you are lucky enough to have heard (or deliberately sought out) mostly positive birth stories and empowering messages about childbirth, the idea that birth is a scary experience could well be part of the vibration you are sending out to the universe and attracting to yourself.

Depending on the experience of your mother, your peers and your support system you may have a much healthier view.

But it is common that even when we are delighted about being pregnant the pregnancy can be tainted with fear of the upcoming birth. Sometimes, the fear is so great that pregnant women have mixed feelings about bringing baby to full term.

Even the idea of full-term can be frightening for some women as it might imply that your baby will be somewhat bigger making the process even more difficult. Women may privately or publicly hope for an early birth with a smaller baby.

The beliefs behind your anxieties might include 'I won't be able to cope', 'I don't want this pregnancy to go all the way' and 'I am scared and I don't feel safe'.

It is quite understandable that many of us experience these conflicts because of dominant view on birth and what it entails.

But your fears around birth may be interfering with your readiness to conceive and your ability to enjoy a successful pregnancy.

Birth

Take a clean piece of paper or a new page in your special book and write the word 'BIRTH' on the top. Now, give yourself ten minutes to write whatever words, images thoughts come up for you.

Don't censor this. Just keep writing/drawing allow it to flow. What is the dominant theme?

Now what would you like it to be?

Factors Associated with Positive Birth Experience

Gayle Peterson and Lewis Mehl (cited in Christiane Northrup's book 'Women's Bodies Women's Wisdom') carried out a study in which they were able predict with 95% accuracy which women would have complications in birth.

Low-risk birth was associated with many factors including the following: (1) an ability to accept support from others, (2) acceptance of womanhood, (3) activity, (4) empowering beliefs about birth, (5) a self-image of strength, (6) harmony in relationships, (7) healthy sexuality (8) self-reliance, (9) clear and honest communication (10) the ability to work through fear and (11) a comfortable home.

In her book, Painless Childbirth, Giuditta Tornetta reports that women who experienced difficult births as babies often go through similar complications when giving birth.

This is not surprising when we understand the Law of attraction. As the experience of a traumatic birth is in your vibration (and not detangled) you can easily attract the same.

She goes on to say however that Penny Simkin identified what she refers to as 'resilient women' who do not repeat their own negative birthing experience. One or more of the following four factors was common to these women.

- (1) They had a significant adult figure in their lives that made them feel safe. From a Law of Attraction this makes sense because the feeling of safety would come to replace the vibration of trauma.

- (2) They were raised in an environment in which girls were as equal to boys. In this environment, they would have received the message that they are competent and capable. This belief would then be part of their vibration and would serve to attract evidence of that to them (including in the birth experience).
- (3) They had experienced success in activities ranging from business to sport and artistic expression. This would have a positive outcome on birth experience because these women would perceive themselves as successful thereby attracting more of the same.
- (4) They exhibited a strong faith in the Divine. Feelings of being supported and minded by a greater, loving power allow us to see beyond the moment and open up to the magic of life.

These women are likely to expect to be cared for by the Divine ...a very supportive attitude in pregnancy and birth.

Simkins' findings are a beautiful confirmation that you can move beyond your history in birth.

The Pregnancy Success Process™ in Completing Pregnancy and Giving Birth

The First A- ACKNOWLEDGE what it is you don't want in birth. Find out about your own birth history and choose not to repeat anything from your own birth history.

The Second A- ASK

On reading through the list above you might become more aware of things you would like to change so that you feel good and are in your power in childbirth.

So for example, if you find it difficult to communicate honestly or receive support then these are qualities that you might like to ask for.

Or if you are uncomfortable in your sexuality, you can intend to become more and more comfortable and enjoy healthy expression of same.

Other Factors to Consider in Birth	
Your state of mind/ How you feel?	e.g. confident, empowered, relaxed, trusting, safe etc.
Your relationship	e.g. secure, supportive, loving
Your Support Team	e.g. empowering, listening, in tune, patient, competent
Your Baby- how does she feel during the birth process	e.g. relaxed, confident, loved, safe, ready
Progress of birth	e.g. natural, gentle and safe for you both
Contractions	e.g. Efficient, easy to manage
Overall experience	e.g. Empowering, positive, joyful, uninterrupted, natural
Outcome	e.g. safe, gentle delivery, baby straight on breast
Bonding	e.g. beautiful bonding experience, effortless success in breastfeeding

Use whatever words are important for you. Feel free to add more categories.

The Third A - ASSUME

Just hand it over to the universe and know that this experience of birth is on its way to you. You don't have to know how. Remember, you live in a field of infinite possibilities.

The Fourth A- ALIGN

Your task is to come into vibrational harmony with the birth you desire.

It is very useful to be aware about the language you use around birth and whether it is bringing you in the direction of your desires.

The Language of Birth

The words we use hugely influence our experience. Like everything else, they are vibrations and attract more of the same to them.

At the moment, many of the words used in birth imply hardship, difficulty and are generally uninviting. For example 'labour' is a word one associates with a construction site. Indeed, a client of mine reported that her Obstetrician /Gynaecologist wore white wellingtons at the birth of her baby in early 2008!

The word 'contraction' implies constriction, tightness and pain. And the idea of 'pushing baby out' is effortful to say the least (particularly if you are on your back and working against gravity).

If we return to Deepak Chopra's explanation at the start of the book, you will remember that there are no things or events. Everything is a process unfolding moment to moment depending on our beliefs, expectations etc.

Labour

This applies to labour too. It is not an event. It is the journey of supporting your baby down the birth canal and into her life outside the womb.

Unfolding one moment at a time, birth can be the powerful process of your womb encouraging your baby downwards while your cervix expands to create room for your baby to come safely in this wonderful world.

When you can view it as a natural process which takes place one moment at a time, your vibration changes in relation to birth and so you begin to attract something that is not 'labour'.

Contractions

Contractions can be more usefully referred to as waves. And indeed this term describes them more accurately.

The wave starts at the top of your uterus and moves downwards guiding your baby in the desired direction.

When you are in the sea and a wave comes you are much safer and indeed better off to ride the wave, to relax into it. The same applies to the waves of childbirth.

They are your friends and a necessary part of this wonderful journey. Befriending them will help you create the birth story you really want.

Hugging Your Baby Out

In her book *Painless Childbirth*, Giuditta Tornetta suggests 'hugging your baby out' instead of 'pushing your baby out'.

Having to push implies that you need to get rid of something. But the intention to hug your baby into the world is much more gentle, loving, intimate and easy.

Words are extremely powerful and they do matter. Be clear what you want to attract and experience and change your words accordingly. It will make a difference.

The Truth About Birth

There is another version of birth that we don't hear about very much.

Get in touch with mums who have had very positive birth experiences. Seek out stories of empowerment. Read books like 'Painless Childbirth' mentioned above that start from the premise that you can indeed have the birth you want.

Giuditta Tornetta reports that countless women are actually experiencing painless birth... birth experiences in which women are in their power, working with their bodies and able to flow with what is happening.

Realise that birth can actually be a pleasure! I recently interviewed Debra Pascali Bonaro international childbirth educator and producer of the documentary 'Orgasmic Birth'.

Debra shared with me what must be the best kept secret of birth. She reported that 20% of non medicated women were actually experiencing orgasm at birth!

Surround yourself with information that supports your vision of birth. Watching 'Orgasmic Birth' and similar material will help create a whole new idea of birth in your consciousness and vibration.

Your Birth Experience

Pretend that you have already given birth to your baby in the perfect way for you.

Write a letter to your baby or a friend, describing in detail how wonderful it was for you. What exactly made it magical?

What surprised you most about the experience and what would you love other pregnant women to know.

How proud of your body and your baby are you? How has this empowering experience changed your life for the better?

The Fifth A- ACT Actions regarding birth are not limited to the birth itself. Even tiny steps that honour your body help you prepare for birth.

My Story

When pregnant with my twins, I dreamt that my Gynaecologist was arrogant, disregarding and not honouring my inner wisdom.

Obviously this was a fear of mine...that I would be disempowered in birth (by myself and others). I decided to share this dream with him as it demonstrated my anxiety about the birth being 'taken over'.

Although sharing dreams with your gynaecologist is not the norm, it was a wonderful decision, as it required that I step into my power and express what was really going on for me.

His response was very positive and the sharing increased my trust in me and him!

Take the action you are inspired to take! It doesn't matter what other people think.

Summary

The message most of us have received about birth is that it is something to fear. This belief affects our vibration and what we attract.

However, there are certain factors associated with positive birth outcome which you can activate in yourself through the process of The Pregnancy Success Process™.

The truth is that birth can be an empowering, painless and even orgasmic experience and you can experience that too!

Reflection Questions

What came up for you as you read this chapter?

Did you notice any resistance? If so, about what exactly.

Did you have any Aha (insight) moments? If so about what?

What was most beneficial for you in this chapter?

Next Steps

Thank you for investing in this book and taking the time to become a conscious co-creator of new life and your life. I hope it has been a magical beginning for you.

You can apply the The Pregnancy Success Process™ to any issue that arise for you during this time and long after. The more you work with it the better your results will be.

The Pregnancy Success Process™ is a powerful tool and just one of the vibrational management strategies I use and teach in my coaching process.

You may be ready to take the next step into partnering with your inner wisdom and your higher self as you move into and through parenthood, and are welcome to join me on one of my teleseminar coaching programmes.

Along with the coaching calls, you will be part of a mastermind support group going through a similar process.

If you would like to explore this further, I will be offering a free half hour phone consultations worth \$250 to those who purchase this book for a limited time.

Write to me at Deirdre@magicalbeginningsforbaby.com to schedule an appointment.

Resources

(1) www.magicalbeginningsforbaby.com my blog that supports you in creating a magical beginning for you and baby!

(2) Breastfeeding Radio Show- Download from iTunes or join us live on our weekly <http://www.blogtalkradio.com/TheBreastfeedingSalon/> with myself Deirdre Morris, Spiritual Life Coach, Maire Clements Lactation Consultant and creator of the Conscious Breastfeeding Approach and Tracy Gary, Intuitive Nutritionist.

(3) www.orgasmicbirth.com to see the trailer for this amazing documentary and to order a copy for yourself.

(4) www.joyinpregnancy.com to learn how to use Emotional Freedom Technique to support your pregnancy

(5) www.inspiredbreastfeeding.com for an excellent multi media course on Conscious Breastfeeding



GET Pregnant & Stay Pregnant

With the Law of
Attraction

Your 5 Step
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Deirdre Morris
M.Sc. M.Ed.

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