YOUR BODY, MIND AND SPIRIT APPROACH TO INFERTILITY

Marcy Neumann, The HeartShift Coach ®

www.heartshiftcoach.com
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Infertility creates havoc on every dimension of your existence.

It can quickly become the entire focus of any couple, (or person) trying to have a child.
During your journey to become a parent, a self-loathing energy can manifest and become dominant when you can’t accomplish what seems like the rest of the world can do quickly and easily.
Self-Loathing Energy

It’s a dense, heavy energy consuming the mind, the spirit and the body.

And it can happen quickly.
Have you thought any of these thoughts?
Have you felt any of these feelings?
Do you believe any of these things about yourself?

I must have really wronged someone else for this to be happening to me right now.

I’m unworthy

Why is my body betraying me?

Why am I not ‘good enough’ to create a baby?

God must really hate me.

Who am I to think that I could ever be a good parent?

I must be doing something wrong

Why I am being punished?

Everything about me must be toxic.

I must have really wronged someone else for this to be happening to me right now.
If your answer is ‘yes’ to any of them, I want to offer you some words of comfort, compassion and peace...all the things you should be (and soon will be) offering yourself at this time as well.
Why aren’t you comforting yourself?

Because feeling left out of the joy that the rest of the world experiences leaves you feeling isolated and unloved, undeserving and unacceptable.
Even if your infertility is being caused by physical issues traced back to you, none of those terrible things you may think about yourself are true.

Not one of them.
They may feel true, but in the *real truth*, they are nothing but a group of false beliefs that are reeking the havoc in your life.

**Self-loathing energy**

It’s dense, painful and self-destructive, all of which make it impossible for you to heal, to let go of your pain or to move on if that is what you choose to do.
So how do I know that none of those terrible things you are thinking about yourself are true?

Because I have never met one person who had to pass a test before they were allowed to get pregnant. In other words, there are plenty of ‘unworthy’ people who get pregnant which means that there must be something else going on.
Pregnancy is something that usually happens naturally, but sometimes it just doesn’t.

Seeing, hearing, feeling, breathing, walking, thinking are things that usually happen naturally as well, but also sometimes don’t.

But what never happens naturally is self loathing.

That is a belief system that has to be taught and learned which means that if you are experiencing that now, you were taught and learned it well.

The bottom line, is that regardless of the cause, it is not your fault!
• You’re not alone.

• 7.4 million American women experience infertility. ¹

• So what effect is blaming yourself having on you?
• Blaming yourself is robbing you of:
  • Your physical health,
  • Your mental health and
  • Your Spiritual health
• Blaming yourself is robbing you of feeling good about life.
• Blaming yourself is robbing you of your connection to God and life and what is your truth and natural energy which is Love.

So ultimately, blaming yourself is robbing you of loving and feeling loved and that is a **direct contradiction** to the baby you are longing to bring into this world!
So could blaming yourself also be robbing you of that precious baby as well?

It could be if all of that self-loathing has *shifted your cellular energy from being alkaline and healthy to acidic and dis-eased!*
So, what to do?
Use my CELLpH Love process to heal this dis-ease! Bring your thoughts and emotions back to loving, alkaline thoughts and see what it can do for you.

How?
Create a HeartShift so that regardless of your circumstances, you can still live life and feel healthy, happy and whole.

A HeartShift is a change of energy. A shift in your heart and a shift in your thoughts combines to make this energy shift in your life.
Where to begin?
Right here and right now! When you choose self love and choose to make a HeartShift your loving nature will show up for you and do the rest.

This process is about an exchange of energies. It’s about consciously recognizing the negative energy and replacing it with a loving energy.
1. When you begin to feel blame or shame about infertility, **exchange** blame and shame for **compassion**. It isn’t your fault when things don’t occur naturally as they should.

2. When you begin to experience self-loathing thoughts, **exchange** self-loathing for **self love**, regardless of what previous false beliefs want you to believe!

3. When you start withdrawing and feeding the feelings of separation and isolation, **exchange** withdrawing, separate and isolated for **reaching out for connection and support** that will soothe you.
4. When you begin to feel self-punishment exchange self-punishment with tenderness, generosity and empathy.

5. When you begin to feel self-ridicule, exchange self-ridicule with new possibilities or acceptance.

6. When you begin to feel hopeless, exchange hopeless for hopeful, loving, nurturing energy. Think about what energy you would want to go into making your baby and what energy you want to have as parents.
These powerful exchanges are a matter of choice that creates a HeartShift®

These conscious shifts will benefit you, your loved ones and the child that you want to bring into this world.
Choice then, is a matter of the heart.

And a HeartShift® will be that game changer for you and your ability to journey through the challenges of infertility and still feed your Body, your Mind and your Spirit with everything that will nourish and nurture it...Love.

And after all, isn’t Love what it’s all about?

With Great Love and Blessings,
Marcy, The HeartShift® Coach
Marcy Neumann is a life and spiritual coach, specifically The HeartShift Coach. She is an expert on manifestation and transformational energies.

Marcy helps people struggling with change. The heart wants one thing. The head fights it. Marcy’s HeartShifting process is about making sure these two things are on the same page and working together.

She helps identify resistance and teaches the process of shifting your heart and your thoughts and that leads to the ultimate reward...loving YOU and loving your life!

Marcy has earned impressive credentials. She is a

- Registered Nurse
- Ordained Spiritual Minister
- Reiki Master
- Certified Hypnotist
- Energy Healer
- LOA Life Coach
- CellpH Love Reiki -Master/Teacher