



## IVF Success Checklist

### Step 3: Believe

Now for the most important step. We're about to go deep into your negative beliefs and fears and show you how to *believe* and *receive* your baby...

In the third section of this guide, you'll refocus your thoughts to increase your chance of successful IVF—using your *mind & spirit*.



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# IVF Preparation Checklist

## Step 3: IVF Believe

Now that you know what to detox from your diet, your makeup bag, and your kitchen cabinet ([Step 1](#)) and you know what nutrients and fertility-safe products to replace them with ([Step 2](#)), it's time for the most important step: believing in and receiving your pregnancy.

Step 3 is the inner work to cleanse your mind and your spirit and nourish positive belief that your IVF will work. The reason this is the most important step is because your mind either supports your intention for pregnancy, or works against you—and we want you to feel supported!

Let's look now at the the most common negative thoughts you're likely facing. I'll show you step by step how to use fear, doubt, worry, and regret to guide you towards what you actually want.



### *Fear*

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Often negative thoughts are connected with fears. When you look more closely at the fear, it's usually connected to a vulnerable feeling in your heart. Your heart is what we want to connect you with.

For example, let's take a look at this thought: *What if this IVF doesn't work?*

Let's break it down. *I'm afraid this IVF won't work but I really want it to work.*

That's what's most important—that you really want it to work.

To let this thought help you, you'll want to conjure the feeling of your IVF working. But if that's too big a leap (meaning you can't imagine it), start by answering the question:

**Why do you want this IVF to work?**

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## Doubt

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Let's look at another common thought: *What if having a baby is not meant to be for me?*

If you're having this kind of doubt, it's because your mind is trying to protect you from further heartache.

When we break it down, the underlying truth is likely: *Even though I deeply want to be a mother, I'm afraid to keep wanting something that isn't working.*

So tell me: **Why do you want to be a mother?**

Start off your answer with:

**Because I can't wait to...**

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**Because I'm so excited to...**

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Receiving is all about believing you can have what you're asking for. And you can use your negative thoughts to help you get clear about what you want by looking at what you don't want.



## Worry

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Maybe you're worried, thinking: *What if I waited too long to start trying and now it's too late?*

Start by telling me: **What caused you to wait?**

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Is it because in the past you **weren't in the right place in your life** to bring a child into the world, but **you are now?**

Is it because **being ready to be a mother is important to you?**

Again, let the negative thought help you see clearly what's in your heart.

## Regret

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Sometimes circumstances in the past caused you to make choices that you're now questioning or regretting. You may find yourself asking: *What if choices I made in the past (abortion, birth control, etc.) have permanently hurt my body and hormones?*

First I want to reassure you that given the knowledge, wisdom, and understanding you had at the time, you made the best decision you could.

And now that you 'know better' you're making choices that reflect what you've learned along the way. You can see this as a valuable growth process rather than something to regret.



**Soothing regrets** is an important skill to cultivate, because if you allow your mind to beat you up with “If only I had known” or “If only I had done this or that,” you end up feeling powerless and defeated.

So catch yourself before spiraling too far into regret. **Remind yourself:**

*I made the best choice I could at the time.*

*I learned a lot along the way.*

*I'm more prepared than ever to be a mother now.*

## What other soothing words can you say to yourself?

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You've grown a lot. **Acknowledge how much you've learnt along the way. Most importantly, reflect on what kind of mother you'll be now with the wisdom you have cultivated.**

## *Fear of the past repeating itself*

When you've suffered a pregnancy loss (or many cycles that haven't resulted in pregnancy), it's normal to fear the past repeating itself. Fears like *What if I miscarry?* or *What if I never conceive?* can feel overwhelming.

Which is why self-soothing is crucial. Start with small steps like:

*I'm taking good care of myself*

*I feel good about the changes I am making*

*My health is improving with every change I make*

*My body and mind feel better*

*I am seeing things in a more positive light*

*I feel lighter and more hopeful*

You don't need to tackle the fear head-on. Instead, gently guide your mind towards a better-feeling train of thought.



## Believe in IVF Success: How to turn fearful thoughts into positive beliefs

Negative Thought	What the negative thought really means	Use this thought to help you by refocusing:
What if this IVF doesn't work?	I'm afraid this IVF won't work but I really want it to work.	Why do I want this IVF to work? <i>Because...</i>
What if I'm not meant to be a mother?	I'm afraid to keep wanting something that's not happening.	Why do you want to be a mother? What are you excited to experience? <i>I can't wait to...</i>
What if I waited too long to start trying and now it's too late?	In the past I wasn't ready to have a baby, <u>but now I am.</u>	What caused you to wait? How are you more ready now? <i>I'm ready...</i>
What if choices I made in the past (abortion, birth control, etc.) have permanently hurt my body and hormones?	<u>I have learned a lot</u> along this journey.	How have you grown? How will you mother differently given what you've learned? <i>I've grown...</i> <i>I've learnt....</i>
What if I miscarry? / What if I never conceive?	I'm afraid the past will keep repeating itself.	Use self-soothing like: <i>I feel good about...</i>

## *Bonus: Staying connected to your spirit during the IVF process*

So far we've focused on physical and mental preparation for IVF success, but there's one more important area to delve into: the spirit.

The IVF process can feel lonely, isolating, and divorced from the deepest parts of yourself (even though it's working to address a desire that comes from the deepest part of yourself).

Your relationship with your partner can take a backseat as it becomes all about you and the fertility clinic. And your own sense of connection with your essential self—your soul or your spirit—can easily become lost in the endless rounds of injections and clinic visits.

So, how do you bring that connection back? How do you introduce a greater sense of the sacred into such a clinical process?

I have outlined below a few simple rituals you can use to help you feel more spiritually connected—to yourself, to your partner, and to your higher power—throughout your IVF experience. I'll be going into more detail on all of this in my webinar (check your email for details), so consider this an outline for some of what we'll be covering.

### *IVF Rituals*

A ritual is a simple, meaningful way to introduce the sacred into a mundane activity. Here are a few ideas for ways you can create meaningful intention around the IVF process.

- **Injections:** If it's your partner giving you the injection, use this as an opportunity to create connection between you. It can be as simple as your partner holding the bottle and infusing it with a sense of love for you before giving the injection, or the two of you holding each other for a moment and acknowledging that you're doing this together. Other ideas are to light a special candle before the injection, say an affirmation, or pray together or separately so that you're both connecting to a higher power.
- **Clinic visits:** Before you get out of the car or step off the subway for each visit, take a few moments to consciously create a bubble of peace around your body. Visualize light emanating from your heart centre and extending in a protective shield all around you. This bubble keeps you safe from any negativity coming at you from the outside, whether it's a well-meaning but clueless comment or disappointing news from your doctor. You can mentally reinforce this bubble any time you feel the need for extra protection.
- **Stimulation & Retrieval:** During stims and leading right up to retrieval your ovaries can feel uncomfortable and "full." To help soothe them, place your hands over your ovaries and feel the heat from your hands. Allow the sensation to keep growing stronger. Imagine healing energy emanating from your hands and energizing all the follicles in your ovaries, sending them love. Smile and acknowledge that within one of these follicles is the egg that will become your baby.



## What's coming next?



In your inbox you'll see a link to my **IVF Master Class: How to Calm Your Fears & Believe Your IVF Will Work**. We'll talk more about ritual, acknowledging and refocusing your fears, bringing the sacred into IVF, and how you can use all these tools in tandem with IVF to become the vessel for a successful pregnancy.

### *About the Author, Zahra Haji*

Sometimes you need the help of an expert to navigate the challenges of IVF...For nearly a decade Zahra Haji has been helping women achieve successful pregnancy, both naturally and through assisted reproductive technology, often after months and years of unexplained infertility. She is the director and founder of Yoga Goddess and creator of the [Moon Goddess](#) meditation and yoga program for female fertility, as well as the mind-body coaching program *Becoming the Vessel for IVF Success*. Her training includes certifications in kundalini yoga, pilates, theta healing, psychotherapy, womb blessings and reiki.

Inspired by these many teachings, Zahra created Yoga Goddess to help women connect with their bodies—spiritually, emotionally, and physically—so they can create a fertile environment for conception. It is her passion and joy to help women get pregnant, stay pregnant, and achieve their dream of motherhood—all while learning to love, respect and enjoy their bodies and femininity in ways our culture never told them was possible.

Zahra has been featured in Miranda Gray's book *Optimized Woman*, appeared on Nicole Jardim's *Period Party* and interviewed by Author Holly Grigg-Spall of *Sweetening the Pill*. You can discover more about your own feminine essence and your fertility at [www.yogagoddess.ca](http://www.yogagoddess.ca).

