

- Every time you feel stressed, it's simple: think about the little being who's living inside you and **share your love with it**; in this way, you protect it!
- Breathe deeply, eliminating any unpleasant sensation or experience together with the breath out.
- Treasure in your memory **the most beautiful moments in your life** and activate them every time you feel depressed, sad or irritated.
- **Listen to music** you like and **sing** to your baby as often as possible.
- Several **dance** steps or gymnastics movements lull the baby, giving it a pleasant feeling.
- Choose and plan the moments during the day or week to share **the joy of your baby's coming into the world** with your dear ones.
- **Enjoy nature**, enter communication with everything that surrounds you: flowers, trees, birds, sky; they can often be an excellent soother.
- **Look at beautiful images**, listen to classical music, which offer your child the first lessons in harmony.
- Allow **your creativity** to express itself, under any form; you can do now what you've always wanted to do but didn't have time.

By their way of life, the parents offer their future child a chance to live a healthy life under all aspects: food, breathing, feelings, thoughts, ideals, thus preparing the best conditions for the child to thrive.

The future mother and father develop their essential educational abilities by the way they live, they relate and communicate with their future child.

It's good that the mother should consider pregnancy through the extraordinary role she continually plays during the prenatal period by appreciating herself and sharing with the father the great joy of bringing a child into the world.

The family and the society are responsible for the quality of information offered by the environment, recorded and memorised by the cells of the future child since conception. All the experiences of the beginning: conception, pregnancy, birth, first encounter between mother and child, breast-feeding, can be lived positively, as happy life moments.

Peace and harmony between human beings are rooted in the prenatal period.



EMOTIONS IN PREGNANCY

Beneficent for Mother and Baby



International Revised Edition

The feelings and emotions during pregnancy as, for instance: joy, cheerfulness, relaxation, peace, inspiration, trust, love, harmony, open for your baby a gate to a new world in which it will enter prepared to cope with any event or hardship life will confront it with.

Contemporary psychology has demonstrated scientifically that there is a permanent interaction between emotions and cell activity, irrespective of age.



The pregnant woman “transmits” the child everything she lives, dynamically influencing the multiplication and differentiation of the cells of the little foetus. Any intense emotion of the mother that lasts for a certain period of time produces in her body hormones that almost instantaneously get from her cells to the baby’s cells.

You have 9 months at your disposal to perfect – like a famous painter – the best work of your life: YOUR CHILD!

Thoughts, emotions, feelings produce lasting effects in our body, influencing our genes and our DNA in a precise way, leading to health or illness.

The child receives unknowingly and unwillingly all that its mother transmits it.

If the mother experiences a prolonged stress, or if she doesn’t want the baby, in the womb the baby lives a state of alarm and fear, because the stress hormones, adrenaline and cortisol secreted by the maternal glands instantly get to the unborn baby and produce anxiety, agitation, fear – emotions that are already recorded in its cells. After birth, the child will react immediately to stress with similar emotions. The mother’s well being determines the release of endorphins that reach the child, creating a state of communion and harmony that will imprint deeply in its unconscious memory.

Parental love consolidates the self-respect of the new being-in-the-making and its emotional security.

During the prenatal period the neural architecture of the future child is being built, giving it identity (with its psyche and

emotions, reactivity and temperament, etc.). This identity will accompany it the whole life, being shaped by what the mother lives during the prenatal period, and, indirectly, by all the influences coming from the father and from the environment.

The foundations for self-respect, the relational capacity, reactivity or resistance to stress are laid during the prenatal period.



Scientific researches demonstrate that the mothers suffering from persistent depression during pregnancy give birth to turbulent children, with attention deficit, who during adolescence and later in adulthood develop all sorts of emotional disturbances.

Here’s how you can ensure some conditions for your child’s emotional harmony: