

AS FEATURED IN



From Deflated to Motivated

Awakening Your Fertility

BY FIONA BOULTON



Boost your mood to make
having your baby easier

Foreword

Congratulations on downloading this powerful resource that will help you move from feeling deflated (or even depressed) to feeling motivated and empowered on your fertility journey.

The tools that you will learn, if applied, can powerfully transform your fertility journey. That being said, nothing changes unless you change.

By you taking consistent action towards your goals (in addition to what you are currently doing) you can expect to see the change you desire; to improve your fertility (and your mood).

To ensure that you are supported on your journey to fertility success, you will learn not just “what” to do, but this ebook goes into the step-by-step process of “how” to implement the necessary changes to move you from feelings of desperation and sadness, to feeling happy, motivated and back in control!

This ebook has been created to help you feel real excitement and joy again; to maximise your ability to conceive and hold your pregnancy through to full term.

The goal of this ebook is to help you improve your overall well-being and enjoy the fun and excitement of your fertility journey again.

The reason why Awakening Fertility has become the go-to for anyone serious about not just having a baby, but having a happy, healthy baby, is because the fertility protocol (only if actually completed) helps the parents-to-be become happier and healthier.

Disclaimer

The contents within the book are information for educational purposes and do not serve as case-specific advice. If you need medical advice, then please consult a doctor or other medical professional.

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ABOUT THE AUTHOR

Fiona Boulton



For around 2 decades (since 2007), I have been a world-renowned natural fertility expert offering transformational results for my clients, whether they are choosing Assisted Reproductive Technologies (ART) or seeking natural fertility solutions. I have earned a reputation for helping women across all cultures and countries:

- ◆ Unexplained infertility
- ◆ Secondary subfertility
- ◆ Hormone imbalances (no longer menstruating; cysts, PCOS; fibroids; endometriosis, adenomyosis, irregular periods, irregular ovulation, poor egg health, high FSH, low AMH, DOR, ectopic pregnancies, chemical pregnancies)
- ◆ Multiple miscarriages

You can read more about me via my website: www.AwakeningFertility.com



Introduction

It can be hard to articulate to others the emotions associated with prolonged infertility, but chances are, you know these emotions well. Too well for comfort, I would wager. When you are in the throes of trying to conceive, it can too easily fall into a merry go round of desperation, anticipation, and disappointment. Round and round you go every month.



These emotions have a tangible effect on your wellbeing. Fact.

As the months roll by, repeatedly exposing yourself to this stressful gamut of feelings over and over can start to take its toll. Feeling your hopes dashed each month has likely exhausted you mentally and physically. It is not unusual to feel powerless, miserable, and frustrated at the seemingly crushing unfairness of it all.

When others around you get pregnant easily, you might feel annoyance and envy bubbling up at the injustice. How can it be fair that they fall pregnant with no effort, while you are trying everything and still falling short? It might sadden you that you are unable to feel real joy for their blessing and instead only disappointment you are not sharing the same journey.

Chances are your relationship is also feeling the strain of these emotions. It is no mean feat showing compassion for each other when you are just trying to cope yourselves. Feeling the tendrils of despair, anguish and inadequacy creeping in is not uncommon.

However, this is not a hopeless situation.

You are not alone in this. There is help. You are not doomed or bound to this struggle.

I say, 'With the right support, you can always succeed.'



Finding Joy

“What!?” – you may be asking.

Finding joy before the arrival of your pregnancy news and baby may seem an unlikely feat, but it is possible. To find joy, as elusive as it might seem right now. It is absolutely possible to move out of this state of ‘wanting’ and into a vibrant physical and mental state of heart-felt joy. With proven strategies, you can find that deep well of joy within yourself again, and immerse yourself in it.

Not only does joy feel wonderful, it has scientifically proven benefits to you both mentally and physiologically. Imagine yourself waking up each morning with a spring in your step, feeling vital and full of happiness. What would that mean for your emotional wellbeing that day? How would you treat yourself when you feel real joy? How would it help you connect with your partner and others?

To optimise your chances of falling pregnant it is vital you find your way back to your joyful and true self.

Finding joy is not simply about affirmations, slapping a smile on your face or faking it till you make it. It is a series of strategies that need to be applied specifically to your personality type and your individual limiting beliefs. (We all have limiting beliefs based on childhood and life circumstances.)

With the right strategies for you, you will no longer be putting your life on hold. You will no longer feel that you need to make more sacrifices. You simply shift your perspective.

Your thoughts influence your feelings. Your feelings create emotion, your energy in motion. This influences your energy levels, your motivation and ultimately the choices you make.

Instead of feeling deflated, you begin to feel motivated.

Every micro choice can move you closer to having a happy, healthy baby because you begin making decisions that support changes within your physiology.

Your physiology changes when your beliefs, thoughts and actions change. We enhance the opening of your detox pathways, speed up cellular regeneration and help your body rejuvenate faster so that your cells can function at their optimal frequency and vitality.

This is how you change your physiology and this is how you enjoyably succeed whilst trying to conceive.

For you to have a happy, healthy baby, you need to be happy and healthy.



How Will Finding Joy Benefit Your Fertility?

Joy is more than just a wonderful emotion to feel. It has a real physiological effect on your body, too.

When you experience true happiness, you alleviate the feelings of stress and anxiety. Less stress means reduced cortisol, cortisol is one of your stress hormones. Prolonged exposure to high levels of cortisol can cause weight gain, inflammation, poor sleep, and reduced immune function. It can also suppress ovulation, sperm count and libido.

In fact, the 3 biggest factors contributing to infertility that I have observed since 2007 are:

1

Oxidative stress

2

Inflammation

3

Toxicity

These three factors can only exist in an acidic environment brought on by stress.

Nowadays trying to conceive can be one of the most stressful events of a person's life so it is important to manage your stress with joyful activities. For example if you enjoy jogging then jog as a way to manage stress to bring your joy and help you become 'fertility fit' (but this is not the time to be training for a marathon or even half a marathon!).

By taking the time to do three things every day that bring you joy it can dramatically help to put your body into healing mode (the opposite to stress induced fight-or-flight mode).

You see, you can only feel one emotion at one time and emotions can either deflate you or energise you (remember when you fell in love how little sleep you needed and how much energy you had?).

Did you know that joy is the highest vibrational state and love is the second highest; on the other end of the spectrum the lowest vibrational state is fear.

Japanese scientists have worked on human cells in a lab and noted that cells bathed in the vibration of love and joy are not susceptible to disease. This proves the true value of introducing more joy into your life whilst trying to conceive.



When you experience real happiness each day, your cortisol levels drop. You will lose weight naturally, sleep better, have reduced inflammation, and be better at fighting off disease. These are all important to increase fertility and return your body to its natural processes.

Not to mention, your days will be brighter and more enjoyable and you will be motivated to engage in the things that inspire you and bring you back to yourself.

How to Move into a State of Joyful Motivation

If you are looking for a practical guide that can offer you real steps that can be easily actioned today then 'the emotional hardship rescue plan' with its simplified four powerful points is for you.

By restoring your mental wellbeing, you can manage your moods better and recover faster from negative emotions like shock, grief, disappointment, worry, fear, guilt, and bitterness.

If you want to feel amazing and ready to leap out of bed each morning, follow this step by step process to optimise your morning routine. It is a simple technique, but your investment will be returned to you tenfold.

Gratitude

Focusing on what you are grateful for rather than what you lack makes an immeasurable difference to your state of mind. Being conscious of your blessings every morning manifests positive feelings in your mind, relieves anxiety and stress, and helps find joy in all you have already.

Gratitude is scientifically proven to turn on the reticular activating system in the brain. This means you will automatically search for more things that make you feel grateful. And this effect compounds; creating more feelings of gratitude and more things in your life to feel grateful for.

TAKE ACTION

Sitting upright in your bed, focus on at least 10 things that you are truly grateful for. It can be anything. Perhaps you are grateful for a safe home and food to eat, or perhaps your family and friends. You might even be grateful for something as simple as your gorgeous hair or academic ability. Whatever generates these feelings of gratitude in your mind, really focus on them, and really feel how grateful you are.



Visualisation

Proven to be the most powerful way to change your circumstances, visualisation is key to creating the future you desire for yourself. Everything you see before you was once imagined.

Did you know that everything in your life is created from your past thoughts and emotions? By focusing on what you have now, in your life today, you are actually living in the past.

To manifest something new and wonderful in your life you need to visualise it. You need to see it, feel it, and believe it for your circumstances to change. By already feeling the results of your greatest desire today, before you actually have it in your arms, you create a powerful vibration. This vibration is the force that will bring that desire to you. Visualisation is the most powerful method of achieving this vibration.

TAKE ACTION

Imagine taking your baby to a swimming class or mother's group. Visualise seeing them running around with their cousins and grandparents. Keep adding and expanding and immersing yourself in this imagery. The most important part is to truly feel the joy of what it is like to be the mother to this beautiful baby that you are about to fall pregnant with.

The second step in your new morning routine is to spend several minutes focusing on seeing and feeling what it is like to hold your happy, healthy baby. Imagine waking in the morning to the sound of their tiny voice, playing with them, cuddling them, feeding them, and taking them for a walk.

As you visualise, feel the emotions you will feel when it is real. Feel the love, feel the joy, feel the tiny hands. Let it wash over you. Do this for at least 2 minutes to start, and each morning go bigger.



3 Meditation

Meditation is scientifically proven to reduce your stress and cortisol levels and change brain wave activity. In practical terms, this means when we are confronted by a stressful situation (and we are, all the time!) we are more resilient. Our ability to cope is increased and less things have the ability to cause mental unrest (stress). Where previously you might have lost your temper in heavy traffic or when someone cuts you off, you are more tolerant and easy going.

Meditation is like a reset button. It helps you stay level headed, and prevents stress from building up and compounding, and thus pushing you to breaking point.

TAKE ACTION A

Keep it simple with Mindfulness – Sitting in a supported, comfortable position close your eyes and take 3 deep long breaths. Really focus on your cool breath moving in through your nose and your warm breath out again. Feel your lungs fill up slowly, and then empty at the same pace. Keep your lips gently together and your jaw relaxed by keeping your tongue on the upper palate (on the roof of your mouth behind your two front teeth). Match your breath. It is important you match the duration of your inhalation and exhalation. Beginners usually start a four second inhale and match it with a four second exhale. Your goal is to breathe in to the count of seven and out to the count of seven. (If you are advanced then breathe to the count of 10).

Do not force it. Just allow it to happen naturally. This is a de-stress breath designed to slow your heart rate down. Your mind may wander and that is okay. As soon as you notice yourself drifting and thoughts creeping in, go back to focusing on your breath. You will get better and better with practice. Start with just 5 minutes and by the end of the week build up to 15 minutes.

TAKE ACTION B

Keep it simple with Candle-Gazing Meditation – Sitting in a supported, comfortable position, position a lit clean candle down in front of you (it must be non-toxic, this means entirely organic soy or beeswax and essential oil instead of fragrance oil).

Take your time to concentrate whole-heartedly on the candle flame so when you close your eyes you can still see an image of the flame in your third-eye (the area just in front of your forehead). The image you see with your eyes closed may be a different colour or shape to the flame but it will be there for a few seconds. When it disappears re-open your eyes and gaze intently at the flame again so each time you can close your eyes for a longer duration. Your goal is to have your eyes closed longer than they are open.

The candle flame helps to purify your mind. It helps to burn away mental exhaustion and replace it with a sense of stillness and inner peace. This meditation is effective in as little as five minutes.



4 Self Care

As you begin this process back into joy (which is your natural state), be kind to yourself. Look for and take advantage of opportunities to re-fuel your emotional tank, connect with your body and really appreciate all that is good.

- 💧 **Find reasons to laugh.** Watch a funny movie, have a games night with friends (alcohol-free is best), and take delight in the lighter side of life.
- 💧 **Show love.** Hug your pets, your friends, and family members. Snuggle up to your spouse and absorb the love you have for each other. The more you nurture this love between you, the more love you will have to give your child.
- 💧 **Fire up your sex life.** Keep the lines of communication open with your partner and anticipate being sexual with them, just for the sake of making love. Respect their feelings when you are trying to conceive, and when you are not, enjoy and focus on those things you love about your sex life.

Being kind to yourself means taking the time for self-care. As you wake up each morning and consider your day, really allow yourself the time to establish your new morning routine.

As long as your morning routine creates time for you to re-shape your mind and turn fertility on:

- 1 Find those things you are grateful for and really feel the wonder of basking in pure gratitude.
- 2 Then mindfully allow your mind the chance to rest and recuperate. Let your mind heal as you listen to your breath. And when you are calm and peaceful, visualise your life as you desire it. Fill your mind and your senses with the images and emotions of holding your sweet baby.
- 3 Next dive deep into fertility meditation or do a 10 minute Fertility Yoga routine to still the mind, then meditate. If you only have time to do yoga and meditation in the evening then listen to a positive, uplifting audio recording in the first 20 minutes that you are awake (when your brain is like a sponge). There is a free 'morning motivation' on my website, the Awakening Fertility YouTube channel, www.youtube.com/AwakeningFertility, as well as over 350 other meditations within my online Fertile Lifestyle course to help busy people still achieve fertility success.

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Your Fertility Blueprint

It was not until my 19th year as a fertility expert that I could clearly see where one of the biggest gaps for women trying to conceive existed.

My clients have busy lives. Many already feel exhausted, fatigued and deflated, while trying really hard to stay motivated but struggling to do so. The last thing they want is more pressure or the challenge of trying to navigate and implement multiple lifestyle strategies on their own.

With the help of my husband (a former finance CEO who is now building groundbreaking AI projects), we have created the Anytime Fertility Coach (the world's first AI fertility coach, called Fiona AI) to guide you through your personally created Fertility Blueprint.

This is all part of the Fertile Lifestyle Course, which guides you through 6 epigenetic pillars designed to help you change the environment of your body and therefore optimise your chances of faster fertility success.

On a weekly basis, I receive messages from clients telling me their AMH has increased (again), their cycles have become regular, their FSH has returned to a normal range, they have begun ovulating regularly again and, of course, sharing their pregnancy announcements.

The course works for people who work the course.

What better way to implement your lifestyle tweaks than by having an Anytime Fertility Coach (the world's first AI fertility coach, called Fiona AI), available 24/7 to guide you step by step through the protocols and strategies within the Fertile Lifestyle Course and help you create your Personal Fertility Blueprint?

What is your Personal Fertility Blueprint?

Your Personal Fertility Blueprint identifies the exact strategies designed to shift the needle for you and help you enhance your fertility.

Nothing generic.

The more relevant information you give your Anytime Fertility Coach (the world's first AI fertility coach, called Fiona AI), the more personalised your guidance and Fertility Blueprint can become.

It is like having access to the guidance of multiple 1-to-1 sessions, helping you identify which strategies within the Fertile Lifestyle Course are most relevant to you and what to focus on next.

Why not give it a go today? Click the link to learn more or email my support team. Links are on the following page.



Final Word

As you move forward into your day you will be equipped with the mindset and motivation to energise your body with the right foods. You will be motivated to move and strengthen your muscles. You will feel more patient, more loving, and more connected. Not just with yourself, but with others too. With daily practice, you can restore balance.

When you are in a state of balance and harmony your body can function at its optimum level of health and vitality, meaning you will be fundamentally enhancing your fertility. You will be creating healthier eggs because the environment in which your eggs are growing will be a thriving one. Just as important will be your newly activated heightened state of wellbeing which can help you deal with the stress of trying to conceive. You can return yourself to that joyful place, reignite this journey with passion and joy, and leave behind those feelings of resentment and defeat.

It is time for you to take your power back, release those negative emotions and feel renewed vigour for creating a healthy mind and body to fully become baby ready.

YOUR NEXT STEP

If you have enjoyed this and you want more access to fertility support resources you can go to www.AwakeningFertility.com or email my team directly, support@AwakeningFertility.com. My strategies have seen some of the highest live birth success rates for my worldwide clientele. If you would like to improve your chances, then Fiona would love to help.

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