

The Truth About “Infertility” – Mindset Matters

A lot of information is coming forth about how a positive fertility mindset is THE missing piece for many couples struggling with “infertility.” From a holistic perspective, the mental and emotional slices of the pie are sizable, and the larger western medical community is beginning to see that, too.

Everyone gets that stress, hopelessness, and negativity is going to make things more difficult. It makes sense. Stress and negativity cause tension, poor circulation, inflammation, and hormonal imbalances in the body. So it has to be addressed, the doctors tell you.

But the big question is *how* can you get rid of stress, short of quitting your job? *How* can you shift, little by little, into a place of peaceful trust? If you’re like most people, that’s where you need help.

Now, a “mind over matter” attitude, positive affirmations, the law of attraction, and the like are great. But the problem is, these exercises have a bit of a glass ceiling on them because they tend to access what we call the “thinking brain.” Western psychology focuses on trying to shift things by thinking. But thinking just doesn’t connect to the emotional brain, where fears like “my body is betraying me” really sit. You might understand logically that your body isn’t really trying to betray you, but it can still feel that way! You might intellectually know that your mother in law’s comments aren’t meant to hurt you, but in the emotional brain it can still register that way.

What exactly is the emotional brain? Also known as the hind brain, the emotional brain is the primary place that lights up on brain scans when you’re emotionally charged. It’s located toward the base of the skull, and is unfortunately not much affected by insight or logic.

In other words, you can logically understand that you need to be peacefully visualizing a healthy pregnancy... But until you are able to shift things in that emotional hind-brain, it will feel fake or out of focus. And your physical symptoms will remain.

Change doesn’t happen until that emotional brain is reached. But the good news is that tapping into the healing powers of that emotional brain is very powerful, once you know how to do it. Stress begins to dissipate. Your body begins to relax and release constriction. And positive, hopeful affirmations begin to feel amazingly within reach.

So if you’ve been struggling with your mental game, trying without much luck to shift stressful, anxious thoughts, it’s likely that you’ve been attempting to *think* your way out of them. Neurologically, that’s an uphill battle. The key is in the emotional brain. Shift what’s going on neurologically in the emotional brain, and you will see change. In the holistic world, we help people with this every day so there’s plenty of support for the changes you want.

Until that change happens, have compassion for yourself. You’re not struggling mentally & emotionally because there’s something wrong with you. You just haven’t found the right mind-body tool for you.

In a couple of days we'll be releasing a video with more information about the mental/emotional side of fertility. Keep your eyes out for it! But in the meantime, if you're interested in learning more about holistic fertility, visit www.aufertility.com to take a self quiz!

Mary Goyer, M.S., is a holistic fertility, pregnancy, and reproductive health specialist who draws upon her traditional training in marriage & family therapy and her specialty in holistic, mind-body techniques to offer a new way of approaching fertility, birth & wellness for women. Mary supports women/couples who are dealing with a range of challenges: hormonal imbalances, "infertility," pregnancy loss, relational difficulties, sexual trauma, birth trauma, postpartum depression, anxiety & stress, etc. She works with women to clear reproductive imbalances, increase fertility, and step into motherhood from a place of connection, confidence, & peace. Her approach, first used to heal herself of cervical cancer, is now offered locally and internationally. Learn more at aufertility.com and auparent.com.



I hope you were able to catch the email sent out last week about fertility and mindset. In it we outlined a few important things to understand when you're prepping for conception.

Conception is not just a physical event that relies solely on your body. Most women are taught to focus on their fertility from a physical or medical standpoint - and don't realize there are underlying factors are hindering their conception attempts.

Paying attention to stress & fears (not just trying to "mind over matter" them, or bulldoze through them), but paying attention to the appropriate underlying mental and emotional patterns will have a direct impact on your body's functioning.

So, this is important to know on a fertility journey if you:

- Are uncomfortable with your sexuality
- Hate your body
- Are ambivalent about becoming a parent
- Are worried about your relationship

All of these things – whether you're aware of them or not – will impact you if they're there at ALL in your body.

If you think of fertility only as a physical issue such as hormonal levels, egg reserve, etc., then you will only look for physical interventions. And your chances of getting pregnant will only be so high.

But - if you recognize the emotional components to fertility, and pair physical interventions with emotional, spiritual, and nutritional ones, then you increase your chances of getting pregnant ***dramatically.***