

Hope

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May 2007

About a year ago I was asked the question “What does Hope mean for you?” The first words that came to my mind were “hurt and disappointment”. It was at that moment when I discovered my sense of HOPE was a small shadow, almost non-existent in my life. My journey through fertility had squashed my sense of hope and over the years I slowly became disconnected from it as I began to lose faith. I realized my definition of Hope was very distorted and unhealthy.

I recently attended a lecture by Dr. Radine Lewis author of *The Infertility Cure* and she spoke about Hope in relation to fertility. She explained the moment you decide as a couple to conceive a child your Hope is high and the effort is low. As each month passes without a pregnancy your hope begins to drop as the effort begins to increase. There comes a point in your journey where the effort is much higher and hope becomes but a shadow.

How does one stay in a place of hope when dealing with fertility challenges? If you hope for something does that mean it will happen? Does being hopeful mean you can control the outcome of a situation? That used to be how I viewed Hope and I was disappointed each month over and over again when things didn't go the way I thought they would or should. So I gave up on hope for a long time.

I have since changed my relationship with Hope. Having Hope allows you to manifest your grandest dream or greatest desire. Let's say your grandest dream or greatest desire is to have a healthy baby. During your journey, Hope can fill you with motivation, faith and trust. It is an emotion that can be felt deep in the body. Hope allows you to connect to a deep place of knowing and your inner wisdom. When challenges arise, hope can keep you moving forward in the direction of your desire to have a baby. Hope can give you a sense of power and control as you decide what path to take in order to manifest your dream or desire.

The key to having a healthy relationship with Hope is to practice hope without attachment. Many of us have an expectation or a preconceived idea of how and when it our desire will manifest. When the process doesn't go as you “planned” or “expected” you feel fear and doubt that it will happen. You become disappointed and begin to feel defeated. Hope begins to fade. Without preconceived ideas to limit your perception, you are able to accept the process and deal with whatever comes your way realizing that you are following your heart and continuing to embrace hope.

If you stay in a place of hope without attachment, then you can trust that you will know what you need to do to take care of yourself throughout your journey. You can experience life with more joy and happiness. You can live for each moment and appreciate all that life has to offer. All we really have is this moment so bring hope into your heart, embrace it, and create a felt sense of it. Feel how good it feels to be hopeful, to believe and to trust.