

The 7 Fertility Hacks Checklist



THE 7 FERTILITY HACKS CHECKLIST

WWW.FIGHTYOURINFERTILITY.COM

Are you crying alone unable to handle infertility problem?

Yes it is true.

Getting pregnancy shouldn't be this hard because it is a natural process.

Remember this truth.

To be successful in your fight against infertility battle you have to change yourself.

You therefore start practicing these 7 fertility hacks right from today. These seven fertility hacks looks very simple but bring miraculous changes in your life.

[Fertility hack #1: Chant 10 minute fertility mantra](#)

[Fertility hack #2: Take 30 to 40% of fresh vegetables and fruits every day](#)

[Fertility hack #3: Bend forward, backward and twist to both sides](#)

[Fertility hack #4: Walk barefoot and sat on the ground](#)

[Fertility hack #5: Spend some time with children and expectant mothers](#)

[Fertility hack #6: Practice Sensuality every moment](#)

[Fertility hack #7: Connect with plants and tress](#)

Fertility hack #1: Chant 10 minute fertility mantra

Yogis discovered that by repeating a particular sound vibration for a long time, our mind and body changes completely.

Mantra meditation technique is the most powerful tool ever available to mankind to be healthy happy and joyful.

A regular practice this 10 minute fertility mantra reprograms your subconscious mind and restores your fertility

While chanting mantra keep in view 3 aspects i.e. meaning, sound and rhythm of the mantra.

Here are the five simple steps to follow;

STEP 1: CHOOSE THE MANTRA

There are hundreds and thousands of mantras. But I don't want to confuse you. Here are I am giving you just one mantra.

Mantra : Prithvi Mata Svaroopo, Ananta Shakti Svaroopo

We have created this mantra with 5 Sanskrit words and its translation is as follows.

Prithvi Mata = Mother Earth

Svaroopo = form

Ananta = Infinite

Shakti = the power of creation

Svaroopo = form

The meaning of this mantra is this...

I am Living Mother Earth with Infinite Power of Creation

STEP2: SIT IN A COMFORTABLE PLACE

It doesn't matter whether your home or other places. What important is it should be free from disturbance.

Sit in a comfortable cross-legged with your eyes closed.

Make sure that you sit with a straight spine. The erect spine is the key to absorb the mantra's vibrations and helps you focus on your intention of conceiving.

Place your hands lightly on your thighs.

STEP 3: CHANT THE FERTILITY MANTRA

Prithvi Mata Svaroopaa, Ananta Shakti Svaroopaa

Keep these 3 things in your mind while chanting.

1. Feel the meaning of mantra "I am Living Mother Earth with Infinite Power of Creation" by visualizing the earth with lush plants and trees.
2. Feel the sound vibrations from your pelvic area to the throat area.
3. While chanting the mantra makes sure that you follow a rhythm that is comfortable to you.

STEP 4: WHISPER THE FERTILITY MANTRA

You start with chanting the mantra. After a while, you can slip into whispering the mantra.

And don't forget these 3 things. I.e. meaning, sound and rhythm in whispering mantra also.

STEP 5: RECITE FERTILITY MANTRA MENTALLY

Finally, you can slip into just mental recitation of mantra.

Start the meditation with at least 5 minutes of chanting followed by whispering and mental recitation of the mantra. You can finish all the levels in less than 10 minutes.

After you finish the mantra, you can feel the raising energy levels in your body.

RECLAIM YOUR POWER AND FULFIL YOUR DREAM

Today I have given you just five words...

These five words have no power...

The real power lies in you...

By repeatedly chanting “Prithvi Mata Svaroopaa, Ananta Shakti Svaroopaa” you are generating a stream of powerful positive thoughts and emotions in your mind...

By repeatedly chanting “Prithvi Mata Svaroopaa, Ananta Shakti Svaroopaa” you’re creating right chemistry and hormones in your body...

By repeatedly chanting “Prithvi Mata Svaroopaa, Ananta Shakti Svaroopaa” you’re energizing and magnetizing your energy body that is key to unblock the blockages in your pelvic area.

By repeatedly chanting “Prithvi Mata Svaroopaa, Ananta Shakti Svaroopaa” you are intensifying your desire to become a mother and every cell of your body echoes with the same desire and work towards it...

I want you to understand this fact...

Mantra chanting has nothing to do with any religion or God or destiny...

Mantra chanting is a technique to take your destiny into your control.

Mantra technique is based the subtle science of attraction & repulsion of vibrations and it works the principle of "LIKE ATTRACT LIKE". In popular culture we call it law of attraction.

Mantra chanting is a technique that unleashes the power lies in you.

So you are powerful and the real power lies in you. Reclaim this power and fulfill your dream of becoming a mother.

[Download this short report The 5 Words That Can Protect Your Fertility](#)

[Watch this video to practice this mantra](#)

Fertility hack #2: Take 30 to 40% of fresh vegetables and fruits every day

Take at least 30 to 40% of fresh vegetables and fruits every day. Fresh vegetables and fruits carry huge volumes of life energy when compared to processed and preservative foods. This one lifestyle change can bring a lot of change in your body and mind. Your body feels very ease. Your mind feels calmness.

Fertility hack #3: Bend forward, backward and twist to both sides

Every day, you bend forward, backward, twist to both sides, and squat with an intention of stretching your spinal column. This simple daily physical activity keeps the health of your neurological and endocrinal systems. This is essential for restoring your hormonal balance.

Fertility hack #4: Walk barefoot and sat on the ground

Walk barefoot and sat on the ground. If possible lie down entire body on the floor. Practice this habit 30 minutes every day. Go to the place where you find grass or earth to do this practice.

Disease is caused when we disconnect from the earth and nature as we are part of it. This regular practice constantly reconnects your body with earth

experientially and brings balance in your body and soon diseases disappear from your body.

This is the secret of health of spiritual people in India who only walk on barefoot and sat on the earth.

So why not you use this yogic secret and get benefit from it. If you practice this every day soon you feel the change in your body.

Fertility hack #5: Spend some time with children and expectant mothers

Start seeing children images or videos even if your body shows some sort of negative chemistry. Keep doing this practice till you genuinely feel comfortable and enjoying.

When you feel comfortable with this practice and then spend time with real children. The goal of this whole exercise is changing the beliefs and strengthening the power of expectation.

You need to follow the same practice with expectant mothers. Follow the same guidelines. The soon you complete this practice the fast you'll conceive.

Fertility hack #6: Practice Sensuality every moment

Sensuality means pleasing the senses. Sensuality is essentially your ability to feel pleasure sensation through your five senses.

Savoring delicious food can please your sensations.

Sipping coffee and smelling the aroma of it please your senses.

Walking barefoot on grass while enjoying the breeze of the garden will please your senses.

Touching and caressing of your lover please your senses.

Stroking your puppy will please your senses.

Remember! Sensuality is bigger than sexuality.

A regular practice of sensuality unblock sacral centre and releases the feminine energies.

A daily practice of sensual activities heals your body and mind. Consciously pleasing the senses will have incredible healing effect on you over a period of time.

The best gift you can give yourself is fully embracing the feminine trait of sensuality. This will rewire your brain and soon it can remove the anxiety from your body and replace it with joyfulness. Realize that Sensuality is the secret of successful woman.

Fertility hack #7: Connect with plants and tress

Did you know this fact?

You are inhaling oxygen exhaled by the plants. Plants are inhaling carbon dioxide exhaled by you.

Simply you can't exist without the plants and plants can't exist without you.

So you and plants are inter connected and inter dependent.

So practice this technique every day.

Sit or stand in front of a plant or tree. Say to yourself "I am depending on you and you are depending on me to emotionally feel inter connection and inter dependence. Practice this technique every day. After few days you will start connecting with plants and nature automatically.

Remember this truth. You are part of the universe. You are not separate from the universe. The loss of connection with the universe is the root cause of stress and anxiety and chronic diseases.

The 3 Step Fertility Code

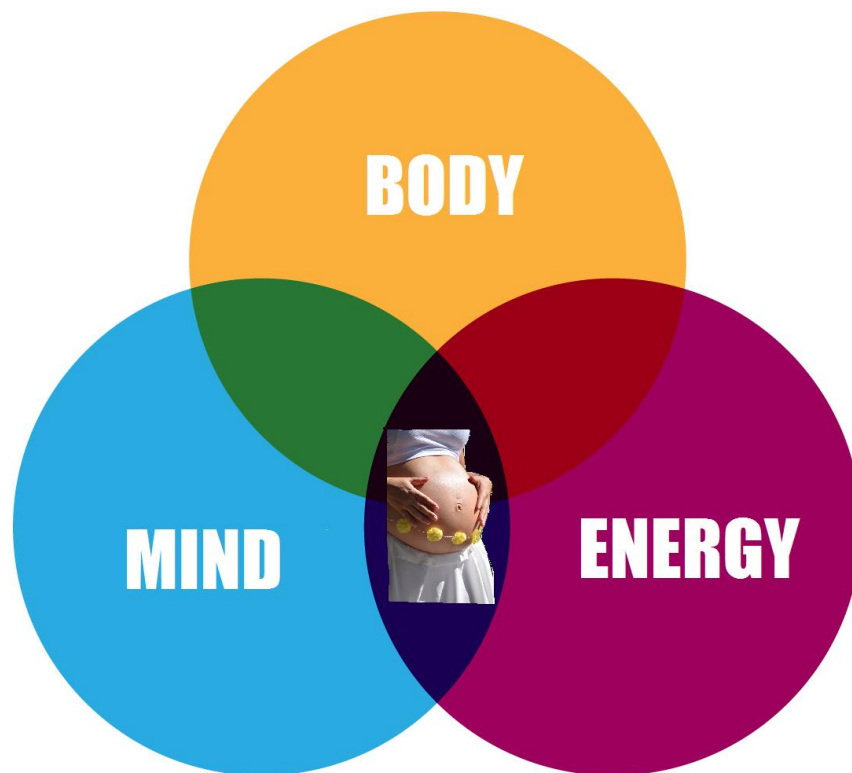
Your fertility is in risk (You must protect it before it is too late)

Protect your fertility...

To protect yours fertility, we have created "[The 3 Step Fertility Code](#)".

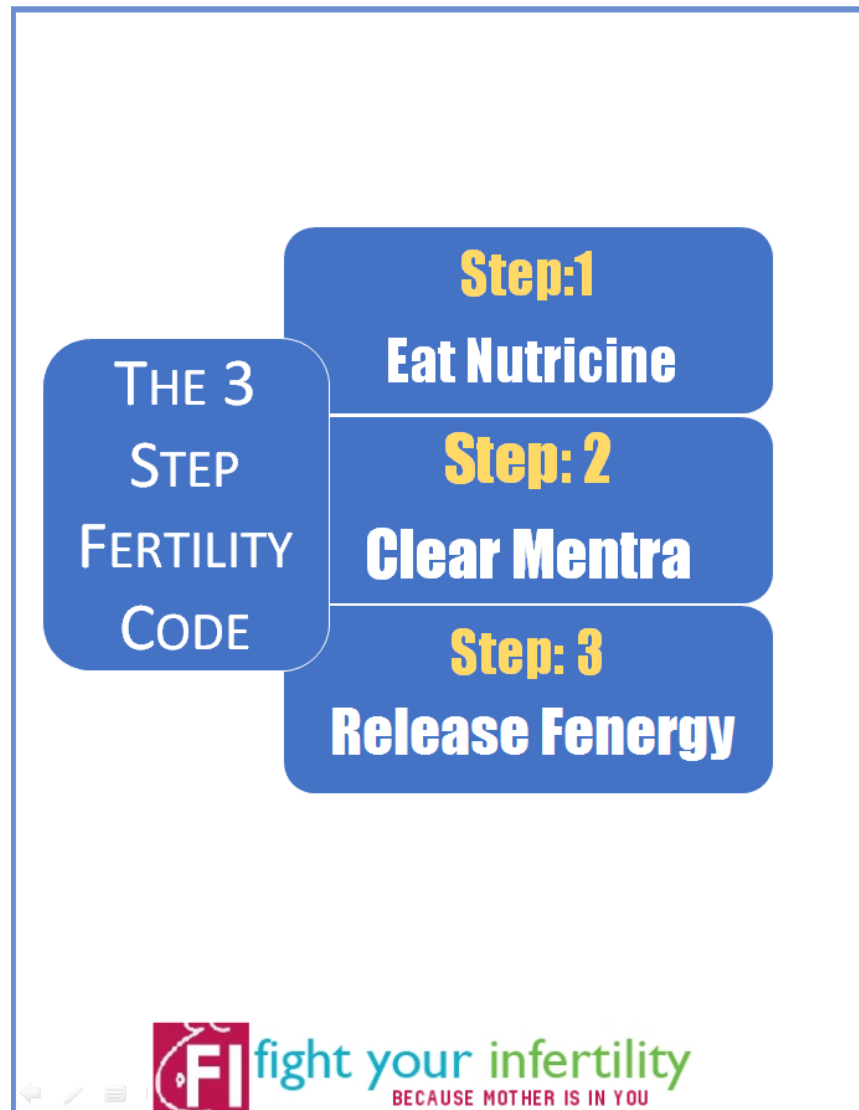
"[The 3 Step Fertility Code](#)" helps you to get pregnancy even if you are failing, aged and giving up.

A unique 3 step system is created to fix your **body, mind and energy imbalance...**



...that rejuvenates your reproductive organs and makes your uterus ready for conception...and a healthy, full-term pregnancy.

"The 3 Step Fertility Code" is all about **3 steps...**



What 99 out of 100 women struggling with infertility don't know is how to leverage their MIND and their ENERGY and restore their fertility...

[Click Here to Discover How You Can Leverage Your Mind and Energy and Restore Your Fertility Using 3 Step Fertility Code>>](#)