



EP 067: Tapping into Your Fertility Intuition

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. If you've listened to the previous two episodes you'll know that this is a time of great change and activity behind the scenes at Fertile Mindset, so the podcasts right now are still coming out weekly, but they are shorter bite-sized episodes giving you something powerful to reflect on, journal with, and also of course use EFT tapping on too.

If you like this podcast format, then let me know. You can get in touch with me anytime via my website at www.fertilemindset.com. I'd especially love to know how you find this episode as I think this is going to be my favourite mini episode yet! That's because it's about one of my favourite topics and something that I love to guide people through and see what emerges for them, and I'm also going to give you 3 steps to begin this experience in a powerful way. So, what I'm talking about today is intuition, and how to tap into your own intuition to support you on your fertility journey. If you listened to episode 64 a few weeks ago, you'll have heard Michelle Oravitz and I talking about intuition and how it's so valuable when navigating fertility issues.

You might also call intuition by other names such as your gut instinct, or your inner wisdom or knowing. It's that clarity of mind you have when you just know what to do. You know what needs to be done, what will get you closer to where you want to be, and to trust that you're on the right path. When you're guided by your intuition and can easily connect to your inner knowing, life becomes simpler and easier in many ways. It doesn't mean you won't still face challenges and setbacks, but as you do, you'll meet them with a sense of calm and peace, trusting that you will find your way through.

Now, I know that the experience of having fertility issues, and maybe going through fertility treatment, and trying for so long to have your baby, can be the total opposite to living in a calm and peaceful state. It can feel like life is full of sadness, loss, fear,

and tough decisions to make. I invite you today to be open to the possibility that it doesn't have to be that way. That you can find your own inner peace and clearer way to move through the next steps of your fertility journey. And the 3 action steps I'm going to share with you now will make this possible for you.

Ok, so number one is to clear your mind. And what I mean here is to clear your mind of the thoughts and inner chatter going on that really isn't needed. Listen to where your mind goes, what it's overthinking or stressing about, and use EFT on the main thoughts that feel negative or unhelpful in any way. EFT is the quickest way that I know to easily let go of thoughts and feelings that you don't need and clear the way for your intuition and inspiration to flourish. And if you don't yet know how to do EFT, check out either episode 20 of this podcast, or join us in the Fertile Mindset Sanctuary membership. I'll put links to both in the show notes here.

The second step, the next step is to open your mind. Once your mind and your thoughts are feeling clearer and calmer, you can again use EFT to open your mind to intuition, and literally tap into all the inner knowing that's available within you and waiting to be brought out. You can do this by using what I like to call "opening" or "seeding" phrases as you tap, that are allowing your mind to open and planting the seeds of new possibilities. They can be phrases like "I'm open and ready to connect with my intuition", "I wonder what I should do next on my fertility journey?" or "I'm ready to be surprised by the guidance and wisdom I have within me". Feel free to use any opening type phrases that feel good to you. This isn't a time to be telling yourself what to do, but instead be curious about what the possibilities could be if you tap into your intuition.

After those two tapping exercises, the third and final step is to journal. Get yourself a fresh page of paper and write at the top: My intuition is telling me to... and then let the words flow. Don't stop and overthink or edit what you're writing. And if you're not sure what to write, then write that too! But if you've gone through the first two steps before and have cleared and opened your mind with EFT, then this final step of journaling your thoughts and nudges from your intuition can flow freely.

And there you have it, you've tapped into your intuition to guide you on your fertility journey!

Let me know if you try this and what happens for you. Get in touch via my website at www.fertilemindset.com. I would really, really love to hear from you! Thank you for joining me today, and I look forward to speaking with you again next week.

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.