**A Spiritual Journey Towards Parenthood**

**Embarking on a Spiritual Journey Toward Parenthood**

**Step 1: Intention Setting and Reflection**

* Begin your journey by setting clear intentions for parenthood. Reflect on your desire to become parents and the spiritual significance it holds for you.
* Take time to connect with your inner self through meditation, prayer, or introspection. Allow your heart to guide you towards your purpose.
* Meditation serves to reduce stress by inhibiting sympathetic nervous system activity (responsible for the ‘fight or flight’ response), and by stimulating the parasympathetic nervous system activity (which has a calming effect on the body). When your body is in an ideal, relaxed state, the immune system function and general health are improved allowing for a natural conception to take place.

**Step 2: Cultivate Patience and Surrender**

* Understand that the path to parenthood may not always unfold as expected. Cultivate patience and trust in the timing of the universe.
* Practice surrendering control and embracing the flow of life. Let go of any fears or anxieties, knowing that everything is unfolding as it should.

**Step 3: Nourish Your Mind, Body, and Soul**

* Prioritize self-care practices that nourish your mind, body, and soul. Eat nourishing foods, engage in gentle exercise, and get adequate rest.
* Incorporate spiritual practices such as yoga, mindfulness, or spending time in nature to rejuvenate your spirit and enhance your connection with yourself and your partner.

**Step 4: Foster Connection with Your Partner**

* Strengthen your bond with your partner through open communication, love, and support. Share your hopes, fears, and dreams surrounding parenthood.
* Engage in activities that deepen your connection, such as couples' meditation, heartfelt conversations, or creating rituals together.

**Step 5: Seek Guidance and Support**

* Reach out to spiritual mentors, counselors, or community members who can offer guidance and support on your journey towards parenthood.
* Attend workshops, retreats, or support groups focused on spirituality and fertility to connect with others who share similar experiences.

**Step 6: Practice Gratitude and Trust**

* Cultivate an attitude of gratitude for the blessings in your life, including the opportunity to embark on the journey towards parenthood.
* Trust in the divine timing and have faith that everything is unfolding according to a higher plan. Surrender any doubts or worries to the universe.

**Step 7: Embrace the Miracle of Life**

* Approach the journey towards parenthood with reverence and awe, recognizing the miracle of life and the sacredness of the process.
* Celebrate each milestone, whether it's a positive pregnancy test, a successful fertility treatment, or the arrival of a child, with gratitude and joy.

**Step 8: Connect with Your Future Child**

* Foster a spiritual connection with your future child by visualizing their presence in your life and sending them love and blessings.
* Engage in practices such as writing letters to your future child, creating a sacred space for them in your home, or participating in rituals that honor their spirit.

**Step 9: Surrender to the Divine Plan**

* Release any attachment to specific outcomes and surrender to the divine plan for your family. Trust that your journey towards parenthood is guided by love and wisdom.
* Embrace the lessons and blessings along the way, knowing that each experience contributes to your growth and evolution as a spiritual being.

**Step 10: Welcome Your Child with Open Hearts**

* When the time comes, welcome your child into your lives with open hearts and open arms. Embrace the journey of parenthood with love, compassion, and gratitude.
* Nurture your child's spiritual growth and connection with the world, guiding them with wisdom and kindness as they navigate their spiritual journey.

**Vedic Mantra for Child Conception**

* **Santhana Gopala Mantra:**

*Om Shreem Hreem Kleem Glaum Devakisut Govind Vasudev Jagatpate*

*Dehi Me Tanayam Krishn Tvaamaham Sharanam Gatah ||*

**संतान गोपाल मंत्र**

ॐ श्रीं ह्रीं क्लीं ग्लौं देवकीसुत गोविंद वासुदेव जगत्पते

देहि मे तनयं कृष्ण त्वामहं शरणं गतः ||

ॐ शांति शांति शांति

Aum shanti shanti shanti (say this after reciting the mantra 108 times)

Santhana Gopala mantra should be recited 108 times a day and women should start it on Thursday. The ideal time to recite this mantra is from 3:30 am to 4:30 am or at least before sunrise. It should be recited 108 times continuously without any break, the mantra should be recited within your heart, and it should not be audible to others

* **Garbarakshambigai Mantra:**

*Om Garbarakshambigaayai cha vidhmahe*

*Mangala dhevadhaayai cha dheemahee*

*Dhanno devi prachodhayaath ||*

**गर्भरक्षमबिगई मंत्र:**

ॐ गर्भराक्षम्बिगायै च विध्महे

मंगला देवधायै च धीमहि

धन्नो देवी प्रचोदयाथ ||

* **Sai Mantra:**

To inspire Sai devotees to believe in Sai for blessed pregnancy and childbirth, request them to offer a glass of milk to Shirdi Saibaba photo in their house, light 2 lamps and chant **Om Sri Sai Nathaya Namaha** for 10 minutes ...then have the milk as prasad

Embarking on a spiritual journey towards parenthood is a sacred and transformative experience. May your hearts be filled with love, your spirits be lifted with hope, and your journey is blessed with miracles along the way.