

## **HypnoFertility Suggestions**

### **Mind-Body Behavioural Medicine Fertility Program**

I take time every day for meditation.

Daily meditation keeps me connected to the natural rhythms of my body.

I look forward to my daily meditation practice.

I complete my daily meditation practice with ease and grace.

I am energized and revitalized by taking time to myself.

My body appreciates quiet meditation time as preparation for a happy pregnancy.

I observe my thoughts and choose my thoughts wisely.

Calming my mind allows my body to work naturally for a successful pregnancy.

### **General Relaxation**

My mind is relaxed; my body is relaxed.

I feel confident...I feel safe...I feel secure.

I breathe out tension...I breathe in relaxation.

With each and every breath, I relax more and more.

I am totally relaxed and at ease.

I am filling with peace and calm.

Every day, in every respect, my health gets better and better.

Each and every breath strengthens my immune system.

I am calm, relaxed and breathing freely. I feel wonderful.

I am easily able to decline harmful substances.

I find healthier outlets for personal frustrations that arise from day to day.

I treat myself and others with respect and honesty.

I consume healthful and nutritious food.

I choose health and wholeness.

### **Conception**

I love you baby/babies and your conception is a smooth, easy transition for all of us.

I am focused on a smooth, easy conception / procedure.

I am relaxed and happy that our baby / babies are coming to us.

I am focused on a smooth, easy conception.

I trust my body's ability to conceive with comfort and ease.

I surround my ovaries, tubes and uterus with love.

My baby's conception is natural, normal and filled with joy.

### **Implantation**

During the conception, my uterus welcomes my baby / babies with love.

I surround my ovaries, tubes and uterus with love.

My baby / babies flows smoothly into my womb.

Implantation is easy as I relax in body and mind.

During the implantation, my uterus is nourishing.

### **Medical Procedures**

Each and every breath takes me deeper and deeper into relaxation.

I relax deeply to my partner's touch and voice during the procedure.

I relax deeply to my doctor's touch and voice during the procedure.

I deepen my relaxation as I move further into the procedure.

I am totally relaxed and at ease during my baby's easy conception.

My relaxed body is limp and loose during the procedure.

The medications I take work powerfully to increase my fertility.

My body accepts the medications easily.

My body produces strong healthy eggs easily.

My uterus is growing a healthy nutritious nest for our baby/babies.