



EP 039: Surrendering to your fertility journey

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to another episode of the Fertile Mindset Podcast. Now first things first, because it starts in just a few days now, I want to make sure you, my lovely podcast listeners, have secured your free place at my upcoming challenge 5 Days to Fertility Calm. It starts on Monday, 13th September and if you are wanting to learn how to easily and effectively work through and beyond all the difficult emotions on a fertility journey, then this 5 day experience is definitely for you! It's honestly one of my most favourite ways to share the Fertile Mindset support I offer, and it's open to absolutely everyone. Whatever fertility issues or treatment you are facing, wherever in the world you are, and it's completely free of charge. I only run this 2 to 3 times a year so don't miss out on taking part this time. Just go to www.fertilemindset.com/5days. That's number 5, days. And I look forward to getting to know you and to support you over the 5 days.

Now back to the podcast and what I'm going to talk about and share with you today. Firstly, I'm so happy you are here, listening in today, looking for how to feel truly supported and emotionally strong on your fertility journey. What I think I know about you, and everyone who listens to this podcast, is that you are interested in the emotional aspects of fertility, you are prioritising them, and you want to have a calmer, clearer mind as you wait for your baby. Many people tell me that they discovered me and all my Fertile Mindset support when they were looking for solutions to the stress around fertility issues. And what happens when we start to uncover, acknowledge, and then resolve and release the stress, the negative emotional aspects of our fertility journey, is that the stress and the negative feelings and thoughts, have less of a hold on us. We no longer feel ruled by our emotions or by negative thoughts and beliefs. And what this means is that we become much more present with what is, what is currently happening right now, and less focused on the regrets or sadness of the past, or fears or uncertainty about the future. When we release all that we don't need – every stressful thought, feeling or belief – what we are doing is surrendering. We're noticing that we don't need to have a tight hold on everything. Our fertility situation doesn't need to take over every thought we have. We can release that hold, we can surrender, and it feels so good to do that!

But let's dial back a bit first. The word surrender, the idea of surrendering is uncomfortable to many, and we associate it with giving up which is the last thing we want to do. We may say we want to give up, have a break from all things fertility when we're in a low place, but actually giving up as a long-term strategy is not possible if we want to stay focused on doing all we can to become pregnant and give birth to a healthy baby. So how can surrendering even work on a fertility journey?

Well, first let's get clear on the fact that surrendering does not mean giving up. In fact it's the best thing you could do for yourself when you don't want to give up. Surrendering can be the most comfortable, the most sustainable way to be, and then also help you develop a mindset and perspective that is perfectly aligned for success on your fertility journey. Surrendering can help you notice the opportunities, be open to opportunities, and be more connected to that inner knowing, that internal nudge you get when something feels right, and which helps you make good decisions.

When we resist surrendering, we end up controlling, trying to plan to the last detail, and fool ourselves that we have complete control over the situation. It gives us a false sense of security, and we know it's not real and this leads to us feeling anxious around our controlling and planning. Does any of that sound familiar to you?

I know that many people tell me they feel this way on a fertility journey. It's when things feel, or indeed are, out of our control that we ramp up the need to plan, predict and control even more. Thinking that is the solution. That then we will feel safe, and will be certain of the outcome we want. So people come to me saying, I need to feel less stressed, less anxious about every aspect of my fertility, I'm constantly wondering if I'm doing everything I should be, and worried that I've missed something vital. What they really need to do, and are asking me to help them with, is to surrender to their fertility journey.

Let's face it, none of us are prepared to deal with fertility issues when we first try for a baby. It's unknown territory and we don't have a clue how to navigate our way through it. It's a bit like when the coronavirus pandemic hit. The last pandemic on this scale was 100 years ago, so not in any of our living memories. And we didn't know what to do did we? I still feel, getting close to 2 years now, that we are still learning how to live through, and get out of a pandemic. In fact, when things feel worrying or I'm aware I'm reading too many news stories about covid, I will remind myself that the whole world is doing this for the first time. It's all new ground and we're all finding our way through this. And it does make me feel calmer, with less need to know and control everything. It helps me stay present with what I know, and be open and ready for whatever happens next, whether that's been another lockdown, schools closing or any other twist this journey has taken.

And that's what can be so supportive on a fertility journey too. Taking it one day at a time, living your life in the meanwhile, and trusting that whatever happens you'll be ok.

In the last podcast, episode number 38, fertility coach Julia Midwinter talked about her own experience of having fertility issues and IVF, and said this:

"I can generally say this in all honesty. I went into my final cycle, just completely in acceptance of what the outcome was going to be. I just thought. I don't know what's going to happen, but I actually do believe it's possible for me to get pregnant and have a full-term baby this time, but if it doesn't happen then that's okay. There is an alternative. And just to have that weight lifted off me, that pressure of it's got to work, it's got to work. I can't believe this isn't working, was, was amazing. And I think it released such a lot of tension within me, physically as well. And that final cycle was obviously the one that gave me my son so yeah, just truly grateful."

Now I love that Julia shared how it felt to surrender, and how different it made the experience of that final IVF cycle for her. She said it felt amazing. And that is important. It's so important for us to value the experience we have while we wait for our baby, as well as focusing on the end result of conceiving. Now Julia, and others have said that they believe the act of surrendering, or creating a mindset to support their fertility, did lead to them successfully conceiving their baby. And whilst that is also amazing, my first priority is always for the women, the person, going through the fertility struggles, the treatment, the waiting, and the uncertainty. How do they feel, and how is it impacting on their emotional wellbeing and mental health?

And if learning how to surrender on your fertility journey supports your wellbeing and mental health, then for that reason alone it is absolutely worth exploring and embracing.

Before we talk about how to do this, I want to share another example of surrender on a fertility journey, from another big fan of EFT and mindset work, the bestselling author and self-professed Spirit Junkie, Gabby Bernstein. Back in 2017 she spoke at Oprah's Super Soul sessions on the art of surrender.

Gabby began her talk by describing how on New Year's Day of 2015 she had a plan to get pregnant. Her plan was that she would get pregnant right away, finding out the very next month in February, and she'd then use the entire 9 months of her pregnancy to write a book. She would then give birth to her baby, submit the book, and take 3 months off, returning to go on a book tour. She said it felt like the perfect plan, but she didn't get pregnant right away. And in the months that followed she was always looking ahead counting nine months into the future and planning out and making constant changes to her schedule so it would be aligned with the pregnancy. Gabby said she was driving herself crazy trying to control something that could not be controlled. She also joked that during this time she told her friends and family that she was "consciously conceiving" but all she was doing was consciously controlling every detail.

Gabby then goes on to share how it felt to continue to try to control every aspect of her fertility journey. Not feeling good enough, comparing herself to others, and noticing how she'd spent all that time trying to make it happen until the day came when she asked the Universe for help. She said she heard the voice of her inner wisdom, her intuition telling her it was time to surrender, and she then channelled and wrote down the 5 steps for spiritual surrender. I'm going to link to this 19-minute video on YouTube on the podcast page at www.fertilemindset.com/episode-039 so you can hear Gabby's story and her 5 steps for yourself.

What I'd like to give you now are my 3 tips for using EFT to make surrendering a natural, supportive practice on your fertility journey. Before I share these, I want to direct you to a couple of ways to learn how to do EFT, if you don't already know how to. It's a simple technique to pick up and start using, and one way – the best way – to learn EFT right now if you're listening to this podcast on its release day or soon after is by joining me in my free challenge, 5 Days to Fertility Calm. It starts on Monday 13th September and runs for 5 days, Monday to Friday so if you are listening to this before or during that window, go register for free at www.fertilemindset.com/5days. Another option to learn EFT is to listen to episode 20 of this podcast, which teaches you EFT and also has a round of EFT tapping that you can tap along with at 17 minutes 33. So, on with my tips for using EFT for surrendering.

The first tip is to notice when you are trying to control something on your fertility journey, and use EFT to tap on the emotion that is driving this. Only address one specific thing at a time, so it may be that you're charting your cycle and feeling frustrated that an ovulation isn't showing yet when it really should be. In this example you would tap on the frustration you feel and how you want to see an ovulation right now. How would it feel to accept your body and your cycle exactly how it is right now, and trusting in its wisdom? This is where surrender can take you.

The second tip is to notice when you are blaming yourself, or anyone else, or anything, for your fertility struggles. When we assign blame, we are far from surrendering and can feel stuck with the emotion of blame, and our sense of entitlement to feel angry towards ourselves, or someone or something else. Are you blaming anyone or anything for your fertility issues, and what emotion is attached to this? Tap on the emotion and allow yourself to release the need to point fingers or blame, and instead surrender to, and accept what is.

And lastly my third tip is to simply tap on how it feels to surrender. Like I said at the start, there's a common misconception that surrendering means giving up, like you don't care and are no longer invested in conceiving your baby. None of this is true, but if we believe it to be we will resist surrendering and try to keep an even tighter hold. Using EFT tap on whatever your belief is about surrendering, and see what else opens up for you.

Going back to Gabby Bernstein now, you may already know that she did conceive her baby, a baby boy called Ollie and she often now talks about the journey she went on to bring him to her.

I also believe that surrendering brought both my babies to me, and my second baby boy came to us through adoption instead of conception. When I chose to surrender to the journey of welcoming our second baby, this led to me feeling so comfortable and accepting of whatever route he came to us. And when that was adoption, there was no sadness or regret in any way. It simply felt right, how it was meant to be, and the transition from trying to conceive to applying to adopt felt smooth and seamless. Surrendering can take you in so many directions, even the ones you didn't expect and especially the ones you don't control.

I asked my Instagram followers what surrendering on a fertility journey meant to them, and they told me it meant accepting things as they are, accepting that I can't control this, letting go and trusting the Universe, feeling a sense of calm and peace, being flexible and trusting, and having a quiet confidence and optimism about their future.

I see surrender as the surfer and their relationship with the waves. Do they fight or try to control the waves? Of course not, because they know they can't! They work with them, use their energy, and find a state of flow as each wave approaches.

The same could be said for any creative or artistic activity – writing or painting. To be truly creative and make something remarkable the writer or artist needs to take themselves out of their head and let go of the need to control. By releasing any conflicting thoughts – which could be called writers' block - they allow the flow to come through, and just be with what is. Rather than wanting or expecting or demanding something else. This way there is less struggle, and more flow and creativity. Wouldn't that be a wonderful place to be on your fertility journey?

If you'd like to work on surrendering with me by your side, or on any other emotional aspect of your fertility, I would really love you to join me at 5 Days to Fertility Calm, which starts on Monday 13th September. During the 5 days I share short videos to guide you through resolving 5 key emotional aspects of your fertility, one each day. I also host a live Q&A session each day so you can ask me absolutely anything, and it all takes place in a private group on Facebook where your privacy is taken very seriously, and there is so much support and love available. I'd love you to join us and the link for one last time is www.fertilemindset.com/5days

So, that's it for today on the topic of surrendering to your fertility journey. I'll be back next Thursday with another podcast episode, and hopefully I'll see you before then at 5 Days to Fertility Calm. Take care and see you soon.

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to www.fertilemindset.com/sanctuary to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast.