



What Makes Healthy Families?

Conscious Conception, Conscious Pregnancy, Healthy Babies

The world is changing so much each and every day. Some couples are hesitant to bring babies into this world because it can be so scary, violent and uncaring. Others want these wonderful creatures to experience the best life they can. Is it possible to consciously create a better world for the children of today and the future?

By building stronger and healthier family units, it is possible. The work begins within each individual. Both women and men must be cognoscente of their bodies, minds and emotions as well as their relationships before beginning the process of conceiving a child. Future parents must look at what nurtures their souls before they can expect to nurture another soul. Stresses, bad relationships, unhappiness in a job, lack of proper nutrition, lack of exercise and drug and alcohol use are among the countless obstacles that do not nurture the soul. On the contrary, loving relationships, loving thoughts about oneself and others, happiness in a job, healthy eating and exercise will not only nurture the mind, body and spirit, but provide a safe vessel for the new soul to arrive in.

Women must be consciously aware of the eggs that they have carried since birth. Invitro fertilization research scientists are finding that specific eggs prepare themselves years before release to be fertilized. These eggs need to be nurtured in order to ensure proper release followed by fertilization, conception and implantation. If a woman feels that she has caused damage to her eggs through unhealthy lifestyle choices, it is possible to reverse the damage by bringing her body back into balance. Through complimentary modalities such as yoga, meditation, acupuncture, massage, hypnotherapy, energy work and homeopathics, a woman may create a balanced body so that an egg may implant safely. Likewise, men may also benefit from complimentary modalities and healthy lifestyle changes to increase sperm count and productivity. Thus, it is vital for both parents to prepare their bodies for the arrival of a new soul.

Beyond physicality, parents may also begin to bond with their unborn baby on a spiritual level by talking to the new soul that is preparing to arrive. What type of life will they offer this child? Are they willing to cultivate the child's inherent gifts? If both parents work, who will care for the child? Are there any fears for the child in the world? Communication with the unborn baby will prepare the new soul for the ultimate journey to Earth and help the baby feel grounded in its new reality.

After conception, a new level of bonding begins. It may be tempting for a woman to say, "I just can't wait to get this over with" or "I just can't wait to get this baby out of me" without being consciously aware that their babies hear this negative feedback. Thus, it is vital for women to send their babies healthy messages. To do this, women need the support of all those that surround them to help them embrace their pregnancy and handle their changing body and emotions. Soon-to-be fathers can nurture and encourage the expecting mothers through massage and loving words. The goal is to alleviate the soon-to-be mother's fear as the fear itself may manifest a more difficult pregnancy.

Although many women fear the actual birthing process, it is the inevitable and final step to see a soul transition from womb to Earth. The bonding does not have to stop during this process as the process is not only uncomfortable for the mother, but for the baby as well. Through music therapy, the pregnant mother and unborn baby can listen to soothing music each evening to focus on the delivery. Playing the music during delivery will recreate the relaxed and focused environment that both have been practicing. Learning and utilizing Reiki throughout the pregnancy and during the delivery may help with pain management. Journaling throughout the pregnancy will also keep the lines of communication open between baby and mother so that during delivery, the mother can intuitively tune into not only her own needs, but her baby's as well. Exploring aromatherapy may help to promote relaxation, relieve nausea, enhance circulation and relieve many other symptoms through the use of essential oils. In addition, mom may want to choose specific colors for blankets, pillow cases and night gowns to create intention. For example, the color red has a grounding effect that may help the mother feel more stable, thus helping the baby to also feel more stable.

Through conscious conception and conscious pregnancy, parents can create stronger family units by forming bonds even before the baby is conceived. Ultimately, the work begins with soon-to-be parents as they take inventory of their own lives and create healthy lifestyle changes. Strong support systems, communication and complimentary modalities will serve to create a nurturing and loving environment for healthy babies to be born. As awareness increases and healthy individuals join together to build healthy family units, it is possible to create a better world for

children where they feel loved and wanted before they ever express their first cry on this Earth.

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