

What is Conscious Conception about ?

Conceiving a child is putting a new Life into existence.

Being unprepared, we pass on our own inner wounds and burdens to our child.

Being unprepared, we unconsciously repeat the already existent patterns of our ancestors.

Being unprepared, we continue giving on the same information over and over again.

The World calls to be reborn into something new.

Conscious Conception is about preparing a sacred space in you, through you and your partner,

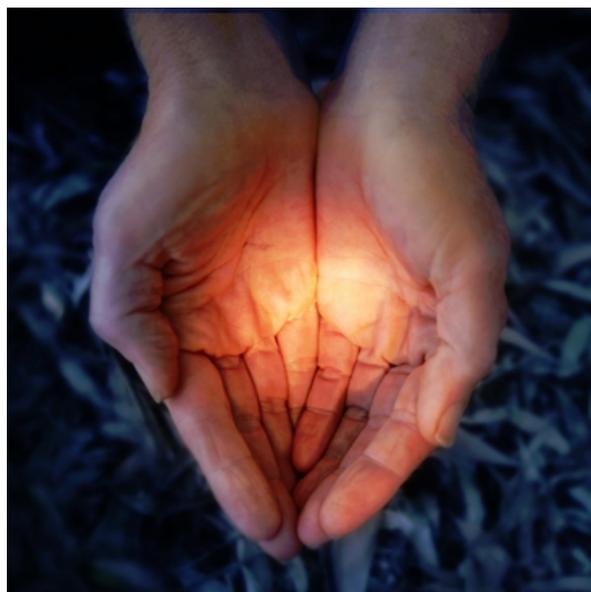
.. for offering the best possible foundation to your child-to-be.

.. for welcoming the incoming soul in pure love and supporting her for her highest good.

.. for allowing the baby's body to grow in optimal health.

We no longer need to suffer from birthing. We no longer need to hide our inner beauty and magical power. We no longer just let it happen offhandedly.

Changing our attitude of conceiving, we prepare new ground for the next generations.



A new Earth needs a new Birth.

Healing, Transformation & Mentoring
for mothers and mums-to-be

www.rebekkaspecht.ch



Ancient traditions say that with the first thought about a child a soul is attracted to her mother-to-be. Or was it the soul itself who whispered the desire into the mother's ear?

This special time in between the first thought and conceiving is called **Spiritual Pregnancy**. Various rituals exist in ancient traditions how to prepare the mother- and father-to-be on this journey into expecting. In our actual culture the knowledge and wisdom about the importance of this period and the impact on the baby, and therefore the future generations, got lost. We do no longer honor pregnancy, neither are we conscious about the influence of the time before.

Science and psychology only started some years ago to recognize the impact of the pre-natal phase on a human's live. Luckily, nowadays, more and more women feel the calling and become aware again of their inner wisdom and the magic about birthing.

Reading this, you must definitely be one of them.

How you can prepare yourself according to our actual culture :

(1) Preparation on physical level

As parents-to-be, you are called ..

- to detoxify and strengthen your body with herbs, massages, baths, exercising.
- to change your food to be more balanced and healthy.
- to find a balanced life-style.

As mother-to-be, you can prepare your body by ..

- strengthening your cycle with special herb tea blends and natural remedies.
- practicing cycle-awareness. *



(2) Preparation on emotional level

As father- and mother-to-be, you are both invited to

- research how you were born and what emotional memories are lingering in you.
- release fears, suffering and stress of previous pregnancies and birth experiences. Maybe there is unfinished grieve of having lost a child, might it be a personal experience or from within the family lineage.
- be true to your emotions and talk about them.
- practice emotional-awareness. **





(3) Preparation on mental level

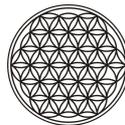
Discuss openly with your partner

- Why do you want to become pregnant. What is your main motivator? Is it because one of your friends is pregnant or your sister already has children? Might it be your parents wish? Is there any external pressure on you or is it your personal desire to let come to fruition the love of your partnership. Be honest to yourself.
- Think about which consequences this will have on your actual lifestyle. What does this mean for your job? Is the professional woman in you ready to step back for a certain time and leaving the scene for the archetype of the mother?
- What are your beliefs about 'being a mother/father'? Is your definition of these roles inherited from your parents or society-driven? Are they still true for you? What are the expectations towards yourself? Are they realistic and healthy?

All this questioning is not about planning ahead, being right or wrong, it's about becoming conscious and releasing what doesn't serve you any longer. Start to sort out negative and limiting thoughts and beliefs,

- practice mental-awareness through meditation, self-reflexion and inner listening.

Adapt your speech.



(4) Preparation on energetic and spiritual level

Practice energy hygiene and spiritual awareness.

- Which surroundings and people are supportive? Which ones tear your energy down? Choose consciously where and with whom you want to spend time.
- Liberate your energy fields of ancient burden and keep them clean and vibrant. Strengthen your aura, through energy healing, conscious breathing, meditation, yoga, dancing, voice-work, walks in nature, ... and reduce exposure to electro-magnetic pollution as much as possible.
- Find a ritual for you and your partner, when talking or dreaming of your future child. Be aware that her soul is already around you, listens and might be open to communicate with you. Your relationship starts here! You can light a candle, decorate a specific corner in the house or take notes and draw pictures in a special diary during Spiritual Pregnancy. Thereby you send the clear message to the Universe that the incoming soul is very welcomed. She already gets real space offered in your heart and home, even before having been conceived.
- Reconnect to your feminine qualities. Practice relaxation, doing nothing, simply being, which increases your capacity of receiving.



- Exercise Root-Chakra-breathing. Do energy cleansing of your sexual organs, through visualizing either water, color or light in your vagina, cervix and uterus. Release memories and stuck emotions. Send love to your ovaries. Your partner may do the same with his testicles.

... and then enjoy the mystical marriage while being loved and loving your partner,

so that your child-to-be will be conceived in joy,
love, consciousness and mutual respect.



How I can assist you during this journey of Spiritual Pregnancy :

Changing habits, re-structuring the way of thinking and implementing a life-style of awareness requires persistency.

Through mentoring I walk by your side and offer you a unique and safe container so that you are supported in

- **reconnecting to your own inner strength and wisdom.**
- **getting back aligned to your soul's rhythm.**

Sometimes it's hard not to see the wood for the trees, especially if it concerns old pains, sufferings and well kept secrets.

Through distant energy healing,

I help your body to free memories of personal traumatic experiences and heritages from your family lineage so that

- **your whole system becomes calmer.**
- **your vitality and vibration raise.**

Preparing your body for consciously conceiving a child, asks for openings on many different levels. Additionally to all what you can do for yourself,

I work energetically with your energy fields, your hormonal- and the reproductive system, so that they get attuned to their new purpose of conception.

- **Your body will be joyfully ready.**
- **The baby's soul finds a cozy nest to settle in.**



For creating a supportive environment for you, your partner and the incoming soul,

I clean and harmonize the energies in your home, so that its vibration becomes in tune with your family project.

→ You feel safe and comfortable.

→ The baby's soul can come in more easily.

Are you ready?

Would be a pleasure for me to support you
on this unique journey towards pregnancy and beyond.

Sincerely yours



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- * Cycle Awareness is passed on in many ancient teachings and can be learned online at redschool.net, through books, for example "The wild power" of Alexandra Pope and Sjanie Hugo Wurlitzer, "The red moon" of Miranda Gray, and is subject of many women circles.
- ** Emotional Awareness can be practiced through EFT, TIPI, meditation, inner listening and self-reflexion, voice- and danse-therapie, conscious breathing, ...