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ARRIVING ON PLANET EARTH,

CONSCIOUS PREGNANCY

by [Julie Gerland](#)



We are all faced with the eternal questions: 'Who am I ?' 'Where do I come from?' 'Why do certain events happen in my life ? or 'Why do I react to certain situations as I do...?'

Many years of personal investigation, as well as the study of the ageless wisdom left to us by many traditions, have led me to discover that the nine months we spend in the womb is certainly a key to answering these questions.

In 1980 whilst spending some months at the Findhorn Community in Scotland, I came across the books of Omraam Mikhaël Aïvanhov which I found so comprehensive, universal and profound, yet comprehensible to the non-intellectual that I am. Some nine-months later I had the great privilege of personally meeting Omraam Mikhaël Aïvanhov.

It was then that I first came across his book, *Education begins before birth*. I realised that he had been talking in depth for over fifty years on the importance of how mothers live during pregnancy. He was often scorned or laughed at by the scientific communities as he unveiled pages from the 'book of living nature' as he often called God's creation. He invited mothers the world over to take this work seriously by giving their child the very best during pregnancy. He says:

'Mothers have the potential ability to work miracles for the world; it is they who possess the key to the forces of creation.

'Is it possible for education to begin before birth? Yes. Because true education is primarily subconscious. A child is not a little animal which you can start training as soon as it is old enough. A child in the womb is a soul and its mother can have a beneficial influence on it, even at this stage, through the harmony of her thoughts, acts and feelings. And this prenatal influence which, in essence, is a form of magic, must be faithfully continued once the baby is born, for, as all parents should realise, a tiny baby is highly sensitive to both its physical and spiritual environment.' (Excerpt from '*Education begins before birth*' by Omraam Mikhaël Aïvanhov.)

Omraam Mikhaël Aïvanhov's life and works are a source of inspiration and enlightenment for many. Larry Dossey M.D., in Georg Feuerstein's book, '*The Mystery of Light*', says of his teaching: **'Not only is Aïvanhov's teaching consistent with the greatest wisdom traditions of humankind, it is at the leading edge of our evolving knowledge about the world'**.

More recently, I discovered the scientific works of Drs. Thomas Verny and David Chamberlain and others like them. When faced with psychiatric or psychological problems in adults, they have often traced the cause to the nine months spent in the mother's womb or traumatic events at birth. Their work has helped show us the link between pregnancy and many aspects of our own character.

These latest scientific discoveries confirm ancient traditions and the innate feelings and wisdom of the mother, that the human being is conscious during gestation.

'If you told an expectant mother that her baby can hear her voice or perceive her love, she couldn't deny it. This is because mothers know intuitively what scientists have only recently discovered: Before birth the child is a profoundly sensitive individual that has an intense relation with its parents and the outside world while it is still in the uterus.' says Dr. T. Verny & Weintraub in their book.

The light shed on this question is a powerful realisation that can lead to much understanding and progress; yet also, possibly, to regrets. Either we regret that our parents didn't give us the best they could have; or that our previous children have not been conceived and raised according to this knowledge. We may even begin to see the direct consequences of these links in ourselves and others. When this new light or understanding dawns, it is essential to recognise that we cannot recreate the past; therefore, any anger or guilt we may feel is quite irrelevant. Each soul has received what was, or is, its capital. However, we can recognize a new opportunity to evolve, progress and do better for future generations.

We have therefore understood that all that the expectant mother lives i.e. thinks, feels, eats, does, imagines, desires, sees, hears, tastes, and her reactions to life situations are also lived by the unborn child. Mothers, then, do indeed hold the key to their child's development whilst it is in the womb; where the physical, emotional and mental bodies are being formed.

During this period, mothers can protect their babies from harmful influences; and they can introduce all the potential qualities they would like to see blossoming in society, hence making a valuable contribution to the world of peace and harmony we would like for our children and families.

Surely our societies should wake up to this important realisation and provide the very best for every pregnant women. This is an essential step to be taken if we are to increase the health, happiness and intelligence of every baby being born.

I have researched this question over the past 7 years and have established a comprehensive programme **Holistic Parenting: Preconception to Birth and Beyond...** to help couples everywhere have access to this knowledge and understanding of how to prepare for the best possible influences on the unborn child.

If you are pregnant or planning to be I invite you to participate in what we have to offer in order to give your child the best possible start in the celebration of Life.

Julie Ryan Gerland was born in Hong Kong. Since her early teens she has dedicated her life to spiritual pursuits and natural lifestyle. Now a founder-director of Suryoma, The Full Spectrum of Life, Julie spends her time writing, talking and creating life enhancing products. When not travelling she may be found at her beloved "Pyrenees mountain retreat home" or in Australia. Her main fields of interests being the invisible world and mother nature, light and colour, the teaching of Omraam Mikhael Aivanhov and prenatal education.

EXPLORING THE MYSTERY OF PRE-BIRTH COMMUNICATION

by Elisabeth Hallett

"My dreams about my daughter started about one year before we conceived her," the letter began. I felt shivers running down my back as I read on. Renee's letter was a wonderful story of pre-birth communication - those mysterious connections we sense with our children-to-be. Years of researching this little-known phenomenon haven't dulled the excitement I feel about it.

"My husband and I weren't trying hard to have a baby," Renee went on, "but thought that if it happened it was meant to be. I remember going to bed one night wondering to myself when I would become a mother. That night, I had a dream that seemed to last all night long...

"I was talking to a little girl in the dream. We were just light and carefree and chatting about anything and everything. I woke up remembering the dream vividly and feeling great. Over the course of the next year, I would have a dream like this at least once a month, sometimes more often than that. We'd spend hours playing and laughing and enjoying each other. For a while I didn't know her name or even that she was the child I would give birth to. I finally asked her if she was my daughter and she said 'yes.' I asked her when I would get to meet her in the flesh and she said 'soon.'

"Work got extremely busy the next summer and I was working what seemed like around the clock. Just as the hard push was over at work, I was talking to my girlfriend's daughter Rachael, who was five years old. All of a sudden, she said to me, 'Renee, you're pregnant!' and got so excited for me. I didn't take her seriously at that time, I didn't think it was possible. Since I had been working so hard and was so worn out, I hadn't noticed that my dreams of the little girl had stopped. Sure enough, a week or two later, I found out that I was pregnant! When Rachael told me I was pregnant, I was five weeks along.

"I will never forget the little girl in my dreams," says Renee. "My daughter (twenty months old now) has changed my life in so many ways." She adds, with a touch of wistfulness, "I've told quite a few family and friends about my dreams prior to conceiving my daughter. Most think that it's a neat idea but don't really believe me."

While it may be unusual to hear a story like Renee's, in fact pre-birth contacts are happening to many parents-to-be! Some of us are shy about sharing them, or feel they are too private and personal to talk about. But sharing them can be a joy, and hearing other people's stories helps us to open our inner eyes and ears to these exciting possibilities.

Long before your child is born, you may feel a connection, an inkling of the baby-to-be. It may be in a dream, so vivid that you feel you are meeting a real person who already exists, somewhere, somehow. . . Here is what another mother remembers:

"My son was born five months ago and the first contact that I remember happened three years ago when my husband and I first met and fell in love. It was during our first month together that I entered into my journal a dream where I saw our son Austin playing with his dad. The dream was very vivid and the image of him as clear as a photograph. I wrote a physical description of him and knew what a beautifully special little soul he is. I fell so in love with this child that for two years all I could think about was getting pregnant and being able to hold him in my arms."

The idea of connecting with a future child before conception may seem almost unbelievable. It may be easier to accept the dreams and intuitions and "knowing" feelings that come later, during pregnancy. Austin's mother continues her story:

"After two years and finally a commitment to be married I became pregnant. Throughout my pregnancy I dreamed of him and he always looked the same. Same golden red hair and beautiful blue eyes. This description wouldn't be considered a "genetic given" considering my husband and I both have dark hair and eyes. And in our dreams we'd fly together. We'd meet at the mouth of a river where it meets the ocean and we'd fly the stretch of the beach together playfully.

"Now that he's here I get physical tangible evidence of what I felt about him all along. He sparkles magically like the sun on the ocean on a clear day. His spirit is as free as a happy gull flying along the beach. His hair is like spun gold, each strand holding rays of sunshine. And his violet blue eyes shine with the hope and purity of intent of all humanity."

What a delight to think that in our dreams we may be able to play with our children before they are born! Many pre-birth connections are playful and fun like those in the stories above. Others seem to have a different purpose. Some bring news of the pregnancy to an unsuspecting mother- or father-to-be. Others come in stressful times, and help to reassure a worried parent.

Mary's experience was the "announcing" kind, and it happened while she was wide awake and talking with her college teacher. Suddenly she heard a different, inner voice that was almost like a buzzing sound. The voice said: "The reason you have felt physically burdened and emotionally burdened is because you have invited me into your life. I am here with you. I am here." Mary says that she felt very warm after receiving this message. "My heart felt warm, as if I had been hugged by an old friend," she recalls. "I found out the next day that I was two weeks pregnant."

Another woman felt an inner response when she needed reassurance during pregnancy. Vivien writes: "There was a period, about five weeks before my due date, when I was feeling really badly. I think it was because I had my third cold since getting pregnant, and just couldn't eat the amounts and types of food that I 'should,' and I couldn't control my negative thoughts, and I felt even more guilt because of these. I was apologizing to the unborn baby, in a state of deep shame, and all of a sudden I felt like I was being hugged by a field of light, and an unheard message appeared in my consciousness, which told me, 'Don't worry - I'm fine!'"

And so, what do these experiences mean? Is it possible that our future children come visiting, to laugh and play with us, to hug and encourage us before they take up their baby roles? I don't know the answer. I do know that we can be unusually sensitive during the time that we are opening up our hearts and lives to a child, whether by birth or by adoption. It's a good time to pay attention to subtle hints as well as dramatic encounters.

My own Preconception experience was the subtle kind. It happened over and over during the months before I conceived my daughter. Just at the edge of sleep, I would suddenly feel as though I had caught sight of the dearest person in the world. It was like a little fountain of joy springing up in my heart. But who was this person I loved so much? The feeling of it didn't seem to match anyone I already knew. I like to think it was my soon-to-be daughter, coming close enough for me to catch an impression of her - but I don't know for sure.

How about you? Have you glimpsed your child's face in a dream, or felt a loving presence, or just had a sudden flash of knowing something about your baby-to-be? If you are pregnant now, or hope to be pregnant soon, keep your inner eyes and ears open! Someone may be trying to get in touch.

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