Introduction to Natasha Graziano

Welcome back to the Super Fertility Summit. I am thrilled to bring you our next guest. Natasha Graziano. She is best known as the number one female motivational speaker under 40, as seen in Forbes magazine, Wall Street Journal, and USA today.

Bestselling author, host of the Number five podcast in the US for education. And she's rated one of the top ten keynote speakers alongside Michelle Obama and Oprah.

What an incredible honor. Natasha loves helping people unlock their full human potential and become superstars. Using her method scripting as seen and heard in her TEDx talk.

And I am so excited to introduce you to Natasha today so that she can teach you about this scripting method and how she used it for her own fertility.

Natasha, welcome. Thank you so much for being here today. I thank you so much, Dr. Cleopatra. I'm so excited to be here. This is such a beautiful summit.

It is something that I've been so excited to share all of my story and things that I do and teach to be in the house that I am and have conceived. And here I am. I'll show you my little baby book.

Seven months pregnant. What a beautiful one. What a way. And I'm so excited. So what a beautiful baby bump. Thank you for sharing your super baby girl with us.

And actually, I love how you teach people how to become superstars. And that's so appropriate for our super fertility summit. And the concept that we talk and teach about, which is making our super babies because of course we want to get pregnant, but we also want to have the healthiest possible babies that we can have.

And that's what we mean when we talk about super babies. Our healthiest, happiest, brightest, most well-adjusted babies that we can possibly have. So, Natasha set the stage for us today.

You're 34 years old. You're seven months pregnant with your super baby girl. And it took you taking your fertility into your own hands to be standing here like this today.

Tell us a little bit about this. So it's been a crazy ride. I actually believe that I changed the course of history for myself.

Rock Bottom, Autoimmune Illness, and Fertility Struggles

I was told after my first child I had an autoimmune disease, right? I hit rock bottom in every area of my life. So it's so beautiful that I have all these accolades today.

But I just want to let everyone know I did not start here. I had the lowest point of my life back in 2019. I was rock bottom. I was in hundreds of thousands of debt.

I was a single mom, and I didn't know how I would get out mentally, emotionally, physically and spiritually in that place. I decided I'm going to change my life and I'm going to go on.

I'm going to be a role model for my son and for somebody else in the world. But it was so hard because once you get into this rut in your mind, you get stuck.

But guess what? That also affects your fertility. Guess what? That also affects your health, your body. So anyway, one day I'm standing in front of the mirror and I'm listening to Denzel Washington and his words are just pouring life over me.

And I start preaching these words of myself like, this is temporary. Pain is just temporary. You're going to get out of here, you're going to be healthy.

You're going to raise your son. But at the time, I was struggling with an autoimmune disease right off the baby. I had a hyperactive thyroid and I was on medication and heart medication.

A lot of the time I was actually bedbound. It was terrible. And that was why I was in such a dark place, because I've lost who I was. I've lost and attached to that.

You see, today I lost who I am and I was stuck. So I decided I'm going to listen to my calling. And I could feel these words pouring over me. And suddenly it was like, you're going to be a motivational speaker and help.

Other women and help. Other people to transform their life in the same way you have. So I went out every day and I started healing myself. How did I do that?

I did that through what I'm going to show you a few things today, but I did it through mindset. I did it through my own control of my mind, regaining the reins of my life, regaining who I was.

And we identified my character. So I started to write a script. I was like, I don't like who I am today. I want to transform. I want to be better. I want to go on to be this role model.

So I really identified who I was, and I wrote this new identity of this woman. Natasha is the, you know, a top because she helps people. She makes this much money, her body is healed and little by little, 1%.

Every day I got better and better and better. Fully healed again. In about less than a year, I would say I was fully. Fully healed. After that. I then had, you know, a seven year process where I had miscarriages.

I then remarried and had another. Again, so many traumas started to happen and come out, but I realized it was something inside of me that I was holding on to.

So I went to the doctor. The doctor said about three years ago, oh, you, you have polycystic ovaries and I think you call it PCOS. PCOS? Yeah. And he said, so I was diagnosed with this and I had lots of symptoms for it.

It made a lot of sense medication. I said, no, you know what? I don't have this. Well, I did have it, but I decided I didn't have it. So again, I went back to the drawing board and in a moment we'll, you know, go into some of the details of what I did specifically, but I just want to let you know, I was told that I wouldn't be able to hold a child, and that was why the miscarriages happened, that I would, you know, need some intervention and that it wouldn't happen.

And then I actually, after that didn't conceive for three years. So that's the preface to my back story. It's incredible. Natasha, I want to ask you a hard question, which is how do you keep going?

How do you pick yourself up when you feel like you're in your lowest, darkest place and then keep going every single day when it's just a very incremental change that's barely perceptible to you as you're doing it and living it.

And the reason why I ask you that question is for anyone listening to our voices right now who's struggling to get pregnant, stay pregnant, have a healthy child, and this has been going on for months or years or decades.

It might be hard for them to even fathom having the belief again and having such strong belief as to say, I got diagnosed with PCOS or X, Y or Z, but I don't have it.

I am going to redefine who I am, and I'm going to change my body at a physiological level in the process, so that I can see the outcome that I'm dreaming of.

How do you how do you start and how do you sustain? So the first place to look is within yourself. You stop looking at Stanley for other people and opinions and advice, and you just turn inward and you say, if I always did what I always did, I'll always get what I always got.

So you go within and you ask yourself, what is going on inside of me? What are the limiting beliefs I'm holding onto that is reflecting in my outer life?

What do I really believe about pregnancy? You have to ask yourself cool questions. Do I really believe I'm worthy of a child? Do I really believe that I'm worthy of being pregnant?

What is going on inside of me? And you start to break down all of these things? What am I holding on to have? I got resentment for somebody in my life?

Have I got a lack of forgiveness for people around me? All of these negative emotions are proven, as we've seen in many different studies and scientific experiments, on water and various other things.

You can see all the readings about it. Go online and look for yourself. When we store anger in the body, when we store heat in the body, when we store anything but love and forgiveness, it comes out eventually as a physiological issue.

It comes out in our body is an ailment. So we have to look within and ask ourselves. So I did a series of 30 days of forgiveness every day. I just started forgiving and I was like, I don't have anyone to forgive.

Oh boy, I did. I started going, I have to forget my father. I have to forgive this this friend at school that told me this little tiny thing, wow, that story is a trauma.

So what happens is, between the ages of 0 to 7, we have things happen to us. Traumas that are stored there, memories, right? And things that happen in our formative years.

Mindset, Forgiveness, and Rewriting Beliefs

And then they come out later on in life as issues, lack of commitment, lack of anything, lack, whatever it might be, it's a lack somewhere. And that started when we were just a child.

We had no idea. So what we have to really look at is who we are, what is going on inside of me. Because when we point the finger and say, you're the problem, look at this one, two, three fingers pointing back at who?

At me? I'm the problem. Nothing can be externalized. It's internalized. And every day I read this, she believed she could. So she did. When you have something like this and you look at it every day, it's your affirmation.

You can transform the negative beliefs and reaffirm new beliefs about yourself. So at first you're thinking, I'm not worthy. I'm never going to achieve this.

I don't feel great today. I feel sad like it's just not going to happen to me. Every one of those is a limiting, negative belief that is stopping you from being the magnetic version of you.

You want to be from glowing, from being pregnant, from being all the things that you desire in your life. So you've got to go back to the drawing board, and you have to ask yourself what is going on inside of me.

You can do it through meditation. You can do it through hypnosis. Go deeper and ask yourself what is happening, what is being stored in my body. And then they'll start to come up and it's emotional.

I'm not saying it's easy, but this is how we have a break through from a break down. We have to break down who we were shattered that ego so we can get out and move forwards and we can see something different.

Because if you keep doing what you always did, you'll always get what you always got. As I said before. Go back to the drawing board and now redesign who you are and who you.

Want to be. I did not want to be that version of me in those dark moments when I thought I wanted to take my life, when I would sit, and the only reason I stayed was for my son, who was sitting, staring at me innocently.

There was no way I could leave him. I'd been blessed with my child. There was no way I was going to leave him. But you want to go to the place now in your mind where I'm doing this for my future children, of my future grandbabies, and I know I'm going to have them.

I know I'm going to have them. So you change your belief process from the unworthiness to the worthiness. I believe I can do it. I can feel myself carrying this child.

I can feel my family, my future grandbabies and all the children. I'm going to help in the world. Go back to the drawing board and. Start to redefine who you are.

And it's not easy. You're still going to have. Hiccups every day. You're still going to go out there. And you're going to have moments when you feel like I can't do it, and that's okay.

But you know what you do in those moments? And my sweet dog, you think gratitude. You give gratitude. You give gratitude for the things you have. I'm so grateful that I have a healthy body.

I'm so grateful that I am alive. I'm so grateful that I have family. I'm so grateful that I have a great job, that I have money, whatever it might be.

I'm so grateful that I breathe it. Whatever it is. The back to the drawing board gives gratitude right there for the things you're grateful for. On the hardest days.

And then we go into a process of visualizing our future. Once we feel good. Okay, so we on the hardest days, coming to a place of gratitude helps us to get into a place where we can immediately start to feel a little bit better.

And there's a lot of research to document that. That's actually one of the clearest scientifically documented pathways to happiness is gratitude. And so that's a tool that we can always turn to in the moment to change how we are feeling.

And then once we've come to a better feeling place, then we move into this more expansive work and this more expansive vision, am I right? Did I get that right?

Yeah, that's exactly it. We first work on building ourselves up from the inside. We work on our gratitude. We work on who we are at a core level. We work on that so that we are able to open the vessel to manifest or achieve our goals.

We cannot start going, okay. If we're in a really dark place. I really just want to be this know. You've got to give gratitude first. You've got to find yourself in a place of joy first.

You've got to literally feel amazing in your body. You've got to feel incredible in your body. So that from that place you now resonate on a different frequency.

Now you just attract the stuff you want to you. My life changed dramatically. I was in debt. I didn't think I was going to get out. I was in such a low, but I wasn't going to attract the dream family and all the things I wanted from that low.

I had to first raise my vibration and change my core beliefs so that I could welcome something different. I could welcome something new. So you have to give gratitude as you say, there's a lot of a lot of, science behind it. There is absolutely.

It helps you bring down stress. It helps you calm anxiety. It helps you improve your immunity. It helps you to feel better. Stress is the biggest killer.

Stress is the worst thing that can happen to you. That's what causes all the dis ease in the body because your body's not at ease. So we have to look at who we are.

That's how I healed the autoimmune that I was told I would have for life. That I was told to be on medication for life, have taken medication for six years.

It's beautiful and it's very common for people to have thyroid crises after giving birth and for a lot of people that will be hypothyroidism where it's under functioning.

But in your case, it was hypothyroidism, which is when it's over functioning. And it is very dangerous for the heart. So that's a very serious condition that you are facing.

And to be able to have resolved the symptoms and the condition so that you were able to safely go off of medication and to stay off of medication is absolutely incredible.

And it shows you the power of the mind. And we know this from all of the research in psycho neuro immunology. And there is an incredible book by Norman Cousins that talks about this and and why zebras don't get ulcers.

I mean, there's an enormous literature on this, but it's one thing to hear about it theoretically, and it's another thing entirely to see it put into practice in somebody's life and to see it put into practice specifically within the domain of fertility and family.

So I I'm so excited for you to share. Do you want to take us through a little bit of this process so that the every mama dada, parent of any gender listening to us right now can come out of this session having made some forward progress right here and right now?

Absolutely. Okay. I'm going do okay. I was with you, but first I'm going to show you what I did. I'm going to walk you through my process of conception and how I changed my mindset and what I did physically to get here, the action I have.

Okay, so step one I decided I am going to be pregnant. That sounds so simple. No. Get clarity of your vision. So I was like, okay, I'm going to be pregnant and I'm going to do it in record time.

I'm not going to I'm not going to need years of trying. Take the word trying out. There is no more trying. I am going to manifest this beautiful baby and this is how I'm going to do it.

So I went to the drawing board and I was like, I am going to have a baby. I then started scripting, so scripting is what I coach as I teach in my TedTalk.

As I mentioned before, where you write down exactly what you desire in the past tense as though it's already yours. And there is so much science behind this.

When we physically write down with a pen to paper, it helps us to achieve the goal faster. When we write in a descriptive way about a feeling of what it felt like to have that goal achieved, it helps the body and the mind to connect.

The brain doesn't know whether it's a memory or an imaginary one that stores it as a memory, so it's super powerful. There are so many studies. If you watch my TEDx talk, you'll see me talking about various case studies.

Who of people who are a very, you know, incredible PhD doctors talking about these studies that have been a part of writing your goals physically down in the past tense.

So why it brings them to fruition faster. We activate the ventral lateral prefrontal cortex of the brain when we write down, when we visualize, when we start to feel these things happening, it's amazing.

All the parts of the brain are activated when we do it, and it all works for us.

Scripting and Visualization for Conception

So I started writing down, okay, so the first thing you want to do is do what I did. Write down your story about yourself, not just once every day, okay?

It's some days you'll miss it. We're all human, I miss it, it's horrible. But we're going to write down. I can see my child by what date and time and space do you want to do this by?

We don't let the brain run away and, you know, take years to get there. We decide. I want to do this by December the 1st 2025, or I want to do this by 1st of June 2025.

You just decide the date, okay? I'm just putting dates out there. It could be 26, 27. Whatever it is, you decide your date. Okay, so I decided mine was within a three month period, which was actually, I mean, crazy.

And I love that. You know, I was like, this is. But I wanted to prove that it's possible I really did it knowing I have a very big audience, 21 million followers.

And I was like, I know that I'm going to help so many people with this story. So I'm going to I'm going to do my walk through. Okay. So now I wrote and I started writing about it.

It felt so amazing to be in a family. Bear in mind, I didn't even have a partner at this point either, so I didn't have a partner. Oh, you didn't have a partner by this point?

I'm single at this point, so I was single and did not. Obviously I was told I wouldn't conceive, so I was I had all the odds against me. So you had a three month timeline and you didn't have a partner yet.

That is. So. Bold and awesome. Okay. Yes. So this is back in like, September. So I was writing in September and I was saying I, I changed my life. The love of my life walked in and he loved me so much, and he loved my son.

And we conceived right away. It was just a miracle it happened. It feels so good to be carrying this beautiful baby girl was even more specific. And this is in my journal.

And I would sit there and write it and every day write it and feel it into existence. I've spoken about this on the Tamron Hall Show as well. I've gone on so many different shows and spoken about scripting, which is what I'm teaching you now, because that's step one and you have to really feel it.

Okay? You have to write about what what did it feel like? What did it feel like to have this goal achieved? You can do it for money, can do it for love.

You do it for happiness and health for anything. But it's about feeling great. Then I would lead and I'm so grateful that I did this past tense. But I was use gratitude in my script.

You could do it for five minutes, ten minutes, 15 minutes, 20 minutes, whatever feels good. I like to do it right before bed because your mind, your brain, is more impressionable before bed.

Right now, we're in the beta state. As we start to fall asleep and get tired at night, we go to Alpha and then we go into theta and then Delta when we're asleep.

So I decided and understood that if I could reprogram my subconscious mind at night to think and work through this issue, this problem, this thing I wanted to achieve, it would happen faster.

So I did that before bed. I would say, I want to get pregnant. I want to meet the love of my life, and I would do my scripting. That would be my. Last thoughts before bed.

I would go to sleep. I did this every day. That was part one. Part two. I worked very quickly with the doctor. I had some bloodwork done and he's a holistic style doctor and I said, I'm going to try something different because my, my blood tests say I'm completely fine.

My blood tests say I'm healthy. The blood tests also say that in the ovaries, there's tons of, you know, little cysts, which is not eggs, but maybe I can believe it's an egg instead.

So I got a picture, and I printed it out, and I said, this is actually not sister's eggs. These are healthy. Eggs. Wow. Wild story of what I'm about to tell you.

So that was three months. that was at the beginning of the three months. The doctor then did my bloods, this holistic doctor, and he went through everything that I needed to.

I was lacking in my body minerals and vitamins. So we started to work on all the. Things that were lacking in my body. And he sent me lots of. Supplements to take.

I took these for three months. These were amazing. sort of omega threes, vitamin K2, D3, things like this. But these are not I'm not saying this is for everyone.

This is what my bloods showed that I needed. He was absolutely phenomenal. You can find him online. He's called doctor Miles. He's out of, Denver. this area.

So I basically worked on me. I worked on myself, and I'd never. I didn't see him in person. I obviously know him in person, but I did all of this remotely, so I didn't need to even see him.

And now I now I'm taking these supplements, and I'm feeling like I didn't even know I needed these supplements, but I had a parasite in my body apparently I needed to get rid of.

There was so many things that I needed to get rid of. Yes, I've got two. So I really want to preface that I. I did use supplements for this, but I didn't I didn't take anything prenatal at this point.

I do think those off normal as well though. But I was just taking things to help my body be in the. Best health. And shape it could be. I was, every day I was exercising again.

I had all of this stuff in, but it was a mindset shift. I have to tell you, it was nothing else apart from me changing this because watch what happens next.

So the next thing that happens, which is the miracle, is I then decide I'm going to do this visualization exercise. I'm about to do it with you and show you exactly what to do.

It's six minutes long, and it's going to help you to tap into the power of your mind to redesign who you are and visualize. Visualization is a powerful tool that has been proven scientifically to help us achieve our goals faster, to help us to get what we desire faster than anything else.

You use this with scripting. And I started to visualize the pregnancy. I started to visualize this beautiful man who was like wrapped around me, holding me to the love of my life.

I really leaned into it. So this was the third step. And I'll tell you what happened right after. So, okay, I should we do it now? Would you like to join me in this exercise?

Yes, please. I will so join you in it. Amazing. Okay, let's do this. So anybody who is driving, make sure you're in a safe space. Make sure that you are able to do this safely.

We're going to take six minutes. So just make sure your phone is on silent. There's no outside distractions. And we are going to dive deeper. It's a very small form of meditation visualization.

Anybody can. Do it. You just going to relax and calm your mind. So just take a deep breath in with your palms facing upwards. Uncross your legs sitting upright or laying down whatever feels good for you.

And I just want you to. Take a deep breath in. Hold it at the top. And exhale out. And again I want you to inhale to three. Four. Hold for two and exhale 2345678.

And in 234 hold for two and exhale 2345678. Release. And again in 234. Hold for two and exhale 2345678. Just allow your breath to flow naturally. Now allow the breath.

So just be your guy. On your next exhale, visualize the number three three times. And on your next exhale, visualize the number two three times. And on your next exhale, visualize the number one three times below.

Every time you hear me say the words, relax, you relax deep. Deep into the surface beneath you. Deeper into yourself. Relax. This moment is just for you.

Nobody else. Nobody needs you. For the next few minutes. This moment is yours. Allow yourself to feel as deeply relaxed as possible. I want you to see in front of you a giant screen.

And onto that screen, I want you to imagine that you are sitting, watching yourself one year, two years, maybe three years from now. Choose whichever you would like to focus on and onto that screen.

Project now yourself, one year from now, two years from now, or three years from now, where are you in that scene? Who are you with? Are you happy? What are you wearing?

Are you pregnant or do you have children? Or does your family have more children? What's in that scene? Perhaps you're living in a different place. Perhaps you're living by water.

Perhaps you're living in a forest. Perhaps you're living in a different state, a different city. Where are you in the world? If you're having trouble seeing it, I want you to imagine describing to a friend sitting next to you in this theater what you are seeing on the screen.

Imagine telling them I can see myself smiling, happy with a family. I can see. Myself. With an abundance of money. I can see. Myself in perfect health.

I can see myself doing what? I'll give you one minute to really feel it. Now. Imagine a dial in front of you. Turn up the dial now to the max.

The Three-Month Fertility Breakthrough

Turn up the visualization. The power of what you are seeing. It is real. It is in another quantum realm. It already exists in another quantum field. It already exists.

Turn it up for the last 10s of this visualization. Turn it up. Feel it. If you cry with. Emotion of gravity, are you ready? Feeling that comes to you?

It's natural. It's part of it. What does it feel. Like watching yourself, knowing it's possible for. You? Now repeating the affirmations aloud. I know this is possible for me. Now.

I am ready for this to come to fruition now. I have to give my past. And all those who have hurt me until. Now. I am

ready for the new me. I am open and ready for the abundance of this goal.

Thank you. Thank you, thank you. And now, whenever you're ready, taking a deep breath in rather than your hands together, placing them over your eyes, opening your eyes behind your hands.

And whenever you're ready. Exhale and move your hands. Well, because they're so beautiful. Natasha. Thank you. It's a powerful exercise that can truly help you to step out of the place you're in.

Now that you feel freedom, let you feel something a little different. It's true. And the and the ability to feel something a little bit different in this moment and in the next moment and in the next moment can add up to enormous shifts.

And I think that what's really powerful is that every one of our emotions and our feeling experiences has a biochemical underpinning that affects the body stress response system, that affects how our genes are signaling in the expression of our genes, our epigenome, which is what we focus on in the Prime Minister protocol and affects our biological age, and how much wear and tear is being placed on the system, including the reproductive system.

So while it may seem that. Mindset work that this visualization is about just feeling good in the moment and is disconnected from the physiology of fertility and reproduction, it's actually not disconnected.

And there are these incredible feedback loops between our psychology and our fertility. And so this is one tool that can really support positive feedback loops between them.

And I think that that's a really, really powerful opportunity that many people don't tap into in their in their journey. Absolutely. And people think that we must only rely on medicine and Western ways, and we must only rely on what we're told, and we must.

It's completely wrong. We must look within ourselves. We are the reason that things happen or don't happen. Yes, there are things we cannot change. You know, certain shape, uterus, certain things that have happened in our body, certain things we're going through.

But we can make a miracle happen. So the next thing that happened after I did this exercise was the miracle. I did this exercise for the three months as well.

It was like a three month trial. And September. October, November. Yeah. So the whole September, the whole of October, the whole of November. And I went into the doctor.

And I had my ovaries checked out again and he said. Well, Natasha, I want to let you know that you. Are ripe as. Anything you are ready to conceive. I couldn't believe it.

Now in my mind it manifested the doctor saying this. I decided that the doctor was going to say this to me and he said, all of these. I said, they're cysts. Now I've been told they're cis.

He said, well, actually they're eggs, they're, they're eggs. These are eggs. And and they're, they're healthy. And you are right. And I was absolute mind blown.

And bear in mind, you know, had miscarriages before that been told by numerous. Doctors the. Same thing of not being able to conceive or hold the baby and etc..

And I decided. This was going. To change my story. And epigenetic level. I was going to change it at the biophysical level, and I did and I had and I. Focused, and that was my only goal for three months.

That was my only goal. I didn't think of anything else but this, but I didn't do it with desperation. I need this. It was. I'm so grateful. I'm so happy it's happened.

I'm so grateful that I was told by the doctor that my my womb is ready and my ovaries are ripe. And, you know, I

used all these words that I wanted to hear in my script, in my visualization.

And I conceived right after. I met my partner, who I'd already known from. August. And then we were just friends from October till December. And then we got together in.

The. Beginning of December. After my three month period, of trying this new method, this new way. And, I mean, you couldn't you couldn't. Right? It it's a movie. We've we've.

Watched, slept together. We had a beautiful relation together. We were, you know, we decided we wanted to be together as more than just friends. And I conceived, and I'm seven months pregnant.

So, so absolutely beautiful. What an incredible story. And what an incredible miracle. Well, what is what is your partner think about this. Like like what's his.

He's mind blown because he he knows the story and he's like this is incredible. But he also didn't have any. But he's he's a famous singer and he didn't have anybody get pregnant for his, you know, 30 is like, you know, this whole time he was like, I can't understand when nobody got pregnant.

It doesn't make any sense. But I came with you and it just happened. It was like a miracle. The truth is, when we all with somebody who were meant to bring that child into the world with.

I think there's also that which adds to it. It's an energy thing. I've got friends right now who were together for eight years, didn't conceive together.

They went their separate ways. They literally couldn't. They would. It just didn't happen for them. In eight years. They went their separate ways and both of them got pregnant within 3 to 5 months with a new partner.

Isn't that incredible? Yeah. And so it just sometimes it's the chemistry between two people and that's something that's, you know, like love. We can't explain, but it's a feeling.

It's something outside of the realms of science and, you know, maybe there is more science behind that as well. That a certain egg, I'm sure. There we go. I knew it there would be science. Yeah.

We think that we practice. Yes. So yes. Opposed to proof. But yeah it's what do you want. Like do you really want it in your in your heart. Yes you do.

So don't contradicted by being a really bad person elsewhere or being negative or having a negative attitude in the rest of your life, but being super positive about the baby.

But really, you're you're not being kind to other people in your other ways. You're holding on to a lack of forgiveness and resentment in other areas of your life.

This is contradictory. This is contradictory when it's contradictory of what you really want, you'll just push it away further. We have to be who we want to be.

We don't attract what we want. We attract what we are. I'm writing that down. We have to be who we want to be. Be it until you become it. Be it until you become it.

So this book is, USA Today and Wall Street Journal bestseller. It was a Barnes and Noble bestseller as well. It's it's, you know, got many awards. Congratulations. Incredible.

This will talk all about what we spoke about today in different ways. I wrote it obviously before I had this baby.

Super Fertility and Final Takeaways

So it's a different, but it talks about my health and how I healed and many different things. But you be it until you become it. I don't like fake it till you make it.

I don't I don't enjoy the fake it till you make it. Doesn't feel right. You be who you want to be today. You be the millionaire. Before you have the millions in the bank.

You be the amazing person that you believe you can be now before you get there. If you do this, you will attract all your goals and desires to be the man.

And that's what I did. I was pregnant, I was already a family. I was in love. I wanted all these things and I did it. And you can do it. But I love that so much.

This is going to be an inspiration to so many people. Okay, I have to ask you this question. It's a little bit of a parallel to the question that I asked before, Natasha, but you said for those three months, that's all that you thought about.

You didn't think about anything else, and you didn't think about it in a way that you were, you know, upset about it or why it hasn't. This happened for me, but you you thought about you stayed in that feeling of, I am pregnant.

And I'm so grateful that I'm pregnant. I'm so grateful that I met the love of my life who got me pregnant right away. How? How do you do that? So we have this concept in the Prime Minister protocol, which is obsessing in a good way.

And it's very much a parallel to this. And. People need to hear this and understand what this looks like in day to day life, because when they're in their in the loop of struggle, a lot like what you talked about when you hit rock bottom, it's really hard to stay focused on that place of feeling good and that place of gratitude and thinking about it constantly, but not slipping into the rumination and the negative thought loops that happen about the thing that is desired, that isn't there yet.

So what's your question? The question is, how do you stay focused constantly on that thing without slipping into the negative thought loops? Got it. So it's a pattern, right?

We we we naturally our brain is naturally going to go back to the negative thought. Our brain is naturally going to keep slipping. It's like a pilot when they're steering the plane.

In fact, did you know that the plane is constantly going off course and all the pilot does the entire duration flight is bring it back on course. We are the same with our brains.

Our brain wants to go down the negative path, even if it's more uncomfortable. It prefers the familiar. It prefers the familiar over the good because the familiar, however uncomfortable it knows, it doesn't want to learn a new skill.

It doesn't want to think about a new affirmation, doesn't want to think about a new outcome. It likes the feeling of the known versus the unknown. So you really have to go against the grain.

You have to go against everything that you know, everything you believe. Sometimes, everything you've been taught to believe, all the impressions that have come from your parents and family.

You have to truly believe in your soul, in your heart that you can do something different. And when you start to ruminate and go back, just go back to the drawing board and go back to gratitude.

Today I'm just going to give myself. This, this moment. It's okay. I'm emotional. I'm sad. I'm angry. Go for a walk. If you can go outside, look up into the sky, see the sunlight.

See something that will help you to get out of that rut, and then start writing and giving gratitude. I'm so grateful now that I did this, I did this, and you start giving gratitude to things as though they're already yours.

It doesn't matter whether it's true or not, it's whether you believe it. Go back to this card. She believes she could, so she did. I just believed it.

I believed wholeheartedly it was not true. It doesn't matter whether it's true or not, whether I believe it. Do you believe in this goal? Because if you don't believe in it, nobody else is going to believe in it.

Just do it to. Start to change your way. Start to talk about the things you want versus the things you don't want all the time. The things that didn't work.

Don't talk about it anymore. Think about the things that do the things that did work, the things that can work, the things that will be amazing for you as though they're already.

Yours. And love that. Thank you so much. I have one last question for you today. What does super fertility mean to you? What does it evoke for you? What do you feel when you think about super fertility being super fertile?

That we are superhuman, that we can be and have anything that we want, that we can achieve any goal that we are super in our being. That it's not just fertility, it's about us being super human, about us knowing that we can change our life, that we can be superb, that we can be different and not just mediocre.

That we are here for a bigger purpose. And if we've seen the most remarkable miracles happen people healing from illness, people changing their lives, people manifesting money out of nowhere, people manifesting miracles of children out of nowhere.

At 50 years old, it's not unusual. It is slightly unusual. It's not that unusual anymore. We can do anything. We just decide. We are super. We are super human.

And that is what super fertility means to me. I love it so much. We are super human and having super fertility is just one part of that whole that's so, so beautiful.

And I would also add to that, that we get to carry that through to not just getting pregnant, but how we do our pregnancy, how we how we carry our super babies, how we birth them, how we raise them.

And I can't think of anything more important to pass down to our super babies, then that powerful epigenetic foundation and the resilience to make the most out of that powerful epigenetic foundation in life that we've been given.

So you've got it. Absolutely. We can use this and learn. And there's so much from this summit that you're going to take away from all the speakers. I'm so grateful that I was able to share this story with you.

You know, I speak on stages of tens of thousands of people, and I share the same thing that I've shown you today and more. And I work with my clients 1 to 1, and I help them with things like this.

Manifesting babies multiple times. I have helped people manifest children. Grandparents manifest grandchildren from a different perspective. The most amazing results, and that's what I love to do with my clients, is help them to achieve these goals, to get their name out there more, to grow their brand, to work on themselves, and to actually find that happiness and joy within themselves and achieve all their desires.

I love that that's so beautiful, Natasha, I can't thank you enough for being here, for sharing your own personal story and path, and for sharing the exact steps that you used and giving us a taste of your process so that people could start using it right here, right now on this session and start making forward progress.

So thank you so much for being here at the Super Fertility Summit. Thank you for sharing this incredible work. And, I look forward to many more conversations because and I know it's going to be such an inspiration to so many.

Thank you. Thank you so much for having me. And feel free to send me a DM on Instagram. It's just my name

@NatashaGraziano I love getting back to you myself.

If you have a question on your heart or something you want to share, please do and tag me. Tag the fertility Summit so that we can all share it online.

I'd be more than happy to repost my favorite clips from today that you love. It's just @NatashaGraziano on Instagram. I will share all my favorite things. I hope you enjoyed.

Thank you so much for having me, Cleopatra. What an honor and pleasure. Thank you so much for being here, Natasha. Thank you and thank you to you listening and I'll see you in the next session.

So happy you got to experience this today.