

## Jafree's 90 Days to Getting Pregnant Manifesting Method

1. Visualize and FEEL yourself for the first 4 minutes first thing before you get out of bed as if there is ALREADY a baby in your belly and you are pregnant! Repeat this feeling randomly 7-8 times a day holding the feeling and visualization for 15 seconds each time.
2. Buy an ovulation test kit and have sex every 12-24 hours when you're ovulating.
3. Immediately after you have sex, lie on your back and put your legs up against the wall for at least 20 minutes so all the sperm stay deep inside you and does not leak out.
4. Find the knowing and feeling in your heart that you are a divine God-Being who has the power to command your body to be fertile and receive a baby.
5. Practice meditation daily. Relax your body and mind deeply for 20 minutes twice a day. Randomly stop your mind chatter. Stop it from worrying or dwelling on anything and breathe!
6. Say NO to stress! If stressed, sit down and for 5 minutes and breathe in pink warm fuzzy light energy into your belly and womb. Visualize it flowing all over your body with this light!
7. Do 30 minutes of gentle fertility yoga. Here is a great Yoga Fertility Video for you! [Click Here!](#)
8. Go for a walk outside or do some relaxing healing form of exercise everyday. Be relaxed yet expansive, vibrant and alive in your energy.
8. Touch your lover, and let your lover touch you caressingly, lovingly, and sweetly often.
9. Watch a Tantric lovemaking video ([click here](#)) and practice Tantric sex often.
10. Get a gentle loving healing massage once a week... preferably from your lover.
11. Look into the mirror every morning and practice loving, accepting and appreciating yourself exactly as you are, in all ways and in all ways.
12. Feel what its like to trust the Universe will manifest a baby inside you at the perfect time.
13. Practice being sensual and sexual! Give yourself FULL permission to touch yourself and masturbate frequently. This opens your energy channels AND best of all, turns on your lover!
14. Stop your mind and meditate many times a day on your lover's penis and testicles, sending loving positive healing thoughts and vibrations to those little sperms.
15. Know that the deeper you can be at peace with yourself, EXACTLY as you are, the more your body & mind become naturally at peace and can find its normal regular fertile cycle.
16. Practice loving, accepting and appreciating yourself exactly as you are, in all ways and in all ways. And lastly...have fun!!

**Many Blessings to you,  
Jafree [www.SuperManifestor.com](http://www.SuperManifestor.com)**