



LIMITLESS

Butterfly

Transform Your Mind, Embrace Your Freedom.
With Rhian Johnson C.Hyp, Coaching & Hypnotherapy

THE 5 HIDDEN FERTILITY BLOCKS

(And How to Break Free)

Your Body is Listening

If you've been trying to conceive and nothing seems to work, you're not alone—and you're not broken.

The truth is, most women have hidden blocks they don't even know exist. These blocks live in your subconscious mind, quietly telling your body: "It's not safe to conceive right now."

In this guide, I'll show you the 5 most common fertility blocks I see in my clients—and exactly how to release them.

Let's begin.



With love,
Rhian Johnson
RTT Practitioner & Fertility Coach

P.S. These patterns aren't your fault—but they CAN be changed. Keep reading.....

BLOCK #1: Timeline Pressure

"I'm running out of time. Every month that passes makes it harder. I'm too old."

Sound familiar?

Timeline pressure is the **#1 fertility blocker** I see. When you believe "I'm running out of time," your body responds with cortisol (stress hormone). Cortisol disrupts ovulation and implantation.

The belief itself creates the block.

HOW TO RELEASE IT:

Stop saying "*I'm too old*" or "*time is running out.*" Instead, say:

"I am in perfect timing. My body is fertile **NOW**. I trust my body's perfect timing."

Say this every morning. Touch your womb as you say it. Your body is listening.

BLOCK #2: Fear of Loss

"What if I get pregnant and lose the baby again? I can't go through that pain."

If you've experienced miscarriage, your subconscious may be trying to protect you from future pain by preventing pregnancy altogether.

Your body hears: "Pregnancy = loss and grief." So it stays closed.

HOW TO RELEASE IT:

Acknowledge your fear. Then rewrite the story:

"I honor my past loss. AND I trust this baby will stay. My body knows how to carry life safely."

Grief and hope can coexist. Let yourself feel both.

BLOCK #3: "I'm Not Enough"

"What if I'm a bad mother? What if I can't handle it? I don't deserve this."

Deep down, you may believe you're not worthy of becoming a mother. Or that you won't be good enough.

Your subconscious hears this and thinks: *"She doesn't believe she's ready. Don't create life yet."*

HOW TO RELEASE IT:

Challenge the belief. Ask yourself: "Is this true? Or is this fear?"

Then install a new belief:

"I am more than enough. I am ready to be a mother. I will learn and grow with my baby."

You don't have to be perfect. You just have to be WILLING.

BLOCK #4: Body Criticism

"My body is broken. It's failing me. Why won't it work?"

When you criticize your body, your body hears it. And it responds accordingly.

You can't hate your body into conception. You have to PARTNER with it.

HOW TO RELEASE IT:

Stop fighting your body. Start speaking to it with love:

"I trust my body. My body is not broken. We are figuring this out together."

Every morning, place your hand on your womb and say: *"I love you. Thank you for working so hard."*

Your body is listening. Give it love, not criticism.

BLOCK #5: Nervous System Dysregulation

You're constantly stressed, anxious, running on adrenaline.

When your nervous system is stuck in fight-or-flight, your hypothalamus (which controls fertility hormones) gets confused. It thinks: "There's a threat. Not safe to create life right now."

So it delays ovulation. Disrupts implantation. Keeps you stuck.

HOW TO RELEASE IT:

Regulate your nervous system daily. Try the 4-7-8 breath:

- Breathe IN for 4 counts
- HOLD for 7 counts
- Exhale for 8 counts
- Repeat 4 times

This signals SAFETY to your body. Do this every morning and night.

Regulated nervous system = Fertile body.



So... What Now?

You just discovered 5 hidden blocks that may be quietly affecting your fertility.

But here's the truth: *reading about them isn't enough.* These blocks live deep in your subconscious — and that's exactly where they need to be released.

That is the work I do inside **Fertile Mind™** — my 12-week subconscious fertility transformation program for high-achieving women who are done with 'just staying positive' and are ready for real, lasting change.

Over 12 weeks inside Fertile Mind™, we:

- ✓ Release ALL your subconscious fertility blocks
- ✓ Regulate your nervous system so your body feels safe to conceive
- ✓ Rewrite limiting beliefs at the cellular level
- ✓ Build a deep, loving partnership with your body
- ✓ Speak to your eggs, womb and cells — and watch them respond

This isn't surface-level positive thinking. This is deep, subconscious transformation — and it is exactly what your body has been waiting for.

■ Your FREE Discovery Call — A \$250 Value

I offer a limited number of complimentary Discovery Calls each month. On this call, we identify your **biggest fertility block** and map out exactly what releasing it could mean for you. There is no pressure — just clarity.

Spaces are limited and fill quickly. If you have been guided to read this guide, this is your sign.

■ Book Your FREE Discovery Call Here

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Your baby is already part of your story. Let's write the next chapter together.

With love, Rhian ■■