

Magical Conception:

Fertility through Holistic Methods and the Divine Feminine

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I've encountered a number of women within the last few weeks who are having trouble having babies. Many don't know that I was once diagnosed as being infertile as well. Diagnosed with endometriosis, I had a series of heartbreaking miscarriages before I had children. I would like to share some things that I have learned as a healer as well as what I used to increase fertility. I take a mind body spirit holistic approach which incorporates tools for the mind, the body, and the soul. As I healer, I have come to understand that ALL healing is soul healing and that nothing comes into this world dis- ease or healing without having its roots in the spiritual world. From the spiritual world, our mental/ emotional world is impacted and finally the physical world. Since we are not talking about just a physical issue, but one in which we wish soul to incarnate into our body in the physical realm, this is particularly important to be mindful of.

Tapping the Goddess Within

There are many reasons for infertility but spiritually this is inevitably tied to soul lessons. Fertility is directly tied to our relationship with the feminine aspect of the divine. Our creative source of life is also what allows us to bring in life. Many women are not familiar with the divine feminine having been familiar only with typical Judeo Christian Islamic viewpoints. Unfortunately, this viewpoint doesn't always support how we feel about ourselves as women. It is this core feeling that often impacts our receptivity to our feminine needs. For me, one of the first things that I did was develop a relationship with the feminine aspect of the Divine. She was called Meri Auset or Isis and it was with this divinity I began to work.

Auset was the prototype for Mary in Judeo Christian tradition having stories of an immaculate conception thousands of years before anyone had ever heard of Jesus. I'm not much of a stickler for names and even specific goddesses so much as I understand that it is necessary to find her, however you perceive her... in you. While considered a force of nature like water, this primal intelligence is embedded inside your DNA. Accessing her involves sincerity as well as invoking her energy through prayer, trance, dreams, or chanting. Indigenous traditions utilize all as well as tools in nature to tune into her vibration. Everything has a vibration and tuning into her vibration is like becoming in sync with her cosmic pattern. One of the most important ways that I did that was through meditative chanting, therapeutic ritual, and spiritual baths.

Meditative Chants

The ability to calm one's mind is a fundamental spiritual practice that allows you to access and receive guidance from your internal guidance system. Many people are challenged with straight quiet meditation so guided meditation or chanting is often used. Chanting uses the power of the word and sound to create a resonance that speaks to us on a submolecular basis. On this level subtle changes begin to happen that are often unnoticed by us consciously. Still, it is the submolecular level that lays the pattern for the cellular structure and its expression.

The chants that I used are called hekau or ancient words of power that are tied to the origin of language and sound itself. The ancients saw the ability in human beings to use sound to effect change. We can even see this now when at a stadium and all of the people are pounding their feet. One can often feel the vibration.. Or a piece of beautiful music that moves us to tears. In any case, these words of power were developed through thousands of years of empirical evidence as to its effects. In the case of chanting, one would sit quietly and simply begin to recite the words in a rhythmic fashion. The rhythm creates the vibration. It can be sung or uttered but it has to be said and preferably out loud. The mantra that I uttered was Vam Tam Auset Tam, Vam Tam Auset Maa. The word Vam corresponds to the sacral chakra or spiritual center which is related to fertility. Tam awakens the divine feminine and is related to the moon. Maa awakens motherhood and the heart and Auset (Esi) is the Divine mother. Auset can be replaced by another divinity that emulates motherhood or the divine feminine for you such as Mary, Yemaya, mami wata, Tara, etc. This chant was recited against the backdrop of ocean sounds in a slow relaxing melody.

By performing this chant regularly, it will relax and calm your energy. Open your heart and womb to spiritual healing, make you receptive both spiritually and physically, and clear away blocks to progress. Chanting on a full moon and in or near water enhances its effects. It will often stimulate tears and release of bound up energy. Chanting with multiple women, blue/ green colors or sea colors candles, jasmine incense or essential oil, will create a full therapeutic ritual for magic and spiritual healing to happen. A therapeutic ritual allows for energy to be collected and magnified among several people focusing on the same thing. It can be for healing, conception, or just tapping into the spiritual consciousness of the great mother.

In addition, accessing your creative faculties may become increasingly important as you seek to conceive. The inspiration that comes from creative pursuits also are connected to creating a baby. Artistic activities and making things help to tap into that energy. Even making a doll as a symbol of the child you wish to create can be helpful both from a visualization standpoint as well as a creative standpoint. The Akuaba dolls of West Africa are notorious for helping women to conceive. I have had personal experiences of giving women these dolls and they conceived within a year. Making a doll makes it personal but it doesn't have to be a doll. It could be any type of creative endeavor.

Bodywork

Another tool that is used is focused on the bioenergy field around the body. This subtle energy field lays the framework for the physical body and is directly connected to the nervous system and its ending. To work with this field, I used acupuncture by a qualified acupuncturist. Sometimes chiropractors offer acupuncture and I don't recommend this as they usually have inadequate training. True acupuncturists are trained in the subtle body with thousands of more hours of training than a chiropractor.

Fertility Massage

Fertility massage is another practice that can be used to stimulate energy movement in the womb. Using gentle but deep pelvic and gluteal work along with stretches is a part of fertility massage methods. The movements would be in circular motions that are clockwise. Start off light and go progressively deeper as you are comfortable. As you go deeper incorporate full breaths. Inhale during touches on the surface and exhale when you go deeper and moving into the stretches.

I also incorporate pranic energy work to clear out and cleanse the field of the womb. This can dramatically assist in freeing up stagnant or even traumatized tissue in the womb allowing for fertile opening to be made. Pranic energywork is done through placing a hand over the womb and making scooping gestures as if you are taking out and clearing energy. With the scooping gestures, you would then direct it into a bowl of salt water as if you are dumping the toxic energy into it. The salt water will dissolve and neutralize it. As this is done, it can cause tears or even an arousal because the energy is being cleared.

Once this is complete, visualize a gentle healing light inside the womb extending from the outer labia through the vagina, into the uterus and to the ovaries and inside eggs. Colors can be used in advanced work but for your purposes white light is just fine.

Botanical Herbs

The two main herbal supplements that I used are:

Red Raspberry: this herbal tea helps to condition the uterus and once pregnant prevent miscarriages

Royal Jelly- produced by bees to and utilized the the Queen Bee, royal jelly reconditions the uterus, eggs, and the cells in the reproductive area. It can regenerate a worn or or unhealthy uterine tissue. It also balances hormones and increases estrogen which allows for you to be

able to conceive easier.

I am sure there are others that are used, but these are what I know are effective and easy to find. Other herbs such as blessed thistle, red clover, and damiana have also been said to be very beneficial for the female reproductive system.

Homeopathy is probably the most valuable tool in increasing fertility. Homeopathy can address the underlying causes of infertility and remedy them quickly. Homeopathy also utilizes the full picture of the person to identify the best remedy. This means that the mental emotional state is just as important as the physical signs and symptoms. Remedies such as pulsatilla, sepia, tiger lily, are just some that have been used, but I wouldn't recommend randomly using homeopathy with some direction from a professional homeopath who is skilled in identifying what is appropriate. I sell a combination remedy that is used for fertility and rebalancing the entire women's reproductive system. It runs around \$25 but I have had some fantastic results with it. In fact, I have had 100% success conception rate so far in clients I have given it to including family members. It along with another combination remedy using flower essences has been outstandingly beneficial for those who tried it. Feel free to write me for more information or a private consultation.

Reducing Rigidity through Movement

One of the things we suffer from in our culture is rigidity and being sexually suppressed. Unfortunately this can contribute greatly to infertility. The womb needs to be able to have a free flow of energy and circulation and without it, blood flow and necessary nutrients become inhibited. One of the easiest ways to resolve this is in dancing. The "hoochie mama" dances are the best way to clear blocks. The pelvic rolls and tilts and circular gyrations stir up energy like no other. When women are sexually repressed or they hold trauma that prevents them from being able to express sexual movement, it can become counterproductive in trying to get pregnant. We often hold unnecessary judgments about those movements and feel self conscious about doing them. Still, "hoochie mama's" rarely have trouble having children so there must be something to it! I say twerk like there is no tomorrow.. Drop it like it's hot and take up pole dancing, African dance and or belly dancing. Get out of the prim and proper complex and find your inner sex goddess... or at least you're dancing queen!

Some movements may include:

Pelvic rock: Rocking from front to back slowly and fast.

Pelvic circles: moving your hips in circles counterclockwise and clockwise

Squats: open your legs up and squat to the ground. Take off your panties and allow your yoni to connect with mother earth.

Fertility Sex

I could tell you some common sexual positions that help like missionary style, but that is common stuff. There is something that I am going to tell you that is a little different, but through working it, it can open you wide. Slow long cunnilingus.. you know oral sex performed on you. This can be tricky depending on your man but if he is open to just allowing for a really nice relaxing enjoyable experience where he enjoys you, this can release inhibitions, promote relaxed pelvic muscles and tension, and magnify your sexual experience 10 fold. Add full gentle massage of the yoni to increase blood flow and you have a deeply moving experience. If he can bring you to an orgasm a couple of times... BEFORE he even enters... when he finally does, your insides are nice and lubricated naturally and you are deeply relaxed allowing for more sperm to swim to the finish line.

When he does enter, taking his time and utilizing a synchronized breathing pattern between you can increase sensitivity of the entire act. I have found that the muscles deep within the vagina are often carrying unconscious tension that kind of block penetration. Often if we have been exposed to sexual trauma or men who have sex like trains or treat sex as an aggressive act to conquer or just get his rocks off, the vagina can sense if they are “enemy” or friend and defends itself accordingly. This is often why women cannot have a full orgasm and why some women have difficulty conceiving too. Any man can have sex but only a seasoned mature nurturing man can deeply penetrate the subtle tension deep in the vaginal walls. If you can convince your man to take his time and really get into it without the need to release immediately, as he penetrates, you can do deep breathing while consciously opening up and relaxing the deep vaginal walls and ceiling. While we were taught to clutch and try to make the vagina tighter for his pleasure, the opposite is necessary for women to blossom. The ability to fully open and surrender in a safe nurturing and patient way is the way to go for increased fertility.

Another sexual experience that can produce massive healing but is often taboo for many is anal sex. Before you run for the hills on this one and insist that the rectum is the wrong door for the sperm to enter, understand the impact safe anal sex can have on the psyche and pelvic region. Because of its taboo, it often brings out subconscious issues that are difficult to root out. Anal sex takes us to the underworld of our spirits and forces us to confront issues of trust, vulnerability, self acceptance, and more. While it is not for everyone and again takes a trusted partner who is gentle, patient, and non judgmental, slow anal sex can break up deeply imbedded inhibitions and release fear.

Not to be approached like a train or a hammer, slow patient strokes and breathwork with plenty of lubrication is often necessary to get started. An enema or colonic prior to getting started will also reduce any further unpleasant or distracting surprises. In the beginning strokes must be gentle and very slow allowing for you to adjust to any initial uncomfortable feelings. It is important that you don't clench or tighten while being penetrated. This creates tears and increased feelings of discomfort. This is why deep breathing is necessary to prevent it. After

about 15 to 20 strokes the uncomfortable feelings often change to great pleasure and the awakening of a more primal part of you. Emitting any moans and going with it is a part of the process. Many women who have never had an orgasm often experience one for the first time with anal sex.

The last thing to remember is that anal sex is intended to open up and free up tension in the pelvic and gluteal region. It must be remembered however that before reentering the vaginal orifice, his penis must be washed and cleansed to prevent the introduction of foreign bacteria into the vagina. I realize that this is not for everyone. For those that are interested in trying this unorthodox approach, go for it and have fun.

When Your Sex Organs are Devitalized

Sometimes, the problem isn't not having the right sex. Sometimes the problem is too much sex with too many partners and the complete devitalization of the woman's organs. By abusing our bodies in non sacred sex acts, our body's creative energy becomes depleted. In traditional medicine the energy body is what feeds the physical body and sex uses the energy of the kidneys to replenish and nourish the sex organs. The kidney's hold what is called the ancestral chi and reproductive chi. This is chi that you are born with. Once it is gone, it cannot be fully replaced. Too many orgasms, excessive menstrual cycles can negatively impact the chi.

In addition to acupuncture and homeopathy, exercises such as chi gung and tai chi can assist in restoring some energy there. It would also be important to do some cord work inside the womb. This is an aspect of womb work. Womb work is working directly with the womb to communicate and create healing inside.

Womb Work

Many people are not aware that the womb has consciousness and a voice of its own. As a portal between worlds of the living and the spiritual realm, it is considered the magical vessel or cauldron. Some cultures call it the magical calabash but its significance lies in its ability to bring things and people into manifestation. Ancient women's mysteries often helped women to tune into your womb and hear her voice. The womb does have a voice and it may surprise you what it really wants. One day, meditate on that area of the body... the womb to the umbilicus... Maybe sit in a bath... Be very still... send light in.. breathe deeply and rhythmically from the lower abdomen.. about an inch below your navel..... you will feel it resonate... then you may hear her communicate. It would be wise to keep a journal while doing womb work. This will help you to track changes and subtleties.

Honestly, mine screamed the first time I heard her. She cried due to a rape in my teens... and

hurt from a broken marriage... I wasn't aware of her distinctly different voice until I heard it. Still, it called me to do things differently... including sex... She really didn't want anyone up in there that didn't really love me for real.. And she could tell the difference. She responded in defense with yeast infections. or heavy periods..... When I was with a man who really loved and honored me and it was filled with love.... I never got them and she sang like a bird.

Remember also the yoni and the womb have two different voices.. That surface orgasm comes from the yoni... clitoris... The deep whole body resonating to the top of your head comes from deep inside at the womb level... The yoni may be saying.... whoa!.... I gotta get some relief cuz my temperature is rising! The womb may say... I want real connection and fulfillment on a soul level... I need to take my time and let the momentum build into a crescendo of Bliss.... I ain't saying don't relieve it... but the more I understand that my womb is a portal between heaven and earth... the path souls come through, the more I understand that men have to be taught how to approach the temple and worship at it in order to get the most out of it. They are too often taught how to conquer it, possess it, accumulate it..... knock the back out and all that... to please mostly them. They are not really how to love and honor her sacred treasures.... find divine grace, taste that nectar from the goddess.... and really surrender to her... It is the pathway to heaven....literally... But in order to teach them...as women, we have to know her first.

The womb will also reflect how we feel about ourselves as women. We are often not aware of our unconscious attitudes toward ourselves. We think that loving ourselves means to go get a facial or a pedicure. These are surface elements that are quite superficial and don't really deal with the level of self abuse we often infringe on ourselves. Often a history of rape, molestation, or early sexual trauma can create unconscious patterns of low self worth and esteem disguised as high sex drives. We find love through sexual and outer attention and not through direct connection with our divine selves and heart magic.

Heart Magic

Heart magic is the consciousness of the heart. Just as the head and the womb have consciousness, the heart's intelligence is the seat of the soul. It is the portal through which our soul communicates. Through this portal is our ability to both give and receive true love.. and this includes self love.

Crystals such as rose quartz, raw emerald , and peridot are very helpful for heart work. Mantras such as Hrim are also helpful in purifying the heart and helping it to open. Flower essences such as fox glove and holly are also helpful with Heart work. These are beginning tools to help develop and cultivate true self love. There is much more to Heart Work, but that is for another e booklet.

Lifestyle Adjustments

Some of this part is going to sound old fashioned but sometimes the ancients understood what

we don't. Everyone carries energies of earth, air, fire, and water. Each has its own qualities that manifest within us. In the west, many women have to manifest a level of fire that can be counter productive for fertility. For fertility the element of water is needed. Fire is an aggressive, impatient, driven temperament. It can produce someone who likes to battle and can be action oriented. Often perceived as a masculine drive, this energy counters water. While it may be necessary in the corporate world and often in the west to combat aggressive patriarchal influence, another temperament makes one more receptive to pregnancy. A relaxed, patient, easy going temperament increased receptivity and by extension conception. Easy happy moods and being in touch with your positive emotions can bring about a more fertile state. This is the temperament of water. A woman with an air temperament is very intellectual and mental. While this in and of itself isn't a problem, if she becomes hypocritical and a chronic worrier, this can wreak havoc on the mind and body. The earth element is often very fertile as well. Luxury seeking and grounded in practical concerns can help them to stabilize and receive energy and nurture it. The only thing earth energy has to watch for is becoming stuck and stagnated which can inhibit the energy flow. These generalizations are not etched in stone of course. Women of all elements conceive and give birth every day. These are considerations that I had to take for myself. At one time I was very fiery, impatient, and aggressive. Meditation helped me to curb my fire or channel it to productivity.

Tuning into the water element can be as easy as establishing a water altar for focus and visualization. Bring water into your home such as a fish tank, shells, waterfalls, fountains, pictures of water, mermaids, Goddesses of water or mother goddesses can attract more of the water element. Drinking more water is a given and steam, hot tubs and swimming pools are a natural expression.

That concludes this short guide. I hope that it has been helpful and that it sheds some new options and insights than most common sources. Babies and giving life is Goddess work. While all Goddess may not give birth, when you do, it requires women to manifest our divine feminine power whether consciously or not.

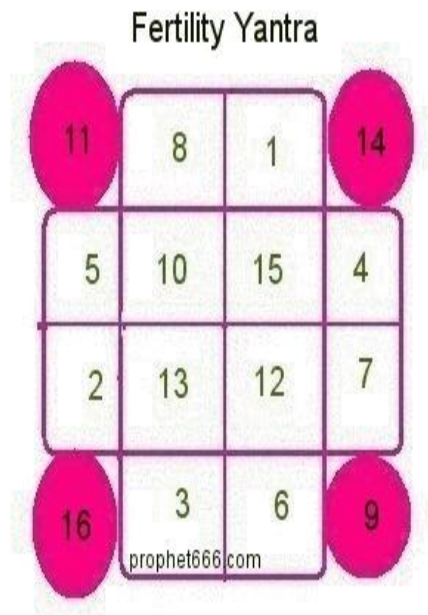
For more information about Holistic Fertility Options and for a consultation, I am available through my website, AyeleKumari.com.

The Yantra has to be drawn on an Ashtami or Chaturdashi of the Krishna Paksha of the Hindu Lunar month [the eighth or fourth day of the dark fortnight of the Hindu Lunar month]. The Ashtami or Chaturdashi has to fall on a Sunday. This Yantra has to be prepared facing the East, on Bhojpatra with the paste of Ashtagandha.

Then to use it on a **woman**; who otherwise normal; but unable to conceive for a long time; the Yantra has to be tied around her waist by putting the Yantra in a Copper Locket.

To use it for obtaining more produce from the land; it has to be buried in the land. Doing this is said to double the produce from the land.

Before and after preparing the **Yantra** the Fertility Mantra given here, which is a Shabar **Mantra**; has to be chanted with concentration. The same should be the case before and after using the Yantra.



Om Namo man pavan vanra ke
rao bandhesargam rahai
Om Hatha Om Kache maaso fulai
kapas purai mae
Hoe nikas nadi aputhi ganga
bahe
Arjun saathe baan pural maasai
nikasai sahi
Sato bancant jati ki aan
Guru ki shakti meri bhakti furo
mantra ishwaro vaachaa



Camel Pose balances reproductive system

Aum devendhiraani namosthubyam
Dhevendhira piriya baamini
Vivaaha baakyam aarokyam
puthra laabam sadhehime
Padhim dhehi sudham dhehi
Soubaakyam dhehime subhe
Soumaangalyam subam Gnayanam
Dhehime Garbarakshake
Kaathyaayini mahaamaaye
Maha yoginya dhisvari
Nandhagoba seedham dhevam
Padhim Megurudhe Namah

<http://www.youtube.com/watch?v=73v3d9A2SLk>

<http://www.onenessnc.com/moolamantra.asp>

devakisuda govinda vasudeva jagatpate
dehime dhanayamkrshnam dhvamaham saranamgathe
devadeva jagannatha gotravrdhhi karaprabho
dehime dhanayam sikram ayusmandham yasasvinam

Pumansam Patram Janey Tam Pumananu Jayatam Bhagvati Putranam Mata Jatanam
Jamyashyam Yan
repeat over water and drink/ bath in it.