



THE
COSMIC CONCEPTION
JOURNAL

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I'M SO GLAD YOU'RE HERE

The preconception period is a precious time in a woman's life. It's filled with dreams, fears, anticipation, disappointment, and of course, valuable cosmic teachings. Our ancestors understood the importance of this window as an opportunity to prepare the body for pregnancy, birth, and breastfeeding. In the modern era, it's largely overlooked—until there's a “problem”!

My hope in crafting this journal is that you'll be inspired to cherish your journey, nurture your fertility, and co-create your transition to Motherhood. May it be so!

*All my love,
Athena*



DISCLAIMER

This document and its contents are for educational purposes only. Athena is not licensed with any organization or governing body and is not able to provide medical advice. Please utilize your own wisdom and intuition when making personal medical decisions.

JOURNAL PROMPTS

Use this reference page if you want to explore these questions in your written journal.

Spiritual Nourishment

How would you like to weave your spiritual practice into your cosmic conception? Is it through a daily practice? Weekly practice? Cyclical/lunar practice? What rituals, tools, herbs, visuals, do you want to use?

How would you like to honor your menstrual cycle—both ovulation *and* your bleed—even when you're hoping for a pregnancy?

Communicating with spirit babies can feel intimidating to some women, but it can be as simple as saying a prayer or lighting a candle. How would you like to meet your spirit baby? What are some ways that feel approachable to you?

If you could communicate with your spirit baby right now, what would you say to them?

Motherhood is an archetype that all women have the honor of embodying at the appropriate time in their life, whether or not they bear children. If your journey does not result in a child, what are some other ways you can step into the role of Mother? (How could you be in service to the nurturing and protection of life? The sustenance of community? The creation of your unique gifts, voice, or life's purpose?)

Emotional Nourishment

What are your biggest hopes for this conception? Your dreamiest vision? Feel free to take it through you birth and postpartum.

Name your biggest fears.

As a Maiden, what were some of the stories you were told about getting pregnant? About giving birth? About becoming a parent? (They can come from family, friends, the media, your culture, etc.)

JOURNAL PROMPTS

Continued

Where are you holding onto these stories as your own? If you're having trouble identifying this, consider what triggers you the most about childrearing.

How are you hoping to tend to your energetic body in preconception?
What emotional challenges feel present? What boundaries do you want to set?

Reflect on the generational patterns that are present in your family lineage.
What behaviors are you hoping to rewrite? Traumas you're hoping to heal?

Life is created through the flame of our sexual energy and lovemaking. Some cultures and ideologies even believe that the quality of the spirits we call in will be influenced by the way we make love and our mindset during that union. Take a moment to examine your sex life. Is it truly satisfying? Healing? Emotionally vulnerable? Reciprocal? Are you achieving deep cervical orgasms?

Preconception can be a lonely time for women, especially those who feel the need to conceal their journey, "infertility," or even the beginning months of their pregnancies out of fear of miscarriage. How do you plan on filling your cup? Can you call in circles for witnessing? Develop a journaling practice? Invite a birth keeper into your story?

Somatic Nourishment

How is your body currently communicating through symptoms and healing expressions? Where is it asking for your attention?

How are you hoping to tend to your vessel in preconception? What would be the best case scenario for your healing and fertility?

What are some practices you find especially nourishing that you know you don't do enough for the results you want?

What beliefs are you holding onto about your body that you'd like to release?

JOURNAL PROMPTS

Continued

What would it look like to be supremely at peace with your body? The way it looks?
The way it's healing?

Integration

We explored a lot in these pages but there's no need to try to "perfect" everything all at once! Let's set you up for success.

What feels like the biggest more important goal or change that you'd like to achieve? (Not "pregnancy" but rather, something about your lifestyle, healing, or self-devotion that you want to be a part of your preconception.)

If you could identify one key takeaway from the Spiritual Nourishment section, what would it be? What's one step you can take to integrate this into your life?

If you could identify one key takeaway from the Emotional Nourishment section, what would it be? What's one step you can take to integrate this into your life?

If you could identify one key takeaway from the Somatic Nourishment section, what would it be? What's one step you can take to integrate this into your life?

WRITABLE JOURNAL FIELDS

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ADDITIONAL RESOURCES

Your journey has just begun!

Please feel welcome to take advantage of my other offerings as you embark on this path.

[BROWSE MORE FREE GUIDES](#)

[RECEIVE 1:1 COUNSELING](#)

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