Fertility Secrets of the Female Body

Learn 5 essential steps to heal unexplained infertility and relax open to the miracle of conception.

Zahra Haji, the Yoga Goddess
Edited by: Heidi Reimer
Accolades for Fertility Secrets

“There are countless books on the topic of fertility challenges. Some fertility books span hundreds of pages. Many detail precisely exactly what you should and should not do to assist in getting – and staying – pregnant. Does the world really need anything more written on this topic? I urge you to read Fertility Secrets for yourself and find out. Quite simply, Zahra Haji has created a masterpiece that is easy to read, is to the point, honours all women and most importantly, starts the process of healing your fertility.”

– Shawn Gallagher, Hypnotist and Childbirth Educator and non-practicing Midwife, Childbirth with Joy

“I am moved by the insight and clarity Zahra has shared in Fertility Secrets. Having worked intensively with women trying to conceive for the past five years, I have born witness to the truth of her observations and am grateful that she is offering women a new way to frame the challenge of infertility. I can personally attest to Zahra’s profound ability to support, witness and hold space for women as they heal their relationships with their bodies. It is my hope that any woman who is ready to embark on the deeper journey of healing the roots of infertility will engage Zahra to be a guide on their journey.”

– Amy Sedgwick, HRHP, Red Tent Sisters

“Yoga Goddess Zahra’s passion to support women on their pathways to pregnancy offers the lifelong gift of a mind body connection.”

– Lisa Caron, co-author of Bearing Witness and Joyful Birth, Certified Birth & Postpartum Doula

“Zahra’s insightful knowledge around the emotional effects of a diagnosis of unexplained infertility will start you on a journey to healing that will be profound and undeniable. Enjoy the ride!”

– Sylvia Segal, Retired Maternity Nurse and Co-founder of what was Ontario’s only Childbirth Educators Program with Women’s College Hospital & Humber College.
Dear Goddess,

If you’ve found your way to this report you’re likely looking for answers behind the mysterious diagnosis of ‘unexplained infertility’. Perhaps you’ve just passed the one-year mark on trying to get pregnant naturally and you’re on the verge of seeking medical fertility treatments. Or you’re well on your way doing rounds of IUI or poised to do your first (or subsequent) IVF.

More than anything in the world you want to be a mother, to get pregnant and give birth to a baby that’s yours (and your partner’s). But for some reason your body is not working the way you want it to. You’ve likely consulted with a Naturopath and an Acupuncturist, and like your Doctor they say there is nothing physically preventing you from conceiving and carrying to term so you keep trying and wishing and praying. You long to get pregnant the way ‘nature intended’. You wish you had a direct line to the Universe so this miracle of life would happen for you, because you’re a good person and you would be a good mother.

I’m here to help you get your miracle. Specifically, I’m here to offer you insight into your body and your fertility that until today you may have only glimpsed. This knowledge is your birthright and will open your mind and your heart to a revolutionary way of relating to yourself as a creative, vibrant and yes, fertile woman. Even if you don’t believe in your fertility anymore.

In this report, I’ll share with you five essential steps to healing unexplained infertility, and how these steps can help you open to the miracle of conception.

I will also share information about the fertility enhancing yoga and meditation practice I’ve developed over the last six years from my work with women seeking to heal their reproductive health and restore their fertility. This practice has created miracles for women, including myself, beyond our imagining.

Read on to find out more about the 5 essential steps to healing unexplained infertility
I became aware of my female power at around age 16 – when boys started being interested in me. The day I turned 17, I had sex with my first boyfriend and at age 18 I got pregnant for the first time. Beyond an elementary school education about condoms and the pill I had no idea of how to be responsible and conscious of my female body, let alone my female power. And even though I was educated on the importance of birth control, I didn’t take responsibility for my reproductive outcomes.

I had an abortion when I was 18. Until this day not a single adult in my family knows about what happened to me. I carried around the guilt of aborting my unborn child for 10 years. Even though I was only 18, the decision to abort wasn’t easy for me. I always wanted to be a mother – ever since I was six years old I dreamt of having my own daughter. Since that fateful day, I have spent countless hours imagining her curly hair and caramel complexion. I even had a name for her – Marzahn – a combination of our two names.

Before I lost my baby I had very easy periods. I never had cramps or symptoms of pms. My monthly visit with ‘aunt flo’ wasn’t a big deal. I just needed to have my pads and tampons on hand. But after the abortion I started experiencing the worst period pain ever. It took me almost two decades to make the connection between my heart and womb. The sorrow, guilt, betrayal and shame I felt from not carrying that pregnancy to term manifested in my womb as menstrual hell.

Ten years later I began training as a Kundalini Yoga Teacher and fourteen years later I pursued additional education in women’s health. While studying how yoga can help a woman heal her body, I came across a body of knowledge that changed the course of my life. Encoded within our own bodies we have access to the most powerful and ancient method for healing our reproductive health and reconnecting with our feminine energy.

If only I had learned about my hormones and my cycles as a young woman, I could have saved myself years of low self-esteem, painful periods and extreme mood swings – and maybe even the loss of a child. As soon as I started working with my cycles from this expanded perspective, my periods got shorter, lighter and less painful, and I stopped suffering from pms madness. I also made peace with my past actions. Through meditation and the support of other healers, I have forgiven myself and received forgiveness from the soul of my unborn child. I know she is waiting for me to get pregnant again so she can be born into this world.
Today, I am grateful for this experience, not only for my personal growth, but also knowing that my soul purpose is to help you. Because awakening my female power has given me so much healing and perspective on my fertility and femininity, I have made it my mission to share this wisdom with the women of the world – to heal our relationship with the female body and reconnect with the Divine Feminine. This knowledge has been critical for my clients healing and restoring their fertility.

And so, without further ado, here are my top five essential steps to heal unexplained infertility and relax open to the miracle of conception.

5 essential steps to heal unexplained infertility and relax open to the miracle of conception

If you’ve had difficulty conceiving and are looking for answers behind the mysterious diagnosis of ‘unexplained infertility’, then it is my deepest pleasure to share with you the fertile feminine wisdom I’ve compiled over the past six years. These 5 essential steps to healing from infertility are based on the work I have been sharing with women who are trying to conceive but have been labeled infertile with no clear reason why. Using this wisdom, I have helped dozens of women nurture their reproductive health, restore their fertility and relax open to the miracle of conception.

The 5 essential steps you need to take to heal unexplained infertility are:

1. Stop experiencing your period as a source of disappointment and failure.
2. Take the pressure off ovulation and embrace your entire cycle.
3. Release unhealed pain from past miscarriages, failed IVFs and abortions.
4. Restore faith in your female body through fertility enhancing yoga & meditation.
5. Bring back the joy in baby-making by reconnecting with your sensual feminine energy.
Stop experiencing your period as a source of disappointment and failure and make peace with your periods.

Most of us don’t love our periods. And that’s understandable. Periods can be messy, painful, exhausting and emotional. And if we’re trying to conceive, getting our period brings with it a slew of other emotions, including failure and disappointment. Given that most of us have a tenuous relationship with our periods and yet a healthy menstrual cycle is essential for conception, we clearly have some important work to do. **It is essential for us to make peace with our periods and establish a more loving relationship with our cycles on the journey to healing infertility.**

The first step to making peace with your period is to look back to your initiation to womanhood. Do you remember when you got your first period? What was your dominant emotion? Was it a feeling of pride that you were coming into your female power or was it more of embarrassment and shame? Were you happy that your time had come to join the sisterhood of menstruating women or were you upset that life as you knew it was changing and potentially robbing you of your girlhood joys? Did your mother, your sisters, your aunts and your girlfriends celebrate you for making this rite of passage into womanhood or did they tell you it was a curse and something to ‘get through’ and ‘deal with’?

What I believe is useful to pay attention to here is that our first connection to our fertility is through our initiation to menstruation. **The answers to these questions provide useful insights into how a woman was introduced to her body and her femininity.** The majority of my clients tell me one of two stories about getting their period for the first time: either they were really scared because they didn’t know what was happening, or it was somewhat of an anti-climax because they were told what to expect and how to deal with it, but nothing more meaningful.

"How might it have been different for you, if, on your first menstrual day your mother had given you a bouquet of flowers and taken you to lunch and then the two of you had gone to meet your father at the jeweler, where your ears were pierced, and your father bought you your first pair of earrings, and then you went with a few of your friends and your mother’s friends to get your first lip colouring; and then you went, for the very first time, to the Women’s Lodge, to learn the Wisdom of the Women? How might your life be different?"

– Judith Duerk

Rather than remembering menarche (fyi: that’s a woman’s first menstruation) with deep meaning and reverence, it’s often shame and disdain that colour the beginnings of a woman’s relationship with her body and her period. Shame because she is bleeding from her private parts, which up
As we mature, few of us actively seek to change this relationship with our bodies and our femininity. Most of us graduate into our twenties and thirties giving little thought to reconciling the negativity we inherited from the collective consciousness. On the contrary, this initial desire to keep our periods hidden continues to inform our relationship to menstruation.

All the T.V. commercials for pads and tampons do their part to play on our insecurities and reinforce the taboo of the period. Think for a moment about the marketing for feminine hygiene products. Their core message is that a woman must suppress the ‘uncleanliness’ of her female body so as not to offend. We are made to believe our odor and our menstrual blood are inherently unfeminine and unattractive to men. This legacy of concealment and shame undermines a woman’s ability to establish a positive relationship with her female body and her feminine cycles, and by extension distances her from her fertility.

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“\textit{A broader vision of fertility is one that is not solely determined by whether or not one has a biological child. Fertility is a lifelong relationship with oneself – not a medical condition.}”

– Joan Borysenko, Ph.D.

The first step to healing your relationship with your fertility is to make peace with what makes you a uniquely feminine being: your menstrual cycle.

Making peace with your period starts with reconsidering the negative conditioning you have accepted about menstruation and deciding what’s useful to hold onto and what you need to discard.
When a woman and her partner first ‘start trying’ they’re filled with anticipation and excitement, and trouble conceiving isn’t typically at the forefront of their minds. But after six months of trying without success, the worry starts to creep in. It’s usually at this juncture that a woman begins to educate herself about her cycle and more specifically about her ovulation cycle. In her quest to maximize her chances of conceiving by zeroing in on ovulation, she may overlook the precious interplay of all four phases of her menstrual cycle and their holistic role in her reproductive health. Without this balanced understanding of her body and her cycles, she is missing essential information about her fertility.

I believe it is important to trace this lack of basic knowledge back to the miseducation a woman receives from the time she becomes sexually active. Like my client confessed to me the other day, she made her sexual rite of passage operating under the false understanding that her body was always fertile. Which in her mind meant, any time she had sex with a guy without ‘protection’ she was at risk of getting pregnant. Like most young women, she wasn’t educated that she was only fertile when she was ovulating (a mere 24 hour window per month), nor was she taught how to track her fertile times so she could avoid pregnancy. Instead her doctor told her she had to go on the birth control pill if she wanted to be sexually active and avoid pregnancy effectively.

The more we know about our bodies and the more we love all aspects of our femininity, the more empowered we are as women. The starting point is here: with you deepening your relationship with your womb cycles and your female anatomy.

“The menstrual cycle embodies the essence of our femininity and it is set up to teach us about the need for both the in-breath and the out-breath of life’s processes (Christiane Northrup, M.D., 2010). In essence our female body mirrors all the rhythms of the natural world. Like we experience during the changing seasons, there is a natural rhythm of slowing down and turning inward in the fall and winter months, and an equally natural excitement and outward expansion during the spring and summertime. The waxing and waning of the moon, the ebb and flow of the tides, the changing seasons – all are reflected on a smaller scale in the menstrual cycle of the individual female body (Christiane Northrup, M.D., 2010).
Physically, day one of bleeding marks the start of the **follicular phase**. As the walls of the uterus begin to shed, there is a natural letting go and lightening up in the body, mind and spirit. **Estrogen** levels start climbing and a woman will feel her energy returning, her mind clearing, and her body slimming akin to the slender crescent moon. Creatively, this is the best time to breathe new energy into our plans and put them into action. Repeating **positive affirmations** at this time is particularly effective, especially for women who are trying to conceive and feel a sense of loss or defeat with the arrival of their periods.

**Ovulation** occurs mid-cycle when FSH (follicle-stimulating hormone) and LH (luteinizing hormone) surge. At the same time estrogen and testosterone peak in the body. This cocktail of hormones creates the **perfect biological environment for conception, but not only on the physical level**; ovulation also represents our ability to birth our ‘idea children’. Like the full moon shining and pregnant with possibility, a woman has access to her full creative expression at ovulation, making it the ideal time to nurture and nourish her desires. **Visualization and guided imagery** are especially effective close to ovulation because the terrain of our bodies and minds is most open and fertile.

The **luteal phase** begins after ovulation and marks the second half of the cycle. As the hormone **progesterone** climbs higher than estrogen, a woman’s energy draws inward. Like the slow veiling of the moon as she wanes, after ovulation we feel a strong pull to retreat, to drop into a deeper, more reflective mode of being. This **time of reflection and evaluation** gives us the opportunity to look at the negative or difficult aspects of our lives that need to be changed or adjusted. The pain of infertility can become especially acute premenstrually. I stress to clients that this is the most important time to use their **yoga practice** to channel negativity and transform feelings of failure and sadness.

Right before **menstruation**, it is said that the veil between the conscious and the unconscious worlds, the seen and unseen, is thinnest. This means right before our periods, we have greater access to our **deepest truths** than at any other time of the month. In fact, it has been shown experimentally that the right hemisphere of the brain – the part associated with **intuitive knowing**

**“Regardless of your age, it’s crucial that you connect with your cyclic wisdom and your fertility – no technology can match your understanding of your body.”**

– Christiane Northrup, M.D.
The uterus contains the cycle of transformation...during the buildup of the menstrual lining, the uterus energetically and physically gestates a woman's creations, giving her more energy for her desired projects. When the uterus sheds it's lining, a woman's body releases this energy, she no longer needs and invites her to rest and refocus before beginning another creative cycle. I associate the womb cycle with transformation because it is most closely related to birth and death and the intimate workings of the creative process. We have birth and death cycles – where energy enters and old energy is released – in every season of our lives.”

– Tami Lynn Kent

The second step to healing from unexplained infertility is to expand a singular focus on ovulation to incorporate and embrace the wisdom of your entire cycle.

Without this deep-rooted understanding of your body’s cyclical wisdom, trying to conceive can feel frustrating, exhausting, and downright disempowering. By working in harmony with each phase of the menstrual cycle, you'll have access to unique opportunities for creative expression, healing and meaningful self-connection. Engaging with your cycle from this expanded perspective will nourish your emotional and reproductive health and take the pressure off ovulation.
Miscarriage is a devastating loss for a woman and her partner, especially when they have been walking the path of ‘unexplained infertility’. After finally conceiving, the sorrow of miscarriage is deep and often debilitating. What many women don’t realize is they are mourning much more than the loss of the life they were carrying; they are mourning the loss of the life they always envisioned for themselves as women: To conceive naturally, to carry a pregnancy to term, and to give birth to a happy and healthy baby – ‘the way nature intended’.

Healing is a necessary part of the fertility journey. Acknowledging and grieving the loss of miscarriage (or a fertility cycle that did not result in pregnancy) is an essential step before trying to get pregnant again. Yes, it hurts to feel the pain. But if we try to skip over it, that pain accumulates and hardens in our hearts and wombs and can manifest as fear, stress and worry: all known factors for inhibiting conception. Mentally and emotionally, the pain of past miscarriages or years without conceiving also chips away at our cognitive belief in our bodies' ability to conceive and carry a pregnancy to term. Since the medical community doesn’t teach us about healing our relationship with our female body after miscarriage (or failed fertility procedures or past abortions), it’s up to us to heal ourselves.

“I Fertility is affected by many factors, such as diet and environment, but in about 20 percent of cases, the causes are unknown – meaning medical testing cannot explain the problem. In my experience those couples who are most willing to look at and work with the mind-body connection in addition to the other aspect of fertility are the ones who are most successful either conceiving or healing their relationship with fertility.”

– Christiane Northrup, M.D.

In Chinese Medicine, the heart is closely connected with the uterus through the Uterus Vessel (Bao Mai). This connection is well documented and explains the profound influence of mental-emotional pain affecting the Heart on the Uterus and its impact on infertility. Sadness over a long period of time (such as years spent trying to conceive) is believed to cause Heart-Yin deficiency, physically and energetically weakening the Uterus Channel (Maciocia, 2011).

When clients come to me they have usually experienced multiple miscarriages and often more than one IVF cycle that did not result in a term pregnancy. Their sadness is often accompanied by shame, guilt and betrayal. Betrayal is often the strongest emotion lodged in a woman’s heart because she feels let down by her body, by life and by God. It’s not easy to admit that you feel angry with or forsaken by God, which is why in my work with clients I stress the need to make peace with the Divine. Women who have experienced the trauma of miscarriage, especially after
years of trying, need to restore their faith in the Universe and in their bodies’ ability to create life.

**Failure** is another painfully common emotion amongst my new fertility clients. I spoke to a woman recently who told me if she doesn't get pregnant and birth her own child, her life will have no meaning. Feeling abandoned by God, and then let down by her own body, any woman would be demoralized. How then can a woman generate the life force energy to welcome and sustain new life into her womb? From my experience, she needs time and support to heal both her heart and her uterus.

Another deep source of sadness is **regret from past abortions**. It took me over 10 years to completely forgive myself for having an abortion. If you’ve had an abortion yourself, you understand the guilt of giving up a child, especially if now you’re faced with difficulty conceiving. And if the reasons you’re not conceiving remain unexplained, a very human response is to look for someone to blame. We tend to point the finger at ourselves and wonder if we’re being punished for our past ‘mistakes’. In these moments we need a big dose of compassion and forgiveness. The truth is it’s not our fault and God is not trying to punish us.

**The third step to healing your relationship with your fertility is to release the hurt from past experiences.**

Your fertility relies on a clear pathway of energy between your heart and your womb. Even though grieving past losses will be painful, when you open your heart to the healing process you can clear away the sadness which may be preventing you from conceiving and repair the flow of energy between your heart and your womb. Even if you do not define an experience as a ‘loss,’ the cellular intelligence of your body does. This is powerful healing that goes deep into the DNA of very cell of your body; it transforms and is essential to recovering your sense of wholeness.
Since 2007 I’ve supported women in their late thirties and early forties to restore their fertility, women who previously spent months (and sometimes years) trying to conceive. Specifically, I help them: 1. make peace with their periods, 2. embrace their cyclical wisdom, 3. heal heart and womb from the pain of miscarriage and years without conceiving and 4. nurture their reproductive health. A big part of how I help women through these steps is by reconnecting them with their womb centre using a fertility enhancing yoga and meditation practice I developed.

According to the ancient science of yoga, the human body has seven energy centres or chakras. Kundalini yoga (which is the yoga I’m trained in) is a physical and spiritual practice of moving energy up from the root chakra of the body for healing and transformation. This energy flow is key for a woman’s fertility because the first three chakras house all the reproductive organs of the female body.

The **kundalini energy itself is feminine in nature**, and is often referred to as Mata Shakti, the feminine Mother energy of creation (Machelle Seibel, M.D., and Hari Kaur Khalsa, 2002). I have practiced yoga for over 18 years. And while I have deep respect and love for both Hatha and Kundalini, the powerful healing I have witnessed with my clients through Kundalini yoga has been like no other. When guided by a skilled teacher, I believe working with the kundalini energy is the fastest way to heal reproductive health challenges. In the practice I share with my fertility clients, I give them a kriya (a set of prescribed postures) to optimize the functioning of the **pituitary gland**.

The pituitary is the master gland of the endocrine system and is responsible for **healthy hormonal and reproductive function**. It regulates female reproductive hormones such as FSH (follicle stimulating hormone, which matures the eggs in the ovaries), estrogen, progesterone, and oxytocin in labour (Robertson). From a yogic perspective, the pituitary gland also regulates a woman’s mental and emotional health and outlook on life, which as we know through the extensive mind-body research on fertility is integral to her chances of conceiving.

“Unabated emotional stress results in high adrenaline and cortisol levels. This leads to imbalances in other hormones that are important for optimal fertility, including thyroid hormones, progesterone, and estrogen. One of the most tried-and-true ways to decrease emotional stress and its physiological effects is with guided imagery, meditation, breathing through the nose, and relaxation.”

– Christiane Northrup, M.D.

If you’re like most of my fertility clients, you’ve already spent years trying to conceive. You’re either doing rounds of IUI now or on the verge of doing your first (or subsequent) IVF. The mental
and emotional stress of trying month after month plus the immense financial cost is probably killing you and your relationship. And somehow, through all this, you’re told to relax because in order for the fertility treatments to be successful you need to be stress-free. But it feels impossible to relax when you have so much riding on ‘the next try.’ Your body and mind are in knots and if you’re completely honest with yourself you’ve lost confidence in your body. Secretly you’re questioning if your body really can sustain a healthy pregnancy to term. That’s why I don’t offer an open class for ‘fertility yoga’. A woman on the infertility journey is facing the most intense mental, emotional and physical challenge of her life. So a yoga class that helps her disconnect for an hour and focus on her body and breath will certainly help reduce stress, but it will not address all the underlying pain, hurt and sadness that separates her from conceiving and carrying to term.

Evidence from mind-body research tells us that hormones released in response to emotional upset, tension or anxiety disrupt the natural flow of vital pituitary gland secretions necessary to produce and release luteinizing hormone (LH) and follicle-stimulating hormone (FSH). With this disruption, menstruation may become irregular or ovulation may be suppressed altogether (anovulation). Nerve fibers traveling through the spinal cord also link the brain directly to the ovaries, uterus and fallopian tubes. In men, because of similar links between the brain and the reproductive organs, tension can reduce sex drive and cause impotency (Niravi B. Payne).

In her groundbreaking research, Alice Domar, Ph.D. shows the impact of perceived stress on the hypothalamus of the brain (which controls the release of eight major hormones by the pituitary gland), and how that in turn affects ovulation. Stress also changes the immunologic functioning of the cells in the reproductive tract. According to her findings, when a woman learns how to modulate her stress effectively, her fertility can change. In a study conducted with a group of women with unexplained infertility at Beth Israel Deaconess Hospital in Boston, 34 percent of these women became pregnant within six months – which is much higher than the average rate for infertile couples at six months. The mean duration of infertility had been 3.3 years (Christiane Northrup, M.D., 2010).

I’ve seen many women become pregnant once they commit to healing themselves at the deepest levels. In private sessions with clients we work on all levels of healing – healing the physical distress and disconnect from a woman’s uterus and her cycles, healing the emotional pain of constant disappointment, loss and heartache, and healing the spiritual sadness of being let down by life and God. When we work on all these levels, a woman can truly restore her relationship with her body’s fertility.

And yoga is part of it. What I’ve developed is a yoga practice that combines the healing and regenerative effects of Kundalini yoga with the strengthening and restorative effects of Hatha yoga to create my signature practice called Moon Goddess yoga & meditation.

The Kundalini practice optimizes function of the pituitary gland, while the Hatha yoga postures focus on strengthening the ovaries and uterus, releasing pelvic stress and tension, and enhancing blood flow. Since so many women feel disconnected or at odds with their uterus and ovaries, the Hatha yoga part of the practice helps women to make peace with their reproductive organs, breathe new energy into their pelvis, and feel the pulsing power of their feminine energy.
Meditation is also central to healing infertility. Specifically, meditation stimulates the pineal gland. This gland produces several hormones, two of which are serotonin (necessary for libido and well-being) and melatonin (another hormone connected with feelings of relaxation and well-being), which in turn stimulate the pituitary gland.

The meditation practices I share with clients come from the Kundalini yoga tradition and are prescriptive in nature, so they are meant to solve a particular problem. Not only does the Kundalini meditation practice I use with clients reduce stress and increase well-being (by stimulating the pineal gland), it also directly affects the parts of the brain which are responsible for reproductive health – the pituitary gland and the hypothalamus. The meditation “prescription” I give all my fertility clients is a breath meditation to restore regular menstrual cycles and harmonize hormonal health.

**Using my signature fertility enhancing yoga and meditation practice in conjunction with personal guidance from me, I've seen a success rate of 50 percent among my clients who were previously diagnosed with ‘unexplained infertility.’**

Yoga and meditation is like prayer. You give over all the pain, hurt, sadness, disappointment, betrayal etc. to the practice, and let it heal you. You don’t have to hold the burden anymore; you can release it to the Divine. As all the negative feelings about yourself and your body let go, you can then reprogram yourself with what you want to be true: that you are a healthy, vital, creative, beautiful, sensual and fertile woman.

**The fourth step to healing from unexplained infertility is to restore faith in your female body through fertility enhancing yoga & meditation.**

Your body is a vessel for life. But if you’ve lost faith in your body’s innate ability to conceive because of the trials and tribulations of unexplained infertility, then you need support from the Divine Feminine. A fertility enhancing yoga and meditation practice like my signature practice *Moon Goddess* is the fastest, most direct path I know of to healing your feminine energy and restoring your fertility.
The final frontier for a woman on the journey towards healing infertility is to reawaken passion and rekindle intimacy with her partner. After months and sometimes years of tracking ovulation and timing intercourse, it is essential for both partners to return to lovemaking as a sacred expression of love so they can bring back the joy in baby-making. To initiate this shift, a woman needs to consciously reconnect with her sensual feminine energy. Feminine energy is a woman's doorway to reconnecting sexually with her partner.

The feminine is spacious, relaxed and receptive. Most women on the fertility journey (and most women in general), however, are stressed, maxed-out, and in a race against time. The reason for this is **women are powerfully connected to their “yang” or active masculine energy but perpetually disconnected from their “yin” or receptive feminine energy.** Not only is this **not our fault**, it’s a symptom of a society that worships productivity. We’ve been taught that to be successful, we have to ‘do it all’. The successful woman juggles a job, gets pregnant in a finger-snap, raises children, runs a household, blow-dries her hair, and takes care of her ‘man’. The underlying belief is we need to be perfect. Otherwise we’ve failed.

When you combine this level of trying, doing and giving without the balance of rest, relaxation and receiving, the result is a society of women who feel tired, depleted and under-appreciated. It’s hard to feel into your heart and connect intimately with your partner when you’ve been running around all day. Add to that the stress of cycle monitoring, rounds of clomid, injections, inseminations and timed intercourse and you have a whole lot of ‘doing’ and very little ‘being’. This scenario is the antithesis of relaxation, openness, and sensuality.

Recently a woman wrote to me to say, “I am a high achiever who is used to being able to work hard to get what I want but I feel like this attitude is not helpful in this situation (trying to get pregnant). I am currently trying to work on letting go of outcomes.” And that’s exactly it! We’ve been taught that if we work hard enough we can get what we want. That’s the essence of the masculine way of directing and controlling, and we absolutely need that energy in the ‘doing’ parts of our lives. But letting go is the feminine way of creation. The way of spirit.

**“Preliminary data from the Centres for Disease Control for 2007 show that the birth rate for women ages forty to forty-four was the highest it’s been since 1968. The total number of births in 2007 for women ages forty and up is more than 112,000. A lot of women over forty may not realize how fertile they are. Fifty-one percent of pregnancies that occur among women in their forties are unintended. This may be one of the reasons why women over forty are second only to women between the ages of 18 – 25 in frequency of abortions. So who says your eggs are too old?”**

– Christiane Northrup, M.D.
Several studies have indicated that excessive focus on the goal of having a child may result in premature maturation of the eggs in the ovary and subsequent release of eggs that are not ready for fertilization. Think of couples who spend years and tens of thousands of dollars on fertility treatments and then miraculously, when they’ve moved on, or adopted, they get pregnant. This is the essence of the feminine, letting go and allowing.

All of us, men and women alike, have both feminine and masculine energy. I am not referring to gender here. The feminine is the lunar energy of spirit and the masculine is the solar energy of matter. It’s the balance of the two that’s important, especially for a woman who is trying to conceive. In our productivity-obsessed culture, it is essential for us to slow down and listen to our bodies’ lunar wisdom. As we saw in step two of healing from unexplained infertility, we women have access to that inner guidance through our menstrual cycles.

Opening your body to the miracle of conception is not an act of doing; it is an act of softening, allowing and receiving. But if our minds and bodies are tied up in knots from the stress of invasive and expensive fertility treatments, the unhealed trauma of miscarriage or multiple attempts at conceiving, feelings of sadness, failure or guilt, not only is it impossible to relax, it’s very hard to feel love. And I imagine it’s not just biology that’s important to you to make this baby, it’s also the love that you share with your partner.

If you’re like me, you have always been in awe of the miracle of the human endeavor – that two bodies can come together in sexual union to create new life. If this feels like a distant and impossible dream for you then I implore you to reunite with your feminine energy. Take a look at how much masculine go-getter energy you’re using – not in a judgmental way, but as an act of curiosity. If you notice that you spend most of your time planning, thinking, worrying and problem-solving, then make a commitment to shift. Soften, slow down, breathe and open up to receive through your feminine energy. Most importantly be gentle with yourself. Your relationship with your partner will naturally transform when you soften into your sensual femininity.
The fifth step to healing from unexplained infertility is to reconnect with the feminine and bring the joy back into baby-making.

Society says when you try hard enough you must succeed. Understandably, we apply this work-hard attitude to getting pregnant. We put our faith in doctors and fertility treatments to fix the problem, though deep down we may suspect what we really need is to let go and trust. When you make a commitment to stop controlling and project-managing your body and your sex life, and compassionately reconnect with your feminine energy, your partner will feel the shift (because you will be happier). Naturally, as you embody more of your sensual femininity, you will bring the joy back into your heart, and into love-making a baby. Whether you conceive naturally or through assisted reproductive technology, you are making that baby from a place of love, not tension, stress, and anxiety.

Parting words

The information I have compiled in this report is the culmination of six years of counseling women to nurture their reproductive health and restore their vibrancy, creativity, and fertility as women. I feel deeply honoured and blessed to be sharing this work with you. I hope it has been rich with meaning, insights and healing as you traverse the path of unexplained infertility. If you would like to go deeper with these insights and learn more about my fertility enhancing yoga and meditation practice, be sure to watch my Fertility Secrets video below. In it I will tell you how you can increase your chances of conceiving and carrying a healthy pregnancy by over 50%.

Love and delight,
Zahra.