



# FERTILE BLESSINGS

SPIRITUAL PRACTICES TO ENHANCE FERTILITY  
AND SUPPORT YOU ON YOUR JOURNEY TO  
MOTHERHOOD



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# INTRODUCTION

Today the current commonly held narratives surrounding fertility offer much in the way of diagnosis and little in the ways of customized care and consideration of a woman's entire body, mind and spirit.

The acts of conception, pregnancy and birth are **PROFOUNDLY** spiritual experiences - involving the literal manifestation of spirit into human form.

Spirituality, however one relates to it, must be considered when discussing fertility and looking at how to best enhance and cultivate a fertile state as we welcome the manifestation of spirit into our bodies and our wombs.





I believe that the healing we need to undergo to meet our children is a combination of:

- *the physical* (how we are tending to our bodies with ideal foods for fertility, herbal nutrition, cleansing & detoxification, nourishment, adequate exercise/movement, ample rest, etc.)
- *the emotional/mental* (the ways we are thinking and feeling about the process of conception, tending to stress, past traumas, positively affirming our future, etc.)
- *the spiritual* (how we are relating to the experience of conception within our personal context of spirituality, connection to the spirit(s) coming in, tuning in with one's own spiritual self).

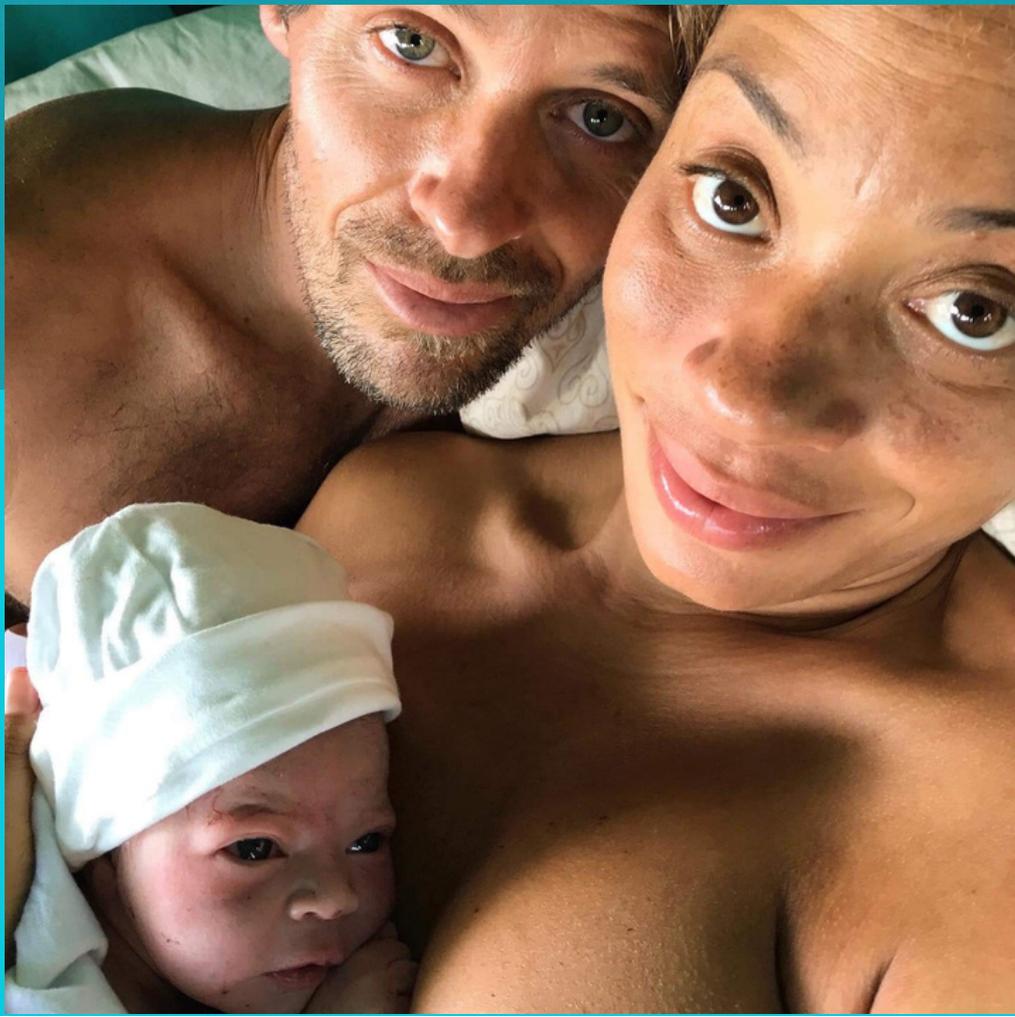
# MY JOURNEY

My own journey to conception was a BIG one.

I was told by doctors that I would NEVER conceive naturally due to two blocked fallopian tubes.

I received a clear message from Spirit that this was not true and that it was important to continue on my path of holistic healing in FULL FAITH that I would someday meet my children.

Four months after the diagnosis (and 7 years into my journey of “infertility”) I successfully conceived the first of my two daughters. I share the details of this journey and how I healed myself in The Awakening Fertility Masterclass (available at [www.earthrisingwellness.com/fertility-masterclass](http://www.earthrisingwellness.com/fertility-masterclass)).



# POWER OF PRAYER

I speak a lot about this part of my journey and I can't emphasize it enough. Prayer WORKS. Pray however it feels right to you. Create space in your life to SPEAK TO SPIRIT/ Universe/Source/God/Nature whatever name you give the essence of life. ASK to meet your children. Ask for guidance on your journey. Know that *you are co-creating with the Divine* and your participation is essential. Give thanks to Creator for all the blessings already in your life.

Giving thanks for what is ALREADY abundant and blessed in our lives invites the Universe to shower us with more things to be grateful for. More abundance. More blessings. Give thanks in advance for the blessings on their way to you now that you haven't yet received.

Open your heart to gratefully receive them now.



## ASK OTHERS TO PRAY FOR YOU TOO.



Seek out the prayers of prayerful individuals in your life. I've been asking my mom to pray for me more in the past 5 years of my life and I swear, a mother's prayers are POWERFUL!

Ask for your loved ones to lift up your request for new life to join your family. Call upon your angels, ancestors and guides. Spirit is just waiting for us to ASK for the support we need.



Therefore I tell you,  
whatever you ask for in  
**prayer,**  
**believe**  
that you have received it,  
and it will be yours.  
Mark 11:24



# JOURNALING

A wonderful way to see how Spirit wants to speak to us is through the process of journaling. This can also be a great place to give voice to some of the emotions that arise in the conception process.

Write down your desires, wishes and prayers.

Write to your unborn children - your spirit babies.

Ask questions.

Do a free write and see what comes through.

Again, create the space to connect to your inner guidance and to Divine guidance.



# PAY ATTENTION TO YOUR *DREAMS*



Spirit often speaks through dreams and babies seem to love to communicate this way. Ask any pregnant woman and you'll likely hear stories of prophetic or significant dreams she had about her children while in the womb.

Sometimes our children will come to us in our dreams and tell us what we need to do to meet them. Pay attention to your dreams. You might want to keep a dream journal by your bed and write down any dreams that you have at night. You can also make an audio recording if that's easier.



# TUNE IN WITH ORACLE CARDS

I love using oracle cards as a means of asking for and receiving guidance.

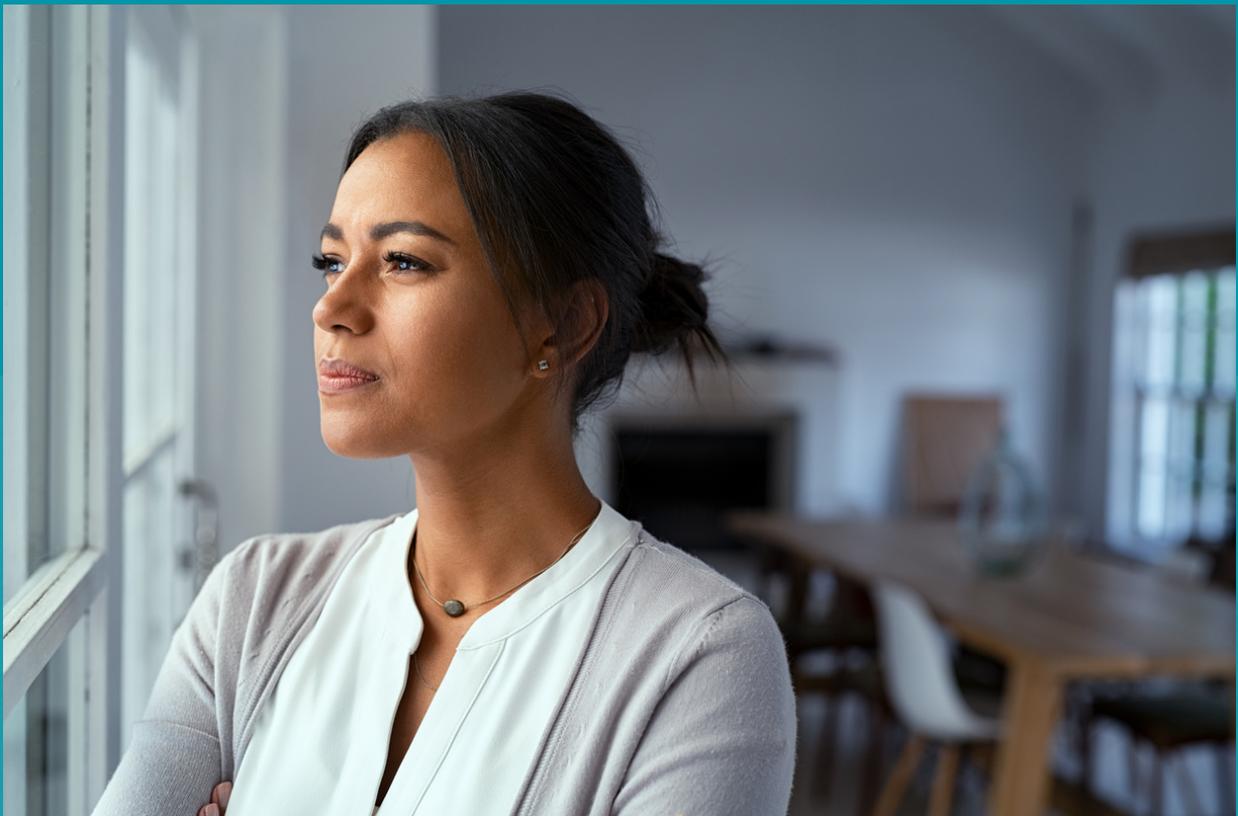
I'll often ask a question to see what is revealed in the cards.

In the months approaching conception I often pulled cards that said a child would be coming into my life or the "birth" angel card. It was pretty amazing.



# TRANSFORM LIMITING BELIEFS & THOUGHT PATTERNS

As exciting a prospect as motherhood can be, the anxiety that comes from trying to conceive and not doing so immediately can cultivate some self-defeating thoughts. These limiting beliefs can begin creeping in when you feel most vulnerable. The blame, guilt or shame may lead to toxic thoughts like: What if I'm not meant to be a mother? What if I'm not ready? What if it's too late?



These limiting beliefs can hinder your chances at conceiving by closing yourself off to the fertility journey. These toxic ideas may even trick you into thinking that you don't actually want to be a mother (limiting beliefs are that powerful). So it's essential to confront these feelings head-on.

Be proactive in your battle against limiting beliefs.

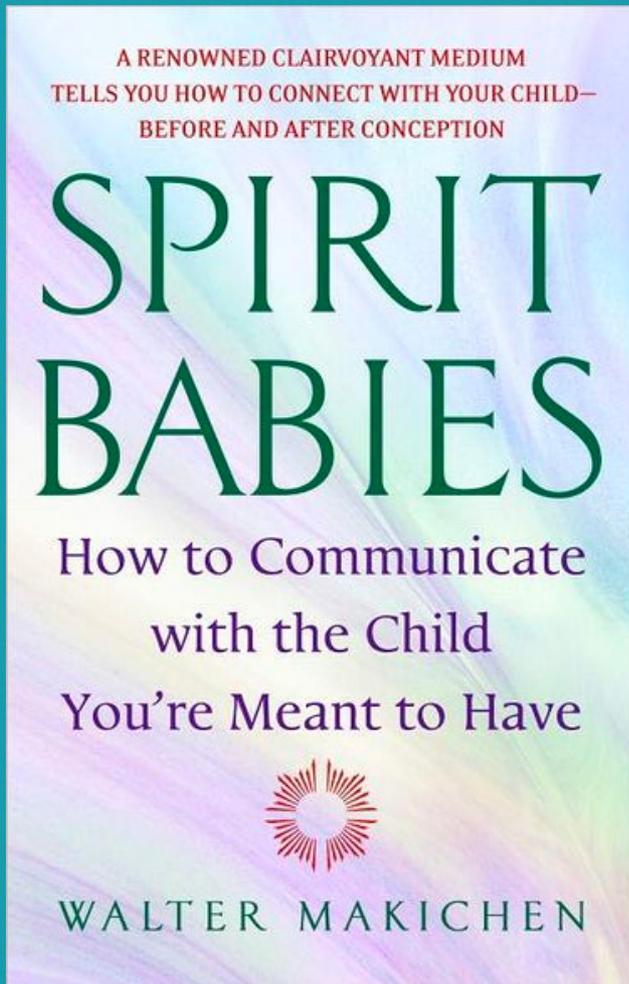
Surround yourself with people who are there to encourage you through your fertility goals and limit your time with people who work to reinforce those limiting beliefs—or cut them out of your life altogether! And if you believe that these limiting beliefs are stemming from a past trauma, consider seeing a therapist or doing somatic therapy to address these root issues.



One of the most effective spiritual approaches to help you address limiting beliefs is to create your own fertility mantra or affirmations. Consider a mantra like: “I am fertile and I am taking the steps that will lead to a healthy pregnancy. I will become pregnant when the time is right for me.”

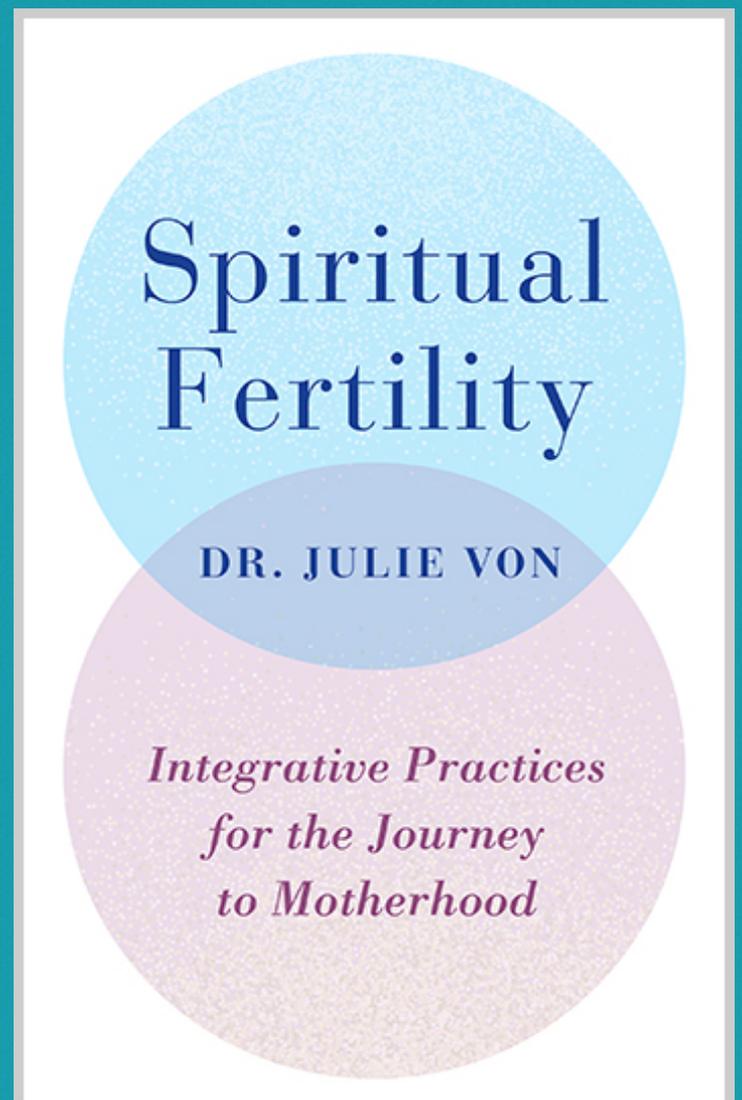
Repeat these affirmations every morning when you’re getting ready and again when you’re going to bed. Remember them when those limiting beliefs present themselves. Practicing positive affirmations in conjunction with yoga and meditation can be extra supportive in boosting your fertility as you progress toward motherhood!

# RECOMMENDED READING



Read the book *Spirit Babies: How to Communicate with the Child You're Meant to Have* by Walter Makichen

Read the book *Spiritual Fertility: Integrative Practices for the Journey to Motherhood* by Dr. Julie Von



# LIVE AS THOUGH YOU ARE ALREADY PREGNANT

Eat well. Rest plenty. Move at a sustainable pace -  
the pace of nature.

Stop doing the things that stress you out.

Give your body, mind and spirit the love, attention  
and care you would if you were already carrying  
your child.

Live like your Spirit Baby is with you because  
truthfully, they already are. :)



# JOIN THE AWAKENING FERTILITY MASTERCLASS

If you would like to study with me more I invite you to receive the Awakening Fertility Masterclass, a one stop source to give you the information you need to feel calm, at ease and CONFIDENT in your body's ability to conceive.



You will learn:

- 3 common, EASILY REMEDIATED OBSTACLES to fertility that you MAY NOT be aware of
- POWERFUL and EFFECTIVE Practices to HEAL and BALANCE the WOMB and address imbalances (cysts, FIBROIDS, PCOS, BLOCKED FALLOPIAN TUBES, heavy/painful/light periods, ENDOMETRIOSIS, recurrent MISCARRIAGES, lack of menstrual cycle and more)
- Methods for BALANCING FEMININE and MASCULINE ENERGIES to OPEN the pathway to CONCEPTION

- Optimal FOODS, HERBS and PLANT ALLIES to ENHANCE FERTILITY
- TOOLS to identify, address and HEAL the EMOTIONAL and MENTAL layers that AFFECT FERTILITY
- 3 common, EASILY REMEDIATED OBSTACLES to fertility that you MAY NOT be aware of

You will receive:

- A comprehensive list of my TOP RESOURCES to further support you along your path to fertility
- A BEAUTIFUL GUIDED WOMB MEDITATION experience
- LIFETIME ACCESS to the replay recording of the class



This 2.5 hour masterclass is valued at \$222, but you can receive it now at a DISCOUNTED PRICE of just \$97, available for a LIMITED TIME ONLY!

Use the code FERTILITYNOW at checkout!

Sign up TODAY at

[www.earthrisingwellness.com/fertility-masterclass](http://www.earthrisingwellness.com/fertility-masterclass)

# STAY CONNECTED

It is my honor and joy to support you on your journey to becoming a Mother!

I know this journey can be long and challenging at times.

Keep the faith. TRUST in your body's ability to heal.

Know that if you are desiring to meet your child, they are also deeply desiring to meet YOU.

You WILL find your way to one another.

Please feel free to reach out and let me know how I can continue to support you on your journey. You can find us on Instagram at @wombinfullbloom and access other resources and supportive information on our website:  
[www.earthrisingwellness.com](http://www.earthrisingwellness.com)

and on our YouTube channel:  
[www.youtube.com/candiceneaves](http://www.youtube.com/candiceneaves)

Sending you Big Blessings of Happiness, Fertility,  
Radiant Womb Health and LOVE!

