

# INFERTILITY AFFIRMATIONS CHART

Going through the process of infertility can feel like an emotional roller coaster. In my years doing psychic readings for those going through infertility, these are some of the common thought forms that I saw. It's important to remember that all emotions come from thought forms. It is also helpful to remember that thought forms are not real and we can choose to not pay attention to them...kind of like shooing flies away.

THOUGHT FORM	UNDERLYING EMOTIONS	VISUALIZE THE COLOR	HAND PLACEMENT	AFFIRMATION
What if I don't get pregnant?	WORRY	YELLOW	Solar Plexus	I trust life and its timing. I can relax into the natural rhythm of life.
What will everyone think of me if I don't get pregnant?	FEAR	ORANGE	Lower abdomen	I accept myself as I am. What others think of me is none of my business.
This is not fair. Why do others get pregnant so easily and I can't?	ANGER JEALOUSY	LIGHT BLUE	Lower rib cage just below breasts	I am OK just as I am. I trust that my life is unfolding in its own perfect timing.
I am not good enough to get pregnant or be a mother.	SHAME	RED	Top of thighs, pubic bone, pelvic floor	All mothers have felt unsure of themselves & I am not alone. I breathe deeply and accept myself completely.
I am afraid to become a mother.	FEAR PERFECTIONISM	GREEN	Heart	I relax & let go into life. I give myself permission to be kind & soft with with myself.

Here is my recommendation for using this chart. Lie down in a comfortable position. Bring your awareness to your breath. Check in with your body in its relationship to infertility. Pay attention to any thoughts or emotions that arise. Just let them be there. Acknowledge them. And then bring your awareness back to your breath. If your thoughts match any of the thought forms below, or are close to them, place your hands on your body in the appropriate place, visualize the corresponding color, and say the affirmation. I recommend that you play with this and use it any way that feels right to you. You can say these affirmations without placing your hands or visualizing a color. You can say these affirmations while driving in the car or while taking a break at work. Do what feels right to you and your body.

Visit Holly Scalmanini at [bit.ly/MedicalIntuitive](http://bit.ly/MedicalIntuitive)