

Introduction

Fertility & Conception

“Making the decision to have a child—it’s momentous. It is to decide forever to have your heart go walking around outside your body.”

Elizabeth Stone

“Fertility” can be a neutral, happy or traumatic word. For me, it’s been all three. It was neutral before I had my son Everest, happy when I found out I was pregnant and then had a beautiful pregnancy and birth, and traumatic as I tried for years to conceive a second child.

Now I find that the words “fertility” and “conception” also symbolize surrender and radical acceptance of the Divine Plan. The words bring up feelings of gratitude and allow me to feel a connection to all other women on the planet. Whether women birth children, bring up children, birth ideas or bring up companies, women are always conceiving something. Women are always fertile. They’re the birthplace of many kinds of “babies.”

While this book focuses on women who want to love and nurture another soul into physical form, we must always remember that we *can* conceive anything we choose, including a baby, if we’re open to the How, the When, the (with) Whom and all the other important details!

Spirit Mama - Fertility & Conception

My hope with this book is that the words “fertility” and “conception” become spiritual words for you too—words that remind you that we’re part of the miracle of creation and part of a bigger plan.

It’s important to talk differently about motherhood in all its forms. The energy of the mother is desperately needed in the world today. It represents love, acceptance, flexibility, forgiveness, tolerance, non-judgment, playfulness, gentleness, unconditional love and emotional wideness. Whether we’re 5, 25, or 45 years old, in a male or in a female body, all of us are in need of this energy. We can receive it from our own mothers and grandmothers, from other caretakers or for many of us, we can and need to learn to give it to ourselves.

Women who have accepted the invitation to be mothers (like yourself) have an important task ahead: to birth or bring in children in some way, not only for their own joy but also for a world that’s counting on them. As parents to a new generation, we need to think and act more to raise the consciousness of the planet. We need to let the heart lead the mind, and we need to have an increased focus on giving instead of taking and obsessing over our own self-concern.

The book focuses on all ways to bring in a child: from conceiving, to getting help, to surrogacy, to adoption, to single mamas, to traditional partnerships to LGBTQ+ couples. If you find that any section of this book isn’t relevant to your own experience at this moment, please skip it and tailor your reading journey as you see fit. This book does focus more on helping women get pregnant than on the beautiful alternatives that are also available and covered in many wonderful books, but as mentioned before, everyone is welcome in this series. This series aims to make you feel seen, heard and understood!

You’re birthing a new reality, a new world. You’re literally the parents of a new future. Becoming a parent now is a gift and an awesome responsibility, one which you can put at the feet of the Divine, surrender to it and feel how the Universe moves in to help you. Yes, babies are fun and adorable, and to put it simply, they’re amazing. And being in connection with your own Source, your own creative energy—whether you call it God, Grace, the Divine, the Universe or Supreme Love—is amazing too!

I invite you to unburden yourself for the journey ahead. Drop the heaviness and any preconceived notions you have about getting pregnant and what it’ll require. Un-shield your heart from any past pain or future

Ariane de Bonvoisin

fear. Love your body with all its imperfections. Let go of the mind's control and safety strategies.

This is unlike any journey you've taken before. It's a journey to meet and love yourself first. Your humanness. Your authentic self. The purity of your heart. Your real essence. In all that, you'll come to see your role as a mother through Divine eyes—and this vantage point will give you a different view than that of your human eyes!

Welcome to a different journey through fertility and conception. Welcome to a different and magical journey through motherhood.