

YOGA TM MAGAZINE

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GROW & TRANSFORM



**THE
KEYS IN
HYPNOFERTILITY**
LISTEN, MEDITATE,
TRUST

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MYSTERY IN
TIBET**
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THE 3 KEYS IN HYPNOFERTILITY

Listen, Meditate, Trust

Words: Lynsi Eastburn



Having a baby is much more than a physiological process. It affects not only the body, but also the mind, emotions, and spirit. Getting pregnant is not always simple. There is no one precise formula for doing so. There might seem to be one. It *should* be easy enough - just have sex when you are ovulating and that's it, it's done. Unfortunately, it's not that easy for everyone.

It can be very disappointing to not get pregnant right away, and the longer it doesn't happen, the more intense the disappointment. When month after month after month has passed and there is still no baby—12 months of unprotected sex is the guideline for women under the age of 35; six months for those over 35—women will usually go to their doctor. This may lead to assurances that everything is fine. It may also lead to a referral to a fertility specialist and the devastating diagnosis of infertility. In some cases, there are obvious issues, and a medical diagnosis can be easily determined, but approximately 15 – 30 percent of the time women or couples are told that they have unexplained infertility. Those who receive the dreaded “unexplained” diagnosis often find it more distressing than learning that there is a medical issue. If the doctors know what is wrong, they reason, then it can be fixed, and pregnancy will ensue. Unexplained could mean anything.

But it's not that simple. Sometimes medical treatment can quickly rectify the situation, and sometimes it cannot. Despite cutting-edge technology, science doesn't have all the answers, and, regardless of the diagnosis—or expectations, or experience, or research—it may happen that treatment that *should* work just doesn't, and no one really knows why. This can occur with explained as well as unexplained infertility and likely has to do with there being more unknowns than have been identified. In other words, *unknown* unknowns. Infertility cannot be completely explained scientifically. There is a subconscious aspect, a



spiritual element, and a psychological component. There is something beyond the scope of our five senses, something which doesn't respond to science alone. I think of it as a *mystery* and see it as a complement to science which, for the best possible outcome, must too be considered. After all, even ordinary physical impediments can have psychological roots which may resist medical treatment.

Conventional medical care isn't always relevant and, in some cases, it's not even an option. This may be due to financial reasons, or because of religious beliefs. Sometimes it comes down to

personal choice or preference. In any case, when someone can't get pregnant, the common denominator is inherent fertility and what might be obstructing it, regardless of how it is addressed. Ultimately, all fertility struggles are different, treatment options vary, and there is no one fix-all. Assisted reproductive technology does tend to focus on the physiological aspects of infertility, independent of the others, and can be very successful on its own. But when it isn't, we must remember that people are complex beings. We are not limited to simply being a mind or a body or a spirit. We are all of those.



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What Is 3 Keys[®] HypnoFertility?

I have been helping women to conceive for more than 20 years using a method I've developed called 3Keys HypnoFertility. Inspired by the "3 Keys to Conception" which I received in meditation nearly 30 years ago, the 3Keys process addresses all facets of fertility. It is holistic, non-invasive, and effectively promotes all aspects of mind/body/spirit balance. I take a bio-psychosocial approach to the fertility work I do, blending the worlds of science and spirit

through a combination of hypnotism, psychology, energetic insights, and intuition. I've found that biological, psychological, and social factors make up the whole person. Therefore, all must be considered to effectively support each one.

I emphasise the inclusive integration of science and spirit because they are not mutually exclusive. Too much emphasis on one or the other can result in varying levels of imbalance which can, in turn, exacerbate fertility complications. 3Keys[®] HypnoFertility is designed to restore the body's natural balance which can be upset by mental or emotional barriers, stress, and a host of modern life's difficulties. It is helpful

for those trying to conceive naturally as well as through medical treatment. The focus is on balancing mind, body, and spirit and readying your entire being to receive the child/children you have been waiting for. 3Keys[®] HypnoFertility is also complementary to all modalities and enhances the benefits of other treatments.

What Are the 3 Keys to Conception?

There are three keys to conception: *Meditate, Listen, and Trust*. Simple, yet powerful, these three words are the

crux of 3Keys™ HypnoFertility. I was given the keys during meditation nearly thirty years ago as I prepared to bring my second son into the world. I'd like to share them with you here.

Meditate

The Meditate key is not literal meditation, though it can be. It certainly is to stop—to sit down and rest, take a few minutes of quiet, enter the silence, take some deep breaths, go walking in nature, tune into mindfulness, practice hypnosis, take time for yoga, soak in a bubble bath... It is to put down the phone, shut down the screen, and just stop all the noise. Hypnosis is a quick and easy way to do this, especially for those who have trouble quieting their minds. However, more important than what you do or how you do it, is that you **use your meditation key** in some form every day—even if sometimes it's just for a couple of minutes.



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Listen

The Meditate key helps to develop intuition, to re-establish and reinforce instinct, inherent fertility, and natural conception. It also facilitates overall rejuvenation and regeneration of the body, of the being. Once you are spending regular time in some form of meditative practice, you will begin to receive information relevant to that which you desire. Conception, pregnancy, abundant fertility, your body, your baby, your needs, and so forth. Now, it is time to listen. You know what you need to do or not do; it is vital that you tune in, that you listen. This helps to establish and reinforce the first key, the *Meditate* key, and paves the way for the ongoing application of the second key: *Listen*.

Trust

Have you ever received intuitive guidance and not listened? And

then wished you had? Or maybe you listened but refused—or were too uncertain—to trust, to believe that what you were getting was correct. You may feel there is something off with your fertility clinic of choice. Perhaps you feel that you should add or stop doing something. Maybe you have been doing something for years and been afraid to stop, or maybe there is something new you want to try but have denied yourself. You might be so overwhelmed that you can't hear your intuition, let alone trust it. As you consistently implement the three keys, you will find yourself more grounded and centred, open and receptive, energetically balanced, and intuitively tuned. This fosters effortless listening, and in truly hearing your own voice and inner guidance you can fully connect and confidently Trust. Trust your intuition, trust Spirit, trust life, trust your journey, and trust yourself. Trust that everything is as it needs to be, that everything is exact and correct.

The Baby is the Icing on the Cake

I always say that the baby is the icing on the cake. Yes, you want to have your baby, but you also want to be a good parent. As such, you've got to get your life back before your baby arrives. Back and in balance. And this is how to do it. As you integrate the three keys more and more, you can hear and trust the information you receive through your meditative practice. The three keys to conception serve more than one purpose and work on multiple levels. Each is a practice on its own; together they are one. And though the complexities of infertility may appear to be limitless, the healing aspect comes down to three words—three keys to conception. Meditate, Listen, Trust.



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For over 20 years, author and board-certified hypnotherapist, **Lynsi Eastburn, (MA, BCH)** has been helping people globally in their pre-pregnancy and pregnancy journeys. Lynsi is the founder and creator of HypnoFertility, and owns her own private practice and training facility, HypnoFertility International. Her latest book, *Waiting in the Wings: Introducing the Pink StarLights*, shares the journey of unborn babies looking for their mothers, and the revised edition released on May 24, 2022.