



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.