

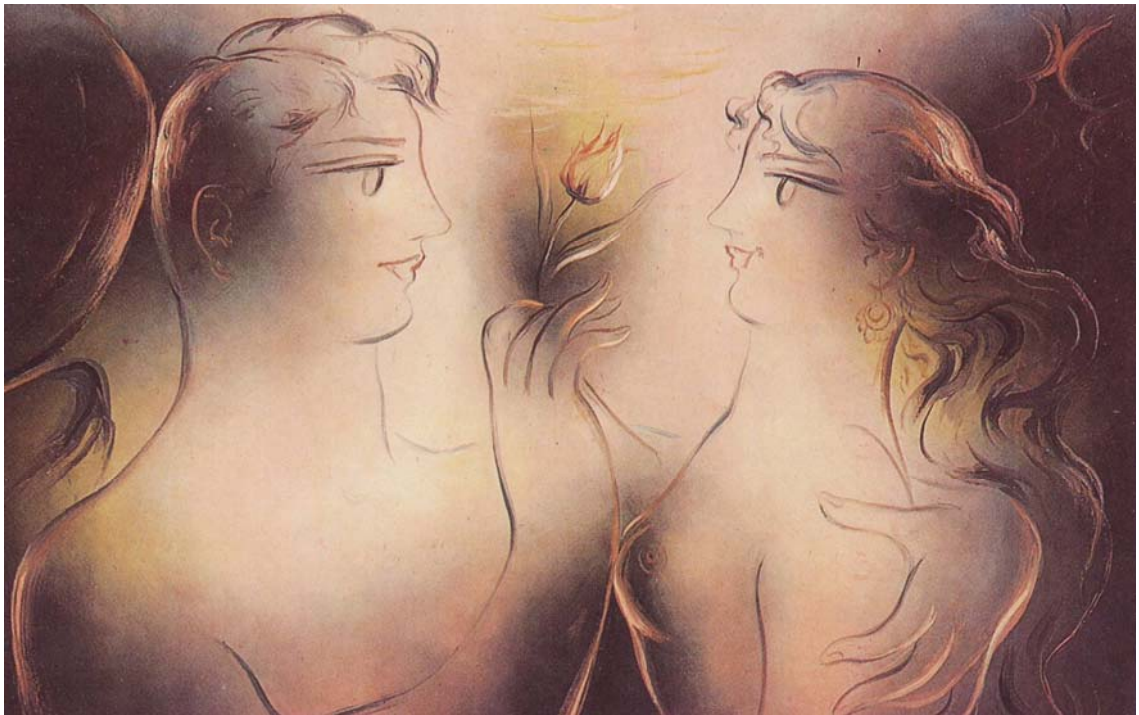
# **10 Commandments for future Parents**

## *10 Articles of Instructions for the Preparation for a NEW LIFE*

### **Pre-natal Education**

Voted by the 3<sup>rd</sup> Panhellenic  
Convention of Women Selected  
From the Local Administration  
For Family Planning

A few words about the  
Holiness of Love  
and the Great Mystery of  
the Creation of Life



May young men and women, future  
parents, create a world of love,  
nobility and virtue, full of  
descendants with noble...

thoughts and feelings. May they also  
have a shared vision of giving life to  
children who are healthy, gifted, noble  
and generous of heart.

### ***Dear friends,***

You have united and joined your paths, with Love as your guide. You certainly have wished that this Love can lead you to Happiness and to the creation of a beautiful family of healthy, happy, creative and gifted children. We all wish this for you, for our city and for Greece ...

And we wonder ...

Since when should we start educating our child?

Since when should we care about his health, his good character and the education of moral

## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE

values?

*"Nine months before his birth..."* says Socrates. And so says science too.

After birth is too late. The newborn has all the parts of the body formed before birth; it is already a complete being.

Parallel researches all over the world brought a new light to the embryonic life, (already apparent through the technology of ultra-sound) and have emphasized the close emotional relationship between the mother and the embryo. These researches have proven that the embryo is a conscious, reasoning existence already since the fertilization of the ovum by the sperm. It possesses senses, feelings and memory. The embryo can feel and experience at the same moment together with its mother, all what she thinks and feels and whatever she receives inside her.

The mother's womb is the embryo's first environment, first small universe. In its first stage of embryonic life, the future human being, will receive from its parents at the moment of conception and from the mother during the nine months of pregnancy different elements: material, spiritual or emotional. From all that depends its lifelong health, mental stability, talents, virtues and capacity of its soul to give and receive love – in other words his or her happiness.

The physical, emotional and intellectual state all through man's life in our universe, depend on the initial elements, the embryo will receive within its first universe. The future being will have the capacity to love himself and his fellow men, to love life, to love God.

Recent discoveries brought a new dimension to motherhood and fatherhood as to the great capacity that the parents have to build correctly the future of their children. Already from the roots of their child's life, they can build strong foundations for its good health and the positive powers of its soul.

Parents need to experience during this very significant period of nine months of expectation of the birth of their child, peace, love and serenity. The mother needs to take care of her food and her breathing. They both need to lead a healthy life and be positive in their thoughts and feelings. This positive nourishment of all sorts that they will send to their unborn child, constitutes the most significant and important gift that they can offer to their child for his whole life.

This harmonious building of the new human being from the very beginning of its life is at the same time the most radical prevention and health education that can be.

The Greek men and women, future parents should know, first of all, that the creation of life is a sacred act and that they have to prepare themselves for it with consequence and respect. They should take care, already before conception of their food, the quality of their life, and, more than anything else, to the raising of the quality of the love between them. Through mutual acceptance, understanding, appreciation and admiration of each other, they should aim to the expression of the highest quality of love. They should practice giving to their companion with self-denial. This is the only way to reach happiness.

Husband and wife should look at each other with generosity of heart, not with pettiness. They should have an attitude of forgiving the other person's weaknesses (let each one first think of his own weaknesses and how to overcome them) and of admiring his or her gifts of heart.

Actually, it is with the same generosity of heart and search of positive aspects that the partners should view their friends and relatives, as well as the everyday problems of life.

By living in optimism (*"difficulties will pass and joy will come again"*), by looking always at the positive side of life, and having an attitude of understanding of their fellow men even in the most negative expressions, the future parents saturate the embryo's cell structure with a strong harmonious energy wave. This can improve the chromosomes' DNA toward perfection of the genetic code. With such an attitude, the couple is able to inject into the first sperm and the first

## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE

ovum the most harmonious force of life.

True motherhood starts from conception. Fatherhood as well.

If conception and pregnancy of a human being are lived with tenderness, spirituality and the respect that is due to them, the new generation is going to surprise us with its wisdom, its normality, its joys and talents. And man and woman will be the first to feel happy, proud, dignified and dutiful parents.

Let's give to motherhood its true dimension: the creation of a child that can be from its roots harmonious in body and spirit.

Dear friends, here is some advice on the holiness of love, the grandeur of the creation of life.

All young girls and young women, all young boys and men, the whole society, we must know how to protect the new couple, the pregnant woman and the New Generation.

First of all, you need to know that long before conception you have to decide not to smoke, nor to drink alcohol at all, to feed yourself healthily, to take walks in the clean air and to breathe deeply. The two of you should especially have a deep feeling of love in your heart and soul, great tenderness and understanding and an admiration for each other. Joy in the exchange between you is a must. In this way you will help the selection of a positive genetic capital during conception, that is, a good heredity for the child.

For nine months the future mother represents the whole universe for her baby. With her whole self, her positive thoughts and feelings, she can make its body healthy and beautiful, its mind intelligent and versatile, and its heart noble and open to all people and to life.

### How?

By giving him her absolute love!

By nurturing in her the thought of his or her perfection! By living her pregnancy with „ay and admiration,

And by surrounding herself with beauty, music and inspiration!

## 10 COMMANDMENTS FOR FUTURE PARENTS

10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE



The child that you are expecting is building its body and its soul with the food, fragrances and music you are offering!

It is growing with your warm voice, your beauty, the light and the bright colors you are wearing and admiring! With your love and thoughts!

Talk to it, sing to it, love it, stroke it. Admire virtues: that's how you will imprint them in it, and it will become a True Human Being!

## 10 Commandments for future parents

*10 commandments for the Pregnant Woman and the Father*

### 1. Conception is the beginning of Life.

*Young woman, please love your companion like the representative of Wisdom and Strength, the Representation of the Wonderful Manhood!*

*Young man, love your companion like the representation of Beauty, of Infinite love, of the Magical Femininity. And together wish that a wonderful human being will be born from your union.*

Live your union, admiring each other. By admiring the most wonderful side of his or her character or her gifts, the greatness of his or her soul and forgetting his or her weaknesses. Love your partner's body and soul and express this love with tenderness.

You should wish together, at the moment of your union, that a true human being will come to enrich your loving relationship: a human being full of health and virtues.



## **10 COMMANDMENTS FOR FUTURE PARENTS**

### **10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE**

The thinking and the feelings of the couple at the moment of their union are the foundation of the child that they are going to create. Conception is the beginning of life.

You should decide to bring to the world your child desiring it with all your heart, having already become father and mother in your heart and mind.

## **2. Rejoice in your holy work. You are together with God, co-creators of a New Life.**

Did you just discover that you are expecting a child?

Be both of you full of joy, enthusiasm, gratefulness and pride. It is a great honour for you to bring a new life to the world.

You are already parents.

Live the expectation of the birth of your child like a celebration with your child as your main guest.

Dear mother (you are already a mother since conception), with the help of your companion, live your pregnancy happily, full of joy and love. Then, your blood will be clean, full of good substances, with no toxins, because your glands will give to your blood positive hormones, the endorphins. With a rich and clean blood, all the parts of the body of your child will be created harmoniously. All its body will be healthy, well formed and pretty. Its brain will be formed well and he will be very smart. Its nervous system: sympathetic and parasympathetic will be harmonious. It will be a dynamic, stable, patient, emotionally adaptable, noble being. You are the mother of tomorrow's mankind.

## **3. Regulate your rest, lifestyle and nutrition**

Rest well. Sleep early and wake up early. The early night's sleep is the most revitalizing. Do not intake cigarettes or alcohol and other chemical drinks. (As for medicine, only follow your doctor's orders.)

Eat fresh, sun-grown food. Eat plenty of fruit and vegetables, uncooked olive oil, whole cereal, wheat, whole rice, dry fruit, pulse, brown bread. Use honey instead of sugar. Eat fish rather than meat, two or three times per week only. It is important for the formation of your child's brain. Avoid sweets and white flour. (Instructions by the World Health Organization).

It is very important to be calm, happy and grateful for the wonderful food you are receiving within you. Play some nice soft music (e.g. Mozart). While you are eating, wish health for your child and for yourself. By eating healthily, you are making its body healthy and you are also instilling healthy habits of nutrition for all his or her life.

## **4 Breathe deeply**

Breathe deeply in the park, in the forest, in the beach, in the morning with the nice sunshine, in between your meals. Take deep breaths, because they give a lot of oxygen to your blood and to your brain and they facilitate the harmonious development of your child's body. Stay away from computers and TV. According to the instructions of the European Union, a pregnant woman should avoid exposure to ionizing radiation. Watch only a very few, very nice films.

Swimming, walking, dancing, (moderately) are good for your body. Music, painting or drawing, reading poetry, reading other positive books is the best exercise for your mind.

## **5 Stay away from ugliness**

Every sound, every piece of news, every ugly picture, violent or insignificant is inscribed in the

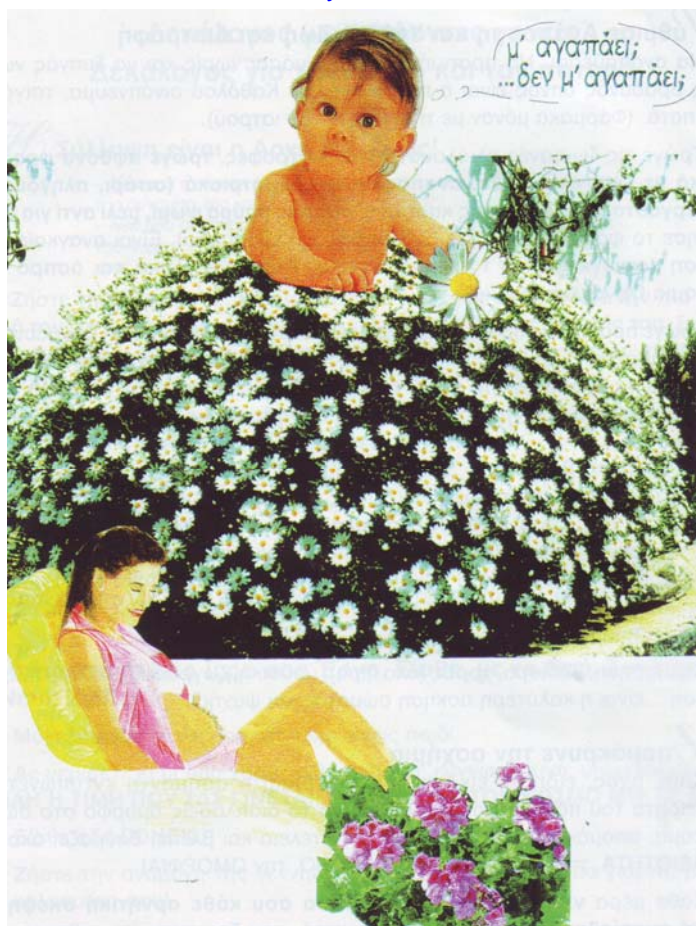
## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE

subconscious of your child. If you want to make it beautiful in body and mind, stay away from ugliness or imperfection. Watch and admire only what is noble, grand and beautiful.

You should daily reject any negative thought, any negative feeling, which everyday life may create in you. Think patiently: *"This is temporary, it will pass, like the clouds are dissipated with the sun's light."*

Eliminate from your conscience all negative and ugly perceptions and reinforce joy within you by having a daily contact with nature and all the symbols of life that you can find in it: the symbols of strength, energy, light, the symbols of vitality, stability, wisdom and love. The symbols of these positive elements in Nature can be: the rising sun, the night-clear sky with its stars, spring, beautiful flowers, green trees, beautiful mountains and rocks and the beautiful seeds and fruit of the earth so wisely created.



Tell your baby that you love it!  
That you are expecting its birth with joy,  
With respect for its uniqueness.  
Stroke it, it feels it, -  
Talk to it, it responds with joy  
**YOU ARE ITS WHOLE UNIVERSE**  
You are the mother of tomorrow's  
Mankind

Every colour gives to your child a particular quality and develops a particular part of its body. Imagine your child surrounded by each and every one of the different colours and also surrounded by white which contains them all.

Try to have all the colours of the rainbow in your home. Wear them. Admire them.

Only what is grand, beautiful and true should occupy your eyes, your imagination, your mind and your soul.

## 6 Connect with beauty

*"The only true birth is the birth of beauty" Plato*

## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE

Admire nature, art, good and wise people in history, admire life in every aspect.

Read poetry to your baby. Thoughts of poetry that includes joy, beauty, virtue and the value of life.

Listen to the sound of the leaves, of the sea, of the river, of the cascade, of the little spring and even to the sound of the water from your tap. Like this, your feelings and your thoughts will be clear and optimistic. The blood you will be sending to your child will be clean and rich in good elements.



The beauty that you will admire will make your child healthy and beautiful and it will instill in him or her artistic sensitivity. It will also make you peaceful...

## 7 Admire light and colours

The science of colours is teaching us that the colours of the rainbow and the light, give us strength and cure us. On the contrary black and grey colours give us melancholy and make us sick. The seven bright colours of the rainbow, as you can see them in the reflections of a crystal in the sun's rays, help the harmonious formation of your child's body and strengthen the qualities of its soul. The red gives him health, vitality, dynamism and energy (and to you as well). The orange cleans the blood and purifies the soul. The yellow gives smartness, and the golden of the sun wisdom. Green gives hope and optimism. Light blue, peacefulness, musical



## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE

sense and harmony. Indigo gives righteousness, honesty and stability. The violet gives high spirituality, religiosity, the spirit of sacrifice and altruistic love.

Everywhere, admire the beautiful colours of the rainbow: in the flowers, in the sky, in the fields, in the sea, on the mountain, in the sun, on the earth. God's wisdom and love are dwelling everywhere. In this way, you are offering your child all the different colours, as well as the white, which contains all of them. Consider that your child possesses the properties of the colours, and in that way their beauty and virtues will be engraved in it. Light makes your child bright. The nuclei of the cells absorb the light and diffuse it into the whole cell. The chromosomes absorb all the colours and form harmoniously all the organs.

Wear bright colours; a different colour every day. Prefer..

plain colours, rather than multi-coloured clothing. Make your home full of colours. Place a colourful table cloth, sofa cover and cushions. Put away anything black or grey, bring into your home the light of the sun, and let fresh air into it. Walk in the morning light.

Admire light.

Admire the sunrise, the starlit sky. Appreciate the jolly, good, and wise people and wish health and virtues for the new life that you are carrying.



## 8 Listen and play music



Put on music for your baby: Mozart, Vivaldi, Haydn, Handel, pre-Classical, the great liturgies, oratoria, Rossini, or the jolly optimistic and dashing popular Greek, or Byzantine music. You will relax yourself too. This kind of music has been tested to help the harmonious formation of all the parts of the baby's body, as well as creation of the virtues of its soul. Stay away from modern Rock music, or even Beethoven's more dynamic works. Listen together with your baby to the sounds of nature. Help your child develop musical sensitivity. It is a gift he or she will have forever. *"The musical education starts before birth."* Zoltan Kodaly, Yehudi Menuhin.

Both of you sing to it. It will remember your voice after its birth, it will love you even more.

Together, stroke it over your tummy. It feels safe, calm and joyful.

## 9 Talk to your child about the wisdom of God, the harmony of the universe and the values of life

*"Everything is memory. The living existence is feeling, storing. The body never forgets anything."* Dr. Debré

Every day, talk to your baby, both of you.

Tell it that you are expecting its birth with joy. Tell it that you want it to be born and express its unique personality, its many gifts and talents, and that it will be able to perform as an adult, the fantastic creative great work of loving and giving.



**10 COMMANDMENTS FOR FUTURE PARENTS**  
10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE



*What will the baby become  
When he or she grows up?  
It will become a great Man, a great Woman;  
smart, genius, a scientist, an artist or something else  
Full of qualities, a True Person! Great;*

*If you imagine your baby like this,  
if this is the picture you have for it,  
it feels it, and it will become such a person.*

*Young men and women, you have the  
Power to create a Better World!*

## ***Breast-feeding is the Eighth Wonder!***

During pregnancy, the mother gives to her child her blood.

During breast-feeding she gives to it her milk. Her emotional state permeates her blood, as well as her milk.

## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE



The breast-feeding mother, through her milk, can provide everything for her child. She can provide health and immunity, love and security, but more than anything else she can express her faith that this child will be able to show its unique personality. She can express her faith that it will develop a noble great heart, ingenuity, goodness, and a life of truth and giving. It is with these kinds of thoughts, the mother should give her breast to her baby.

The breast-feeding mother has the same formative power as the pregnant mother. She should use it!

Think and imagine your child as an adult person during all his or her life. You want him or her to be healthy, beautiful, happy, creative, noble, grand, honest, fair, wise, dedicated to the act of giving to its fellow men. This picture which you create about your child is engraved in the memory of its cells and will guide it later on in its life. Your

You are also a representative of the Holy Mother!

thinking your imagination is formative.

Look, listen, feel, think and imagine health, beauty, love, wisdom and strength. In this way you will make your child healthy, beautiful, full of goodness, full of love, wisdom, vitality, a truly nice person. Wish for your baby. Pray for it. It will be as you want it to if that is the image you are making in your mind about it. Be ambitious asking for virtues for your child. It is very important to offer to society a true person.

## 10 Give love and it will become a true person.

*"The transformation of mankind will come from women, because they have the key to the formative power." Father Evthokimof*

*"The Woman and the salvation of the world" (Orthodox priest)*

Tell to the child that you love it, that no matter what it is – boy or girl – still you love it all the same. It suffers if you don't accept its existence; your pregnancy or its sex. If it is a boy and you want a girl, it understands it. Its hormones are disturbed. If it is a girl and you want a boy it is the

## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE

same. Accept it no matter what. Think of it as a whole person with all its virtues.

It is God's creation, honour it.

Communicate and talk to it. It can hear you, it can understand you, and you can feel that. If you talk to it, it will have the desire to be born, to communicate with the world, to have the joy of life.

Love it and express that love in a thousand ways until you can feel inside you a whole wave of love. Your love will protect your baby from any unpleasant thing that may happen.

Your love is its shield for all its difficulties in life.

Your baby is fed with the food that you are taking, the air you are breathing, the images, the light and the colours that you are admiring. It is nurtured with the music that you are listening to, with the words that you are saying to him, with the caresses that you are giving him and with the love that you express to him. The picture, the vision that you are creating for it by the ideals that you are living in your life, influences it.

A harmonious pregnancy changes the DNA toward the most positive aspect of the embryo's chromosomes and blocks the expression of any negative hereditary element.

And you, tomorrow's father, you also have to help and support your child. You have to talk to it during pregnancy. You have to stroke it over the womb, to offer to your wife infinite love and protection, to make your love reach the highest standard. Abstain from some of the expressions of love that you would want to express. Be frugal, or even don't have at all any sexual relationship during that period. You are a father, you are the pillar of all your family's happiness, and you are the pillar of your tomorrow's family.

Live the time of pregnancy together like a celebration of joy and awaiting the arrival of the most wonderful being. And when the child that you are expecting, is born, talk to him or her. Express your love, sing to it, play music to it. In all his or her life he or she will remember that its birth was for you a great joy.

Put the baby on your body, give it your physical and emotional warmth, your love.

Give your breast immediately after birth. The first milk and the warmth of your love is the best welcome, the most stable foundation of health and sociability and the source of true life.

Breast-feed your baby with the same attitude you had during pregnancy. Through the milk you give him your love and the code of healthy, beautiful, creative and moral life.

Even if you do just a few of the above, the results will be great.

Dear Mother, dear Father,

Even if something has been a problem during pregnancy, don't worry. Even now, talking to your baby if it is still in your womb, or while looking at it in its cot, give him your love and explain to him or her that some situations have been difficult and that you have made some mistakes, but that you still love him or her, respect him or her as a wonderful human being and you are expecting it to become a fantastic person.

It will hear you, understand you. and it will go the correct way.

With this strong foundation that you have put, raising the child is going to be very easy.

In all his life, the child is going to be grateful for the health that you gave to it and the messages of love, optimism, joy, moral foundation and creativity that you gave to him at the beginning of his life.

All our wishes are for you.

This text is dedicated to the young men and women.

## 10 COMMANDMENTS FOR FUTURE PARENTS

### 10 ARTICLES OF INSTRUCTIONS FOR THE PREPARATION FOR A NEW LIFE

Tomorrow's parents of a brotherly, peaceful mankind,  
... and to the English/American mother who knows how to sacrifice for the sake of the family.  
Through this advice, we hope that she will be able to channel her sacrificial life to the important task of the pre-natal harmonious formation of a new human being.

Offer of the local administration and of the

***"Secret Women – The female nature as the key for worldwide wealth, justice and peace": Schulstr. 4, 4020 Linz, Austria. Tel.: 0043 676 700 500 2,***

***eMAIL: GEHEIMNIS.FRAU@GMAIL.COM***



While for all jobs or tasks our society provides plenty of information, training or education, for the important task of creating tomorrow's generation, preparation is seldom. There is no sufficient education, or even basic information on scientific discoveries around prenatal life.

This small pamphlet, product of a National Conference of the Local Administration, has the purpose to fill this void in the Hellenic society. It aims to educate young men and women, newlyweds, or couples to be, on how to proceed in the most important human task of parenthood.

This task will first of all give happiness to them.

Young people reading this simple but very condensed text will learn how to prepare themselves to give to the world a child healthy and harmonious in mind and body. They will get advice on how to create a beautiful family.

Their role is important. The future of our country and of mankind depends on them.

Criminality, immorality, aggression, pettiness, drugs, alcohol and all ailments of our society cannot persist for long. If today's young people offer the best conditions for the making of better individuals and thus even better future parents, nothing evil can ever persist.

All starts from the human being.

The most important is that young people can be informed and educated so they can create the conditions for the coming generation to be a generation of true people.