

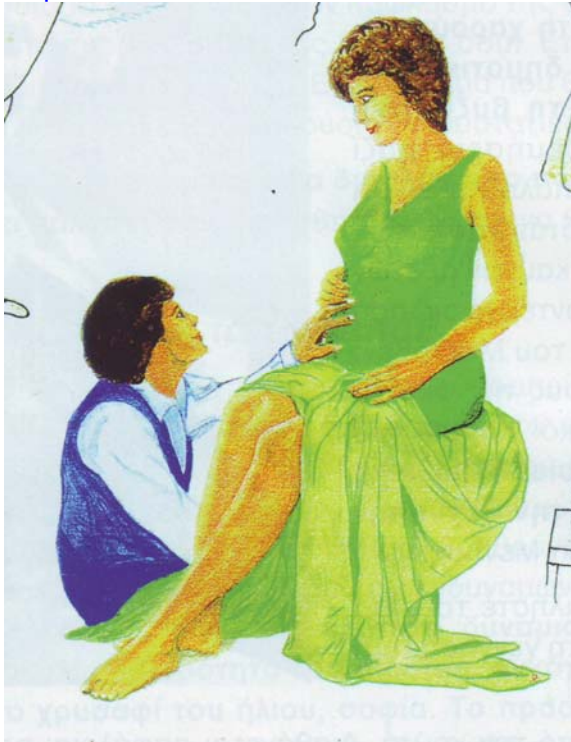
# Education Begins Before Birth

By Marie-Andrée Bertin

President of the O.M.A.E.P.

## *"World Organisation on Prenatal Education"*

At no other time in its existence does the human being experience a comparable intensity of development to that of the prenatal period: to start as a cell and, in just a few months become a complete being, or virtually complete, possessing astonishing abilities, indelible acquisitions, is incredible.



Therefore, whilst recognizing the importance of the child's education - especially in the first years of life - and without denying the efficacy of self-education by the adult who takes charge of his own development by working on himself, we can state that neither the education of the young child, nor the self education of the adult will ever have the fundamental impact of prenatal education.

*The new-born baby has already spent 9 months which have largely set the bases future being.*

Prenatal education therefore proposes to give the embryo, then later the fetus, the very best materials and conditions for its development, as part of a natural process and according to its own dynamics, of all the potential, all the faculties the initial egg possessed.

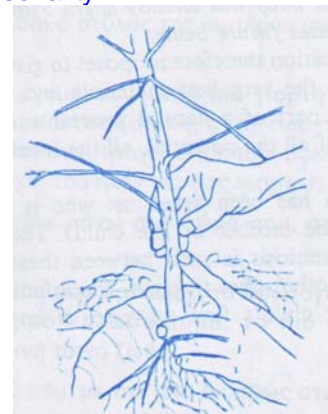
One question has been asked us: who is this education to intended for? The mother or the child? The answer is: both of them.

For symbiosis is such between these two beings that everything the mother goes through, the infant also experiences. The mother, the child's first universe, is both physically and psychically, entirely this latter's 'living raw material'. She is also the mediator between the world and her child. The human being forming inside the womb does not understand the outside directly but at each moment receives the sensations, feelings and thoughts of its mother reacting to this world. In its developing psychism, its cellular tissues, its organic memory, it records these first materials which colour its future personality.

More than a thousand years ago, the Chinese founded prenatal clinics where expectant mothers spent their pregnancy in an atmosphere of serenity and beauty.

Today scientific works carried out in four different spheres converge to highlight the possibilities of educating infants in the womb. These possibilities concern :

- the sensorial capabilities of the fetus, studied by pluri-disciplinary researchers,
- emotional imprints detected by psychologists and psychoanalysts,
- the ability elementary particles making up atoms, molecules and living cells, to record information, calculated by physicists. After looking at most of these works together, we



will see how the mother-to-be can best benefit from them, joyfully, in her daily life.

## THE ASTONISHING SENSORY CAPABILITIES OF THE FOETUS

French pluri-disciplinary teams who publish their work in the '*Cahiers du Nouveau-Né*' demonstrate in n° 5 entitled '*l'Aube des Sens*' that the foetus develops an active sensoriality. As a reminder, the sensory organs and corresponding brain centres are already developed by the 3rd month. During the six months of the foetal period, they develop and specialize increasingly, in different ways depending on the functions.

Sight, therefore, which cannot operate without light, is left in abeyance: the infant barely perceives a faint orange coloured light when its mother's abdomen is exposed to light.

The sense of smell, which needs air to function, also remains inactive until birth.

Taste, however, is already developed and manifests its preferences. The foetus absorbs a certain quantity of amniotic liquid each day. If a sugary substance is injected into this liquid, it greedily swallows a double ration. But if a bitter substance is added, the foetus takes only a little amount, and has been seen on the scanner to grimace. Through this intra-uterine liquid, which is affected by what the mother eats and drinks, the child is sensitized to the taste of the food it will eat later in the region where it is born. There is the example of a little Indian baby adopted by a Parisian couple at the age of three months ... When she started taking solids, she obstinately refused all rice prepared in various Western ways, but accepted with pleasure a curried rice such as eaten by the mother during her pregnancy.

But the most widely studied senses are feeling and hearing.

Feeling concerns the entire skin, and the child's skin is continually massaged by the uterine muscle and abdominal wall. A Dutch doctor, *Frans VELDMAN*, developed Haptonomy, a method of emotional communication which enables the mother and father in particular to establish a deep relationship with the child through the abdominal wall.

Great benefit will be derived from this at the time of birth in welcoming the child and confirming the link between parents and child.

As for the sense of hearing, which our elders thought was allied to wisdom, since it is the only sense which is totally receptive, it reserves many sources of amazement for us.

The ear alone is not responsible for the function of sound vibration ... The inner ear, which selects sounds and transmits them to the brain, is mature at around 6 months, but as early as 5 months, *Jean FEIJOO* obtained significant motor reactions in response to stimuli sent to the infant. *Dr TOMATIS* also mentions the case of Odile, a young autistic child, whom he released from her isolation by speaking English to her, this being the language her mother spoke continually in the import-export firm where she worked at the start of her pregnancy. It seems that the infant receives sound vibrations through all of its cells, from the very moment of conception, and that it stores them in memory.

*Marie-Louise AUCHER*, a singer turned vocal trainer, made some interesting observations in the families of professional singers practising regularly at home. Soprano mothers brought into the world children whose upper body was exceptionally finely developed. The pinching gesture (of thumb against other fingers) demonstrated very early an excellent sensory/motor coordination. On the other hand, children of fathers who had deep bass voices were born with particularly well developed lower halves of the body. These children were early walkers. But what is much more interesting than this somewhat ephemeral precocity, they remained indefatigable walkers.

To understand these phenomena, *Marie-Louise AUCHER* pursued her work in several Paris universities and hospitals with professors from various disciplines. Together, they were



surprised to see the impact of sounds from the musical scale delineated upon the human body the 'governing vessel', the energetic meridian well known to acupuncture specialists.

It is also known that all sounds are in vibratory resonance with a corresponding vertebra and a couple of sympathetic and parasympathetic ganglions. When one of these energy points, one of these nervous centres, is stimulated, it in turn stimulates the regions it innervates, thus dynamizing the entire nervous system, including the brain.

M. L. AUCHER drew conclusions from her observations and, in so-called 'singing' maternity clinics such as Michel ODENT's in Pithiviers, she has seen fathers, mothers and siblings singing in chorus.

'Singing in a choir', she says, 'improves the general health and nervous state of mothers, who bring into the world calm and joyful children who easily adapt to a variety of situations'. This is the sign of good psychic equilibrium. A quality extremely useful in the world in which they will be living.

When fathers speak regularly to their child during pregnancy they are delighted to find that the babies recognize the father's voice almost instantly after birth.

Parents also discover that children recognize songs and music heard during the pre-natal period, and that these calm the little ones in times of great emotion.

As for the emotional effect of the mother's voice, it is such that Dr. TOMATIS is able to bring renewed equilibrium to disturbed children and adults by letting them hear their mother's voice filtered through an aqueous medium, i.e. just as they heard it through the amniotic liquid. This regression to pre-natal security, enables patients, young and old alike, to establish a new contact with their primordial energies and return to normal development.

The foetus also perceives music the mother listens to during a concert. It even reacts selectively to the programme. Thus, Beethoven and Brahms agitate it; Mozart and Vivaldi appease it. As for rock concerts, let us say no more: they make them go haywire. Mothers-to-be have been seen to have to leave a rock concert hall because of the unbearable kicking they suffer from their baby. It is therefore necessary to choose structured music.

This proves to us that there is durable recording, and memorization. Rubinstein, Yehudi Menuhin, Olivier Messiaen have confided the same. If only we could ask Mozart!

No one would go so far as to say that an expectant mother who listened to and practised a great deal of music during her pregnancy would give birth to a composer, a virtuoso, a singer, but she can be certain of having sensitized her child to the sonorous art. Beyond likely abilities in this field, she will have developed the taste for it in the child, and this richness will accompany it throughout its life.

But the developing being does not only store up sensorial acquisitions, it also stocks in its cellular memory the emotional imprints it receives from its mother.

## EMOTIONAL IMPRINTS

An essential factor has been highlighted by psychologists and psychiatrists: this is, the quality of the emotional bond which exists between the mother and her child. The love she bears it, the ideas she develops about it, the richness of communication she shares with it, impregnate the foetus' growing psychism, its cellular memory, outlining the main strengths of the personality that will accompany it throughout life. Answers to a survey carried out among 500 women, showed that almost a third of them virtually never thought about the child they were carrying. The children they brought into the world were of lower birth weight than average, and suffered more frequent and more serious digestive and nervous disorders than other children. They cried more often, and in the early years of their existence – there has not been enough time as yet to find out the reactions of adolescents and adults – showed difficulty in adapting to others and to life. **THE MOTHERS WERE UNAWARE THAT CHILD'S DEVELOPING PSYCHISM WAS NOURISHED BY THE MOTHER'S OWN FEELINGS AND THOUGHTS AND THAT THE NEED FOR LOVE IS ESSENTIAL EVEN BEFORE BIRTH.**

When we undergo stress, our organism, our suprarenal glands in particular, manufacture catecholamines, so-called 'stress' hormones, which enable us to cope with the event. These hormones cross through the placental barrier, flood the foetus, creating in it a physiological

## MARIE-ANDRÉE BERTIN: *EDUCATION BEGINS BEFORE BIRTH*

condition corresponding to the maternal emotion, but much stronger and much more significant, since the adult has, during his existence, developed defensive reactions that are completely lacking in the infant.



Also, you should know that the mother-to-be has what *Dr. VERNY* calls a **PROTECTIVE SHIELD FOR HER CHILD: HER LOVE**. It can protect against even very bad conditions. Happily, the opposite is also true, and this is where the

mother can act positively. When we are in a state of joy, happiness, wellbeing, our brain secretes endorphines, the 'happiness hormones' which, in a pregnant woman, communicate the mother's relaxed state of mind and joy of living to the child. If the child frequently undergoes these states in the womb, they are memorized and likely to colour the character of the future man or woman,

## CELLULAR RECORDING OF INFORMATION

According to *Jean CHARON*, a French physicist, the elemental particles making up atoms, molecules and living cells, not only obey the laws of physics, but also the basic process of psychology. The particles are indeed capable of recording in a memory referred to as eonic, the information provided by its environment, and are capable of reproducing, remembering it (10/18 times per second) whenever it replies to itself, and to communicate it to other particles. **RECORDING, MEMORIZATION AND COMMUNICATION** are attributes of psychism. Thus *Jean CHARON* says that each elementary particle has its psychic counterpart.

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Now, the information contained in this psychic dimension modifies the vibratory quality of the elementary particle.

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*David BOEHM*, once a collaborator of *EINSTEIN* in England, *Geoffrey CHEW*, *Fritjof CAPRA* in the United States, and many more, mathematically confirm these works.

Thus the privileged information received by the child about the mother's psychism, feelings and thoughts modifies the vibratory quality of the cells of this developing being. This is also the way that what we go through personally is inscribed in our cells' chromosomes, and in particular in the sexual cells which make up the child's genetic capital.

## ENJOY A CONSCIOUS, POSITIVE AND HAPPY PREGNANCY

**THIS NEW KNOWLEDGE SHOWS THE PREGNANT WOMAN – MORE THAN ANY OTHER INDIVIDUAL – AS BEING, THE CENTRE FOR A FORMIDABLE COMPLEX OF ENERGIES TO TAKE PLACE, STRUCTURING MATTER.**

She bears within her the blueprint of a new being. By the sole fact of acting, feeling and thinking, she produces and attracts structuring energies of a determined nature. She can abandon them to the fluctuations of life; she can also decide, inasmuch as it is possible, to direct her physical and psychic energy in a positive direction for the child. A decision which also concerns those around her in the family and in society in general.

Gestation is a kind of natural galvanoplasty. If the mother-to-be is aware of this process and, by making her own life positive, incorporates in her body, heart and mind, the equivalent of a piece of gold foil, she is giving the child being formed within her the very best physical material and very best information available on the sensorial, emotional and mental level. She then, in partnership with nature, becomes the conscious co-creator of her child, to whom from the outset she gives the very best chances.



## MARIE-ANDRÉE BERTIN: *EDUCATION BEGINS BEFORE BIRTH*

Is this ambitious? Yes, as regards the aim; but the means of achieving it are simple and easy to implement in one's everyday tasks.



There are no exacting methods to apply: this would be contrary to education, which is an awakening, she merely releases her love, her creativity. There is no set list of recipes to follow, we will just try to indicate the spirit, the atmosphere to achieve, through a few suggestions chosen from three fields, physical, emotional and mental.

*On the physical level*, let us take the example of *nutritional awareness*. We all know to start with that it is good to choose healthy, living foods and balanced menus. But eating these mechanically, without thinking about them, means we only use the chemical elements of them in our stomach and digestive system.

And yet, during the summer months, fruits, vegetables and cereals store up a prodigious amount of solar energy which can be captured through the mouth, by chewing the food slowly. All dieticians give this advice. You have certainly all experienced the effectiveness of this. When you are '*feeling a bit tired*', eat a piece of fruit, even if not very sweet, an apple for example, and you immediately feel better, your energy returns. However, the new materials need digesting before they reach your cells. What gives the immediate comfort is this energy captured via the mouth and transmitted directly to the nervous system.

*Deep breathing* will help to fix and distribute this energy.

Lastly, if the young mother eats with enjoyment, feeling grateful to nature for distributing all these treasures, she will have been nourished and have nourished her infant both emotionally and physically. In addition, she will have created a positive attitude towards food in her child.

*As regards the emotions, feelings*: how can you live constructively for the infant?

Emotions and space are closely inter-related. Unhappiness, heartache compresses the heart, makes us short of breath. Negative feelings such as fear, jealousy, resentment, also give rise to sensations of weight and restriction.

Joy, however, expands the heart. When in love, for example, we feel light, as if we had wings, we feel immense, full of energy, the world is our oyster. It is this state of happiness and inner expansion which is good to cultivate and transmit to the baby, so that the powerful joy of living is engraved lastingly in his cells.

Music, singing, poetry, art in general, and nature help achieve this inner state and impregnate the child with a taste for beauty.



In this respect, the father plays an important part. His attitude towards his wife, the pregnancy, the expected child, has a major influence in making the child happy and strong through a happy and confident mother.

However, you may say, life sometimes interferes with this ideal situation due to stress (a car accident, for example), a serious problem (the father being made redundant), or a sad loss. So what should one do in these difficult circumstances? One should cope! Mothers have what *Dr. Thomas VERNY* calls a '*protective shield*' for their child: their love.

Many women tell us that during pregnancy they had the instinctive reflex of protecting their child 'as if it were already born'. For this reason they refused to let themselves get into a negative state. They talk to the baby, explain things, reassure it. And therefore the baby records that life 'has its ups and downs' and that one can overcome them. The foundations

of a strong character have already been laid down.

*Through her thoughts*, the mother can also make a conscious effort which is determinant for her child.

Women have *great powers of imagination*. They can use them to wonderful advantage in forming their child. Imagination has often been described as the '*folly in the house*', being likened to more or less woolly-minded dreaminess, more or less unbridled fantasy. But we are speaking of the creative imagination, of the mind's creative force; when channelled towards beauty, intelligence, kindness and wisdom, it can work wonders.

For example, the mother can work with bright *colours*, carrying them with her, installing them around her in the apartment at little cost. She can above all look at the seven colours of the solar spectrum broken down in a prism, and mentally flood her child's cells with them. These are the purest, most powerful colours, for light is life. And the spectrogram of thought concentrated on light can be superposed over that of light itself.

Now, each of the 7 colours is linked both to a system of the organism and to a psychic faculty. The pregnant woman working on these colours therefore improves these two planes in herself and in her child.

She can also *visualize the qualities* she hopes for in her child. She can imagine it at the childhood stage but also as an adolescent and as an adult manifesting these qualities, without pre-judging, the sex of the child, which is determined at the time of conception. All visualization is the conscience's way of putting to work the subconscious forces in order to bring them to life.

Great vigilance is therefore necessary in order not to project upon the child one's own personal desires. Children should not have to compensate for their parent's possible failures or frustrations, nor realize their ambitions. They are free beings with a life of their own to lead. The aim is to deposit in the child the quality foundations of a general nature which it needs and will be able to develop throughout its existence.

Even if they are busy, all mothers and fathers alike can set aside, preferably at fixed periods, time for a 'lovers tryst' with their child, to talk to it, tell it how eagerly it is awaited, how healthy it is, how beautiful, noble, generous and strong ...

We must also emphasize how this conscious effort by the mother receives magnificent 'rewards' from nature in many ways :

- firstly, the three disadvantages of pregnancy: tiredness, anxiety, fear, will be substantially reduced and even disappear completely under the effects of these positive thoughts, leaving in their place only confidence, joy and pride,
- the natural conclusion of an conscious and joyful pregnancy will, - as long as no accident occurs – be a birth which is also conscious, controlled, gone through in a spirit of joy and unison with the child,
- the child, thus gestated, will be easy to bring up and will have all likelihood of giving its parents satisfaction,
- lastly, the mother will have gained a great deal personally. By thus consciously forming her child, she will have re-created herself in her body and states of awareness. She will enjoy a veritable renaissance.

The ANEP has been circulating this knowledge for 5 years. Certain couples who already have children, wanted to have another in the plenitude of this creative awareness. They told us afterwards that they had lived through something extraordinary that they had not known beforehand, that this child was different from the others and that they had a profounder and easier relationship with it, adding that they had learnt a lot, been transformed, and that their life as a couple had been greatly enriched.

This then is the most important thing as regards gestation. But if you will bear with me a few moments longer, we will go back to conception, which is the true origin of a being.

## CONCEPTION

What I am going to tell you now has not been confirmed by laboratory tests: you will understand why. But what we know of energy fields and cellular recording allows us to think

so.

If each cell incorporates the information which reaches it and communicates it to the other cells, the egg created at the moment of fecundation will store the information it receives and transmit it to all the cells formed from it, that is to say, the child's whole body.

Through the sensations, feelings they have when they unite, parents generate a very intense force field which vibrates all their cells, including the two gametes which merge to form the initial egg. This original vibration is of the highest importance.

*LET US IMAGINE TWO EXTREME CASES:*

*THAT OF A COUPLE WHO, ONE SATURDAY NIGHT AFTER A DRINKING SESSION, A ROW AND PERHAPS A BEATING, HAVE A FRENETIC RECONCILIATION IN THE BEDROOM: THIS COUPLE RUNS A STRONG RISK OF ENGENDERING A BEING PREDISPOSED TOWARDS SENSUALITY AND VIOLENCE: IT WILL HAVE RECEIVED THESE VIBRATIONS FROM HIS ORIGINS.*

*AT THE OPPOSITE END OF THE SCALE, A COUPLE WHICH UNITES IN PROFOUND LOVE, FULLY CONSCIOUS OF THE IMPORTANCE OF THE MOMENT THEY ARE LIVING, AFTER HAVING RAISED THEIR NATURAL VIBRATIONS THROUGH INSPIRING READING, CONTEMPLATING WORKS OF ART, LISTENING TO SELECTED MUSIC, THIS COUPLE WILL HAVE EVERY CHANCE OF BRINGING TO LIFE A BEING OF QUALITY.*

Popular wisdom has for ages said that children of love are beautiful children.

When the sowing season arrives, gardeners select their seeds and prepare the ground.

Conscious human beings, when they wish to conceive a child, make sure of the quality of their 'seeds', improve and strengthen the ground by healthy living and psychological preparation. They can also follow a homeopathic treatment to drain their land and in large measure form a barrier against the transmission of hereditary defects.

At the time of conception, father and mother have an equally important part to play. But during the 9 months of pregnancy, it is the way the mother lives that is determinant. The words mother, mater and matter stem from the same root, because the Ancients knew already that woman, the mother and she alone has direct power over the living matter of the child.

This power is so great that it can attenuate negative elements and amplify the positive elements of the genetic capital.

We all share some responsibility in this immense achievement that nature entrusts to the mother, the parental couple. We are all partners and, to a certain degree, responsible for the forthcoming child. We must help them by provoking a collective conscience, to which social decision-makers must reply with appropriate measures.



If, instead of multiplying the number of hospitals and prisons, governments throughout the world tried to attenuate the consequences of poorly constructed and badly lived lives, working their way back to the prime causes and taking better care of pregnant women, instructing them in their role and giving them the necessary conditions to fulfill it, the results would be incomparably better and infinitely less costly.

In a few generations, handicaps would considerably regress, men and women would be profoundly transformed in their physical and psychic quality. One can then hope that, stronger, more stable, more confident in themselves, more open to others and to life, they will be capable, on a planetary scale, of creating

a more fraternal world in which everyone has his place and lives happily.

A dream ... which can become the reality of tomorrow, if every woman, every man, every professional person directs his efforts towards its concrete achievement.