



Thank you for your interest in the *Spirit Mama Manifesto for Fertility & Conception*.

My latest book, *Spirit Mama: A More Conscious Journey Through Motherhood*, provides women and couples with an incredible amount of wisdom, hope, suggestions and practical advice on their journey to having a child.

I travelled the world to find information related to getting pregnant, which has never been shared in a book before. It is filled with answers and guidance that will help anyone embarking on, or who has been struggling with, the fertility journey.

Many women and couples take a highly practical approach to the fertility journey. They find a great doctor, have the right tests done, track their ovulation, take the right supplements, do their hormone injections, etc. We live in a highly action-oriented world, where if we follow these prescriptions, then we should get pregnant. And yet, for so many, myself included, life doesn't work that way.

The *Spirit Mama* book takes a look at all the other invisible forces, missing pieces and less conventional ideas that all play a factor. You will find emotional, spiritual and mental content that may be the missing link in your own personal fertility journey. *Spirit Mama* promises to integrate both the practical side and the equally important invisible side.

It is in this space that I've seen miracles happen.

With Love,  
Ariane de Bonvoisin



**A Spirit Mama is any woman who knows deep down that her unbreakable spirit, her magic and her soul are the most important parts of who she really is.**

~A Spirit Mama wants to bring in a soul to love it deeply.

~A Spirit Mama has no expectations of herself or of her child.

~A Spirit Mama is firmly grounded in the reality of what having a child means: selfless service and love without conditions.

~A Spirit Mama is ready to be a mom at the right time for her.

~A Spirit Mama is relaxed, trusts the Universe and surrenders her Plans.

~A Spirit Mama's firm belief is that bringing in a child is a spiritual Journey.

~ A Spirit Mama is open to therapy and getting help, knowing full well that it'll be a gift to herself, her child and her relationship.

~A Spirit Mama understands the connection between her mind and everything that's happening in her outside life.

~A Spirit Mama is open to however the Divine wants to bring in her future child.

~A Spirit Mama is brave enough to ask difficult questions when considering another child.

~A Spirit Mama is in tune with her natural rhythms and is self-Responsible.

~A Spirit Mama asks questions, asks for help, is practical and follows her own intuition.

~A Spirit Mama is comfortable in her own body and able to ask for information that can help on her fertility journey.

~A Spirit Mama knows and loves her body.

~A Spirit Mama believes her body is a miracle.

~A Spirit Mama accepts her journey exactly the way it is.

~A Spirit Mama is honest, authentic and emotionally vulnerable.

~A Spirit Mama is open to any conversation.

~A Spirit Mama enjoys bringing her partner or friends along with her for the journey ahead.

~A Spirit Mama enjoys making love.

~A Spirit Mama can hold a space for her own inner child, to love her and let her be whole and healed.

~A Spirit Mama practices self-love moment by moment.

~A Spirit Mama treats her body like a divine temple.

~A Spirit Mama is very conscious of what foods she puts into her Body.

~A Spirit Mama is eager to learn and try anything that will safely purify her soul and body.

~A Spirit Mama finds supportive ways to help herself.

~A Spirit Mama can manage her depression with the wisdom and optimism that this is part of her human journey.

~A Spirit Mama always helps her body come back into balance.

~A Spirit Mama is conscious of lowering and managing her stress and doing whatever it takes without excuses.

~A Spirit Mama is open to moving her body and finding ways to bring exercise into her life.

~A Spirit Mama is very human, has powerful emotions and knows how to allow them to come and move through her.

~A Spirit Mama is wonderfully imperfect.

~A Spirit Mama doesn't judge herself or anyone around her.

~A Spirit Mama isn't controlled by her body, mind or her emotions. Her spirit is in charge.

~A Spirit Mama knows that she's not the body! She has a body and that body is a daily miracle, changing moment by moment.

~A Spirit Mama loves and respects her body and thinks her body is all-around amazing.

~A Spirit Mama loves being a woman!

~A Spirit Mama is familiar with and embraces her hormonal journey.

~A Spirit Mama adores her female body, appreciates what it can do and only ever talks positively about it.

~A Spirit Mama knows and can rely on her own inner Mother and inner Father archetypes.

~A Spirit Mama is fully alive to her feelings. Everything is welcome.

~A Spirit Mama has stopped living her life in the extremes and is comfortable in the simplicity of the middle.

~A Spirit Mama concentrates on the good things and is in sync with her subconscious mind to focus on what she ultimately wants.

~A Spirit Mama knows that the child she will be blessed with will be in Divine alignment and sees beyond the gender of the child to its soul.

~A Spirit Mama is loyal to herself before the tribe.

~A Spirit Mama knows that she's part of a lineage, connected to women from the past and the future.

~A Spirit Mama makes peace with the past.

~A Spirit Mama loves her work and loves expanding her creativity.

~A Spirit Mama knows that pausing and creating space in her life is always beneficial.

~A Spirit Mama knows Superwoman won't cut it anymore. She allows herself to be human.

~A Spirit Mama has a good and healthy attitude towards money and lives in harmony with the energy of abundance.

~A Spirit Mama is happy with what she has done with her life so far.

~A Spirit Mama never blames herself for a miscarriage or any challenges along the way.

~A Spirit Mama finds contentment with the family the Divine gives Her.

~A Spirit Mama holds a beautiful, sweet and compassionate space for her partner to be human.

~A Spirit Mama sees, heals and lets go of the drama around her.

~A Spirit Mama always has a compelling future, no matter what her journey looks like.

~A Spirit Mama creates beauty and comfort in the spaces she lives and works in.

~A Spirit Mama loves and feels filled up by nature.

~A Spirit Mama is mindful of the people she lets into her life.

~A Spirit Mama stays firmly on her mat and knows her journey is Unique.

~A Spirit Mama remains open-minded.

~A Spirit Mama has a special connection to the moon and its energy.

~A Spirit Mama finds her own way to bring in the energy of her child into her present-day life.

~A Spirit Mama is always on a path of growth, exploration and humility. She embraces the journey of learning and trying new things for herself.

~A Spirit Mama knows that raising her own level of consciousness is the most worthy goal.

~A Spirit Mama allows help in all its miraculous ways.

~A Spirit Mama lets her soul lead the way.

~A Spirit Mama knows that all of life is happening for her, not to her.

~A Spirit Mama knows that she's an instrument of the Divine.

~A Spirit Mama makes peace with time. All things are in Divine order.



**Spirit Mama: A More Conscious Journey Through Motherhood is available on [Amazon](#) in Paperback and Kindle.**