



EP 059: LGBTQ+ Fertility & Connecting with Your Baby - Vanessa Gillis-Phelps

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 the Fertile Mindset Podcast! I'm so happy to have you with us, and I hope you're finding all the support you need within these episodes. We have over one year's worth now of weekly episodes, so there's lots for you to access.

Today I'm sharing a chat I had with Vanessa Gillis-Phelps who is the founder of Queer Fertility where she coaches individuals and couples with tailored support to meet the unique challenges faced by the LGBTQ community. She's a mother herself alongside her wife, having conceived two amazing donor-conceived children. In this conversation we also dive into Vanessa's other passion of spirit baby communication. I hope you enjoy listening and if you want to hear more from Vanessa, more about how she uses EFT to support her coaching clients and take part in a round of Tapping with her, then join us at the Fertility Stress Solution Summit that is happening this week. If you join now there's still time to catch Vanessa's session. I hope you enjoy listening to our conversation here on the podcast now, and at the summit too!

Sarah: Hello, Vanessa. Welcome to the Fertile Mindset Podcast. It's really lovely to have you here. How are you?

Vanessa: Thank you so much for having me. I'm doing well and I'm so excited to be here. Thank you.

Sarah: This isn't the first time that we've spoken, is it? We, we've only just met really, but this is already the second time we've had a really great conversation. And we spoke at the fertility stress solution summit, which is, we're right in the middle of this week. It's all happening. And we had such a lovely conversation at that summit that I knew I really wanted you to, to come onto the podcast as well and talk more about your story, about the unique kind of support that you offer, and yeah just see where our conversation goes. I enjoyed joining the summit chat so much. I'm sure we're going to have a lovely chat here.

Vanessa: Yes, that was so fun. The EFT summit was so much fun. Thank you for allowing me to be a part of it.

Sarah: Oh, you're so welcome. You're so welcome. And now we're in the midst of it all. It's all happening and yes, it's an EFT summit is what we're focusing on because that's what we have in common is the technique, EFT, emotional freedom techniques also called tapping. And whilst I'm sure, while we talk now about your story and about how you support other people, I'm sure we'll still mention tapping here and there, because it's such a big part of what we both do. But our real conversation where we got really deep into how you use EFT and, and you also guided us through a beautiful tapping round that we can take part in. That's all over on the summit. So, I'm just going to mention the signup link now, so we don't forget that later in case we just get so immersed in our chat, but this summit, if you haven't signed up to already lovely podcast listeners, it's happening right now, it's completely free to register and listen to the day sessions free of charge.

Vanessa's, one hasn't gone out yet. If you're listening to this on the Thursday that the podcast is released. Then you still do have time to catch up with Vanessa session and tap along with us, both as well there. So go and check out the summit. And now we're back to you, Vanessa.

So, I'd really love to start out our chat, just hearing a little bit more about you and how you got into this world of fertility support and where it all began for you?

Vanessa: Yeah. So, you know, it's so interesting because I never, I never would have thought I would be doing this type of work. It's amazing healing work that I get to offer my clients and my community. And, you know, as I mentioned through the summit a little bit about my experience. It was really, it was really two-fold, you know, when my wife and I first decided, okay, we're ready to start trying, it took a lot to get our son here. There was so much that we didn't know, we were so overwhelmed with information and let alone accurate information. And so, you know, we did go on to conceive our son.

And then when it came time that we wanted to have another child, it was like the whole process started all over again. I thought it would be so easy, you know, 'okay, we did it once, let's do it again.' And it was just a whole, it was a whole new ball game. And so it was, I remember we were trying, and several thousands and thousands of dollars invested, doing all the same things, checking everything off the list, as we often do, right? The more that we can control, or at least the more like we feel like we can control, we feel like, you know, that's going to help everything.

But for me, it was really all, all of that control was just kind of like squeezing, restricting everything is what I felt, like I was holding on to everything so tightly. And so, I just felt, you know, after each unsuccessful cycle, it got harder and harder. And, you know, for people in the queer community, you know, if you are using sperm from a sperm bank, it's, you know, you are, you have only so many vials, right?

You know, you have your donor who contributes X amount of vials. And once you go through those, you know, if you're really attached or connected to this donor, that kind of adds a lot of extra pressure. And I think that was the thing that was really hitting us the hardest, was that, you know, we already had a son from this donor we really loved, really felt connected to, and I would say, okay, this has to be the cycle because you know, we only have so many vials left and okay, well now this really has to be the site.

And so it was, I was creating so much extra pressure for myself. But Sarah, we did go on to get pregnant and I thought, okay, this is great, we did. But then unfortunately we had a miscarriage and, oh my goodness, that was so hard. It was so, so difficult. But I will say that is where, you know, my journey with EFT really started. And just using that technique of tapping kind of that strange little weird looking technique, as people often tell me, it really allowed me to start to heal, you know?

I know there's a lot of, kind of, confusion and questions about, you know, oh, does it just minimise the grief, or does it just dismiss everything? And that's not the case at all. It really allows you to clear up the closet, as I always say, and really see things for what they are to really gain clarity on whatever it is, you're feeling.

That was the case for me, it allowed me to just process things, to move through everything that I was feeling, to honour and acknowledge what I was going through, because I think that's a lot of it too. It's like we think all of these thoughts, but it's really, it's harder to put words to it, to really speak them out loud. And I don't know, just with EFT, it just allowed me to be really honest with myself. I think that was the biggest piece. I was really, really honest with myself. But it was through that EFT through several other techniques that I use, that allowed us to heal, to move forward and to get pregnant with our second child.

And now, because of that experience, I am able to bring these gifts to the world, especially within my community, to share with them and to help them create the families that they're dreaming up and they're wishing for. So, it was a beautiful turn of events.

Sarah: Wow, thank you for. I wanted to speak so many times, but I wanted to hear the end story as well. You know, I want to hear that whole, that whole completion, because I knew that you had your two children, but I could really feel the pressure that you speak of there. In the midst of what you were saying, and you were saying about, you know, having that limited number of, of opportunities with the donor, that you'd not only become attached to, but of course, it was the donor of your first child. And that just really hit me in my heart, when you said that. I could really feel how important that felt for you at the time, and the pressure and the stress that must have been involved in wanting and willing every attempt to work. And then the high, the highest of high I can imagine when you got the first results, the second time round that it did work, and then how heart-breaking for, you know, to go through a loss. I'm so sorry that you experienced that. But I can hear how that experiences has brought you that connection with the fertility community and others going through a similar journey to you, because this isn't as straightforward as that, you know, it's not like, I know we talk about this in the summit, you know, how you're taught at school that you just, man meets women, they marry, they get pregnant, and they have babies and they all live happily ever after. And, you know, for so many reasons, so many parts of that story are wrong and incorrect for many people.

But you know, it's just one challenge after another, isn't it? When you can see that kind of extra stress there, that extra pressure, that isn't easy for me. I need to make this work in this particular way. And how different it can be when you bring in the right kind of mindset and emotional support, and how that can be the energy that kind of pulls you through, can't it? Even the toughest times. And I love what you said there about the loss and how it didn't minimise your grief. It just helped you really gain clarity on where you were, and what you were feeling, and then helping you move through that, you know, honour and acknowledge where you are. Which is, it's a tough part, isn't it, of any journey? If we experience a loss, if you are still planning to continue to conceive it's yeah, it's really hard to imagine well, how do

I, how do I recover from this loss? How do I grieve the baby I lost, and then still move on to another? So yeah, it's tough times definitely.

Vanessa: I want to add in there, Sarah that I'm actually during, during my healing process, I had come across, I don't even know how, you know, divine intervention. I always say that I came across one of your summits at the time, and it was at the right, perfect time that I just, I needed something, because while I was able to use EFT, I still was very naive, or very unaware of all of the tools and support that's really offered. I didn't even know what fertility coaching was yet and when you, I believe it was actually your, I'm going to say the Path to Parenthood Summit, and hearing your voice, just hearing your story and hearing the stories of so many others, oh my goodness, that was just such a gift to me. It gave me something to look forward to each day and I just, I could feel my light shining just a little bit brighter again, and a little bit brighter. And so, I'm so grateful for you, for, you know, sharing that with me.

Sarah: Amazing. Oh, thank you for sharing that with me while we were in the middle of a, what is a crazy week when you run a summit, you know, it's insane because we have all you amazing speakers, and then we have a huge audience and lots of technology that threatens to go wrong, you know, and it's, it's crazy. And I started running the summit in 2010, so quite a while ago now, but this is the first time I've done one on this scale since 2018. So, four years now. Yeah, four years. And I think I was a bit nervous about doing it again. Now I've got two children and my life's quite busy, and I thought, can I really do this?

But I always know that it's so worth it because it is bringing together all the information in one place, all the inspiration and support, you know, in one place. Because you said right at the start, you know, that it was quite overwhelming for you, didn't you? Of where do we go, now? There's a lot of information out there, how do I find the right information? How do I know which path to go down? And I think when you're involved in any kind of Summit or an event, you know, where you've got this kind of choice of speakers that you can listen to and routes that you can go down it's, it's so helpful. It gives you that really strong stop point doesn't it and opens up a whole world of different support and potential solutions as well. So that's amazing to know that we met before we met, if you like, through that event. Oh, brilliant.

And of course, you had EFT, you know, you mentioned about how, how that was supportive and we talk a lot more about that at the summit session, so we won't repeat ourselves, you know, too much here. But you said that obviously that, that you've gone full circle, and now you have your two children, you've been through so many different experiences now that can really help you relate to the people you support. So, could you share a little bit about what that is that you do? Because I know from my perspective as well, I definitely support people who've had a similar journey to me, but it's so diverse and so wide, isn't it? The different experiences that people can have on a fertility journey, and definitely for the queer community, although you may think, well, it's all about donors and it's all this and that. No, there's, there's so many different routes, aren't there, and so many different things that can happen?

Can you give us an, an overview of how your support works and the kind of issues you support with?

Vanessa: Yes, absolutely. So, I serve clients in two ways. Sometimes my clients are lucky enough to find me right at the very start of their journey. And so I'm already immediately able to clear up confusion from Dr. Google, as we say, and really just from the beginning, save them so much time, energy and money because, you know, there are certain routes that we

want to explore because we don't know, we don't know what we don't know. Right? And so, for example, like I have some clients that come to me, and they really want to do what's called the shipping method.

For those that don't know, shipping method is to use, let's say you have a donor, maybe a really great friend who lives, just happens to live across the country, so too far to kind of drive to, to retrieve the sample, but someone that you just feel connected with. And you say, you know what? I really want to use them, I'm going to give it a try, let me have them ship their sperm through, you know, whatever mail carrier, FedEx, UPS, doesn't matter. And so, I have a lot of people that they're really excited about that, and they really want to try it. And first Sarah, I always tell them like, you know, your baby best and you know, your body best. So, I'm here to offer guidance and support, but if there's something I share that it just feels out of alignment. That's okay. You always do, you know, what feels best for you.

But I know from all of the years of experience that I have working with so many different individuals and couples in the queer community, unfortunately the shipping method just, it's not had great success at all. In fact, I have yet to have a client who's been successful with it. As you can imagine, sending sperm through the mail, it has to be packaged in such a specific way. And that by the time it gets to you, it's usually not viable anymore. And they even have these microscopes that you can attach to your iPhone or smartphone that allow you to see the mobility of the sperm. And if you check, you'll see that, unfortunately, they're no longer mobile. But that, you know, that experience can cost already several hundreds of dollars, and so I had a client who was doing it month after month after month, several thousands in. And I was like, okay, are we ready to try something else? And finally, she was like, yes, Vanessa. Okay. I realised, I thought I could make it work, it's not going to work. Let me move on to something else. And then she got pregnant right away.

So, it just, you know, different things like that, that we have. Whether we hear about it from different Facebook groups or forums or wherever you choose to get your information, finding me right away from the start, I can save people so much time and money in that way. The other way that I work with clients, and that I serve them, is offering that mindset work. You know that mental, emotional support, and one of my most favourite ways actually is to help people learn about something called pre-birth communication, or as I like to call it spirit baby communication.

And when I first share this term with people, it's so interesting the reactions that I get. For some people they're immediately intrigued and curious, and for other people, they're kind of like, what? Like, is this lady just crazy? What is this? But Sarah, it's so funny because the ones that kind of like raise their eyebrows and say, okay, I think Vanessa is a little cuckoo. They are the ones that end up getting the deepest into, or feel the most connected with in. And I always have to laugh about that. That they're kind of the most sceptical at first, but then they ended up just falling in love with the art of spirit baby communication. Those are definitely ways that I love to serve my clients.

Sarah: And, you know, I could see a kind of connection between the two there, because you were talking about people having their own, maybe fixed, ideas sometimes of how they want to do a certain thing. Like this is, this is what I believe. Of course, it's useful to have a container, isn't it, to explore that? And you know you can provide that kind of space for your clients to say, okay, so tell me what it is, that you have ideas about? What methods, you know, what approaches appeal to you? And we can discuss them. And you obviously have information and, you know, you can inform them so that they have all the knowledge available to them, like you say, about the shipping method not really seeming to be that

successful. They can have all that information, but still, it comes back to that parent to be, doesn't it, it comes back to them.

When you said, you know, your baby best, that just sent shivers down me. It's like that. It's like having that connection to the baby that you're bringing in, that you're inviting in, who knows how and where they'll come from, and who exactly they will be. But I think when you're on this journey that does often get to a point where you really feel that connection strongly. You know, you go through so much, don't you and you go through so much kind of practical stuff and logistical stuff and financial stuff and medical stuff and all of that. But then when you feel that connection to that child, which is what it is all about, you know, that's, that's the truth of it. That's the long-term picture. It's not the short term, difficult, you know, route to parenthood. It is being a parent. And it's, it's quite magical, isn't it? And that's when, because I knew that you did the spirit baby communication, I knew we'd probably touch on it today. And when you said, you know, your baby best. It just felt like an allowing. Okay, so let's, let's go with it, you know, you know, you know, best this is you, and it's your baby. And you're not going to kind of interfere with that process. It's between you and your baby. Let's just grow that connection and see where it takes you. Cause, I think. I think when you really feel that connection, which I definitely felt at various times on my journey, things start to just feel a bit easier, you know, feel that feel like they can flow a bit more easily and you have a clear mind, and you make the choices that feel right for you, you're really getting in touch with your intuition. But I'd love to hear a bit more about the spirit baby communication, and like you say, you talk to people about it and they're a little bit, Hmm, I'm not sure about this. But then they love it. What happens then, what does that look like? And what's the communication like?

Vanessa: Yeah. And so, I mean, even right now, just to start off, like if you're listening right now and you're thinking, huh I'm intrigued or, oh, that's interesting, what is this all about? You know, if you just, if you're in a space to just close your eyes for a moment just to tune in, and I always say to start with hand on heart, hand on womb, or belly, or skin to skin. Because there's so, you know, as you remember, it's very easy to be disconnected with our bodies through this process. Right? And so sometimes just that kind of hand to heart, hand to womb, or hand to belly, skin to skin connection just starts to melt down these walls where these, kind of, blocks that we've put up around ourselves without knowing that we're doing that. And so, I always start with that connection and it's just making that contact if you're again, in a space to do that.

But even just to think for a moment, when I say I'll ask the question, you know, what do you already know about your baby? And so again, people sometimes will say, well, I'm not even pregnant yet. How can I know anything about them? And they're not, you know, I don't have any connection with them or they're not even here. And, you know, I always say that you, Hmm. How do I phrase this? A lot of times we don't give ourselves enough credit for what we already feel, or what we already know. So, for example, I'm going to guess that, you know, you probably already see a gender when you kind of daydream about your baby.

Do you see a boy, a little bouncing boy, you know, toddling around, do you see a girl? Do you see bows in the hair or dresses or, you know, whatever? Whatever way you identify with that gender. Do you maybe see what their eyes look like with a smile on their face? The colour of their hair? You know and a lot of times, as I'm kind of walking them through this, then they say, oh, you know what? You're right. I have always seen a little boy who looks like, you know, my grandfather looks like, you know, one of my siblings or, you know, and they start to describe it, but it's really, again, giving yourself permission to explore something that may feel a little uncomfortable or a little different than, than what you're used to.

But, but yeah, it's always interesting to see people come back and say, 'you know what, Vanessa? I guess I always thought I was a little crazy, or kind of, making things up in my head because I've had dreams about my baby, or dreams where, you know, we're playing together or sharing this book together.' And I'm like, 'that's your baby already communicating with you'. It's just giving yourself permission to, to put a name to it, let's say, to say, okay, that's what it is. That's what I've been doing. I just didn't realise I was doing it all alone.

Sarah: And it's such a gift, isn't it to have feelings, you know? Especially when it's dreams and it just feels real, you know, and you can really see yourself in that position of being that, that child's parents and see what, how you will be and you know, it just feels so much more in touching distance doesn't it, and achievable and real? So, I think it is, yeah, such a gift to allow that. I can understand how people would feel conflicted in different ways. Like you say, sometimes it's just the 'what on earth is this about?' You know, it's a bit out there, a bit woo-woo. But also like, kind of, wanting to protect their, their heart a little bit, you know? And, and saying, dare I, dare I step into that, and really imagine myself and see myself with my baby and, and name what I see my baby as you know, and. Because it feels very vulnerable, doesn't it, to go there?

Vanessa: Yeah. For a lot of people, it is. There's a lot of fear that we've kind of attached to. And, you know, rightfully so, you know, especially if there's been loss, in whichever form that looks like. And so, yeah, there's, there is a lot of trepidation. There's a lot of fear, but I can tell you, you know, through every client that has nurtured that connection, oh my goodness, it has been such a gift to them. Knowing that okay, I may not know exactly when I will get pregnant or when this is going to happen, but I feel that connection so strongly, now I have that trust. And I'm just going to do the best I can to take care of myself while I wait for my baby to join me. That's the real gift in it.

Sarah: Yeah. And there are many ways, of course, in many ways as there are people that, that connection can look, you know, it's going to be different for everybody I would imagine. And whilst I'm not sure I had anything exactly like you're talking about here with like the, say the spirit, baby communication, and really seeing a vision of your baby, I can see kind of other ways as well that I felt that connection and just now recognising how really supportive that was and how it kept my focus. And it just made things feel like I was in the right place at the right time if you know what I mean. And even from the first moment that me and my husband decided that we would try for a baby, we were in Aberdeen, in Scotland, I remember it. And we were in the, around the shops and there was a shop called Mothercare that's like this big shop in the UK that sells baby clothes and things. So, we said, let's just have a little wander around there to see how it feels, you know, it just be in that kind of baby energy.

And then we bought this little toy, a little toy dog that we said, you know, we'll call this dog lucky, and this will be our baby's first toy. And, you know, I didn't know at that stage, it would be two and a half years till I even conceived but we had that, you know, that that toy was there, and he was with us. And yeah. And along the way I felt those connections.

Yeah. We had a very early loss at one stage. It would be really classified more as a chemical pregnancy, very, very early loss. But it was the first time that I'd seen a positive pregnancy test and shown what was possible. And I remember that night when I had the test and I went to sleep that night, not knowing if it would stay or go, and a little vision of a dark-haired girl just came in and then drifted away again, you know? And it was like very, kind of, naturally I'm here for a moment and now I'm leaving, you know, and it felt, it didn't feel sad. It just felt, I don't know, I can't explain it. I can't put words to it, you know, it's just that kind of that communication and that showing, like, you know, you, you can do this. I'm not here yet, I've

not arrived yet and it might be someone else that arrives later, and it was, it was a blonde-haired boy.

But yeah, really, really, kind of, comforting to have that connection in however it shows up. And sometimes, sometimes we can encourage it, like going and buying the toy, can't we? And sometimes we can just allow it, and see what comes through, or work with someone like you and facilitate that and start to open our minds and our hearts. But yeah, it's a beautiful thing to do.

Vanessa: I love that you mentioned that. It was so beautiful, the experience you had with purchasing the little, the little doggy toy. I love that because you know, that is something that, you know, can feel very scary. You know, when I mentioned that to my clients, like, well, how do we feel about starting to get the nursery ready, or starting to get the room ready for baby? And a lot of times I find that my clients are like, 'oh my gosh, Vanessa, can I really do that? You know, I've wanted to do that for so long, but when I mentioned it to people, family, or friends, they say, no, don't do that, that's jinxing it, that's bad luck'. But in their heart, they want too so badly. And so of course you know, what I say, I'm like, 'yes, of course you can, you can do whatever you want, it's your baby'. And then, you know, on the same note, if there are clients that are like, you know what, that feels good, but I need to just step into, kind of like tiptoe into it, a little by little, then that's great, you know, the speed, you know, to go.

But absolutely, I feel like a lot of it is just giving yourself permission, so giving yourself permission to connect with baby and to, to really be curious, and to explore what that relationship already looks like, and what it will look like in the future.

Sarah: Yeah. I'm just thinking about the tapping round that we did at the summit, and, and that was a lot around, you know, fearing that I'll never conceive and, and having those real, almost, it can almost feel like a certainty, those fears, can't it? You know, if I think about those fears enough and we live in those fears enough. It then becomes impossible to even imagine that we will have a baby. And so, it becomes harder to then yeah, buy the toy, think about the nursery, you know, have, allow yourself to have that sort of connection. If the fear is really strong. And it's a protective fear often, isn't it, you know? Like we just said, it kind of builds up and builds up until it just feels yeah, it's too much, isn't it? It doesn't feel right in the end, it doesn't feel protective. It feels like a barrier and an obstacle. So, I think, yeah, if this is resonating with anyone listening. That you're finding this kind of aspect difficult to think about, or you wish you could, you know, you wish that you could step into that, but it doesn't feel possible for you, then I really think Vanessa's tapping around that she shares that the summit could be so helpful, as a gentle introduction to opening those doors, you know, and feeling safe with those thoughts..

Vanessa: Yes, there's, if we have time, there's a quick story I'd love to share that I had with one of my clients. So, she was one that was very sceptical about, you know, this whole spirit baby connection woo-woo stuff, but she was, she was intrigued, and she had an open mind. She was like, okay, let's, let's do it. And one thing that she always came back to was she's like, Vanessa, I know our donor is completely sold out. They're not, you know, the sperm bank. I think if you decide to reach out to the donor. Well, obviously if you ask the sperm bank to reach out to the donor, it's something, it's a very, like \$5,000 just to see if they're even interested. And they could say no, and you still have to pay that \$5,000 just for them to reach out. But through the work that we were doing, she kept saying, you know, 'I know the donor is sold out. I know it's not possible, but I just keep seeing all the traits of the donor. You know, every time I visualise my baby, every time I see my baby, I just keep feeling this connection to this donor. What is that about?'

And of course, I didn't know. But I knew there was something there that we had to explore and so, you know, we did some private coaching together. She went through my eight-week fertility freedom program and came to find out she had so much clearing to do. She didn't realise a lot of things from her past that still kind of, in her words, keeping her stuck.

The donor did come back on his own accord. He wanted to make some, some more donations and it was through that, that they went on to get pregnant immediately. But it was, she told me she was like Vanessa 'had I not known about connecting with a baby, I would have most likely moved on to another donor.' And she said, 'I don't know where that experience would have led me'. But she said that 'I could see them so clearly and I knew there was something with this donor. I just couldn't let go of'. And so anyway, it's just so amazing to see how much our babies can really guide us if we know the steps to connect with them. I just love sharing that with people.

Sarah: That's beautiful. Really beautiful. Yeah. Very, very quick, just a completely alternative route to parenthood, that I can relate to that story as well, is that our path to adoption, once we did conceive our first child and yeah, it was all wonderful. I could really relate to what you said at the start though. Then the second time round. I was like, great. You know, I understand my hormones now. I know what I need to do to get pregnant, and I'll chart my cycles again, I'll have acupuncture, I'll follow that particular fertility diet, and fantastic I'll get pregnant easily this time because, you know, I sorted that out. But yeah, as soon as we started trying and I looked at my cycles and my husband had a test as well, we were like, gosh, you know, things are a lot worse than they were before, and we put it down to having a baby and being exhausted and, you know, we were in a different place. And we very, quite quickly, probably perhaps maybe quicker than, you know, most people would, I don't know. But we felt really drawn to adoption, and as soon as we made that decision, I could no longer even think about trying to conceive again. It felt, it felt like my babies out there and I, they might even be born now. You know, I didn't know. They might be growing in their birth mother's womb, or they may be born. I don't know. But they're definitely out there, and I could really feel that.

And people would say, you know, as soon as someone adopts, they get pregnant, you know, that happens as well, and I was like, well that's not happening here. We're preventing it. We don't want to get pregnant now, you know, this is what we're doing, you know, and it, I just really felt that connection. And, as soon as we met our little boy, he locked eyes with us, and he was only four months old at the time, and he just reached out to us, and he wanted to be held immediately. And yeah, the bond was there straight away. Oh, so you just never know do you. You never know where you're going to go, on this journey. It's definitely being prepared for the unexpected, and the twists and turns, and yet staying open and receptive and listening to those little clues and those little nudges along the way. And if that's hard, you know, if you can't hear them and you're afraid to hear them or whatever, then you have someone like you and all the work you do, its holding that space for someone and allowing them. It's beautiful. Thank you so much, Vanessa, for doing what you do from taking, you know, your, your pain, your heartache, but then your absolute joy as well in having your children and bringing it to this world of fraternity support. It's a real pleasure to get to know you.

Vanessa: Thank you so much. Same here

Sarah: Oh, and of course, if everyone listening, if you'd like to continue this conversation with Vanessa and hear more about how she can really support you, and do a tapping round,

actually, straight away at the summit as well, and get support instantly, then do come and join us. It's a fertility stress solution summit, which in my opinion, and of all the speakers there as well, the solution to fertility stress is a lovely, amazing, slightly strange looking technique called EFT, which is also called tapping and we would love to introduce you to it. So that's, that's what we're doing all week long at the summit. We're right in the middle of it right now. So, if you come over, you can absolutely catch up with all the sessions, still watch Vanessa's as well, and do lots and lots of tapping with us. We'd love to see you there. And Vanessa as well as chatting to you over there at the summit this week. How else can people get in touch with you? Where can we find you online and on social media?

Vanessa: Yes. So you can always reach out to me at hello@queerfertility.co and I am on Instagram if I may at, [@queerfertility.co](https://www.instagram.com/queerfertility.co) but my most favourite place to hang out is on Facebook. I have a free community that you can get support from, and that is [LGBTQ trying to conceive, pregnancy and fertility](#). So send me a message, come hang out with me and my Facebook group and yeah so excited to meet people and help them.

Sarah: Beautiful. Thank you. Wonderful. Really, really good to speak to you Venessa, and I'm sure this is our second time speaking. It won't be the last, I'm sure.

Vanessa: Wonderful. Thank you, Sarah.

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.