



A MEDITATION for Fertility Procedures

This is an invitation to turn the fertility treatment in a medical setting into a blessing of self-care. If you have a partner attending the procedure with you, you might consider having them read this for you (change “my” to “your”) or to hold this paper so your hands can be free.

The first two sections of this meditation (before and during the procedure) will help you unwind your body and quiet your mind so that it will be easier to be still during these anxious moments. The third section is for after the procedure when you will need to lie still for fifteen or more minutes. This is a time to create receptivity to the potentiality of the procedure and even to life in general. Any or all of these meditations can be utilized.

I. Before the procedure: Life Breath – *This is an opportunity to turn inward and relax while you are waiting for the medical professionals. It can be done sitting in the waiting room or in the examination room.*

Notice how your body moves as you breathe in slowly and deeply. (Your body will widen, lengthen, expand and then retract again.)

- 1. Front of body: On each inhale notice a different part of your body. Exhale. Move your awareness to the next body part as you inhale again.** Sense your feet. Feel them being supported, wherever they are resting. Move up through your legs, becoming aware of the shins and then your thighs. Let them relax and become heavy. Take your awareness to your hips, to your pelvis and then to your stomach. Breathe into your chest and heart area. Now move up to your throat, to your face and finally breathe into the top of your head.
- 2. Back of body: Now with each inhale and exhale move back down your body.** Start with your scalp and move your awareness down your neck. Breathe into your shoulders and then down your arms, then hands. Return your awareness to your upper back, then sense your lower back and finally your to buttocks.
- 3. Whole body breath:** Take several deep breathes, deeply filling your body and then slowly exhaling.

II. During the procedure: Sensing Your Body – *While the procedure is happening you may or may not be able to focus on your body, as there will be doctor/nurses attending to you and giving you instructions. Yet this meditation can help you release tension and help you be open to the process.*

Observe a different part of the body on each inhale and exhale. Just notice what is happening. No right no wrong. Is there tension? Discomfort? Warmth?

Breathe into your chest. Exhale. Repeat 2 times.

Breathe into your pelvis. Exhale. Repeat 2 times or linger here until your focus drifts.

Breathe into your legs. Exhale. Repeat 2 times.



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III. After the procedure: Internal Awareness – *After the procedure you will remain lying still. Use this as a gift of time to actually lie quietly in the middle of the day. Open your mind and your body to what is and what might be.*

Stay with your breath as you move your focus within. Be aware of the openness and receptiveness of your body.

Breathe In: My body has life giving potential.

Breathe Out: My body is open and receptive.

Breathe In: I bring in the Oneness of God - Adonai Echad

Breathe Out: May all be united as one.

CONTINUE REPEATING

When the nurse comes in to say time is up, don't rush. Take a deep breath in and out. Wiggle your fingers and toes. Open your eyes.

Read the following prayer as you acknowledge that you have been a calm and holy vessel of possibility for the past 15 minutes:

I have been praying for a child, God, but month after month my hopes have turned to disappointment. Bless me with a child, God. Help me, God. Let me conceive. Turn my envy into love, my despair into hope, my anxiety into calm, my tears into joy. Let the seed of life be planted and let it take root. Make me a partner in creation, God. Be with me, God; watch over me, hear my prayer. Amen.

Adapted from:
Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle, and Celebration
by Naomi Levy, Alfred A. Knopf, New York, 2002, page 72