

Matrix Reimprinting for Fertility

The following process is to reinforce the decision for fertility and a term pregnancy.

Do this every day for a minimum of 21 days.

Your first step is:

▫ **"Even though I haven't always easily conceived when I chose to and carried a healthy pregnancy to term, I completely love and accept myself."** (*Repeat three times*)

Keep your eyes closed for the remainder of the technique (if this is comfortable for you). Tap using the following sequence:

- Tap on the **top of your head** as you say: **"I haven't always easily conceived when I chose to and carried a healthy pregnancy to term"**
- Tap on the **eyebrow** as you say: **"I want to always easily conceive when I choose to and carry a healthy pregnancy to term"**
- Tap on the **side of the eye** as you say: **"I choose to always easily conceive now and carry this healthy pregnancy to term"**
- Tap **under the eye** as you say: **"I love to always easily conceive when I choose to and carry a healthy pregnancy to term, because..."** and then list all the reasons why you want a healthy term pregnancy now. You can say this in your mind, but it can be more powerful to say this aloud if you can.
- Tap **under the nose**. As you do, ask yourself **what your life would look like** being pregnant and being a mother. Either verbalize or bring to mind all the positive images you associate with these experiences.
- Tap on the **chin**. As you do, ask yourself **what you would hear** when you are pregnant and when you are a mother. What would you expect to hear others saying about you? And what would you be saying about yourself? Saying these out loud can help you to resonate with them more.
- Tap on the **collar bone**. Ask yourself **what action you would need to take today** (big or small) in order to conceive / carry to term. Either verbalise the actions, or just bring them to mind. (One action could be considered doing this process. Other actions can include positive thoughts and feelings about pregnancy and welcoming a baby/babies into your life.)
- Tap **under the arm**. Ask yourself **how you would feel** once you are pregnant and once you are a mother. As best as you can, get into the feeling

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space of this. If you are having trouble accessing this, try and remember a time in your life when you felt joyful, serene, nurturing, etc and let these feelings move through your whole body.

- Tap on the **thumb**. As you do, choose **one image** that you associate with pregnancy / mothering. Be sure that you are in the image (i.e. you are pregnant now, holding your baby/babies now, pushing a stroller, etc) and take this image into your mind.
- Tap on the **first finger**. As you do, with the images in your mind, picture all the neurons in your brain reconnecting to make this image your reality.
- Tap on the **middle finger**. As you do, send a signal to every cell in your body that these images are your new reality.
- Tap on your **fourth finger**. As you do, take these new images into your heart.
- Tap on your **little finger**. As you do, make all the colours around the image really strong and bright, and get in touch with all the positive emotions that you associate with these images.
- Tap on your **inner wrist**. As you do, send the new images out into your energy field. Spend a minute or two doing this so there is a very strong sense of the new images out there.
- Tap on the **karate chop point**. As you do, bring to mind all the things you are grateful for in your life and in relation to your new images. You can list these silently or out loud.

Finish with a dance of gratitude, either in your mind or in reality, in order to seal the new belief with positive emotions!

Check out this link for an example of the Gratitude Dance:

www.youtube.com/watch?v=R9z2ELaBVJY

Here is a reminder of the tapping points. The "sore spot" can be interchanged with the karate chop point.

The points on the fingers is on the skin right near the nail - the right hand below would be the side that nearest the left hand.

The inner wrist point is on the side of the forearm below the palm.

