



The Energy Behind Fertility

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When we talk about the topic of fertility, we are really speaking about an energetic system that begets life. Everything is energy—our physical bodies, our thoughts, other people's ideas, the electronics we use and the clothes we wear. Even our desire to have a child is energy. Without energy, we would not exist. The wonderful thing about energy is that you can learn to harness it for fertility. Since all the systems in the human body are connected on some level, harnessing energy for fertility is about becoming energetically balanced as a whole, for you and your future child.

One way I like to talk about energy as it relates to fertility is by talking about the information centers in your body where energy flows. Chakras, as these energy centers are called, can give you a great amount of information about what might be out of balance when something is not quite right with your physical health or personal life.

Along your spine there is a column of energy, running from your tailbone to the crown of your head, and this is where the seven main chakras reside. One of the ways that the energy flows through the channel into different areas of your body is through the chakras that act like waterwheels. In fact, chakra is Sanskrit for the word "wheel."

Working with the energy of the chakras is a powerful way to bring yourself into wholeness for fertility and beyond. Each of the seven main chakras has its own purpose and is associated with certain types of energy. The seven chakras include the:

- First chakra – Located at the base of your tailbone and associated with the color red. It is about security, finances, safety, home and your connection with the earth. In essence, it is about survival.
- Second chakra – Located just below your naval and associated with the color orange. It is the seat of sexuality, emotions and pleasure.
- Third chakra – Located in the solar plexus region and associated with the color yellow. It is about personal power, will and self-esteem.
- Fourth chakra – Located in the heart area and associated with the color green. It is about the affinity for self and others, forgiveness and love.
- Fifth chakra – Located in the throat area and associated with the color blue. It is about communication, self-expression and creativity.
- Sixth chakra – Located between your eyebrows



and associated with the color indigo. It is the seat of imagination and intuition.

- Seventh chakra – Located at the crown of your head and associated with the colors violet and white. It is about knowledge, understanding, trust, wisdom and spiritual connection.

In order to work with the chakras and balance them for wholeness and fertility, it is advantageous to become aware of things that could potentially be affecting your energy as it relates to fertility. With only five percent of your brain used in conscious thought

is most likely some residue remaining in your energetic space.

3. Solar plexus chakra: Your belief and other people's beliefs about how your conception, pregnancy and birth should occur. One thing about being human is that we tend to put a good amount of weight on what others think about us. When we internalize this, it can lead to low self-esteem and a pattern of changing yourself for others.
4. Heart chakra: Unresolved grief from past miscarriages, childhood trauma or loss of a loved one.

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and the other 95 percent in the unconscious realm, it behooves you to become more conscious of what could be affecting fertility. In order to bring in a child, you want your energy flowing optimally—for you and the new life you are creating.

Many times things happen that cause energy to get stuck or stagnant or leave an energetic imprint, thus affecting fertility. In my practice, I see many energetic issues that influence fertility; things you may not have ever considered may be impacting your ability to conceive. Here are seven common energetic issues that can affect fertility, each associated with one of the seven main chakras in your body.

1. Root chakra: A less-than-positive relationship with your body. When you are not happy with your body, it is hard to feel safe and secure in the world.
2. Sacral chakra: Energetic residue from past intimate partners. When you are intimate with another person you exchange energy. Unless you have done work to separate these energies, there

Grief in the heart can act as a barrier to new opportunities, like a baby.

5. Throat chakra: Engaging in gossip. Gossip is one form of communication and it happens to have a lower energy. If you are wondering if you are gossiping about someone, I invite you to ask yourself if you would say this directly to the person you are talking about. If not, then it is probably gossip. Gossiping lowers your energy, and when trying to bring in a baby, a higher energy level is best.
6. Brow chakra: Doubting that your body can conceive, carry a pregnancy and birth a child. Doubt is the distortion of the sixth chakra. When you do not believe you can do something, you tend to unknowingly draw that energy toward you.
7. Crown chakra: Too much doing—not enough being. Slowing down enough to connect with yourself is important when you want to bring in a child.

To create an optimal atmosphere for conception,



energy needs to flow unimpeded. By altering the energy around these energetic issues, you allow more movement in your chakras and entire energy system, leading to a more conducive environment for conception. With simple energetic tools, you can learn to release the stagnant energy potentially impeding a healthy conception and beyond.

Here are five simple energetic tools to help you alter your energy for wholeness and fertility.

1. Shift what you say to yourself. Be mindful of what you tell yourself and do what you can to start shifting how you relate to those thoughts. Energy follows thought. Become an advocate for yourself.
2. Use an energetic elevator. Put any thoughts, ideas or beliefs that do not work for you into an energetic elevator at least four feet in front of you. When you are ready, push the button to have the elevator take the energy into the center of the earth. The electrical potential of the earth will recycle the excess energy from the contents of the elevator.
3. Create closure. Behaviors and events from the past can influence your fertility. It is helpful to have closure with these issues. Perhaps write a letter or create a memory box to have closure with an event. You can also write about what makes you want to behave in a certain unhealthy manner so that you can retire it from your repertoire.
4. Slow down. Even a small bit of slowing down can make a huge difference. Take some time to be in nature, take a bath or meditate. Slowing down helps you come into present time, which in turn helps you to ground. The only way your spirit can be fully grounded in your body is when you are in present time and the only way your energetic systems can be in the best working order is when you are grounded. In slowing down, there is also an element of self-love. We live in such a fast-paced culture that slowing down is often frowned upon. There is a fear of turning inward, of con-

necting with oneself. We forget that putting on our own oxygen mask is an act of self-love. When we slow down and ground, the physical body relaxes—which is important when you want to get pregnant.

5. Balance the energy in your chakras on a daily basis. Keeping in mind that energy follows thought, here is an easy way to do this: Focus on your tailbone area for at least 10 seconds, then sense, visualize or intend filling the first chakra area with the color red. For the second chakra, focus on the area just below your naval for at least ten seconds—then fill that area with the color orange. For the third chakra, focus on the solar plexus region for at least 10 seconds—then fill that area with the color yellow. For the fourth chakra, focus on the heart area for at least 10 seconds—then fill that area with the color green. For the fifth chakra, focus on your throat area for at least 10 seconds—then fill that area with the color of a blue ocean. For the sixth chakra, focus on the area between your eyebrows for at least 10 seconds—then fill that area with the color indigo, the color of a clear night sky. For the seventh chakra, focus on the crown of your head for at least 10 seconds—then fill that area with the color violet or white. That's it!

Learning how energy affects fertility and shifting this energy may prove to be the key to bringing in your future child. I invite you to become more aware of what you say to yourself, the choices you make, what needs closure in your life and when you allow yourself to slow down—all things that are important and about which to take note when you yearn for a healthy fertility journey. ☺



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