

# If Pro-Creation Doesn't Mean Having a Baby Then What Does That Mean for You?

By Laurie Morse, L.Ac.

## **Introduction**

It's ok if you're not sure whether you want a child or not. It's ok if you think you really, really want a child and it scares you to think otherwise. It's ok if you secretly are scared to have a child but don't know how to come to terms with that.

It's very ok that you are willing to explore this for yourself. You will gain a greater sense of liberation and peace.

As a licensed and board certified acupuncturist, I have worked with many women and their fertility over the years. The objective has always been to support them in healthy pregnancy and birth. I began asking myself more recently, "Is every single woman who wants to have a baby really designed for that?"

"Might there be a different life purpose for her and her pain and struggle with infertility is trying to bring that to light?" "Or maybe the pain and struggle is trying to re-align her energy, health and life to be better balanced to bring a child into the world?" I don't know the answers to these questions; I just know that they are questions worth asking.

I invite you to be open to the inquiry for yourself and even more open to your discoveries.

## **CHAPTER ONE: In the Beginning**

In the beginning there was man and woman. Together, the two shared the equation of Yin and Yang; the masculine and feminine. In order for there to be continuation of the experience of Yin and Yang, they were instinctively driven to procreate. There was no questioning this drive, because extinction of their existence was not optional.

Each person who is born brings a little bit of "the beginning" with them. For some elements of the beginning, it is very deep, other elements have been transformed over time based on the needs. Extinction of a species runs very deep. The aspect of the beginning that propels our species forward runs very deep.

The depth of this element is hard to see because it feels, and is assumed, to be very much a part of who we are, like the fact that we have arms and legs or a heart that pumps blood throughout our body. It's a given (barring any abnormalities at birth) that we will have this experience called life with arms, legs, a heart and so on. There is no questioning of that. Might our drive to have a child be similar?

You might say, “Well, somebody has to keep the species alive”. That’s true, and as I look around, it appears that there are plenty of people to keep the species going. Is it necessary that every possible person of child bearing years needs to procreate in order to keep the species from becoming extinct? I don’t think so. That being the case, one can choose to procreate or not, and our species will continue.

The only way that choice is possible though, is if one recognizes the possibility of choice above and beyond, instinctual drive.

## **CHAPTER TWO: *Instinct***

In times past, throughout various cultures, being “barren” was a terrible plight. Some cultures even ostracized barren women. Sometimes, a woman might be killed if she were barren. It was usually assumed that if a couple trying to conceive were unable to do so, the woman must have been barren. (Today, with the help of modern technology, we know that it isn’t always the woman who is “barren”, but a man’s mal-quality or quantity of sperm can easily be the problem, or part of the problem). Being ostracized from one’s community was literally equivalent to death. How would she be sheltered from the elements, or feed herself enough, or care for herself if she became ill? It wouldn’t be long before death was her only invitation. Thus, a very core thread built into a women’s instinct might be.....bear a child or die.

Today, if you live in the western world, you have many more choices. You most likely can take reasonable to good care of yourself. If your partner were to leave you, you wouldn’t necessarily die from over-exposure to elements, lack of food etc. In fact, a woman might decide to leave a man. It happens over 50% of the time in a divorce.

Today is very different from the past; a lot has changed for women regarding those kinds of choices. But what if the innate drive or instinct to bear a child hasn’t changed much? If that is the case, then it would be equivalent to having our wires crossed inside. Our physiology drives us one way while our conscious awareness of choice might be driving us another.

Within certain bounds, I don’t believe there is a right or wrong when it comes to our choices. There are choices, certainly, that are more in line with our heart and purpose than others, and I do believe there is great value in making choices with as much awareness as we have at any particular juncture or choice point. We can always choose again.

That being said, there is profound value in doing some soul searching and noticing where your heart is leading you. Your heart might lead you in a different direction than the physiological instinct that drives you. This physiological driven instinct may be mostly, if not completely, unconscious. I invite you to consider one of two options for yourself, so that by the end of the book, you can focus on being the best at your choice.

**OPTION ONE:** You absolutely decide and know in your entire being that you are to birth a child and line up with that decision and you set your priorities so that you can be the best parent you have the potential to be.

**OPTION TWO:** You decide that birthing a child isn't your deepest heart's desire and you either raise or influence a child(ren) in a different way (i.e. adoption, caring for another's child(ren), teaching, etc.).

**OPTION THREE:** You discover that birthing something else lives in your heart. Something like a project, art that lives inside of you that you didn't know was there, or an idea awaiting its birth through you that would make a wonderful contribution to humanity. The possibilities are endless and it is you who gets to choose.

### **CHAPTER THREE: A Closer Look at Instinct**

From birth we have a natural, instinctual drive or urge to procreate. That's part of being human I believe. It's in our DNA. Choice is in our DNA also. There seems to be two grooves of energy for just about everything. First, there is instinct derived from our basic nature as a human being inhabiting a body on planet earth. Then there is this other groove which always includes instinct but also goes *beyond* it; a broader version of instinct that's been expanded by our heart and soul, or Spirit. This version allows for choice. So the difference between the two is something like this: "raw drive or instinct" and "conscious choice." What if each of us has in our DNA our own Divine Design as well? What if the activation of our unique Divine Design can only be done in that place beyond instinct and by choice? Our conscious choice.

What if having a child is always a raw drive or instinct? What if we went beyond that and said that whether we actually have a child or not comes from conscious choice? How might that change your relationship with fertility?

Let me explain with two examples (though please note that I am using broad generalizations to make a point and I realize that not everyone falls neatly into the boxes I'm presenting):

- 1) Mary grows up playing house and pretending that her dolls are her "real" children. Then she goes to school and she and her girlfriends talk about boys. Then she goes to college and deep in the recesses of her DNA she is looking for the father of her children; it's an instinctual drive. She finds someone that fits the bill and marries him. It is a given that they will have children at some point. They may want to focus some time on their careers or not, but they assume they are having children. Fertility isn't really questioned.
- 2) Mary grows up playing house and pretending her dolls are her "real" children. Then she goes to school and she and her girlfriends talk about boys. Then she goes to college and deep in the recesses of her DNA she is looking for the father of her children. In this case, a sliver of conscious awareness accompanies her instinctual drive to find the father of her children. She stays with it for a while as it blossoms right alongside her instinct. As she stays with it she realizes that she

can choose to have children or not and either way is ok. She's not sure but she stays with it until she feels clear about which direction is aligned with her divine design or her true purpose. It may be months or even years before she's clear. One day she realizes that her purpose, as much as she loves children, doesn't fall into the neat, outlined package as in example one. She chooses to focus her creative, nurturing, loving, mothering, life-giving energy in a different direction. She feels complete with this decision even though it doesn't match the cultural norm. She knows that she will be fulfilled because she is committed to being authentically aligned with her true purpose. She trusts that her purpose will unfold throughout her life, as needed, as long as she stays awake and conscious to her heart and soul.

I'd like to share my personal journey about having children or not having children. I too, grew up assuming I would get married and have children. I played house all the time as a little girl. It's not like I dreamed about being a mother with everything in me, it was simply assumed. It's not even like my parents were "grooming" me necessarily, it was just an unspoken, unconscious assumption that seemed to live in and all around me. I have two sisters, both younger than I. Maybe inherent in being the oldest, I had some maternal inclinations. Well, as the story goes, I was in 'find the father of my children' drive in my late teens. But, something strange happened: when I did find that guy and he did propose, I couldn't say yes. Everything in me was twisted with the thought of going down that path. I couldn't for the life of me explain it, I didn't understand it, and all I could do was follow my heart. Not saying yes to the father of my children's marriage proposal had me feeling free inside vs. twisted. Well, that happened a couple of more times and each time, I couldn't say yes.

It wasn't until my late twenties I awoke, at least enough to notice a trend. Okay, so it only took couple of decades! I began to realize that maybe my life and its design was not to include the bearing of children. Though I adore children, and sensed I had been a mother in many lifetimes, I was starting to get that I was to birth something(s) other than babies. When I looked at that, square in the eye, I could consider all the aspects of not having children, make sure that felt right to me and then make peace with it. Then, I could commit myself to moving forward with that which is my purpose in this lifetime. I could commit myself to my spiritual path, to healing work, to love, to creativity and to contributing to humanity in the ways in which I am guided.

Do you know what we, humans, want most...to feel love come out of us. We want to love, and we really want to love unconditionally. To feel the flow of love coming out of our hearts is heaven on earth. I wonder sometimes if we think that children are our best, and maybe only, avenues of love. It's a hard heart who doesn't find a way to love a child. A child's innocence, their awe of life, their sweetness, their recent dance with the divine, we all want to touch that. Might there be other avenues of life in which to flow our love?

## CHAPTER FOUR: *To Procreate or To Not*

In generations, decades and centuries past...bearing children was not an option. It was a given that a woman would bear children and if she were barren, oh dear, in some cultures that was almost a fate worse than death itself. The same would hold true for a man and his ability to “produce” a healthy child.

Consider that we grow up with lots of cultural “shoulds” that are often not at the conscious level. We are raised with particular gender norms like dolls for girls, trucks for boys. A lot of us grow up with an unconscious assumption that we will go to college, get a job, get married, and have children (maybe not exactly in that order). A lot of us never stop to consider that as we unconsciously follow this outline, though it may not actually be our divine design.

What if your dance with infertility is asking you to become really clear about what you are *really* meant to procreate? Must your true purpose be to birth a child or perhaps to birth something else? What is your true purpose? Maybe you’ve never asked yourself that question?

Let’s look at the word “procreate”. The definition is to engender or beget (offspring). The word “create” means to cause to come into existence; originate; to be the cause of. And “pro” means to be “for”.

You might discover that you are 100% clear in making a conscious choice to cause a child (or children) to come into existence. This is a profound and perfect choice. Or, you might discover deep down inside something different, yet very authentic: to create or cause or birth something else. You have your life to do that with. This is a profound and perfect choice also.

If we take the instinctual drive to procreate a child a step further, we might see other options. We might reach beyond instinct and notice other options. When we reach beyond instinct, Spirit is present. When Spirit is present our possibilities expand. When our possibilities expand we have choice. When we have choice, we are conscious and empowered. Confusion, sadness, and depression, which often accompany infertility, aren’t part of expanding into that broader space of Spirit present possibility.

Why are so many women/couples facing fertility problems? Why do some end up having a child and other not? I would like to see these men and women get really clear about this choice. If they choose to have a child, then they will need to line up with that, set their priorities accordingly and commit to being the best parent they can be. If they discover that they, in fact, are being called to create in a different way to offer their love and energy out of the box of the cultural norm, then I support them in being clear, coming to terms, making peace and then moving forward consciously.

I believe it's time to become very conscious about having children. The nature of the current times demand this now. Please don't be robotic or unconscious about your drive to have a child. Put some deep, heart-felt awareness to it. Don't avoid doing that because you are afraid of what might become clear or what might happen. Do you realize that when you align yourself with your authentic self and purpose, you have access to true inner peace and happiness.

***Pain and misery mean you unconsciously think you want something and yearn for it when it's not actually your divine design or purpose.***

How do you know? Let's look at some questions below and if you answer any of them "yes" then you might want to look at getting clearer:

- 1) Are you worried about how you'll juggle all the responsibilities in your life and a baby/child/children?
- 2) Do you wonder if your body can handle pregnancy and birth?
- 3) Do you worry that your hard-earned career will forever slip away when your child arrives?
- 4) Are you anxious about something but can't put your finger on it?
- 5) In your partnership, does one of you want a child significantly more than the other?
- 6) Do you worry if you'll have enough money to raise your child properly?
- 7) Do you worry if you'll have enough time to raise your child properly?
- 8) In your partnership, do you worry that one of you will carry more than their fair share of the load if you have children in your life?
- 9) Do you see yourself with children in your life but they aren't actually yours?
- 10) Have you daydreamed about what you would do with your life if you weren't able to have children?

You must take the time to be honest with yourself with this inquiry. I know it's scary, but you will liberate yourself from the despair of infertility. I also know it's not easy, but you will be forever glad you did.

In my experience, sometimes facing these kinds of questions actually helps women turn on their fertility switch, and sometimes it helps them face that they feel called to keep it turned off.

Either way, you win. Either way, you get to be liberated. Either way is a really good use of your life. Either way, your happiness follows.

## **CHAPTER FIVE: *Making Peace***

If you know your design is to birth a child then you would be served to look at your priorities and make any adjustments necessary in order to set yourself up to be the best parent possible. My downloadable eBook, “7 Strategies to Fertility Success ~ *How to Dramatically Increase Your Fertility in 30 Days*,” shows you how to do just that. You can find it at [www.myfertilitysuccess.com](http://www.myfertilitysuccess.com).

If you discover your design is to birth something other than a child, you might find you need to make peace with that discovery.

I invite you to initiate a healing for this purpose. On the next page you will find a beautiful healing exercise to support you in better aligning yourself with your discovery.

**Aligning Yourself With Your Divine Design: How to Do the Exercise**

- ◆ Find a quiet place in which to relax.
- ◆ Turn on some soothing music if you'd like.
- ◆ Have some paper or a journal and a pen with you.
- ◆ Answer the following questions to yourself.  
(No one will see your answers, so be completely open and honest with yourself.)

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1. What is your worst fear about not having a child?
2. What might you do with your life in lieu of having a child?
3. What impact might not having a child have on your relationship?
4. When you visualize yourself in your older years, how do you feel about not having your own child(ren)?
5. How will you answer people when they ask you if you have children?
6. How might you find ways to have your enjoyment of children fulfilled?
7. What are three major avenues into which you can pour the love from your heart?
8. What are one or two things/people/pets/places that you can love unconditionally?
9. When you take your last breath, can you imagine feeling peaceful about your life if you didn't have a child?
10. Is there anybody (including yourself) that you need to forgive if you choose to not have a natural child?

I invite you to write as much and as often as you feel is necessary to tease out the answers to these questions from the depths of your being. Other questions might come up. That's great. Answer those too. Contemplate, write about, talk to those trusted souls in your life and answer all the questions you have inside. Get it all out so that you can see it all.

For any pieces that feel particularly painful, the healing process on the next page is yours to use. If you don't feel complete with a piece of it, you may need to enlist the services of a healing professional. I encourage you to use your guidance as to how to best utilize the myriad of options available to you. Just take one step at a time.

### Healing Pain About Your Divine Design: *How to Do the Exercise*

1. Take three deep breaths.
2. Affirm your intention and willingness to release. Say out loud:  
“I am willing to release \_\_\_\_\_.”  
(You’ll want to say this for each piece.)  
“I allow transformation in all bodies simultaneously.”  
(This refers to your physical, mental/emotional, and spiritual bodies.)  
“I call in or I pray that my Source of guidance surround me now. I am fully connected and supported with my Source of higher guidance/wisdom/intelligence. Thank you so much for assisting my healing and restoring my energy to align with my highest Self.”
3. Take three more deep breaths. See or feel this energy you are releasing being taken up and out of you by your divine support. See or feel this energy being transcended into a pure, light energy and dissolving into the whole. See or feel your divine guidance right at your side.
4. Silently thank your divine guidance for loving and supporting you in completely releasing this piece. Practice feeling divine support in and around you. Practice calling upon your guidance, and sensing the love of this divine presence. Don’t worry if you don’t see or feel anything. Having the intention sets it in motion.
5. Go through each piece individually and keep repeating the process until you are complete for the time being. Then, see and feel all the energy you released happily transformed into light. Breathe the light of Source into your very being, and give thanks for your healing.

Use this process as often as you need, and for anything you need to release, in order to restore yourself to a centered sense of being.

The intention here is for you to allow yourself to take a journey in order to open yourself up to what is true for you. You don’t have to have all the answers right away. You don’t have to know what you might choose in lieu of birthing a child. You don’t have to cause all your discomfort and unknowing to go away. You just have to be willing to stay with yourself while you discover your truth and purpose.

## **CHAPTER SIX: Now What?**

You will find yourself somewhere on a spectrum, anywhere from relief to oh shit!!  
Remind yourself that wherever you are is okay.

Let's next talk about "now what" in two phases: 1) Any clean up or breaking of the news that might need to happen as a result of your discovery; and 2) What to do with yourself next.

### **CLEAN-UP**

If you are sure that you've discovered your procreative purpose is about something other than giving birth to a child and there are others directly affected by this, then if you haven't already, your next step is to open up a dialogue with them about what you have discovered thus far.

You might feel guided to ask them how they would feel if... On the other hand, you might feel guided to just blurt out your news. Please use your best judgment as to how each person would best be open to this conversation. It may be that putting all your feelings, discoveries and thoughts in writing is the best way for you. That way you can say all you need to say in an organized way without worry that you'll lose your train of thought and miss an important piece.

The conversations will be different. The conversation with your husband or partner will be different than the conversation with your mother or best friend.

The most important thing to remember is to stay with your self, stay as centered as possible and speak from your heart. Help them understand your truth. Ask them to support you through this important passage and decision. Keep checking in with yourself to make sure you don't need additional assistance by a health professional.

Those individuals who truly support your highest good will understand and be by your side. Those who have more difficulty understanding your choice(s), give them some time. If time doesn't bring them around, then that relationship might be asking for a second look by you.

### **WHAT TO DO WITH YOURSELF NOW?**

You are a blank canvas. You've just released yourself from something you thought you wanted, something you thought would fill up a fair amount of your life. The pain has shifted to something else now, maybe excitement, maybe fear of what's next, maybe just relief. Either way, you have an opening in your world.

A blank canvas, a block of clay, an empty journal or bowl....**you** are open. This is a special time, you want to be sure that you hold your open-ness long enough to explore what you might want to fill the empty space. In other words, you don't want to just let life dump anything into your open space, and it will if you're not intentional. It's the old saying, "nature abhors a vacuum." If you're intentional, then you get to consciously choose.

One of the most valuable things you can begin to do is nurture yourself. Really good, take care of yourself...like never before. Take walks in nature, visit art museums, take bubble baths, read things you love, spend time with people who are loving and supportive, take a class you've always wanted to take, explore ways to be creative (every human being has a unique way of being creative, no exceptions).

During this time, notice what catches your attention, notice what perks you up. Take notice when your heart and soul feel a little lighter. What brings a smile to your face, what asks for your return to it. What calls you when you are away from it.

Resist the temptation to be scavenging for the 'what next.' If you go into a "gotta find the next thing, gotta fix this emptiness" mode, you'll miss your golden nuggets. You won't be able to hear your heart guide you.

If your mind attempts to drag you into this mode, just gently thank your mind for its consideration and effort to guide you. Then tell your mind that you're going to set aside what it is asking for and instead practice remaining 'open,' self-nurturing and exploratory.

When you hit upon something that speaks to you, you will feel a resonance, an alignment, with that something. You will feel light, there will be no blocks, red flags, questioning or doubt.....it will just feel right.

## **CHAPTER 7: Permission**

Permission means "the act of permitting or allowing" or "consent." This permission must come from you. You must allow yourself to follow your guidance or your heart toward what feels like your true purpose.

*Knowledge of the self is the mother of all knowledge. So it is incumbent on me to know my self, to know it completely, to know its minutiae, its characteristics, its subtleties, and its very atoms. ~ Kahlil Gibran*

I find it odd that growing up, there isn't much nurturance for our true purpose, for fostering knowing oneself in the deep ways necessary for discovering our true purpose. Oh, we get all the "what do you want to be when you grow ups," but it is rare if someone sits with us and guides us through exploring what we might feel most aligned with, what is under the surface. Maybe, that is because we are too young to know what we feel aligned with. I know that I didn't step on my path of alignment until my late twenties. Before that I was just doing what I thought I was supposed to do, like everyone else seemed to be doing. One day, I realized that I didn't like what I was doing, I felt no fulfillment and, furthermore, nobody else I worked with (most were older than I) looked like they were fulfilled either. I thought that if I didn't want to end up like them a few more years down the road, I'd better start the process of discovering what direction I could take that would be more aligned with my true self. I gave myself permission to explore and it felt so good. I soon realized that I didn't care how long it took to find a

more passionate, soulful expression of myself...I wouldn't stop until I found it. Who cares if it took until I was 70 years old?! At least I'd get there at some point. Fortunately, it didn't take that long. Now I can truly say that I wake up each morning feeling in right alignment with my true purpose. It's worth all the exploration it takes to discover that.

Well, now that you're all grown up, it's up to you to be that guiding grown-up to yourself. You absolutely must give yourself permission to explore what that means for yourself. There is no one right and magic formula, there is just you, your heart and your willingness to explore what keeps your heart open, joyful and centered.

If I can be of further assistance to you in this process, please let me know. I provide individual phone and e-mail consultations to women who are in the process of discovering what form their procreation instinct will take. And I specialize in helping women and couples wanting to become pregnant to manifest their intentions. For more information, go to [www.myfertilitysuccess.com/consults.html](http://www.myfertilitysuccess.com/consults.html) or to set up a consultation contact me at [info@myfertilitysuccess.com](mailto:info@myfertilitysuccess.com).

Many blessings on your precious journey,

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