Spirit Baby
CONCEPTION

Spirit Baby Conception
Mind-Body-Soul Alignment
and Soul-to-Soul Communication

Created by AGA SZEWCZYK, PhD
Spirit Baby Medium

SPIRIT BABY CONCEPTION GUIDEBOOK.

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Spirit Baby Guide
by Aga Szewczyk

...choose from love, not fear...

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ABOUT

SPIRIT BABY CONCEPTION ORACLE

One night, I woke from a vivid dream. A little boy stood before me, placed a blank deck of cards into my hands, and said simply:

"Share this with my mum"

I could not forget those words. I understood that the deck was not meant to tell women what to do. It was meant to help them hear what may already be trying to reach them - from the soul of their future baby, from their own intuition, and from the deeper wisdom of their body and soul.

The Spirit Baby Conception Oracle grew from thousands of Spirit Baby Mediumship readings, messages shared by babies, recurring symbols from nature, and patterns I kept witnessing across very different conception journeys.

Whether you are hoping to conceive naturally, through IVF, trying again after loss, or navigating important fertility decisions, these cards are here to support you - especially if you already sense the soul of your baby close by, or feel ready to begin connecting with them. Often, the connection begins before we consciously recognise it.

This Oracle & Guidebook helps you recognise your Spirit Baby's guidance and signs, explore their timing, strengthen your intuition, and understand more clearly what may be happening between you, your body, and the soul preparing to join your family.

Through nature, seasons, Spirit Baby communication, emotional healing, physical awareness, soul guidance, and energetic alignment, this deck takes you beyond simply asking: "*When will my baby come?*". It invites you to build a relationship with the soul of your future baby - to notice them, listen to them, learn how they communicate with you, and allow that relationship to become part of your conception journey.

Because often, long before you hold your baby in your arms, the relationship has already begun. It may begin through a sign, a feeling, a dream, a repeated symbol, or simply the sense that someone is already close. The more you learn to recognise that connection, the less the journey becomes only about waiting for your baby to arrive - and the more it becomes about getting to know each other before they do.

THE THREE REALMS OF THE DECK

The deck is divided into three Realms, each representing a different aspect of the connection and alignment between you, your body, and your Spirit Babies. The three Realms are designed as starting points, not fixed boundaries. Some cards naturally refer to more than one Realm. You may move cards between the Realms, create your own groups, or draw from the whole deck whenever that feels more aligned. For example, the "Starseed" cards appear later in the deck, but you may place them with the cards exploring your future baby's energy, preferred arrival timing, seasons, and zodiac elements.

REALM I • UNDERSTANDING YOURSELF • 32 CARDS

This Realm uses landscapes, weather, and the forces of nature to reflect what may be happening within you right now - emotionally, physically, and energetically. The cards can help you recognise what you may be moving through and what your body or emotions may be asking for. They may also point to experiences from your recent or distant past in this life, or to themes that may feel connected with another lifetime.

REALM II • UNDERSTANDING TIMING • 37 CARDS

This Realm explores the timing of your Spirit Baby's arrival - conception, embryo transfer, birth, and your own sense of readiness to welcome them. It invites you to look at timing through seasons, natural cycles, and the signs appearing around you. Nature does not move in one straight line. There are times to rest, grow, bloom, and gather what has ripened. Your conception journey may move through similar stages before the next step becomes clear or something feels ready to move forward. The soul of your baby may use these cycles to show when they feel closer, which season they are drawn towards, or what may need your attention in the present moment.

Spirit Babies often communicate through signs, symbols, feelings, and repeated patterns. They may draw on the seasons, as well as the four zodiac elements - earth, water, air, and fire - to express both their preferred timing and the qualities of their energy. In this guidebook, I refer to this as their "*soul personality*". These cards are here to help you work with timing without turning it into something rigid or fixed. They can help you notice patterns, understand what may already be unfolding around you, and create more space for the arrival of your future baby.

REALM III • UNDERSTANDING CONNECTION • 42 CARDS

This Realm supports you in recognising how the souls of your babies and your Spirit Guides may already be communicating with you. Their presence may come through dreams, synchronicities, signs, sudden knowing, repeated words, songs, numbers, body sensations, or something that simply keeps catching your attention.

The cards can also help you ask what your next step may be on your conception path and listen more closely to your intuition, your body, and the soul of your baby. Some cards explore different paths to conception and can be used when you are seeking guidance around choices such as natural conception, IVF, IUI, or embryo transfer. You will also find cards exploring qualities your future baby may carry at a soul level, including possible Starseed origins, and what they may want you to understand about their energy, nature, or purpose.

SPIRIT BABY TIMING

Spirit Babies can communicate timing in many different ways. They may show you an image, make you sense a particular season, bring forward a month, a zodiac sign, a natural symbol, a repeating pattern, or something very specific from the environment around conception or birth. Their communication can also come through body sensations, signs, symbols, dreams, memories, images, and synchronicities.

When I allow timing to come through naturally in Spirit Baby mediumship, rather than asking for a specific month or date, it most often arrives symbolically. Over time, I have come to understand why this may matter: the way we receive timing can be just as important as the timing itself. Some moms feel calmer with a clear month or date. For others, that kind of precision immediately creates pressure: "*How many months away is that? Which cycle would that be? What if it does not happen then? How old will I be?*" The mind starts calculating before the message has had time to settle - leaving less space to notice how your body, intuition, or unconscious mind may already be responding to it.

But the thinking, analytical mind is only one part of how we receive and process information. Underneath it is a much larger unconscious layer that is constantly storing and connecting our experiences, often outside our awareness. Your system may remember the feeling of a transfer that did not result in pregnancy, the emotion connected with a particular month, or the sense of relief you feel when summer finally comes. You may love the darkness of winter because it feels comforting and familiar, while somebody else experiences that same season completely differently. The unconscious doesn't simply store December as a point on the calendar. It also stores what December feels like to you.

Your body is part of this too. It responds to changes in light, temperature, sleep, daily rhythms, and the seasons around you. These environmental changes do affect your hormonal and physical rhythms as well. So a season is not simply three months marked on a calendar. It is something your whole system experiences. Spirit communication is also experienced through this less analytical level - through intuition, imagination, dreams, body sensations, sudden knowing, images, and symbols that may feel familiar before you consciously understand their meaning. In simple terms, your body may recognise something before your mind has found the words for it.

This is why a symbol about timing can sometimes communicate more than a date. Falling leaves, migrating birds, cherries, warm sand, Christmas lights, or the feeling of cold winter air do not simply tell you when. They carry the feeling and atmosphere of that time - something your body and unconscious mind may already know. You may even realise that you have been sensing something around that timing yourself: "*I don't know why, but I've always felt my baby might come in autumn*". Then other pieces begin to connect. You remember that you had a dream visitation from a Spirit Baby two years ago around that same time of year. You realise that the flower that keeps appearing whenever you ask your Spirit Baby for a sign blooms at the very beginning of autumn. Or you notice the same autumn imagery appearing when you feel particularly connected with your baby.

None of these things may have seemed important on their own. But together, they begin to form a pattern. Your unconscious mind may have been holding those connections long before your conscious mind recognised them. What initially felt like "*I just have a feeling about autumn*" now carries much more meaning.

This is why seasons, natural cycles, zodiac elements, and symbolic timing are such an important part of this Oracle. They allow timing to be received through your body and unconscious mind before your analytical mind turns it into a date to calculate. Sometimes, what you recognise through that process can tell you much more about where your Spirit Baby is guiding you in relation to their preferred arrival.

MANIFESTING & ALIGNING

Manifesting your baby is often spoken about as though your future baby were no different from manifesting a house, a new job, or more money. But your future baby is different. Your future baby is a soul, and that changes how manifestation works.

Unlike money or material things, your future baby has free will, their own preferences, their own timing, and their own soul path. They are not simply responding to your visualisations or affirmations. They are another being who is also making choices, preparing for their arrival, and moving towards you in their own way.

This does not mean manifestation is unimportant. Quite the opposite. Your thoughts, beliefs, emotions, and the way you see yourself all shape your energetic readiness to welcome your baby. Trusting the journey, seeing yourself as their mother, opening yourself to receive them, and embodying the version of yourself who is ready to welcome them remain deeply important parts of conception.

Over thousands of Spirit Baby Medium readings, however, I have noticed a pattern forming. Many women come to me after months or even years of trying to manifest a baby. Sometimes they have been focusing on a preferred gender, a particular timing, or a very clear image of the child they hope will arrive. Yet when I connect with the soul preparing to come through, the energetic reality is sometimes different. A different soul may be preparing to join them. A different timing may be unfolding. A different journey may already be taking shape.

This does not mean your desires have no power. The energy of your desire to become a mom is one of the most important forces in your journey. But sometimes, your preferences in manifestation can also reveal something deeply meaningful about your own healing, hopes, and life experiences. Becoming aware of these places, and bringing healing to them, may also become part of your growth towards welcoming the baby who chose you in the first place.

Therefore, as a note of guidance, your future baby is not an object meant to perfectly match what your human mind believes it wants. They are a soul with their own purpose, experiences, and reasons for choosing this lifetime with you, blending their soul journey with yours like a small stream entering a big river.

That is why I believe the goal is not simply to manifest, at least not in the way manifestation is often presented on social media. It is more about aligning with the soul of your future baby. And for that, it helps to know who they are. As you begin recognising their energy, signs, preferences, timing, and way of communicating, it becomes much easier to align with them. You are no longer trying to attract your future in a general way. You are building a relationship with a soul who may already be reaching towards you. The connection becomes more specific than it ever was before, and slowly, this relationship begins growing into motherhood.

This is exactly why these cards were created. They are here to help you recognise, welcome, and align with the soul of your future baby. Sometimes they will confirm what you have already been sensing. At other times, they may expand your perspective or invite you to become more open to a different possibility than the one your mind has been holding onto.

One area where this can become particularly meaningful is around gender. Souls are not gendered in the human sense before conception. They carry both feminine and masculine qualities. Yet during Spirit Baby communication, many souls already indicate how they wish to experience this lifetime. They often show themselves as a girl or a boy through dreams, symbols, feelings, names, colours, or other impressions long before pregnancy confirms their physical qualities.

If you notice resistance, discomfort, or a strong emotional reaction to a particular gender when using these cards, allow it to become an invitation rather than something to judge. Gender preferences often sit beneath conscious awareness and can be shaped by previous loss, imagined safety, family experiences, or a desire to heal something from the past. Sometimes these feelings simply reveal where your mind has become attached to one possible future. Sometimes they also show where your energetic field has become narrower than your heart truly wishes it to be.

These cards are here to help you widen that field again. As your perception opens, your energy naturally begins to move differently. New thoughts emerge. Different feelings become available. New choices follow. Often, only a small shift is needed to enter a new frequency where your connection with the soul of your future baby becomes clearer.

The cards are inviting you to bring your desires into a deeper relationship with the soul who is also choosing, communicating, and preparing to join you. Sometimes your hopes and their path can meet easily and rapidly. Sometimes the cards may show you where something inside you is asking for more space, healing, trust, or openness so that you feel ready for that meeting.

At other times, what appears through the cards may be about the timing the soul of your baby has chosen, the physical aspects of the body, the energetic layers around conception, your emotions, or the way your inner world is responding to the journey. Often, it is a mix of all of these, including your own soul's growth and readiness. This is why the cards hold more than one layer. They are here to support the whole picture, not only one part of it.

Manifestation can still be a part of the conception journey. Your trust matters. Your openness matters. Seeing yourself as your future baby's mother matters. But when another soul is involved, manifestation becomes something deeper than creating an outcome. It becomes an energetic relationship. It becomes listening. It becomes recognising. And ultimately, it becomes aligning with the soul who is already making their way towards you.

CONVERSATION WITH YOUR BABY

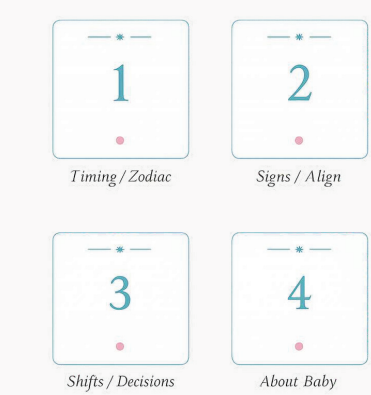
You can draw from the whole deck, separate the cards into realms, or create any mix of cards that feels right to you. You can even try the same question in different ways and notice which approach gives you the fullest answer. Before you draw, pause for a moment. Take a breath. Place your hands on your heart, your womb, or both. Then invite the soul of your baby to be present in the way that feels right to you. You don't need to force anything. You only need curiosity and an open heart, desiring to communicate with them. *Reach for the guidebook description of each card after checking in with your intuition first.*

ONE CARD MESSAGE

What would you like me to know today? What are you showing me right now?
What part of my life path needs attention? How can I connect with you today, this week?

THREE CARD CONVERSATION

Card 1 – *What would you like me to know now?*
Card 2 – *What else would you like to show me about this?*
Card 3 – *Is there anything you would like me to do, notice, or remember?*

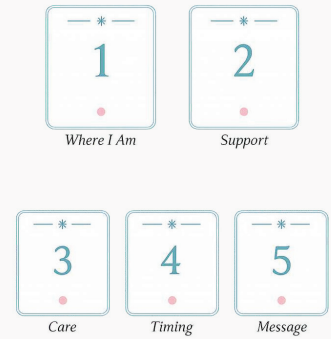


ALIGNING FOR BABY'S ARRIVAL

Card 1 - *What timing is linked to your conception or birth?*
Card 2 - *How can I align with your arrival? What signs do you show me?*
Card 3 - *What needs to change before you arrive?*
Card 4 - *What would you like me to know about you?*

CONCEPTION PATH GUIDANCE

Card 1 - *Where am I on my conception path now?*
Card 2 - *Which path is opening for me / is supported?*
Card 3 - *What needs more care or attention?*
Card 4 - *What timing or season is highlighted?*
Card 5 - *What does the soul of my future baby want me to know about this path?*



Pause after turning over each card. Notice what draws your attention first - a word, image, feeling, memory, or physical response. You do not need to understand the whole spread immediately. Read the cards in relation to your original question, allow the message to unfold at your own pace.

REALM I

UNDERSTANDING YOURSELF

Your Emotions • Healing • Energy • Beliefs • Nervous System
Personal Growth • Transformation

The cards in this Realm help you understand what is happening inside you as you move through your conception journey. They may point to emotions you are carrying, the way your body is responding, places where you feel tired or overwhelmed, or areas where your energy is beginning to open and move again.

Just as landscapes are shaped over time, your body, emotions, energy, and soul also carry the memory of what you have lived through. This may include childhood experiences, family patterns, relationships, beliefs, losses, and moments when safety or support was present, or missing. Each card helps you notice where you are internally right now: what needs rest, warmth, release, care, space, or movement, and what is closing, opening, settling, or beginning to realign.

Your inner world moves in rhythms, just like nature does. Emotions rise and fall like water. Storms can reflect pressure building inside. Mountains can show strength, distance, or perspective. Wind can signal change, movement, or redirection. These images help you recognise what may be happening beneath conscious thought.

These cards are here to help you understand yourself and where you are on your path, so you can support the part of you that is preparing for what comes next. And because Spirit Babies often communicate through symbols from the natural world, many of the images in this Realm can also help you recognise how the soul of your future baby is guiding you. A card such as Tornado may invite you to untangle mixed emotions. Canyon may point towards deeper feelings asking to be acknowledged.

In this way, the cards give you greater access to your emotional, physical, energetic, and soul journey, and to the alignment your baby may be inviting you towards.

HOW TO DRAW CARDS • REALM I

CHECK-IN WITH ONE-CARD DRAW

Use when you want clarity without analysis.
Let the image speak first - follow the guidebook after.

Ask:
"What life phase or moment am I currently moving through?"
"What is my body asking for right now?"

Notice:
How does your body respond to this image? Does it tighten or open?
What memory, inner dialogue, thought, or sensation comes to the surface?
Does the card meet you where you are now? Support you?

This Realm invites you to explore what is happening within you as a living landscape. Just as natural landscapes reveal layers, pressure, movement, and change over time, these cards reflect similar inner processes. The images mirror where you may be in your life and in relationship with yourself. The images are designed to reach your body first. Before reading any meaning, pause with the card and notice how your body receives it. Your body recognises truth before the mind gives it a name. Whether you draw from this Realm or from the full deck, let that initial felt response guide you.

PAST • PRESENT • FUTURE DIRECTIONS

This spread is supportive during times of transition, when clarity unfolds gradually rather than all at once. Read the cards as movement:



Past / Path



Now



Beginning to Form



Support Now

Card 1 - Realm I
What would you like to show me about my past?
Choose how far back you'd like to explore, including past lives if you feel called.

Card 2 - Realms I + II (draw from both)
Where am I now?
Explore your current emotional, physical, energetic state

Card 3 - Realms I + II + III (draw from all)
What new direction, possibility, or choice is emerging?
Am I being guided to continue, pause, or shift my focus?

Card 4 - Realms I + II + III (draw from all)
What could support me now?
What experience, practice, support, or inner shift would benefit my body, mind, and soul?

NOTICE WHAT REPEATS

Spirit Baby communication is often subtle. It can show up as patterns, repeated thoughts, dreams, emotional shifts, inner signals, or moments that feel meaningful without a clear reason. These are easy to dismiss or forget if they aren't captured.

When you write things down, you start noticing what returns. You begin to recognise your Spirit Baby's language - the signs, sensations, dreams, memories, or phrases that repeat again and again. Repetition is one of the ways they reach you.

This is your reminder to journal today and as often as you remember about signs from the soul of your baby. Even one line is enough: what you sensed, what you felt, a dream fragment, a phrase that stayed with you, or a number you saw at the exact moment you were thinking of someone in spirit.

Here is the extra layer - the part most women only notice in hindsight: when you journal, you don't just record signs. You begin to build a personal "map" of timing. After a few entries, you can often see that certain signs cluster before specific moments - a decision, a shift in your energy, a new cycle, a message you couldn't hear when you were stressed, even a conception. Many women later realise: the sign wasn't random - it was early information. Your Spirit Baby's communication often comes a step ahead of the mind.

Writing by hand also changes your state. Handwriting activates memory, emotion, language, and sensation at the same time. It can calm the nervous system and bring order to thoughts that felt scattered. In simple terms, it helps you see what was already there, but harder to grasp. This is why people often understand their feelings or realise something important after writing.

Writing doesn't create signs. It simply helps you notice them. And as you do, the world of your Spirit Babies becomes easier to understand because you're getting familiar with their language - which becomes your shared language. Awareness is the doorway, and writing helps open it. As your body settles through the act of writing, your awareness becomes more focused while also opening into a wider field. In that state, it often becomes easier to sense those souls or energies close around you.

Journaling is simply about being present enough to notice what was always meant to reach you. After reading this: "*What if writing one sentence was enough to help you notice something new today*?". Pick up a pen - and find out.

Now, I travel with the current of your life...



RIVER • FLOW

Let go of what you cannot control

ALIGNMENT PRACTICE

Close your eyes. Imagine your life situation as a river in motion.
Ask yourself: *"Where am I trying to control the flow?".*
Notice what sensations, feelings, images, memories arrive.
Then ask: *"What would it feel like to stop forcing this, even just a little?"*
Stay with whatever shifts inside you. Let your body show you what ease feels like.
Often, this is where your path of least resistance begins to reveal itself.

RIVER • FLOW

Trust the Current · Flow Around Resistance · Let Life Carry You

A river rarely follows a straight course. Over time, its movement responds to what it meets - slowing where the ground holds it, widening where there is space, and gradually changing direction when an older path can no longer carry the flow.

This kind of movement reflects how real progress often happens in life. Not through pushing forward in a straight line, but through adjusting to what is possible now. What may look like a delay, a detour, or a change of direction is often the most efficient way to keep moving without strain. Nothing here is wasted. Each turn carries information about what could be held at that time, and what needed to shift so the flow could continue. What once worked may simply no longer fit.

This card appears when your life path is taking a shape that is different to your plans. You may be wondering: "*Why is it taking this route? Why not the direct way*?. But like a river, life paths are rarely straight. They bend through seasons of readiness, emotional healing, timing, soul alignment, and the deeper terrain of your nervous system. These bends are responses to what needs care, space, repair, or a different quality of energy along the way.

Right now, something in your life wants less control and more trust in movement. A situation, relationship, plan, or hope may need to be held with open hands rather than tension. This may look like easing the need to repeatedly check timing, rehearse outcomes, try to decide too far ahead, or control how things should look. Instead, you can allow yourself to move with what feels available now. Not what is forced.

On the conception path, this may also mean trusting that the soul of your baby carries its own intelligence and movement too. Their energy often approaches in its own current - responding to timing, readiness, and the terrain of your life - until the moment comes when your paths can begin to blend more fully.

This card invites you to ask yourself: "*What would change if I trusted this bend of life instead of resisting it*?". Sometimes the longer way is the one that protects what matters most. Especially what is still forming. The river reminds you that a non-linear journey isn't a deviation - it is the path itself. Direction becomes clearer as you ease control.

You don't need to abandon your desires. They are carried with you as you flow. And on the conception path, surrender does not mean giving up. It means trusting that life, your body, and the soul of your baby may already know how to move toward each other more wisely than the mind can plan.

Now, your depth is proof of why I chose you



CANYON • DEEP EMOTIONS

Notice what you are really feeling

ALIGNMENT PRACTICE

Close youre eyes. Ask yourself:
"*What within me is ready to be seen, rather than stored?*"
Imagine a thin beam of sunlight reaching the floor of a canyon.
Let one feeling, memory, or impression step into that light.
You don't need to do anything with it.
Let it be seen.

CANYON • DEEP EMOTIONS

Honour Emotional Truth · The Body and Soul Remember · Pause and Feel

Canyons form slowly. Layers of rock build through sedimentation, grains of sand settling over time and becoming part of the landscape. When erosion begins, water cuts through the rock slowly, revealing what was already there. In this card, the canyon is a metaphor for emotional depth and layered experience held within your body and subconscious. Like a canyon, your depth is not formed from a single moment, but from many layers of experience – some from this life, and some from the longer journey of your soul.

This card often appears when you have been holding a lot in for a while - while still trying to keep going on your conception path, or another demanding chapter of your life. It can point to feelings that were pushed aside, delayed, or never fully processed because there was no space, time, or safety to meet them before. Sometimes this is a conscious choice. Sometimes it happens automatically when something arrives too quickly, too intensely, or too painfully to process all at once.

And sometimes, the depth you feel cannot be explained only by what is happening in your present life. Certain emotions may carry echoes of older soul memory, past-life experiences, ancestral patterns, or wisdom your soul has gathered across time and space of other incarnations. These deeper layers may sometimes appear because a part of you is ready to understand what has been carried forward - and what can now be used as wisdom in your current life situation. In such a case, this card invites you to reconnect with your Higher Self, or to explore practices that help you access deeper soul memory, past-life experiences, lessons learned, and wisdom carried into this lifetime. This is to understand what your soul may already know - and how that wisdom can support the chapter you are living now.

What emerges here may also be your Spirit Baby's guidance. Because sometimes your baby's soul meets you through depth rather than "external signs" bringing awareness to what's been waiting underneath: a fear you've held inside, or a truth about timing or safety in your life. At times, their soul may also recognise the wisdom, strength, and experiences your soul has gathered long before this moment. In that way, the canyon can represent the meeting of two souls that already know something about each other across time and incarnations. The card asks now for reflection: "*What is my baby's soul helping me notice right now*?", "*What am I ready to feel*?", "*What wisdom within me is ready to be accessed*?".

The Canyon reminds you that your depth is something to honour. When what you've been holding is finally noticed, the body can stop bracing and begin to release and integrate. What becomes visible may come from different layers within you. Some hold what still needs to be felt. Others hold meaningful memories, moments of love, gratitude, and wisdom. Notice those layers too. They help your body remember what safety, love, connection, and support feel like. They are your vital part of the inner foundation that can hold what comes next.

Now, each new test that arises creates safety for us...



FOREST • STABILITY

Make safety your new home

ALIGNMENT PRACTICE

Hold the card and close your eyes. Ask yourself:
"*Which version of me feels in need of support right now?*"
Picture that younger you standing among the trees, or hugging one.
Say one sentence or word you needed to hear back then.
Anchor it with: "*You're safe*", "*You matter*", "*I love you*".
Let that be your new root. Here and now.

FOREST • STABILITY

Grow What Was Missing · Root Into Safety · Strengthen Your Foundation

In the forest, roots never stop growing. Even through difficult seasons, they continue to stretch, repair, and adapt. Trees release roots that no longer serve them, strengthen the ones that do, and send new roots toward nourishment. Their strength comes from continuing to root as the world around them changes.

This card arrives with two meanings. First it can appear because your life would benefit from greater stability - more structure, clearer boundaries, steadier routines, or choices that help you move out of a state of fear and into balance and safety. It may be asking you to look at where life still feels uncertain, scattered, unsupported, and where you are ready to create firmer ground beneath your feet. For some people, creating stronger roots may mean finding more stable employment, moving into a new home, relocating, or making the decision to stay where they are and begin building a deeper sense of belonging there. Ask yourself: "*Where am I being invited to grow new or stronger roots in my life right now?*".

On the conception path, this card often arrives when the soul of your baby is showing that they want to feel more safety, stability, and a sense of home through your whole energetic system. This can include your body, emotions, nervous system, relationships, routines, home, work, and the wider environment around you. They may be guiding you to create a life that feels more grounded and supported, so they can sense that there is a safe place for them within you and around you.

Sometimes this means looking at the wider family dynamic: choosing who feels right to have close, creating healthier boundaries, and giving more attention to your own needs. It may mean bringing greater organisation into your home, work, routines, or finances, so that your everyday life feels more grounded and supported. It can also be an invitation to care more intentionally for your body and your womb - the first home of your future baby.

In nature, roots do not grow only after damage. They also grow in preparation - to carry more weight, reach new sources of nourishment, and keep the whole tree steady as it expands. Your path may be asking you to tend to the parts of yourself that had to adapt too quickly, stay strong for too long, or carry more than they should have. At the same time, you are creating a stronger foundation for the life that is unfolding now. This is what re-rooting means: caring for what once felt unsupported while building greater safety and steadiness in the present. On the conception path, this can matter deeply. In my work, many Spirit Babies show that they value a feeling of safety around their arrival, and some souls seem to need a particularly stable and supported space before they feel ready to incarnate.

For some of these souls, this means inviting you to step into parts of motherhood before pregnancy begins. You may start creating a rhythm that already makes space for them - reading them a bedtime story, singing to them, speaking to them while you cook, or imagining the everyday moments you may one day share. Perhaps this is the deeper message: before your baby is held in your arms, their soul may first be looking for the feeling of being held by your life. You are not only growing stronger roots for yourself. You are becoming the home where new life can feel safe enough to arrive.