

Table of Contents

Chapter	Page
1. An Overview	1
Module One--Introducing Energetic Medicine	2
2. Finding Your Balance	3
3. Establishing Your Connections	7
4. Fundamentals of Energetic Medicine	9
5. The Gardener & The Mechanic	13
Module Two: Preparing the Fertile Mind	21
6. Five Fertility Stumbling Blocks	23
7. Avoiding the Silent Fertility Killer	39
Case Study: Adrenal Fatigue Hinders Fertility	45
8. Anchor Your Positive Feelings	47
9. Setting Fertility Goals	51
Module Three: Preparing the Fertile Body	55
10. Advanced Maternal Age	57
11. Internal Cleansing For Optimal Fertility	63
Case Study: Liver Cleanse Boosts Fertility	69
12. Just Add Heat	71
13. Full-Belly Breathing	77
14. Castor Oil Packs Support Fertility	81
Case Study: Endometriosis Affecting Fertility	87
15. Do Cold Foods Trip-Up Fertility?	89
16. Acupressure You Can Do At Home	93
17. Femoral Artery Massage	101
18. Acupuncture Overview	103
19. Gravity, Light & Fertility	109
20. Basal Body Temperature Basics	119
21. Are You Fit For Fertility?	131
Case Study: Balanced BMI & Optimal Fertility	134
22. Yoga For Fertility	137
Module Four: Critical Timing	141
23. Guide To Men's Fertility	143
24. The Four Menstrual Cycle Phases	145
25. Fertility Phase One: Menstruation	147
26. Fertility Phase Two: Pre-Ovulation	155
27. Fertility Phase Three: Ovulation	163
28. Fertility Phase Four: Potential Implantation	181

Module Five: Putting It Into Action	191
29. Your Fertility Archetype Assessment	193
30. Your Fertility Archetype Revealed	195
31. The Frustrated Archetype With Case Study	197
32. The Worried Archetype With Case Study	209
33. The Anxious Archetype With Case Study	217
34. ART & Science	227
35. Such Sweet Sorrow	235

Special Bonuses **237**

Full Moon Charts by Month

Fertility Action Plan Download Links

Basal Body Temperature (BBT) Charts

- BBT monthly chart (blank)
- BBT monthly chart (blank extended)
- Sample chart showing “typical” month
- Triphasic chart showing “pregnancy” pattern

Fertility Action Plan

Fertility Action Plan: Sample chart for a template

Fertility Action Plan: Blank chart to copy and fill in

Bonus Special Reports Compendium

- Environmental & Nutritional Hazards
- Medications and Cautions
- You Are What You Eat
- Essential Supplements

Chapter 1

An Overview

To help you get started, here's a summary of how the *Whole Body Fertility* (WBF) book is structured.

*Because there is much ground to cover in this book, it is structured into **Five Modules** that tie chapters in that module together by a **relevant theme**.*

*The **five major modules**, take you from the basics of energetic medicine in module one, to preparing your mind for pregnancy in module two, to the third module that prepares your body, to the fourth module that uncovers your Fertility Phases, and lastly in module five, discover your Fertility Archetype & customize your Fertility Action Plan.*

Here's what awaits you in the pages ahead:

- You'll start by reading about the **basics of energetic medicine**--learning how this approach to your health helps balance your whole body and optimize your fertility levels.
- Then you'll identify key differences between energetic medicine's approach to fertility issues as **compared to conventional medicine's approach**.
- You'll then begin *preparing* your mental-emotional-physical (mind/spirit/body) energies *for pregnancy*, following specific steps outlined for you in the WBF program.
- You'll begin to uncover **stumbling blocks** and general factors that may be tripping-up your fertility efforts. You'll also see what steps you need to take to start overcoming those stumbling blocks.
- **Using your body as a feedback loop**, you'll pick up specific methods you can use to interpret your own fertility signs. Once you understand how to read these monthly clues, you can increase your chances of getting pregnant.
- Then you'll **dig deeper into your specific "Fertility Archetype"** using the Fertility Archetype Assessment Worksheets that accompany this book.
- Knowing your Fertility Archetype can help you drill deeper into your personal patterns of imbalance, allowing you to customize your personal **fertility action plan**.

Module One

Introducing Energetic Medicine

The **first module** of this book will help you get acquainted with fundamental principles of **Energetic Medicine (EM)**--principles that will prepare you for the language and ideas you will use throughout the rest of this book.

Energetic Medicine deals with learning how to identify both healthy patterns and patterns of imbalance, as they contribute to the *health of the organism as a whole*.

From a *Whole Body Fertility* perspective, it is important to get **feedback directly from your body**, as that feedback informs you about the health and balance of your entire body (including your mental-spiritual and physical dimensions) simply by observing your individual patterns.

These patterns in turn *reveal areas of imbalance* in your body that you'll need to correct, to optimize your entire system. By optimizing and balancing the health of your entire system, **your reproductive energies automatically reflect those improvements**, and can help you function at a higher level of *fertility*--improving your chances of getting pregnant.

Chapters one through five will take you deeper into **fundamental principles behind energy medicine**, as well as the approach used in this way of looking at the body, assessing health and improving fertility.

You will then start **applying these principles in Module Two**, where you'll begin looking at *specific steps* you need to take to **improve the mind** (or mental) aspect of your *mind-body connection*--looking at techniques that relax the mind, to help harmonize the body.

Let's get started with Chapter Two, looking at how you can **create balance in your life** (and why that idea even matters to your fertility).

See you on the next page.

Chapter 2

Finding Your Balance

In This Chapter

- The importance of finding your **balance**.
- Discover what an **equilateral triangle** says about your fertility.
- Develop a **balanced perspective** on how you view the idea of *balance*.

Whole Body Fertility (WBF) is designed to improve your mental, emotional and physical well-being, *thereby improving your fertility levels and chances of getting pregnant*.

In short, it's about helping you balance your body to improve your fertility.

Your mental-physical-emotional wellness reflects the balance of your whole body. Improving the balance of these three aspects of your health, improves the well-being of your whole body, which in turn helps to **promote optimal fertility** and conception.

Hence, it's called the ***Whole Body Fertility*** program.

The focus of this book is to help you understand how your mental-emotional-physical energies all work in concert to prepare you for getting pregnant. The more balanced these three energetic aspects are, the more likely you are to optimize your fertility.

Section 2.1

Why Use the Whole Body Approach?

The reason for taking this mind-body-spirit approach to improved fertility is simple: your body functions as an integrated system, with no part of you separate from the rest.

If you are *mentally stressed*, emotionally exhausted or physically depleted, your fertility levels will suffer.

Furthermore, if you know what to look for, you'll see that your body is giving you clues about your level of health (including fertility) all the time.

Because the body is a “closed-loop” system, you can get reliable feedback about your entire health just by learning to interpret signals your body sends to you.

For example, you may have a certain headache pattern (menstrual migraines, for instance) that may reveal deeper health imbalances you have (either energetically or physically) that may be undermining your fertility levels.

In this book, you’ll discover how to interpret your own health patterns to better correct imbalances in your mind-body-spirit relationship, and ultimately **optimize your fertility levels**.

Section 2.2

How Does *Balance* Effect Fertility?

From my clinical experience in helping couples conceive *as naturally as possible*, I believe it is safe to say that **the only way you can improve your natural fertility levels is to first improve your mental-emotional-physical health and balance**.

Improving your health on these three levels takes an investment of energy and time--and that can take a few months--before you fully realize the improvements you may be making to your fertility levels.

None of the work you need to do to improve your whole body fertility is “difficult” but it does take your commitment to implement what you learn as you read this book.

Your optimal fertility plan is described for you in the following pages.

If you follow *even a fraction* of the helpful tips and tricks you’ll pick up from reading the WBF book, I am certain you will look back after 90 days and feel an improved sense of balance and an improved sense of well-being.

These improvements can move your *body* toward improved fertility levels.

Section 2.3

Visualizing Whole Body Fertility

To help you visualize your fertility levels from a whole-body perspective, see the diagram below that represents your **mental-emotional-physical energies** as three points of a triangle. When these energies balance, fertility peaks, and when they get lopsided, fertility levels drop.

The more the triangle balances, with sides of equal length (equilateral) the more your fertility levels will be optimized, following the *WBF* approach to conceiving.

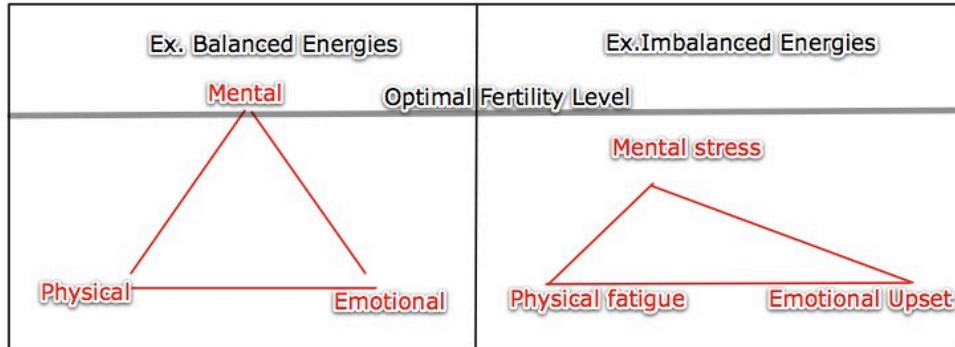


Diagram showing how balance impacts fertility levels.

(c) 2010 John Miley, Whole Body Fertility

Section 2.4

Getting Balanced For Better Fertility

The *WBF* program is designed to improve your fertility levels over the next 90 days using a methodic approach to help you balance your mental-emotional-physical energies and improve your fertility *one step at a time*.

Read through the *WBF* book carefully, applying what you learn along the way. Be patient. Take your time. Give yourself time to absorb this material.

Balance takes time to achieve, but it is as possible for you as it is for the next successful person. Let's get started now with the fundamental ideas behind "energetic medicine" to see how it will shape your approach to getting pregnant in the future.

Chapter Summary

- Use the equilateral triangle to represent your **relative balance**.
- **Balance** is important in addressing fertility challenges.

Notes:

Chapter 3

Establishing Your Connections

In This Chapter

- Discover how complex connections in your body have **simple origins**.
- Learn why viewing your body as connected on all levels helps fertility levels.
- Get ready to dig into ***Energetic Medicine*** in the following Chapter.

We just reviewed the relationship between **balance and fertility levels** in the previous chapter. In this chapter, you'll discover how the body is connected on all levels, and how that connection effects your fertility.

After this chapter, you'll begin diving deeper into the **energetics of pregnancy**, and what you can do to begin improving your fertility levels in the days ahead.

Section 3.1

You Began As One Cell

Here's a different perspective to consider when you think about how your fertility relies on the health of *whole body as an entire system*.

Your entire body is connected, from the smallest cell to largest muscle, and all of your cells, nerves and other complex biology began as a **single cell** when you were conceived.

That single cell (or "*zygote*") formed when your mother's egg was fertilized by your father's sperm. That very cell then divided, and divided again, and again--and continues to divide to this very day, ***making every cell in your body***, without you having to do anything special to make it happen. It takes care of itself.

Miraculously, that one cell differentiated itself into specific organ cells, skin cells, blood cells knowing what to do on its own, every step of the way—those cells also knew how to organize themselves three-dimensionally to form your body.

Section 3.2

Why Connection Matters To Fertility

Recognizing the interconnectedness of your *body as a whole*, is pivotal to understanding the *Whole Body Fertility* approach.

It is through improving your mental-emotional-physical vitality that you can improve your health across the whole body--which includes improving your fertility levels.

By now, you are starting to see how your fertility is connected to the balance of your whole body--which again is composed of *mental-emotional-physical* energies.

Because your fertility levels cannot be addressed apart from the health of your whole system, **improving fertility can only happen when the health of the whole body is improved.**

Therefore, fertility challenges are not “problems” to be solved, separate from your whole body balance--they are *signals from your body that some imbalances exist in the system*, that need to be corrected from the inside-out.

It's not something you may have thought about before, yet I'd encourage you to just sit with that thought for a minute, before we move on to the next chapter.

Think about your fertility as related to all your systems, from the inside out.

Chapter Summary

- Your body grows from a **single cell**, like an oak grows from a single acorn.
- Everything in your body started from **one cell**.
- You can **improve** your reproductive health by improving your entire system.
- Focus on improving your **mind-body balance** to improve fertility levels.

Chapter 4

Fundamentals of Energetic Medicine

In This Chapter

- Summary of ***Energetic Medicine***.
- ***Intelligent Energy*** and the wisdom of Asian Medicine.
- **Energy leads form**. See for yourself!
- Move deeper into **Energetic Medicine** in the next chapter.

Section 4.1

An Energetic Approach To Fertility

The principles of the **Whole Body Fertility Program** come from an understanding of the body that is at least 5,000 years old, and quite likely much older.

These are the same principles at work today in the fields of Traditional Asian Medical Arts of Acupuncture, Herbal Medicine and the practice of Ayurvedic medicine from East India.

Many people refer to these practices as **Energetic Medicine** or *Mind-Body Medicine*. All of these approaches share a common perspective.

These mind-body approaches to improved health all acknowledge the presence of an **Intelligent Energy** that regulates the complex physical and energetic connections taking place in our bodies at every moment.

Furthermore, this Intelligent Energy connects your mental-emotional-physical health to the same energy that creates everything we see and know in the world around us.

Your physical health and body are therefore manifestations of organized energy.

This energy flows throughout your body in predictable patterns, and along predictable pathways in your body, as well. Traditional Chinese Medicine refers to these pathways as *meridians* or *channels* of energy flow.

Section 4.2

Form Follows Energy

Energetic Medicine views any physical imbalance as having its roots in an energetic imbalance that precedes the physical presentation of illness, disease or imbalanced health.

If you can imagine it this way, the **exterior** presentation of the body reflects the interior structure of the **Intelligent Energy**, in the same way a coat takes the shape of an object over which it is placed--whether that object is a chair, door knob or wooden hanger.

Therefore, from an **Energetic Medicine perspective**, issues like fertility are not *immediately* addressed by looking at specific parts of the body--anymore than you'd immediately wonder why a coat hung over the back of a chair looks like a chair more than it looks a coat. You'd realize the coat is just taking the shape of the chair over which it is draped.

If you wanted that *coat to look more like a coat*, you'd remove the chair first, right?

Of course you would, since the internal framework is **causing** the outward appearance.

It is the same idea with Energetic Medicine and *Whole Body Fertility*--first you correct the underlying **internal imbalances** to correct the visible external appearances.

Section 4.3

Mind-Body-Spirit Fertility

If you want your body to become more receptive to getting pregnant, you improve the *underlying conditions* of the **mind-body-spirit**, to have the physical functions of the reproductive organs improved.

Is that idea becoming clear to you?

If not, don't worry. You'll hear plenty more about that and other mind-body connections as you get further into the book.

Before we get into more specifics of Energy Medicine, try this little exercise to help you *get a better understanding* (and direct experience with) **how the mind and body work together**, in even the most seemingly mundane ways.

Follow this next exercise to help you experience your **mind-body relationship**.

After that, we'll move into discussing the differences between Energetic and Conventional Western (Allopathic) Medicine.

Simple exercise demonstrating how energy leads form:

Sit in a chair.

Now stand up.

What just happened?

Before you stood up, you had to **intend** to get up didn't you? You at least briefly thought, "I want to get up" and then you stood up. It's automatic, but there is an order to the events.

First the thought, then the movement, which means **thoughts are the energy that leads the body.**

If you want to test it in reverse, tell yourself, "I don't want to stand up," then see what happens.

You'll just sit there, because **that is what you intended.**

Every **physical activity** you do, is **lead by** a nearly automatic **thought** process that directs that movement, and influences how your body performs that task.

What do you think this exercise can teach you about how your ***intentions and thoughts impact your fertility levels?***

Chapter Summary

- Form follows energy and energy is an extension of your mind-spirit.
- An **Intelligent Energy** connects all aspects of your being.
- **Improved fertility starts from within.**

Notes:

Chapter 5

The Gardener & The Mechanic

In This Chapter

- Comparing Energetic and Conventional Medicine.
- How being like a **Gardener** can improve your fertility (but is underused).
- How being like a **Mechanic** can help fertility (but is often overused).
- Preparing yourself for approaching fertility from a *new perspective*.

The focus of this chapter is to illustrate the differences between energetic and allopathic medicine using the following metaphors:

- **The Gardener** will be used to represent Energetic Medicine.
- **The Mechanic** will be used to represent Conventional Western (Allopathic) Medicine.

Keep in mind, neither system is necessarily *right* while the other is *wrong*.

For many of you, combining both of these approaches will deliver best results. For some of you, one approach may be more successful than the other.

In either case, you will develop a deeper appreciation for the *Whole Body Fertility* approach after comparing these ***two very different metaphorical models***.

Section 5.1

The Gardener

The approach to using the Whole Body Fertility program is a lot like being a gardener: *if you get the basics right, everything else has a better chance of working out.*

Gardening assumes a trust in the Intelligent Energy of the soil, seeds, sun, water and other natural factors that influence a plant's growth.

You approach gardening with a feeling that you are cooperating *with* nature, in a partnership that assumes if you do your part, nature will do her part, too.

This is the same approach energetic medicine takes in viewing how your health can be balanced. If you do your part, the natural intelligence behind form will do its part, too.

If you do your part, your body will do its part, too.

Now let's look at **five basic components** required for successful gardening as it symbolizes the *same steps* required to successfully *prepare for pregnancy*.

Five Basic Components You Need For Successful Gardening:

1. Good Seeds
2. **Good Soil**
3. Good Sunlight
4. **Good Water**
5. Pulling weeds (eliminating threats)

Applying the basics components:

When you get ready to plant a garden, you generally start out with good rich soil in a sunny spot.

You plant your seeds.

You check in on your garden regularly to see if the seeds are sprouting.

You pull a couple weeds when you have to--and squish the occasional slug or bug.

You water the soil and wait.

While you wait, nature does what it knows how to do.

The seeds know what they need to do and they do it, too.

The seeds know when to sprout.

The plants grow on their own.

You still watch for weeds and pests, but you do not sit in the garden, directing the seeds or the sprouting plants through the steps they need to take, in order to keep growing.

You don't have to explain anything to the plants, because they are wired for growth. They are designed to do what they are doing. ***They are led by Intelligent Energy.***

Section 5.1.1

Trouble-shooting Your Garden

If seeds don't grow in your garden, you run through a checklist of the major components to troubleshoot possible reasons that things aren't working out as planned.

- Bad seeds?
- ***Too much or too little water?***
- Improper amount of sunlight?
- ***Poor soil quality that needs improving?***
- Pests in the garden?
- Weeds?

That is about it.

Section 5.1.2

Troubleshooting Your Fertility Issues.

The same *five fundamentals* of gardening apply to fertility.

Troubleshoot these issues just like you would troubleshoot your garden, and things start looking a little easier.

1. **Seeds:** good sperm and egg quality? If not, what can you do to change that?
2. **Soil:** are you providing a welcoming environment for a fertile egg (zygote) to take root? Any problems with your body's acidity, or cervical mucus? Are you allergic to your partner's sperm?
3. **Sunlight:** is enough blood and circulation moving to nourish the uterus, encouraging implantation and new life to grow?
4. **Water:** is the cervical mucus too thin or too thick? Are the ovaries getting sufficient nourishment from the blood?
5. **Pulling Weeds:** are you pessimistic about getting pregnant? Do you subconsciously think you'll **never** get pregnant or that it **won't** happen naturally for you? Are you letting these negative "**weedy**" thoughts overtake your hopes and dreams?

Section 5.1.3

Getting the Fertility Basics Right.

Granted, comparing gardening to getting pregnant may seem oversimplified—but they're more similar than you might think.

Improving your fertility is often simpler than you've been led to believe.

You've likely been misled into thinking that improving your fertility is something beyond your control—something complicated and involved—and even worse, something that you are just not “lucky” enough to know how to do.

Here's the good news and something worth repeating to yourself:

improving your fertility always comes down to the basics.

Get the basics right, and you'll be well on your way to improving fertility.

It may take time, but the basics are what matter, because everything else relies on them, just like the most fertile, flourishing garden relies on soil, water, light, and seeds.

Keep this in mind: the *simplest path* to resolving fertility issues--**the one with the least resistance**--is often the path you should investigate first.

Now, let's take a look at the **conventional western** (allopathic) medical approach to **fertility issues**, which is represented in section 5.2 by “**The Mechanic**”.

Without further ado, let's touch in with the Mechanic to see how this approach differs from the Gardener.

Section 5.2

The Mechanic

Let's say you are discussing your infertility concerns with your OB/GYN or primary care provider.

Your doctor agrees that your efforts to conceive are taking longer than she'd normally expect, given that you've been trying to get pregnant for the past 16 months.

What comes next will generally include blood analysis, lab work, ultrasound imaging, a potentially long list of other tests and possibly fertility drugs.

You may be tested to see if you ovulate on time, or at all—or maybe you'll have a test done to see if your tubes are open or not.

Whatever tests you have, *the focus is to isolate a part of your body to check its function* apart from how it connects to your whole body.

While looking at specific functions, isolated from how they interact with the rest of your body can be helpful, it can also be misleading.

Section 5.2.1

Apart From the Whole.

By isolating individual components, such as specific hormone levels or your uterine lining—you remove the complex interactions that take place throughout your entire body.

In the Allopathic approach, your **fertility** levels are correlated to specific bodily functions, and the focus is then to correct any parts found to be defective, much like a mechanic would isolate and fix a broken muffler on your car.

For example, if you are not ovulating, then the ovaries come under the microscope and you are likely given a drug to stimulate ovulation.

The same holds true for using birth control pills to regulate your menstrual cycle. If the problem is believed to stem from the ovaries, the ovaries get treated.

This is the way of the Mechanic.

If a part is not functioning properly, the **Mechanic mindset** implies, *then you can fix that part independently*, without much thought given to how your body's "parts" relate to your system as a whole.

What follows from this is often an assumption that once that part is *fixed*, things will function harmoniously as a system--but that is not the case much of the time.

Section 5.2.2

The Gardener Revisited.

Thinking back to the Gardener's approach to things, if a plant has wilting leaves, the Gardener would look to correct the plant's nutrition, sunlight exposure or check for pests--troubleshooting the five basic elements of gardening.

She wouldn't spend time focusing on the leaves themselves, but would favor improving the larger conditions at hand, to support the plant's health, and eventually, the leaves.

The Gardener would view drooping leaves on a plant, for example, as a sign of the whole plant's compromised health. She would not focus on fixing the leaves, but would instead favor improving the plant's health, so that the plant could mend its own leaves.

That is the essence of Energetic Medicine. You give the whole system just enough support to give the **Intelligent Energy** a little boost--*then you get out of the way and let the organism heal itself.*

Section 5.2.3

The Mechanic's Plant.

If we were using the Mechanic's approach to helping a plant with drooping leaves, we would **focus** all of our efforts on **the leaves themselves**.

We'd give the leaves a shot of some nutrients or we'd try to figure out some way to prop the leaves up, to prevent them from drooping.

We'd be focused on "fixing" the **symptoms of the problem** (not the cause), and would spend our energy replacing or fixing the broken **part**.

We would not pay much attention to the soil, sunlight, water or other factors.

Section 5.2.4

The Mechanical Approach to Fertility Issues.

Conventional Medicine approaches your body in a fashion similar to how the Mechanic approaches a problem.

Many doctors will typically begin viewing your fertility challenges as a series of body parts that can be fixed, re-wired, modified chemically or otherwise manipulated into doing what is expected of them.

In my opinion, this is an extension of a belief that science is superior to nature, and that technology is more intelligent and reliable than your body's natural healing abilities.

It is as if we've come to believe that we need to **improve upon natural design** with interventional science--giving you the impression that improving your fertility is not something *you* can do on your own. It's something you need to have done to you through science. That is a misleading impression, in my experience.

This mechanical (read: *scientific*) approach removes you from participating in your health—and *acts upon you*, as opposed to *acting in concert* with your body's natural potential.

Contrasted with the Gardener, **the Mechanic** tries to triumph over Nature by applying science to problems—implying that science is more reliable than Intelligent Energy.

5.3 Wrapping Up

Summarizing These Two Models

Don't get me wrong.

There's a time and place for science in fertility issues—I just don't think it should be your first stop on the journey.

Why? Because there are simple, whole body approaches you can try first, to improve fertility--strengthening your entire body to improve your fertility levels.

Remember this undeniable truth: *no part of your body functions independently from the rest of your system.*

Everything in the body is connected by a matrix of immeasurable complexities—complexities that carry out intricate, ingenious and incredible functions without you ever having to think about them.

Your body works as an intelligent, self-governing system.

Because of this connection, approaching any health challenge (and in particular fertility) from a holistic approach makes sense.

When you coordinate your mental, physical, and emotional efforts to move your body toward optimal fertility, you may notice improvements to your health that you previously thought were not possible.

By the time you finish reading this book, and applying a few of the key recommendations to your life, I fully expect you'll feel better than you have felt in years — more balanced, optimistic, and more aligned with your body's natural healing rhythm.

In short, this book can help you feel more optimized on all levels of your life, including your fertility.

Chapter Summary

- The **Gardener** embraces simple changes for global results.
- The **Mechanic** fixes parts, hoping to improve the whole.
- Conventional medicine parallels the Mechanic more than the Gardener.
- Learning to troubleshoot basic imbalances can improve your whole body.
- **Fertility levels always reflect your whole health levels.**

Module Two

Preparing the Fertile Mind

Now that you have a deeper sense of how **energy influences form**, you can also see why *Energetic Medicine* approaches the body as an *interrelated whole organism* (rather than as separate parts).

You are now ready to explore how the **mind influences and relates to the body**.

This Module is the first half of the **mind-body connection**, and I am confident it will help you become more aware about how your thoughts, feeling and emotions work their way from the **inside-out, to ultimately influence your physical health**.

Remember, thoughts are energy. Thoughts are more specifically *vibrational energy*. Whatever thoughts you *think* have two direct aspects:

1. **Thoughts send vibrational frequencies out into the world around you**, much like a cell phone signal radiates out from the phone, in search of a tower or satellite to which it can make a connection. Your thoughts seek out appropriate connections (or *like-mindedness*) and then attract a desired outcome back into your life.
2. **Thoughts send vibrational energy throughout your physical body**. Your body organizes itself around vibrational energy--summarized in the wise saying, "As you think, so shall you become." As you think (or what you consistently *think about*) will work its way into the physical form, and impact its function. **Energy leads form**.

Chapters six through nine, explore how the mind influences the body, and *why* the mind-body connection is so *critical* to organizing physical patterns that effect your health, and *ultimately your fertility*.

Take time to *reread some of these ideas*. Let them sink it, and apply the exercises as you go along. Keep an open mind and enjoy the journey.

In **Module Three**, *starting with Chapter 10*, you will begin taking specific **steps to prepare the body** for fertility. By the time you hit **Modules 4 & 5**, you will be *integrating the mind-body connections* to give you a *Whole Body* approach to optimizing your fertility.

Let's get started with the **first of five stumbling blocks** that trip-up fertility, beginning with the first stumbling block, in Chapter 6.

Notes:

Chapter 6

Five Fertility Stumbling Blocks

In This Chapter

- Begin to **coordinate your mind-body-spirit** systematically.
- Discover five stumbling blocks that trip-up most people's fertility progress.
- Learn to **overcome** these stumbling blocks.

Stumbling Along

As you know by now, getting pregnant involves your entire being—mind, body and spirit—which is the *Whole Body Fertility* perspective.

This chapter is dedicated to **helping you coordinate your mind-body energies**, harnessing the power of your mind to help support optimal fertility levels in your body.

You will also be given *suggestions to help you overcome these 5 stumbling blocks*, further harnessing the power of your mind-body relationship to improve your chances of getting pregnant.

Let's start by going over **five major stumbling blocks** people consistently meet when it comes to coordinating their mind-body efforts for peak fertility.

Read through these items carefully.

You may share one, some, all or *none* of these challenges—either way, you're certain to find something here that you'll find helpful in promoting mind-body balance.

The first of the **five stumbling blocks**, which deals with having too much going on in your life--to the degree that you may not have created any space for the receptive act of conceiving.

In this section 6.1 (below) you get to see if your *cup* is too full, and if it is, find out what you can do about it.

Let's get started.

Section 6.1

Stumbling Block #1: Your Cup Is Too Full

Here's an old story that I'd like to share with you.

It's about a Zen student who wants to discuss her problems with her Zen master.

The Zen master invites the student in to sit and join him for a cup of tea.

The young student takes a seat opposite the old master, and the master pours the tea into the young student's cup.

The cup fills up as the old monk pours the tea.

The Zen master keeps pouring the tea into the cup until finally the cup starts overflowing. The master keeps pouring the tea.

Now the tea is running out all over the place, spilling out onto the table.

Finally, the young student says, "**Master, stop! The cup is overflowing!**"

The master calmly sets the tea pot down and with a quiet smile says to the younger apprentice.

"This cup is like your overflowing mind. The tea is like your problems. Nothing more can fit into the cup, and your mind is overflowing with worry. If you want to create space in your life to receive new experiences, and find new solutions to your problems, you have to empty your mind— *you first have to empty your cup.*"

Section 6.1.1

Empty Cup. Full Fertility

When it comes to getting pregnant, there's a good chance you are rushing to fit your **pregnancy into a timeline** you've predetermined as being *the right time*.

Maybe you are trying to get pregnant at the same time you are chronically overbooked and **overwhelmed** with a work load you have to complete (on top of an already rushed schedule).

Maybe you don't have those types of time-crunches in your life.

Maybe you do.

.....

“I hope you have enjoyed reading this excerpt from the book. It has been my experience that customers who buy this book never look back, and use this book as a guide to keep them moving toward their goal of getting pregnant.

This book was written with you in mind, if you are struggling to get pregnant and are feeling worn down by the process. In coming chapters of the book (beyond the excerpt), you discover specific steps you need to take to improve fertility.

Once you balance your mind-body-spirit connection, your body will thrive on its own. This process of thriving and balance is what will ultimately help you conceive your baby.

If you get the book today, you’ll be well on your way toward taking charge of your fertility. Why struggle? Your answers are inside of you, this book just helps you find the keys to unlock those answers, and your natural ability to conceive.”

-John Miley, L.Ac.

[Buy the book now.](#)

<http://www.WholeBodyFertility.com>