

HypnoFertility

Lynsi Eastburn explains the
3Keys® HypnoFertility method

Those struggling with the devastating issue of infertility are on a difficult journey. They are often drained, frustrated, and feeling hopeless. Statistics and invasive procedures are not always helpful to them – especially when there seems to be nothing wrong, or when the odds seem stacked against them. The spiritual aspect of the infertility crisis must also be addressed. The mystery. The part that is mostly overlooked within the world of science.

HypnoFertility is more than just hypnosis. It is a multi-faceted, solution-focused process designed to tap into and reignite biological fertility. Its unique blend of science and spirit incorporates the reframing of destructive thought patterns in the brain, clearing the subconscious mind, and tending the fundamental luminance of one's heart and spirit. Beyond the common use of the term 'hypnofertility', the 3Keys® method is the original HypnoFertility. It is based upon the three keys to conception which I received in meditation nearly 30 years ago, prior to the conception of one of my own children.

How it works

The mind and the brain are not the same thing. HypnoFertility seamlessly employs the most current, conception-focused hypnosis techniques which not only release emotional blocks in the subconscious mind, but simultaneously rewire or create new neural pathways in the brain. In addition, energetic alignment of mother and baby occurs, clearing a channel for the baby to come through in its physical expression.

Up to 95% of the 50,000 to 60,000 thoughts we have each day are the same thoughts. If our thoughts are

**HypnoFertility is
more than just
hypnosis**



predominantly negative, we can find ourselves endlessly looping through distressing neural pathways or succumbing to the negativity bias that exists organically in the brain. The subconscious mind is the home of our beliefs, habits and automatic responses – it is also our connection to Spirit, the unseen, the mystery. Creation occurs in the subconscious.

In the same way, negative beliefs, fears, trauma, stress and so on may cause a physical reaction to something that is not happening right now, but is stored in the subconscious. The body can have a physiological response to things that are happening in the mind. Mind over matter can work for or against us. When we just can't break free on our own from a negative mind state or destructive thought patterns, we need a precise, powerful process to help us triumph. Positive thinking is not enough.

Synergy of mind and brain is the key to success. Science has shown that shifting of the brain results in shifting of mind, and vice versa. In Einstein's words, 'Learning how to use your mind to shape the wiring of your brain is a profound way to support

yourself on the path of awakening'.

Incorporating HypnoFertility

Reproductive endocrinologists, acupuncturists, and any other fertility specialists can't guarantee you a baby – neither can

HypnoFertility practitioners. However, treatment can boost your chances exponentially. Hypnosis is a highly specific state of mind which cannot be reached merely by sitting or lying down quietly. It requires a deliberate mental approach.

3Keys® HypnoFertility is a unique combination of classic hypnosis methods and time-tested fertility-specific advancements, designed to facilitate the mind-body balance essential for successful conception and a healthy full-term pregnancy.

Physiologically, the state of therapeutic hypnosis amounts to the exact opposite of the fight-or-flight response. It involves the demobilisation of the sympathetic nervous system (fight, flight, freeze) and a complementary mobilisation of the parasympathetic nervous system (rest and digest/feed and breed). This results in the body's return to conception-conducive homeostasis.

What to expect

3Keys® HypnoFertility is a holistic programme – it addresses balance of mind, body and spirit. As conception is only the first part of the challenge, the hypnosis-based process also helps to sustain the pregnancy, supporting you throughout the entire fertility process.

Whether natural conception is desired or assisted reproductive technology such as IVF is involved, each individual's unique circumstances are evaluated, and the core method is then tailored specifically in accordance with your exact needs. Plenty of time is allotted to check in with your practitioner at each session prior to the hypnosis segment. ●

✦ hypnofertility.com