

**Stop “Trying” to Get Pregnant!**

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**June 1, 2007**

Just stop trying to get pregnant and it will happen. Sure it sounds simple but why would you “stop trying” when all you want is to have a baby. How do you get pregnant if you are “not trying”?

The moment my husband and I decided we would “start trying” to get pregnant something shifted in me. Immediately lovemaking became baby-making and I had an expectation that it would happen right away. After all I went my whole life “trying” not to get pregnant so naturally when I began to “try” I believed it would happen within the first couple of months. Each month that passed without a pregnancy became heavier, more emotionally draining and exhausting.

As the months pass I began to “try” everything and anything that I read or heard about thinking it will increase my chances of conceiving. It quickly become all consuming and I felt like I was spiraling out of control. I tried and tried and tried, and nothing was working. I began to doubt whether I would ever become pregnant. I began to question everything including my relationship, I felt defeated and desperate.

I decided I would stop “trying” and began “inviting”. Listen to how different it feels when you compare the two words. I have been “trying” to get pregnant for 2 years. This feels heavy, tiring and worrisome. I have been “inviting” conception for 2 years. The word “inviting” lightens it. “Inviting” feels like you are doing something productive where “trying” feels like you have been banging your head against the wall for 2 years. “Trying” can also bring up feelings of failure. It’s like you have been trying and trying and you can’t make it happen. You begin to blame yourself, your body, your partner.

It is important to keep in mind that you and your partner are not the only ones to consider. Imagine that your baby is waiting to join you. Although you may be ready, perhaps your baby isn’t quite ready yet. Or maybe your baby needs some encouragement. I was recently introduced to the book *Spirit Babies* by Walter Makichen. The moment I picked the book up I couldn’t put it down. I read the entire book in a weekend. It is full of stories about his clients who have learned to communicate with their Spirit Baby. Many of the Spirit Babies he writes about need to feel re-assured and loved. He provides healing meditations and breath work so that anyone can learn to communicate with the baby their meant to have.

I invite you to stop “trying” and begin to “invite” your baby in to your life. Tell him/her how much you will love them and care for them. Tell them stories about your partner and how you are both so excited to become their parent. Tell them you are grateful that they

have chosen you, “invite” them into your heart and surround them with love. Continue to live your life and do the things that bring you joy and happiness. If you are no longer “trying” you will have more energy to live your life and appreciate all that is available to you in each moment. Give it a “try” you will be surprised by the freedom it creates!