

# Calling in Your Baby

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## DEDICATION

This book is dedicated to my son Jackson who inspires me everyday to be more light and love. I also dedicate this book to all the courageous women who never gave up on their dream of having their child.



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*Your children are not your children.  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you, yet they belong not to you.  
You may give them your love but not your thoughts.  
For they have their own thoughts.  
You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow, which you  
cannot visit, not even in your dreams.  
You may strive to be like them, but seek not to make them  
like you.  
For life goes not backward nor tarries with yesterday.  
You are the bows from which your children as living arrows  
are sent forth.  
The archer sees the mark upon the path of the infinite, and  
He bends you with His might that His arrows may go swift  
and far.  
Let your bending in the archer's hand be for gladness;  
For even as he loves the arrow that flies, so He loves also  
the bow that is stable.*

*Khalil Gibran*

## Welcome to the *Baby Zone*!

Like the twilight zone, you're in a strange, unexplainable place that is exciting but a little scary and uncomfortable. It's as if something or someone has taken over your feelings, emotions, hopes and dreams. Previously, you were going about creating your life, career and goals with some confidence at a manageable pace; and now, you have found a challenge in having a baby. Whether it's your first baby or second, you may be experiencing such a deep yearning to have this child that it feels out of control. It's a feeling that nothing else in your life matters. Your desire to be a mother is stronger than anything you've ever wanted. You experience this yearning on all levels: physical, emotional, spiritual and intellectual. You are ready and you want it now.

You may be experiencing hope and inspiration along with tears of longing when you see babies and children. You may be encountering babies in your dreams. You may notice pregnant women everywhere and feel jealous and resentful, thinking, "Everyone is pregnant except me." You have turned to all the popular techniques on the market--the nutritional supplements, temperature-readings, acupuncture, and more; but there is still something missing - your baby - and the frustration is mounting. Some women describe the need to get pregnant as so overwhelming, they feel hopeless and can no longer think of their own life goals as important without that baby.

Good news --the spirit of your baby is nearby and eager to be with you! These feelings and sensations are proof of his or her presence and your sudden alignment with this spirit. The fact that you are interested in connecting with a child is proof that a child is part of your spiritual path or destiny. With a little spiritual coaching, you will be able to release the blocks you may have created to bringing a baby into your life and form a bond with your unborn baby. You will create your own baby miracle sooner than you think. It is important to

realize that the spirit of the child you are connecting with can come into your life in more than one way - through your body or by way of another woman's pregnancy, into your life through adoption. The mother-child spiritual bond is equally strong.

Over the last 25 years, I have had the opportunity to perform hundreds of private clairvoyant readings on women in all stages of this *baby zone* - pre-conception, pregnancy and motherhood. I have seen that with the mother's shift in perception, a new understanding of female energy, and some training in communication with the spirit of the baby, blocks are removed and miracles happen.

When you learn to communicate with the spirit of your baby and understand how female energy works, there is a new understanding of the conception process, along with a strengthening of the relationship between mother and baby. It is absolutely possible to communicate with the spirit of your baby, learn its purpose and your special relationship, and conceive faster, or at least with more joy and patience. I speak from the perspective of both a clairvoyant who has seen clients succeed this way and also, as a mother who went through the "Baby Zone" myself. I applied the concepts and techniques in this book to my own experience and successfully created the conception and precious bond with my own son.



*The day I first uttered the words, "I'm pregnant" was a dream come true for me. It was a gift that at times seemed unfathomable, but in August 2011 after more than two years of many failed attempts it finally happened. It wasn't until I truly detached myself to the outcome and embraced the clairvoyant tools and techniques taught by Tori Quisling that the shift happened.*



*By making a conscious effort to eliminate any negative thoughts and being ruthlessly positive, I created the space to believe and receive. Instead of thinking that "It's never going to happen," I started talking to the spirit of the baby. I would talk to my baby's spirit about anything that was on my mind, or I'd ask for help with something... Meanwhile I was working hard at not creating any expectations, which does not come naturally to me. In April 2012, I gave birth to a healthy and beautiful baby girl. I'm grateful to Tori for teaching me the tools and techniques for achieving and maintaining this necessary mindset that played a critical role in my getting pregnant.*

**– Maureen Lagarde, Long Island, NY**

**Part One:**  
**Common Blocks to Pregnancy**

*"Why did I not know that childbirth is the pinnacle where women discover the courage to become mothers?"*

— Anita Diamant, *The Red Tent*

When you enter the Baby Zone - or the willingness to become a mother - you have taken on a courageous project. You have agreed to bring another person through your body and devote your life and your goals to them. It is a risky task which comes with a natural level of fear. It also comes with the thrill of learning more about yourself. It is a privilege for a woman to give herself so completely to another. In saying "yes" to this endeavor, you are ready, and so is your body! You are responding not only to the biological need within your female body to nurture and create, but also to the need of your soul to grow. Women since ancient times have heeded the call when the right time came.

If it's such a natural part of a female human experience, why does it seem so challenging? Once you say "yes" to this baby experience, you immediately take on stress in the form of self-judgment, societal fears and pressures, and a loss of control. You experience this stress on all aspects of your being - emotionally, intellectually, spiritually and physically.

**You compartmentalize your life into projects.** The projects of Baby, motherhood, partner, job, relationship, and family are often divided into compartments in your thoughts. When you do this, you separate yourself from the "big picture" of your life as a wonderful whole. This act of separating the parts of your life forces you to judge each of these parts as good or bad, causing you to never be satisfied as there is always some aspect that is lacking. You experience stressful feelings of impatience, lack, frustration and fear. All of these feelings create a "blocked" effect.

**Societal Pressures.** Traditionally a woman's worth and beauty was based on her "child-bearing hips," or her ability to be fertile. In more modern times, women have had the ability to be an equal partner in their relationships at home and at work, while being judged on the more masculine qualities for success such as intelligence, self-reliance and assertiveness. Often these images of yourself can clash-- independent, career woman vs. soft, caring nurturer.

**Self-Judgment.** Often the decision to have a baby brings up the societal concepts of self worth, a faith in your body to perform as well as a judgment of your age. If you've reached a point in your spiritual and emotional growth to truly decide to be a mother you may be older. Today, more women than ever are having healthy babies at a later age.

With all these societal concepts and pressures, you may find that you have been unknowingly creating barriers to your own pregnancy. For example, you may feel that you need to be busy right now for your career or need a little more security to feel safe in creating a family; and thus, unconsciously be delaying your pregnancy for just the "right time." You may be thinking you are "not yet ready." Also, you may feel the need to control aspects of your life, scheduling how and when things should happen. Babies are spontaneous and like to surprise you. Babies also have their own plans for when they want to be born. Connecting with your baby may require you to let go of this control and be open to divine timing.

You may also be using your valuable female energy to heal and fix everyone else in your life. Your attention and energy may be "spread out" in many directions. This leaves very little creative or healing energy in your own body to give to growing a baby. Other beliefs such as "it's hard for me to get pregnant," or a doctor's diagnosis of a "tipped uterus" or other problematic situation may keep you from being

available for conception just because you believe in these limits. Once you tune in to your own spiritual goals, you can begin to take charge of your own energy, how you are using it and take steps to empower yourself. In addition, releasing impatience helps you get clear on what you need before the pregnancy occurs and releases the stress that may be keeping you from being open and available for conception.

**Part Two:**  
**Let Go of the Blocks**

*"Infinite patience brings immediate results."  
- A Course in Miracles*

Take a deep breath, close your eyes and say to yourself "All is Well. My life is whole and complete." Visualize all the things in your life you are grateful for right now.

The spirit of your baby chose you because of your attractive qualities - gratitude, love, joy, generosity and immense creativity. You are so full of goodness that you are overflowing and ready to share this with another precious human being. Your baby sees this about you and wants you as a capable member of the team of his life incarnation. All the fears, worries and excuses that run through your mind weaken this energetic attraction, bring on stress and possibly delay the miracle at hand.

Imagine that the spirit of your baby has brought you and your partner together to be part of the miracle *team*. Develop the idea that having this baby is a team project - one that not only includes your intentions, but also that of your partner and the baby spirit itself. In this "zone" of impatience and frustration it is hard to think clearly and create your life with clarity and joy because so many paths are coming together at once. More importantly, the whole project is subject to "divine timing." Not only each team member, but also the Universe and the angels need to be ready. Each human existence is an absolute miracle because all these factors must be in balance and coordinate to create this unique new life -- it is perfection and that takes divine timing. There is a surrendering and trust in this process. This requires keeping your singular focus and intention while trusting that what you intend will be delivered. In this case, you are just one part of a synchronous project.

Taking this image further and to bring about a healing perspective, think of your own birth and the importance of the day you were born. Think of how your personality and choices have been affected by your parents, family, your peers and the opportunities you have had in this time in history. In fact, your unique life is a true miracle that comes from a greater design that goes beyond your mother and father's wish for you to be in their lives. Your parents were just a part of your birth and choice to be here.

Buddhists have a wonderful story to illustrate the true miracle of each human life. The story goes as follows.

*Imagine there is a turtle swimming at sea that only surfaces every 100 years. There is a small ring in this vast sea. It is more likely for the turtle to accidentally poke its head through that ring when it finally comes up for air than for you to be in your human life as you are right now.*

In this thinking, you are brought to realize all the synchronous or seemingly random events that had to happen for you to be here. Think of all the people who had to coordinate or surrender their lives, actions, choices, hopes, dreams and guidance to bring your unique soul here --with nearly all of it outside of conscious planning.

So you see, each human life plays a role in bringing more human life purely through desire and openness to synchronous, unplanned, events that produce the miracle of a human incarnation.

Think of how you met your partner now - the synchronous events that came together to bring you together. Imagine that all along, the baby spirits planned to be with you both. Baby spirits choose their parents. They have an overview of the beliefs and circumstances they will be born into.



In further imagining your own birth, as a baby spirit, you had a goal and determination to set up the perfect situation to have a human experience. In order to connect and “come through” your mother, you made an agreement with her. This was done on both conscious and unconscious levels depending on how reflective and in-touch your mother was with her own beliefs and personal and spiritual growth.

Imagine your mother in the “Baby Zone,” interested in connecting with you. What made her excited about having you in her life? What were the promises you made to your mother? What do you think she wanted from you as a child in her life? She may have wanted to feel important, nurturing and have someone to love. On the other hand, she may have been dissatisfied with her life and wanted someone to “heal” or fix her problems. Perhaps you came to strengthen your parents’ relationship -- give them a *project* to create together. In order to make the connection and get your body, you promised, on a spirit level, to fulfill those needs for her even if you didn’t know how. Once these agreements were made, did you surprise her and come through suddenly, or did it take awhile?

As you think about bringing in your own child, you begin to see that agreements are important. You may be projecting or mirroring the same ones your mother had with you. You can become aware of what you need from the relationship with your baby. Is it something different than what your mother needed? What do you want from your future child? Do you want to feel connected to someone? Do you want to feel more fulfilled? Healed? Do you want to use the baby to strengthen your relationship with your spouse?

Create an opening and invitation the same way your mom did for you even if she was unaware of your presence and you took her by surprise. Then, begin to take on a different perception outside your habitual, fearful thoughts. Shift your perception that you are a miracle and you are here to be a

part of another miracle beyond the statistics and fears. In this way, you become lighter and closer in vibration to your baby. Your mantra becomes: "He or she is on their way and I know it to be true. I agree to support and assist this spirit in their growth in any way I can - I respect their truth and look forward to what he or she can offer me in my life."

You can also expand your awareness that you are part of a "team" for this project - you, the baby's father and the baby himself. Your role is to be interested in your openness and availability, taking care of the health of your body including the effects of stress. Practice the clairvoyant techniques included in this book to keep you busy while you're waiting and also increase your confidence as a creative member of the team.

*My journey to becoming pregnant took four years and I experienced two losses. And while I consulted with many doctors and health practitioners during that time, the tools that I learned from Tori were really important in keeping me believing that it was possible to successfully become pregnant. The tool that I believe was a major turning point was*



*“neutrality” or “detaching from the outcome.” I was desperate for some certainty on this journey, but what Tori taught clicked one day: “If a baby spirit was meant to come to me, then that was going to happen.” It was important—and I was finally able to hand it over and realize that it wasn’t all about what supplements I was taking or how many acupuncture appointments I went to. If this baby was meant to come to us, it would happen at the right time. The other tools that helped me enormously were sending healing light to my uterus, particularly after the losses, and welcoming the baby spirit to join us--at his or her pace, not the timing that I thought it should be. Tori’s guidance and tools truly kept me afloat during this journey. Combined with her invitation to stay connected with spirit and be positive, she helped me heal and be open to this wonderful gift.*

***Denise S., Long Island, NY***

**Part 3:**  
**My Story**

I first learned about baby beings as a 20-year old student at the Berkeley Psychic Institute in California. As part of our training, we performed readings in which we learned to see someone's spirit and communicate about their spiritual path, aura, chakras and past lives. We also communicated with the spirits around the person who were in the form of deceased relatives, angels, spirit guides and baby beings. I learned that all these spirits had created agreements with the person, usually before their current lifetime.

Baby beings were special. I learned that they were just as capable as the person we were reading, and they had the special motivation to gain a human experience. By observing baby beings, I learned the concept of reincarnation. We ultimately return multiple times in different bodies to gain valuable life experience on earth. Baby beings are cunning, motivated and very present when they sense a woman's interest in having children. Depending on the awareness of the mother, they can slip in unexpectedly or take their time, waiting for the right moment. Either way, they are determined to get their next life experience. Some baby beings are old and wise and some are very young and need a patient mother and family to teach them about the human experience. It was easy to spot the readee's associations with religious groups whose emphasis is on having as many babies as possible. In these cases, I would see these women and men surrounded by hundreds of baby beings.

I was surprised when I finally wanted to conceive a baby. I was 33 years old and recently married, but had never seriously thought of being a mother. As a teacher, I enjoyed children on many levels, but did not think of myself in a maternal role, especially the real aspects of pregnancy, childbirth and an infant. As a clairvoyant, I knew baby beings were around me, but I resisted the idea of bringing them into my life.

I had been a sensitive person throughout my childhood mainly a clairsentient person - deeply feeling what others were feeling and confusing the emotions of others for my own. In college, I was fortunate to find a community of sensitive people at the Berkeley Psychic Institute (BPI). I learned powerful “tools” that allowed me to tune-in to my psychic abilities and become clairvoyant. By learning to “see,” along with my ability to feel deeply, I was able to let go of the emotions of others and interpret people and situations in a more neutral way. As the tour manager for Deja Vu Tours (a division of the BPI), I traveled to Brazil, the Philippines and New Orleans to experience spiritual mediumship and energy healing firsthand. After all this adventure, I became an elementary teacher to help foster curiosity and creativity in the lives of sensitive children.

Around that time, I began to have dreams of a little boy with big, blue eyes and blonde hair on a roller coaster. Sometimes he was standing near the roller coaster, while other times he was riding it. My grandmother, who had passed, came to me in one of these dreams to introduce me to this little boy. She told me I should get to know him better. I noticed that he was adventurous like me and I instantly felt a connection with him in my heart. At that point, I realized he was my son. As a trained clairvoyant and teacher, I believed in this dream and followed it.

That dream stayed with me and became the divine spark that took over my life. I had never before thought of being a mother. I soon became obsessed with getting pregnant. I had entered the “Baby Zone.” I went about getting pregnant methodically, like all the books said, but I knew it was a spiritual act as well. I began to change my opinion of myself as someone who was not interested in pregnancy to someone who had to know everything about it.

Though, as each month went by, I faced challenges and found it was taking longer than I thought it would. In these

moments, I remembered my clairvoyant tools which included staying in communication with this “baby boy being” to let him know I was still interested. Then I used my tools to begin to see where I was creating blocks with my various physical, mental, and emotional fears. I began to connect with the spirit of my baby and see that his need to be born was just as deep as mine to be a mother. I consciously created communication with my child, preparing for him to be with me. I intended to tune-in to what we wanted from each other and create an agreement that was in alignment with my goals as well as my child’s need to have a body. I then practiced separation to keep neutral and positive so I wouldn’t feel so impatient and allow for divine timing. I used the visual of a cord or tether to stay connected and a “slippery slide” so he had an easy way to get in to my body.

When he was born a little over a year later after that dream, I was ready to receive him on all levels in my life. He came into my life at exactly the right time and everything in my job and life flowed easily. Through this whole process, I was grateful to have the clairvoyant tools I had learned in my earlier years. Now I am excited to share these powerful tools with other women who are ready to bring a child into their lives.



With my son, Jackson

*"I'm so grateful to have been able to work with Tori Quisling in preparation for my pregnancy. After several years of disappointments, I was finding it difficult to imagine ever becoming a Mom. During a private session with Tori, I gained a renewed sense of faith that allowed me to see that I could create the outcome I desired. During Tori's pregnancy workshop I learned how to envision my child coming to me. Tori guided me to create a visual of my child sliding down a bright yellow water slide. Practicing this visual exercise daily allowed me to feel the hope and peace I needed to continue on my journey and helped me let go of stress and doubt that was getting in the way of my success. This shift in my thinking was instrumental in my ability to achieve a healthy pregnancy after eight years of trying and I now have a beautiful baby boy! Overall, I have gained a deeper trust in the power I possess to create miracles in my life. Thank you, Tori, for helping me facilitate this wonderful shift!"*

**– Lorraine Miller, Long Island, NY, [NourishByNature.com](http://NourishByNature.com)**





**Part 4:**  
**Baby Spirits**

*"Cupid is a knavish lad, thus to make females mad"*  
--Shakespeare, *A Midsummer Night's Dream*

The spirit of your baby is nearby and eager to be with you. Your heightened feelings of yearning and excitement are proof of his presence. Before your child is conceived and born, he or she is in the spirit form called a *baby being*. Baby beings are just as capable as you and have a soul purpose that involves the human experience just like you. Once you are aware of this, it is easy to perceive this baby being. They tend to gather around young children, cute cuddly images, pregnant women and pets. Think of how you may feel the urge to use baby talk when you are around pets and cute images and dolls. Notice how young girls carry "baby" dolls and children ask for a sibling. Young children are still in tune with these baby beings, since they just came from that place. As they were leaving their place in the *spirit world*, you can imagine they told some of their friends, "Hey! I'll get you in next!"

When you enter the baby zone -- you all of sudden attract these baby beings into your life because you have made a shift and are inspired to receive them, both in your awareness and in your body. You may have made an intuitive decision that it's time to have a baby, just began a relationship or marriage or just feel your "biological clock ticking." The baby beings around you sense this. This is not the first spiritual encounter for you, however. Whether you are aware or not, you have been in contact with the spirit world in the form of angels and spirit guides and deceased relatives all your life. They may come to you in your dreams and in the subtle underlying thoughts. Often, the spirit guides around you include your baby beings who have been following you and waiting for the right moment to be with you in the material world. With a little training, you can begin to

listen for and establish a conversation with all these guides especially your own baby beings.

### **Baby Beings Around You**

When you tune in, you can experience the effect of having baby beings around you. A twitchy eye is a sure sign they are in your presence. Baby beings vibrate very high. They match the high vibration of your uterus and make many parts of you twitch. Baby Beings also bring stressful, uncontrollable, yearning emotions into your body. Similar to the frustration of an impatient, unhappy toddler having a tantrum, asking you over and over for the same thing - "Mommy! I want it and I want it now!" You may be experiencing the impatient and out-of-control emotions and thoughts of this *baby being*. The effects of having baby beings around you include: uncontrollable emotions, confused thinking, crying spontaneously especially at the sight of a baby (photograph or real), taking risks and making hasty decisions around relationships and birth control. A baby being around you will cause you to think that your only goal in life is to be the mother of your baby. All relationships, choices and fantasies go to this one goal, even if it is only one aspect of your life's purpose but not the only one. The baby beings may send messages through your relatives having them ask, "When are you giving us grandchildren?"

Know that you are already a mother who can begin sending reassurance and caring to your baby being just as if he were a toddler. Taking charge of your emotions and communicating reassurance to this baby being creates the bond that happens before birth. Your life is whole and complete right now. A baby in your life is just a compliment to your already wonderful life.

### **Tune In to the Baby Spirits : Your Psychic Channels**

You can learn to tune in to this baby being, separate your thoughts and feelings from its thoughts and feelings, and

begin to find your own neutrality, thoughts, and emotions again. You create best with your own energy, thoughts and emotions. You establish that you are in charge of your own body and how you create through it. You can learn to work together with the spirit of your baby and find that you can move to the next step of pregnancy as it fits into your life's purpose and goals. You can feel good about your life right now - even if you're not yet pregnant.

You can take further steps to tune in to the spirits around you through your psychic channels. You can find these psychic channels easily by thinking of four areas of your body (you may touch each one to connect with them): *the top of your head, the center of your forehead, the base of your throat and the area just below your navel*. Each of these areas are channels which reflect a different psychic ability. Sometimes one or two abilities are stronger than the others mainly because you have a habit of focusing your attention there. Ultimately, you can learn to use all of these channels and coordinate them to work together to give you insight and information about the subtle energies in your life and for creating whatever you want. I will outline the abilities of these psychic channels and their locations. You will access these channels in the tools and steps to manifesting your pregnancy in this book.

Your **Claircognizant** ("clear-knowing") ability at the crown of the head is the ability to know with certainty that something is true about the present or future. We know something "off the top of our head." The ideas just come to you. It's the feeling of giving a speech with no preparation and the ideas just flow through you. This ability is located at the top of your head in an energy center called the Crown or 7th Chakra.

Your **Clairvoyant** ("clear-seeing") ability in the center of the forehead is the ability to see the truth about someone or something, or imagine a situation that you would like in the future. It is your place of vision. This is located in the center

of the forehead above your eyes in your “mind’s eye” or third eye. This energy center is called the Forehead or 6th Chakra.

Your **Clairaudient** (“clear-hearing”) ability at the base of the throat is the ability to hear and communicate with spirits who are not in physical form - angels, guides, deceased relatives and the spirit of your baby. This ability is located in your ears but originates at the base of your throat and called your Throat or 5th Chakra.

Your **Clairsentient** (“clear-feeling”) ability located just below your navel is the ability to feel what others are feeling on both subtle and deep emotional levels in relationships and situations. It is the ability to see someone crying and begin crying yourself. This is called the Below the Navel or 2nd chakra.

You can use each of these abilities to tune in to the various aspects of your relationship with your baby. The most important benefit of becoming aware of psychic abilities is that you can distinguish your own thoughts and emotions from those of others around you, the people and spirits in your life. By using your own psychic abilities to manifest your pregnancy, you leave the mindset of helplessness and victimhood behind and move into the creative and playful woman you truly are. You also connect with the playfulness of this child’s spirit because it is separate from you and it all becomes a fun game. As you learn the clairvoyant tools for manifesting your pregnancy, you will be accessing all the different abilities --knowing, visualizing, communicating, and feeling. In this book you will learn clairvoyant tools that not only help you bring your child into your life, but also ways to heal yourself, clarify and create a special bond with this child you dearly want. As a result, you can connect with the baby’s spirit for reasons that are true to each of your own spiritual purposes and paths.

## **Communicate with the Spirit of the Baby**

Remember, baby beings are capable spirits ready to incarnate and have a new life experience. Imagine that they are old beings that have taken the shape of a baby or a child. When you imagine them, you can still see the wisdom in their eyes. Like you once were as a baby being, they are enthusiastic and motivated to gain this new experience. It is possible and powerful to communicate with the baby being that you will bring in as your child. The more you create a relationship with the baby being, the more likely you feel calm that you will have this child in your life. You can even ask them to do things for you to prepare for their arrival. It is also important to realize that the baby being you are connecting with can come into your life in more than one way - through your body or by way of another woman's pregnancy and into your life through adoption. The mother-child spiritual bond is just as strong and important. It is important to be open to however this child comes into your life.

## **Visualize and Speak With Your Baby**

(You may want to read this section first and then do it again with your eyes closed.) Imagine that there are baby beings around you now and you know it is possible to communicate with these spirits. Imagine you can see a park with an enclosed playground with children playing there. You can see them swinging on the swings, sliding on the slide and playing tag. These are your baby beings. Imagine you walk up to the fence of this playground and call your child to you. Your child immediately hears you and you recognize him or her as he or she runs to you at the fence. This is the baby being who is most aligned with you right now. If more than

one child runs to the fence, see if they are holding hands or if one is just following the other. If one is just following, intend to just focus on the one child that came to you first. Keep it simple. If more than one run to the fence and they are connected (holding hands) be curious and let it be.

Take personal note of the following questions:

- \*Do you see this child as a girl or a boy?
- \*What are the details about their hair, eyes, clothing?
- \*How do they present themselves? Happy? Silly? Sarcastic?
- \*Are they holding something in their hand?

Speak directly with the child (your baby being):

\*Note: When you ask a question to a particular spirit silently from the center of your head, the next voice you hear is the answer from that spirit. It will feel like you are *making it up*, though this is how it feels to use your clairsaudience.

- \*Ask their name..
- \*Ask them how long you have known each other.
- \*What was the situation of knowing this being?
- \*Does this being know your partner?
- \*Ask them to tell you what they want from you – exchange ideas of healing, teaching, or life goals.

### **“Mommy’s Little Helper”**

Imagine that your baby being can be placed in a playpen just outside of your aura (the bubble of light surrounding you). You can find him to speak with whenever you like. Give the baby being tasks to do. You can start with specific, simple ones to make your life easier. You can ask her to help you find a parking space, make a line move faster or help find something. You can also ask him for bigger ideas in your life

such as assistance in creating a stronger relationship (or a relationship) or a new job with more abundance. Rather than your baby being waiting impatiently for their conception, put her to work.

Explain to the baby being -- "I look forward to giving you your body, but while we are waiting for the miracle, I need less struggle in my life to feel safe and ready. Please assist me with these daily hardships so you and I have something to do while we wait to be together in the physical world."

Your baby being is extremely motivated and will be a very efficient helper and spirit guide.

### **Create an Agreement with your Baby**

Imagine that you can see a contract between you and your baby. It can be on a piece of paper written with a fancy pen. This is brand-new and reflects your vision of the highest possible outcome. Here is an idea for the language:

*"We both agree to be a witness and support to each others' growth. Each of us offers to share our highest gifts with each other and honors each other as capable spirits. As the mother, I agree that you, my child, will be honored for all you already know even though you may have a small body. I agree to treat you with respect as an old spirit with prior knowledge and will not talk down to you or forget that you are divine. We both agree to honor each other's purpose in this lifetime."*

Imagine that it is signed by you and the baby. It is rolled up as an important document and sent by helium balloon into the field of intention which exists out in the Universe.



*Tori guided me to envision and communicate with my baby. I saw a baby girl smiling back at me and I was surrounded by beautiful light, warmth and pure love. Just weeks later, I announced our pregnancy and then soon found out we were having a baby girl. Being a mother has completely been the best thing to ever happen and I'm in such love with our daughter. I'm ever grateful to Tori for helping me conquer my fears and replace them with the gift of pure and unconditional love.*

**– Julia Lopez-Motherway, Long Island, NY**

*The tools Tori taught us in the workshops and the readings were instrumental in our finally conceiving our beautiful, baby girl. We spoke to her spirit daily and used the visualization tools to see her “sliding in!” Through the readings, we were able to see how adopting a puppy brought us closer to being in the vibration of parents and allowed us to release any unconscious blocks that may have been preventing us from conceiving. Now we have two “babies” and are more happy than ever!*

**--Donna and John Shaw, New York, NY**



*One of the first techniques I learned from Tori was to communicate with my baby beings and have them help me with everyday life. When I found out I was pregnant in 2013, I was starting a new job and moving out of my apartment to buy a house. Those two things alone were chaotic, but my pregnancy wasn't. I often spoke to my son asking him to make things easier for me. I never got sick while pregnant. My new job wasn't too busy, so I had time to concentrate on my move. I still use the technique of speaking with baby spirits today!*

**--Catherine M., Long Island, NY**

**Part Four:**  
**Female Creative Energy and Conception**

*“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom”*

*-- Anais Nin*

Your role on the conception team is to understand female energy. Your female body has an extremely powerful energy source in the uterus and ovaries. These organs are programmed to create and nurture life. They radiate a powerful, high vibration that you can feel and experience. This area in your female body can be called the Female Creative Center. When this center is not making a baby, it can be used to create projects, and nurture yourself and others. Once you gain an appreciation for the depth and unlimited nature of this energy source, you can use it and learn to direct this energy towards pampering yourself, fulfilling your desires and creating miracles in your life.

The Female Creative Center is characterized as complex, creative, and healing. When this area is balanced, you can easily multi-task -- assisting others while nurturing yourself. You can visualize the Female Creative Center as the color and vibration of a *hot pink chili pepper* in the area below the navel - it's vibrating at a high frequency and very active. You can imagine that this hot pink energy easily radiates nurturing feelings to all your relationships as you turn your attention on them.

Since an early age, you may have been encouraged to nurture and heal others with this female creative energy before giving it to yourself. In order to be a “good girl,” you were required to think of others’ needs before your own. By the time you grew up, you may have found that you are out of balance in this energy source. Your Female Creative Center may be focused on everyone else before yourself. You know this to be true if each person in your life is considered a “project” that needs to be fixed and your own life is less important. Grandmothers are known for this focus and attention which feels nurturing to loved ones, but heavy

and intrusive at the same time. In a reading, I recognize when a female client is out of balance in her Female Creative Center when she only has questions and concerns about the people in her life, while having none regarding herself. My reading will often turn back to the woman asking the questions. I do my best to make her aware that all her creative and nurturing energy is going to everyone else and not herself. I also point out to her that I see the people in her life as burdened with her hyper-focus on them and how they have to create problems in their lives just to make their mother or wife feel useful. A healing for her and her family takes place once she realizes that everyone is capable of taking care of themselves and that she can turn her own nurturing on herself.

When not balanced, the Female Creative Center produces hysteria, ungrounded emotions, half-finished projects, and female competition in your life. Female competition is experienced as judgment, gossip, possessiveness and exclusion in the form of cliques. You can also think of the female characters in a Jane Austen movie. These women, not allowed to participate in the “man’s” world, were bored; so they occupied their time creating complex society rules, drama and relationships. The Female Creative Center has to be kept busy when not growing a baby. It will find a way to express itself in a repressed society or relationship.

## **Take Back Your Female Creative Energy**

How are you using your female creative energy?

When you want to have a baby, it is important to learn to harness it for yourself and ground it -- not waste it on competition or healing others, future projects or fears.

Think of all the places, projects and people in your life to whom you give this valuable creative and healing energy. Notice if some of this energy that goes out into the world

leads to people, projects or ideas that are no longer current or helpful in your life.

When you decide to use this creative energy to make a baby, you must begin to “own” this female creative center for yourself.

## **Claim Your Female Creative Energy**

Place your hand on the area below your navel. This is the 2nd chakra. Surrounding this chakra and radiating out just in front of the surface of your skin is the Female Creative Energy. Pull your hand an inch in front of this 2nd chakra area and feel this energy generated from the uterus and ovaries. Imagine it as the color of a red-hot, pink chili pepper. Then imagine that you can contain it as it flows into your hand and you direct it back onto your belly and up the front of your body. Imagine that you are filling up with this bright pink light, healing and nurturing you all over.

The more often you reclaim this energy for yourself and celebrate it, the more you own it and can use it to pamper yourself and manifest your own projects such as your own child. You will naturally begin to say “no” to all the people and projects drawing this valuable energy elsewhere.

## **Create Your Body as a Container to Receive**

Having a child is not only an act of claiming the Female Creative Center but also the ultimate act of sharing yourself with another being. Women are natural mediums. Your Female Creative Center makes it easier for you to be open to your baby because the uterus and ovaries are designed to grow another spirit’s body inside with its own intelligence about this natural process.

This baby being will be channeling through your body, using your body as its vehicle to enter this physical plane. So your body needs to feel ready for this. What does your body need from you to feel safe and healthy? It needs a clear flow of energy each day to heal itself and manage daily body processes. To take on the project of growing a baby, it needs an excess of this energy to give away.

Imagine that your body is telling you what it needs constantly throughout the day to get this extra energy. In order for your body to bring in its own energy, it needs to let go of old energy that it can't use in the form of old thoughts, emotions and heavy feelings. Sometimes we listen, but most of the time we ignore it. Your body says "Go for a walk," "Eat something green or sweet ." It is always looking to release old, uncomfortable energy and bring in new energy. When you really tune in to your body, it will tell you exactly what it needs. You may experience this communication as a craving or an urge. Usually there's a nutrient it needs in the food or a release it's asking for. You can think of your body as your partner. I find that referring to your body as "she" helps make this shift easier. You are asking her to assist you in this really big project. Begin to tune in to *her*, your body. The more you take steps and follow what she asks for, the more you build trust between each other. An easy way to tune-in to your body and be motivated to follow her messages is to create a feeling of gratitude for your body, allowing an instant bond to be created.

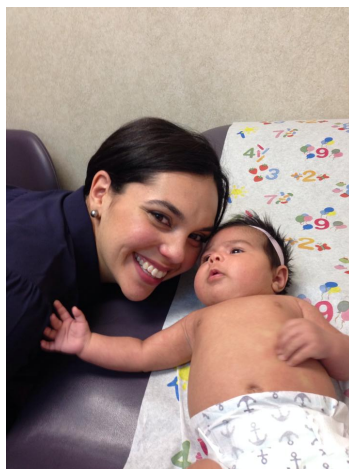
*As a couple we used Tori's clairvoyant tools to help us become pregnant. As a result we have a handsome baby boy, Liam Savva Fuller. He bring so much joy into our family. He is full of energy, friendly with everyone, and loves to climb on things. He loves cars, books, and loves to cuddle with teddy. I look forward to watching him grow over the years and I am thankful for being a part of Tori's workshop.*

**-Zoe and Nate Fuller, North Carolina**



*This past winter, 2013, I attended Tori's Pregnancy Manifestation Workshop. During the workshop, we learned tools to better connect with ourselves and the spirit of our potential children. During the class, I connected with the spirit of a young girl. Within three months, I was pregnant. Most recently, our ultrasound confirmed that we are having a girl! I found Tori's methods to be helpful in conceiving but also in connecting with this spirit of my unborn child. I would highly recommend her course to those who wish to conceive as well as to those who wish to learn tools to help make them more conscious and intentional parents.*

**- Samantha W., New York, NY**





***Part 5:***

**Clairvoyant Exercises for Pregnancy Manifestation**

Now that you've become familiar with your Female Creative Energy, how to ground it and use it for yourself as well as your body's willingness to work with you, you are ready to consciously channel a spirit into your body.

For best results, you want to use these channeling visualizations each day, especially during sex. It is more effective if your partner holds these visions as well, but it's not necessary.

### **1. Release & Let Go of All Expectations.**

Tell yourself "I'm okay whether I get pregnant or not. All is perfect the way it is right now. All is Divine Perfection and Timing. I release and let go all expectations."

**Employ an attitude of relaxed gratitude.** The easiest way to get out of your worried or impatient thoughts is to get into appreciation and gratitude.

When you are attached to an outcome and feeling impatience, you are putting out a desperate, needy vibration. (Think of a used car salesman) This desperate vibration has the effect of pushing away what you want. Instead, create a welcoming, open, and confident vibration. Hyper-focusing or obsessing about anything takes you out of your present surroundings and situation. You are not available for your body and what it needs rather, you are affirming that you are not enough and that creates desperation around you. It doesn't feel good to your body and your body needs to feel good to make conception easier.

### **1. Bring a Gold Sun into your Uterus**

Put your attention on your uterus. Imagine there is a magnet in the center that allows you to call back all your creative energy from the people, places and projects to whom you have been giving. Imagine your energy coming back as a vibrant golden sun. Now See your uterus filled with light and magnetized and available as a beautiful

vessel, ready and open to receive your baby's spirit. Your body is a perfect match for the vibration of your baby. Feel the strong attraction and yearning for this connection.

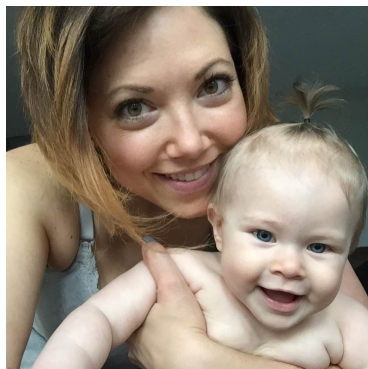
### **1. Say "hello" and connect to your baby being**

Imagine that you have a vacancy sign above the crown of your head - It is flashing "YES!" And just above your head is a playground. There are boisterous and playful baby beings there. Identify the baby being you are connected with and tell her or him that you are ready. Feel the vibrational cord that connects you from your heart and from your uterus into this being.

### **4. Turn on the Slippery Slide**

Turn on and "Light up" a big slippery slide in this park. Allow there to be flashing lights at the top with a huge arrow pointing to it. The slide begins in this playground and ends (like chutes and ladders) all the way into your uterus. Invite the baby being to get on this slippery slide and come in. Remember, children want to play and have fun. Make this vision as attractive to children as possible. Think Disney World! You may imagine multiple baby beings sliding in -- allow this to happen. Be open to whatever you visualize. The Universe will only give you what you can handle. You are letting go of resistance and the need to be in charge. The baby beings that are most in alignment with you right now will establish a connection. Most likely it will just be one.

*I had a reading with Tori that was amazing on many levels. She asked if my husband and I had children, and I told her that we didn't...yet! We weren't "trying" at that point, but would be within the next year. She went on to explain that two young souls were residing so closely to my heart that it almost appeared*



*they were already here on earth. Instead, they were anxiously waiting! She encouraged that I speak with them often. I employed Tori's pregnancy manifestation techniques several times per week. I introduced myself as their mommy and told them how excited I was to hold them one day. I went on to encourage them to come together or separately - it was their decision. I kept speaking with them at night before I would go to sleep. I enjoyed envisioning them. One month later, we were pregnant! Our daughter made the same decision I would have - every girl wants her own grand entrance! I kept the conversation going with her throughout the entire pregnancy, which was easy and enjoyable. I absolutely loved being so in tune with my child before, during, and (now) after birth! Now I need to keep speaking with the other little soul who is waiting in the wings...*

**- K. Stevenson, Ohio**

***Part Six:***

***Daily Meditation for Pregnancy Manifestation***

*Close your eyes and imagine that you are connected from the base of your spine to the center of the earth with a long hollow cord. As you tune in to your body, you allow anything uncomfortable to go down this “grounding” cord -- letting go. Breathe in and imagine all your own energy is coming back to you as a golden sun filling you up. Breathe out and release down the grounding cord, breathe in and fill up with your own sunlight. Smile as you see a bubble around you and your heart open to receive. Use your hands to connect with your female creative center just below the navel. Imagine the hot-pink chili pepper color running up your body. Imagine there is the most delightful playground just outside your bubble. Lots of baby beings are playing and showing up. There is one in particular that you connect with more and more in your thoughts and feelings. Speak with this baby being and let him or her know you are ready. Feel the cord connecting you to the baby being from your heart and your uterus. Show the baby being a slippery slide connecting the playground with your uterus. It is a delightful and bright color and there is full permission to slide down. They will know where to go when you turn on the lights ( during sex). Your body is ready to receive and you see the baby being eagerly coming in. Feel your uterus as a container of receptivity, creativity and nurturing love. See the child actively participating in your life as spirit as well as in the physical realm.*

*“I am at home in my body. I am NOW ready to share my body with this precious baby.”*

A beautiful tradition:

*There is a tribe in Africa where the birth date of a child is counted not from when they've been born, nor from when they are conceived but from the day that the child was a thought in its mother's mind.*

*And when a woman decides that she will have a child, she goes off and sits under a tree, by herself, and she listens until she can hear the song of the child that wants to come. And after she's heard the song of this child, she comes back to the man who will be the child's father, and teaches it to him. And then, when they make love to physically conceive the child, some of that time they sing the song of the child, as a way to invite it.*

*And then, when the mother is pregnant, the mother teaches that child's song to the midwives and the old women of the village, so that when the child is born, the old women and the people around her sing the child's song to welcome it. And then, as the child grows up, the other villagers are taught the child's song. If the child falls, or hurts its knee, someone picks it up and sings its song to it. Or perhaps the child does something wonderful, or goes through the rites of puberty, then as a way of honoring this person, the people of the village sing his or her song.*

*And it goes this way through their life. In marriage, the songs are sung, together. And finally, when this child is lying in bed, ready to die, all the villagers know his or her song, and they sing--for the last time--the song to that person.*

[Sobonfu Some](#), Excerpt from: *Welcoming Spirit Home: Ancient African Teachings to Celebrate Children and Community*, New World Library

## **Summary**



“Life will find a way.”

— [Michael Crichton](#), *[Jurassic Park](#)*

Not only are you calling in your baby, but you are being called to expand and grow in consciousness and awareness in this ultimate bond with another spirit. Once you answer “yes,” you surrender and let life express through you. There is an inertia to overcome when you are called. Let these techniques steer you and guide you through to the other side. Remember, there is a greater force calling in your baby than you and your partner combined. Surrender to this. Out of *no-thing* or *no-way* spirit reveals itself. The essence of all life is seeking to express itself through you in your life.

As you experience the “baby zone,” realize that your impatience and excitement come from the baby beings around you. They are close and ready to be with you. Imagine your baby being in a playpen happy to help you while waiting. He is your little buddy who can do things for you to make life easier -- even help to arrange a stronger relationship and new job with more abundance!

See the parallel between your own method and agreements of getting pregnant and your mom's for you...conscious vs. unconscious. You are free to choose a more conscious way.

Assess the goals or agreements for getting pregnant. Is it to solve a problem or lack in your life? It's nice to shift the goal/ agreement to be about enjoying and sharing the company of this spirit in your life -- to see what they can teach you but also what you teach them. You don't need anything from them -- it's just a reunion with a friend.

There is no pressure - - when you separate yourself from need or problem solving -- you are just looking forward to this reunion in your life. All is well. Your baby is on its way!

## **Additional Resources**

## A. Affirmations

Affirmations use the power of your language to stay positive and hold a vision for what you want. They can help you with the negative thoughts and fears that run through your mind. Choose one you like (or create your own), memorize it and say it several times a day.

*“Infinite Spirit, open the way for my great abundance. I am an irresistible magnet for all that belongs to me by Divine Right.” (Florence Scovel Shinn)*

*“The walls of lack and delay now crumble away and I walk into the promised land under grace.” (Florence Scovel Shinn)*

*“I rejoice in my femaleness. I love being a woman. I love my body.” (Louise Hay)*

*“I accept my full power as a woman and accept all my bodily processes as normal and natural. I love and approve of myself.”*

*“Divine right action is always taking place in my life. I love and approve of myself. All is well.”*

## ***B. Essential Oils***



Since ancient times, essential oils have been well-known as healing tools for fertility. Young maidens would cover themselves in orange flowers and the essential oil of Neroli (orange flower essence) to attract lovers and make their bodies more fertile. Essential oils come from concentrated plants, trees, flowers, roots, seeds, grasses, and fruits.

The chemistry of the plants and their blends can help support you in all aspects of your health -- mentally, spiritually, emotionally and physically.

To assist with fertility, essential oils can help the following:

- \*reduce stress and tension;
- \*increase sensuality for both men and women -act as an *aphrodisiac*;
- \*improve circulation and immunity;
- \*open your clairvoyant channels to communicating with the spirit of your baby;
- \*provide hormonal support.

Many essential oils actually contain phytohormonal properties, or plant hormones that imitate our own. Overall,

essential oils synchronize the body's natural rhythms, and the subsequent balance allows the body to perform its most natural of functions.

Essential oils are volatile and alive. When you open the lid, the oil immediately escapes the bottle as you smell its aroma, much like the magical *genie in the bottle*. You may imagine that there is a spirit of the oil that can communicate with you. Ask the spirit of the oil to heal you and assist you with your baby project. Because oils are the true essence of a plant, they are highly concentrated and must be *therapeutic grade* for you to benefit from the full effects and to be safe. (See information below to see how to order therapeutic grade essential oils). You will be breathing them into your lungs and organs as well as absorbing them through your skin. You also want to communicate with the true spirit of that plant. You can use these oils individually or as blends.

## **General Methods of Use**

### **Body**

Perfume – oil applied to the body after a shower or as needed during the day

Tissue – 1 drop – sniff when required

Inhaled as vapor – 2-3 drops – fill bowl with hot water, cover head with towel, lean 10 inches above the steam, breathe deeply

Massage oil – 5 drops to each tsp of carrier oil (almond, grapeseed, apricot kernel, coconut)

### **Water**

Baths – up to 8 drops – put directly in hot bath or dilute in carrier oil, epsom salts

Shower – up to 8 drops – add oils to facecloth and rub over yourself briskly and breathe in deeply

### **Room**

Candles – 1-2 drops – add directly to the candle – avoid the wick, oils don't burn

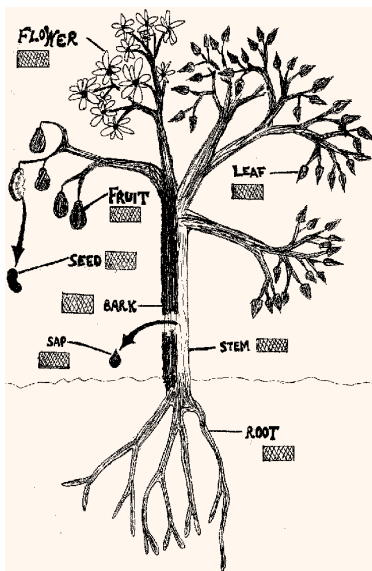
Diffusers – electric or heated with candle – add up to 30 drops

Light bulbs – 1-2 drops - add to the bulb when it is still cool

Plant sprayer – 4 or more drops per 1 cup water – add oils to warm water, shake up

Radiators – 1-9 drops – add oils to cotton ball and place near heated coil

Cotton ball – up to 8 drops – soak and place in a closet or on your desk at work



## **Intuitive Aromatherapy**

All of us have the ability to communicate with plants. When they are in their concentrated form or “essential oil” the spirit of the plant is focused and clear. Aromatherapy will not only promote fertility in your body, it will also help you open up your spiritual channel of communication so you can speak with the spirit of your baby more freely.

## **Some General Intuitive Principles of Aromatherapy that help with fertility\***

1. Each pure essential oil contains the “spirit” of the plant which you may communicate with much like the “Genie in the Bottle.” To make sure you are getting the “spirit,” the essential oils you use must be *therapeutic grade*. There are many forms of perfume oils that are made in a lab and thus, do not have the “spirit” and the healing properties.
2. Essential oils can exist as a single note (from one plant) or from a synergy or blend of different plants. To blend, decide if an oil is a “high,” “medium,” or “low” note. Many times the part of the plant will determine the height of the note (flowers are high, roots or bark are low). The “high” notes hit your nose first, the lower ones linger.
3. Essential oils are adaptogens that read your energy and balance you.

*Lavender, lemon and peppermint are the best examples of adaptogens. The spirit of the oil “reads your energy” and if you are anxious and will calm you, or if you are lethargic, lift you up.*

4. The part of the plant extracted for the essential oil matches the part of your body. Match the plant part with your body part for healing.

-Flowers are the highest evolution of the plant as well as the sexual part of the plant. They assist you with spirituality and fertility and sexuality.

-Bark and Fruit peels are protective and comforting.

-Leaves are the respiration of the plant and thus will help you breathe and take in more “life.”

-Roots are grounding and stabilizing, secure

-Resin, the “blood of the tree” is soothing and purifying helping you create a flow

(\*these are a few principles -please see my book “The Genie in the Bottle” for a full description of the principles and the art of Intuitive Aromatherapy)

I chose essential oils on the table below which are known for fertility. I listed the part of the plant they came from so you can intuitively know which part of your body it can assist and can guess at their “notes” in order to blend them. Also the hormonal support for men and women as well as their known aphrodisiacal quality. I have also given samples of synergy blends below that you can use.

\*Essential oils are powerful, be sure to consult a doctor if you have a medical condition. Once you are pregnant, please be cautious. Certain essential oils such as Sage are not recommended once you are pregnant.



<b>Essential Oils for Fertility</b>	<b>Part of the plant</b>	<b>Hormonal Support-Women</b>	<b>Hormonal Support -Men</b>	<b>Aphrodisiac (relaxing + stimulating)</b>
Angelica	root	X	X	
Basil	leaves	X	X	
Bergamot	orange rind	X		X
Blue Spruce	bark, needles		X	
Chamomile Roman	flower	X		
Clary Sage	flower	X	X	
Cedarwood	wood		X	
Cypress	wood	X		
Fennel	seeds	X		
Frankincense	tree resin	X	X	
Geranium	flower	X	X	
Ginger	root		X	
Jasmine	flower	X	X	X
Lavender	flower	X	X	
Marjoram	leaves	X	X	
Neroli	flower	X	X	X
Orange	rind	X	X	X
Rose	flower	X	X	X
Thyme	leaves, stems, flowers		X	

Vanilla	bean, seed	X	X	X
Vetiver	root		X	
Ylang Ylang	flower	X	X	X

Create a massage oil using 5 drops of a single oil or synergy blend to one teaspoon of carrier oil. You can blend single oils together beginning with 2 drops each, adjusting as needed. Massage Carrier Oils: Almond, Apricot kernel, Coconut, or Grapeseed.

Follow a treatment of daily massage over the abdomen, hips, lower back, and bottoms of the feet. Ask your partner to do this, as this can be relaxing and bonding, an important part of conception.

### **Here are sample synergies that form powerful blends:**

Create these blends first, then put 5 drops of the blends into a diffuser or bath or you can mix the drops in the formula directly into a 15 ml bottle of carrier oil (e.g. Almond Oil) for massage.

### **Women's Fertility Massage Blends:**

Lavender - 10 drops  
 Angelica - 10 drops  
 Geranium - 10 drops

Rose -8 drops  
 Geranium - 16 drops  
 Clary sage -6 drops

Frankincense - 3 drops  
 Cypress - 3 drops  
 Roman Chamomile -3 drops

### **Men's Fertility Massage Blends:**

Lavender - 5 drops  
Orange - 5 drops  
Blue Spruce - 5 drops

Angelica - 9 drops  
Sage - 8 drops  
Basil - 6 drops

### **Massage Blends for both Women and Men:**

#### **Uplifting/ Anti-stress**

Orange – 10 drops  
Clary-sage – 5 drops  
Lavender – 15 drops

Lavender - 10 drops  
Bergamot - 2 drops  
Chamomile Roman - 3 drops

#### **Relaxation**

Bergamot – 9 drops  
Geranium – 11 drops  
Ginger – 10 drops

#### **Sexual**

Orange - 2 drops  
Jasmine - 2 drops  
Vanilla - 2 drops

## C. Crystals

### Understanding crystals.

Crystals are alive. They are powerful “beings” that have “grown” in the Earth. When they are found and “birthed” out of the Earth, they are ready to work with us. You can learn to speak with the “being” that exists in a crystal.



Crystals carry an electromagnetic field that can be felt by your body, spirit and mind. You can categorize them by their colors and shapes. Their different colors carry specific vibrations that affect your physical body, chakras (energy centers), emotions and energy field.

Crystals perform the following functions for us:

\*Cleansing - they can communicate and release the “seeds” of illnesses and beliefs trapped in the cells of your body.

\*Grounding - they come from the Earth. They are supportive and assist you in bringing your spirit into your body. They can also assist you to bring another spirit into your womb.

\*Magnifying - they work with you to enhance and assist you in developing your own clairvoyant and healing abilities.

1. Shiva Lingam Egg - it stimulates the body’s energetic systems. It can be used to treat impotence, infertility and other sexual or reproductive imbalances. It promotes fertility and eases the childbirth process. Facilitates the union of body and soul and union of male and female. Sexually healing for both men and women. Place in the relationship/marriage area of your home -- the bedroom area. Sleeping with one is highly beneficial.

2. Rose Quartz - A pink quartz crystal. You can buy in the form of uncut rocks or shiny stones or wands. Hold the stone in your hands and up to your heart. It will remind you of the feeling of love.
3. Moonstone - Long revered as a fertility stone, it works with the energy of the moon and regulates your female cycles.
4. Carnelian - opens and aligns the sacral chakra and opens up the “womb” for the baby.
5. Clear Quartz - its amplifying and clarifying effects work on your resolve and ability to communicate with the spirit of your baby. “Tune in” a clear channel to your baby spirit using this crystal in the form of a wand or strong crystal point.

You can work with the crystals in the following ways:  
wear as jewelry or amulet on your body;  
place the stone under your pillow as you go to sleep;  
charge water with the crystals and drink it; and  
create a fertility *grid* under the bed in the shape of a spiral.

## ABOUT THE AUTHOR



Tori Quisling is the founder of the New York Center for Clairvoyant Development and author of *The Clairvoyant Practitioner: A Simple Guide to Developing Your Clairvoyant Abilities* and *The Genie in the Bottle: A Simple Guide to the Personal and Intuitive Use of Essential Oils*. Her unique abilities have been the subject of articles in both the NY Daily News and the Huffington Post. She is a frequent lecturer and a popular guest expert on various talk radio and TV shows including the CBS News, Fuse TV, and the Today Show.