

Trying To Get Pregnant

The guaranteed way to conceive...

with *Marisa Peer* x



Action Sheet Number Three - Visualise Your Conception

I designed this action sheet to help you to visualise the reality of becoming a mother.

I've helped thousands of women to get pregnant, have wonderful pregnancies and to give birth to perfect babies and I know that if you trust in my process, it will work for you too.

Read this visualisation script daily. Leave it by your bed and read through it before you go to sleep at night. It will help you to start thinking in a specific and particular way that, if you use it consistently, will transform the way your mind works and that in turn will make boost your fertility and overcome any blocks that have prevented you from becoming a mother.



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Marisa Peer's Conception Visualisation Script

Your inner mind is locking on to these words and accepting them fully and completely. Your mind's job is to do what it thinks you want it to do, so you are now letting your mind know, very clearly, that what you want is to conceive your perfect baby.

Your mind is now aware that you have a strong and powerful motivation and ability to conceive your baby, to become pregnant, and to have a child. Every time you hear or read these words you motivate your reproductive system to act as a young, perfect reproductive system.

You are now using the power of your mind to direct your body to become super fertile. Your body is controlled by a network of intelligence, which is influenced by your mind and you are able to relax deeply enough to influence your own mind and to improve your fertility. You are communicating with the intelligence of your reproductive system and responding to these words as you think about becoming a mother.

When you were younger, you were super fertile. Your body has a memory of this, and you are reactivating it just by thinking of it. Think of your womb lining as perfect. Your hormone levels are perfect for pregnancy. Your eggs are young, strong and healthy. Imagine and feel your body getting ready for a perfect pregnancy.

Everything is performing more effectively every time you think these thoughts. Everything is in the right place at the right time to ensure you conceive. You ovulate the most perfect grade-A premium egg, which is fertilised and then nourished and nurtured by your body as it develops into your baby. Your thoughts are so powerful that they are creating physical changes in your body right now.

As you relax and take in these words, know that your mind responds to your thinking, to the words and images you make. See your eggs as resilient and plentiful. Rehearse with your egg what it has to do. See it moving into the fallopian tube, drawing to it a perfect sperm and becoming fertilised, then moving into your womb and securely attaching itself there, knowing that it belongs there, that this is its happy home for the next nine months.

You are developing a clear mental image, where you see yourself conceiving and carrying your baby to full term, knowing the more you see it, the more rapidly it will occur. Your ability to think these thoughts, to see these images, and to accept these suggestions, is having a powerful effect on your fertility right now.

This image of you as a mother is becoming more real, more attainable, and clearer, each time you hear this script. Talk to your baby, and let it know how much you love it, how much you want it....Know that what you want, wants you, and what you are moving towards is moving towards you, until the moment you are delivering your baby.

Marisa Peer x

