



The Child Culture Series

Part 1



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The Child Culture Series

The *Child Culture Series* is open to both Rosicrucians and non-Rosicrucians. It offers three basic courses of study, one dealing with the prenatal period of expectant parents, and two for families with children under five years of age.

The *Child Culture Series* is sponsored by the Rosicrucian Order, AMORC, a non-religious, public benefit organization, internationally known as the Ancient Mystical Order Rosae Crucis. Devoted to the investigation, study, and practical application of natural and spiritual laws, the purpose of the Rosicrucian Order is to further the evolution of humanity through the development of each individual's full potential. Our goal is to enable everyone to live in harmony with creative, cosmic forces for the attainment of health, happiness, and peace.

By seeing to the proper education and training of children, we can effectively change our society in a positive way. It is far easier to set the standards we desire at the onset of life rather than somewhere further down the path.

There may always be some difficulty in arriving at a consensus as to what those standards should be. The model adult should be kept uppermost in mind. What do we want the end result to be? When we have determined that to everyone's satisfaction, the methods of arriving there fall almost naturally into place. We can probably assume that the ideal end result is pretty universal in scope, as is the Golden Rule. We expect people to be kind, understanding, knowledgeable, honest, fair, and healthy. So, even in a world of differing values, it's not too difficult for us to determine what our model should be.

It remains then for us to instruct our children, from the earliest possible moment, in the art of living a life with these qualities. What a child learns to be, the adult will be.

This is our interest, and we hope it is yours.

We have designed these lessons to be read ONE EACH WEEK. It will be to your advantage to follow this guideline and take the time to think about and meditate upon each lesson during the course of a week.

Cordially and sincerely,

THE CHILD CULTURE INSTITUTE

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Lesson 1: Part 1

Introduction

This is the first lesson of this series dedicated to the life-changing experiences that you will encounter during the next few months. These are the most profound and important experiences in the world. The main things to keep uppermost in mind during this waiting period are joy and happiness; marvel at the mystical and mysterious ways of nature and think about the wonderful phenomena that are taking place.

The ancients never ceased to wonder at these miraculous principles of nature that brought about reproduction and life. They were puzzled by the mystery of a seed growing in the ground. When it came to human reproduction, they turned their eyes in wonder to their deities: to them, sex was a mystery. They could not understand why humanity was divided into genders, or how humans could reproduce themselves with such fidelity. So reverently did they look upon sex and reproduction that they placed it in the sacred realm. We are surprised to find that some think that the reverence of the sex principles within ancient religions was the worship of sex from a purely physical or earthly viewpoint.

Today, we know a great deal more about the reproduction of human life, and we are able to study it in laboratories. However, there is not a scientist alive who does not look upon the birth of a child as one of the most marvelous, mystical, and beautiful things in life.

We want to stress an important matter in connection with the time ahead. During these months, you must endeavor to maintain only the sweetest, most beautiful, and positive thoughts in regard to what is going on within and around you. You must avoid thoughts that are painful or distressing. The expectant mother is always attuned to news or reports that bear upon the subject of childbirth, and she is keenly interested in everything she hears or sees regarding it. Unconsciously, she magnifies the stories about unusual cases in which something has gone wrong, some mistake has been made, or some peculiar condition has arisen. Let us tell you a few facts:

Out of every thousand cases of childbirth, only a few will have any peculiar or unusual condition associated with them. All the others are natural, normal, and perfect. It is only the unusual and irregular cases which attract attention and are spoken or written about. To judge by the stories sometimes told, one would think that all cases were unusual or difficult. Try not to listen to such stories, and instead let your physician do all the talking in regard to your physical condition. Avoid, if possible, those who want to tell you about the terrible things they have heard about childbirth. Think of the billions of mothers who have borne their children happily and naturally; think of the billions of children who were born without any difficulties

It is our intention in this series of weekly lessons to give you certain principles and ideas to apply, to think about, and to keep in mind throughout the entire period of waiting. That there are many psychological factors that influence our lives is well known. Much practical help is available for the woman who wishes to prepare herself efficiently for motherhood. Nevertheless, we feel that this course is valuable in its presentation supporting the viewpoint that it is possible for parents to start educating their child before birth. The chief purpose of this course is to guide and teach mothers on how they can build the right kind of character and personality for the coming child. The mother who takes these lessons seriously will create and, to some extent, fix in her own consciousness the qualities she desires her child to have. Her own personality will also benefit, for one cannot attempt to uplift the consciousness of another without uplifting one's own.

Many contend that there is no truth in the statement that a parent's thinking, concentration, and mind power have any influence upon the character, personality, and soul of the child that is to come. However, we are going to show you that you can do a great deal more than you may suspect to influence the character and personality of your unborn child.

We have read much about the work that the ancient Greeks did in this regard. They utilized the principles of prenatal influence to bring about great men and women. The Greeks simply did what many ancient societies had done and what many parents have been doing ever since.

The first thing that should be done is a mental housecleaning. Just as you are undoubtedly planning to have your home properly prepared for your child, and just as your doctor is preparing your body to be a healthy home for your unborn child, so should you prepare the mental world in which you are to live for the next few months.

If there are any depressing or unpleasant pictures on the walls of your home, take them down and put them away. If you have magazines coming with frightening or unpleasant pictures, stop them from coming. Be selective about what you watch or view on the television or over the Internet. Media often features the gruesome deeds of humanity. Although an essential part of our households, newspapers, television, and the Internet bring us candid photos of the current news, presenting the many sordid acts of living, few stop to analyze the effects of these unwholesome pictures upon the minds of the readers.

Let the people who care for you share this responsibility by keeping you informed of important and appropriate news items without your having to view the news for yourself. Do not be tempted to read stories or view programs that are generally disturbing. If you have visitors who habitually tell stories that are sordid, disappointing, or sorrowful, do not allow them to arouse your sympathy or even casual interest. If you go to movies or theaters, be sure to find out whether they depict the gruesome and mean things of life and avoid them if they do. This applies to television and all other entertainment media, also.

You are going to take your unborn child through a course of preparation, and you yourself will have to take the course so that your child may have it. If there are other children in your home, you can derive much benefit from them; and they in turn will derive benefit from you through this course. However, you must clean house mentally, discarding the things that are not constructive.

There are a few practical suggestions for beginning your preparations for the coming event. We want you not only to clean house mentally, but also to clean house physically. Nature does not always depend upon humankind to do the things we should, and so, nature has taken upon herself some of the problems that rightly are humankind's responsibility. One of these is the cleansing of the physical temple in preparing for the coming of a child. From the beginning of pregnancy, nature begins to purify the blood of the mother and to inhibit the progress of destructive and injurious diseases. Although nature cannot eliminate every disease and form of destructive action within the body, a wonderful housecleaning can be accomplished with the mother's help.

You probably realize that during pregnancy every creative and constructive force within the mother's body must give some of itself to the body that is being formed. This calls for vitality and health on the part of the mother so that she can make a maximum contribution to the creative

process that is going on. Nature aids in this matter by minimizing the destructive conditions in her body. The mother can aid nature by healthy living and positive thinking.

In regards to your physical health, we shall only make general suggestions from time to time, keeping in mind that only your doctor knows your specific conditions. If you have questions regarding your physical condition, talk to your doctor, and remember to only take his or her advice when it comes to your body.

We strongly advise that you refrain from drinking alcoholic beverages and smoking during your pregnancy. The medical community will agree that drinking alcohol or smoking during pregnancy can have detrimental effects on your unborn child. Regardless of what your own opinions may be regarding the use of alcohol or tobacco, it is not fair to the unborn child to instill in her consciousness a possible desire for liquor or tobacco.

Plenty of water should be drunk each day so that the body is kept flushed and bathed interiorly. A glass of water should be taken first thing in the morning, several glasses between meals, and more in the early evening.

The ancient Greeks and many other ancient cultures saw to it that expectant mothers had many walks and plenty of exercise each week to keep them in good health. Do not overlook the benefit of walks in the open air. We have too great a tendency to drive when we should walk. People living in the past had to walk, and in that respect, they were better off than we are today. You can change this, however, by taking walks in the fresh air and not permitting yourself merely to drive.

With these preliminary instructions, we close our first communication to you. Each subsequent lesson will contain some specific thought for you to bear in mind. Cast aside your worries and remember that we shall work for you metaphysically. Trust your physician with the physical things and trust us with the metaphysical. We are not going to interfere with what your doctor will prescribe. We assume that you have a physician in whom you feel perfect confidence.

Too many expectant mothers make the mistake of waiting until the last few months before consulting a physician. This may handicap the physician as well as the mother and child since it may prevent the correction of a problematic condition. Sometimes the reason for such a delay is a matter of finances, but today there are many resources for women to receive prenatal care for free or reduced costs. You should begin seeing your doctor immediately after conception.

On the occasion of the first signs that your child is about to be born, please ask someone to send an email to the Grand Master at gmo@rosicrucian.org, so that we can apply metaphysical principles to aid you in having a short, easy delivery. This event may be some time away, but we suggest that you write the email address on a card and have it handy where someone in your family has immediate access to it when the time comes for delivery. You might even prepare the message and have it ready to send. You need merely state that you believe that you are ready for the help you need, and we shall proceed at once with metaphysical assistance.

You have our kindest wishes and assurances regarding your health and welfare.

Cordially and sincerely,

THE CHILD CULTURE INSTITUTE

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- The keynote to keep uppermost in your mind during this waiting period should be joy and happiness. Undoubtedly, you will marvel at the mystical and mysterious ways of nature and think about the wonderful phenomena that are taking place.

- The ancients never ceased to wonder at these miraculous principles of nature that brought about reproduction and life. They were puzzled by the mystery of a seed growing in the ground; to them, sex was a mystery.

- Today, we know a great deal more about the reproduction of human life, and we are able to study it in laboratories. However, there is not a scientist alive who does not look upon the birth of a child as one of the most marvelous, mystical, and beautiful things of life.

- During these months, you must endeavor to maintain only the sweetest, most beautiful, and positive thoughts in regard to what is going on within and around you. You must avoid thoughts that are painful or distressing.

- It is our intention in this series of weekly lessons to give you certain principles and ideas to apply, to think about, and to keep in mind throughout the entire period of waiting. The mother who takes these lessons seriously will create and, to some extent, fix in her own consciousness the qualities she desires her child to have. Her own personality will benefit also, for one cannot attempt to uplift the consciousness of another without uplifting one's own.

Lesson 1: Part 2

Special Instructions to Fathers, Friends, and Family

Note: The Child Culture Institute recognizes that many single mothers give birth to their children without the father of the child being present in the home. It's also possible that although the father is present in the home, he may, for whatever reason, decide not to participate fully in implementing the techniques suggested in this course. Although the important contributions of fathers are highlighted throughout this course, and particularly in this lesson, it can't be emphasized enough that mothers and children can benefit from the techniques offered in this course without the participation of the father. Indeed, it is important to note that anyone who is living with the mother or in close relationship with the mother can participate. Family members and close friends can also share in the important work of forming the character of an unborn child and welcoming the child into the world.

Many cultures in the past and even a few today generally believed that the expectant mother carries the sole responsibility for the care of the unborn child and for the care of herself during the period of gestation. Needless to say, it is erroneous to look at the situation in this way.

Some men understand that their greater function and responsibility lies not in their role of creating the child, but in caring for and bringing to maturity this child they have helped to create. The assumption of responsibility and a realization of their duty weigh upon them. The fact is, fatherhood begins at conception and carries on throughout the remainder of the pregnancy, indeed throughout the life of the child. Those men who have learned the lessons of life also realize that during the period of gestation, or for the nine months preceding the birth of the child, there are responsibilities resting upon them which are just as serious and important as those that rest upon the expectant mother.

We would like to bring your attention to what the ancient Greeks and some of the other ancient cultures learned and practiced in this regard. At one time the Greeks paid very high homage to the expectant mother, conceded to her greater privileges and honors, and gave her greater care and attention than any other females of the country. Greek men realized more than many men realize today that the health, success, and happiness

of both the mother and the child, and the future progress, culture, and education of the child, depended as much upon what was given to the unborn child during the nine months preceding his birth as upon what education was given to the child shortly after his birth.

One day it will seem strange to future generations that during the twentieth century so much progress was made in the physiological care of the expectant mother, and so little done in regard to the spiritual and mental care of the child. Science has devised the best mechanical and material methods for the care of the expectant mother and the delivery of the child at birth. Maternity hospitals have been erected with the specific function of taking care of the mother and child. Every electrical and mechanical contrivance that the human mind can invent was devised for examining the expectant mother, building up her health, and preparing her for the physical challenge of giving birth. Specially trained nurses and physicians are able to protect the physical health of mother and child as never before.

All of this has resulted in an unprecedented reduction in infant mortality. Death rates have been greatly reduced because of this special care given to the mother prior to the birth of the child, and to the mother and child immediately after the birth. The child's body is examined and medicine can be used to prevent any contagion affecting the baby's eyes, mouth, or lungs. The baby is weighed daily; his diet is carefully prepared. Even his hair, fingernails and toenails are taken care of, and his hours of sleep regulated. The mother is given extremely good care for the purpose of building up a high degree of health.

While scientists and physicians admit that the mental attitude of the mother has a great influence upon the unborn child, nothing has really been done except to see that the mother is kept free from accidents, intense stress, or any degree of illness. During the last few centuries, we've learned a great deal about the physical needs of the mother and child through trial and error.

For example, at one time it was commonly believed that an expectant mother should have a great amount of rest from the second or third month of gestation until the child was born. The result was that the child was often not fully developed or healthy, and the mother herself did not always have a healthy delivery or a healthy body after the birth of the child.

Now, we know that it is not physical ease and rest on the part of the mother that counts as much as moderate exercise, her mental and spiritual attitude, and the

deliberate attention she gives not only to herself but to the unborn child. We've also found that the people who surround the mother and unborn child can also have a profound influence.

There is more to the child than just flesh, bone, and blood. There is more than just a brain and a nervous system. A child inherits from her mother and father more than just physical and biological qualities. It is simply not true that at the time of conception the genes and cells contributed by the mother and father provided *everything* necessary to produce a child. For months after the embryo is physically formed, this unborn child continues to acquire characteristics, attitudes, tendencies, and qualities that are not in the genes of either the father or the mother.

First of all, the child inherits cosmically and from the Universal Consciousness certain qualities and conditions which neither the father nor the mother, nor any of their ancestors may have possessed. Secondly, the child also acquires, during the nine months of his formation, certain conditions and qualities that result from the mental attitude and actions of the mother, as well as of the father and anyone else who has a close relationship with the mother.

If every child is purely the result of the biology of the father and mother, then all of the children born to the same parents would be very much alike in tendencies and qualities. There soon would be almost a standardization throughout the world of men and women all possessing the same qualities, characteristics, and abilities. It is a well-known fact that where there are four, five, eight, or ten children born in a family, they have characteristics and qualities distinctly different, and sometimes none of them ever grow to possess or manifest the same qualities, tendencies, or abilities as those possessed by the mother or father. These children sometimes do not even inherit the same facial characteristics, the same likes or dislikes, or the same manner of thinking, talking, or acting as the mother or father.

So you see that an expectant mother or father cannot say that their duty was performed at the time of conception, and that their obligations were fulfilled by providing the proper home, care, and support during the period of pregnancy. They also have a very real spiritual and cosmic obligation to the unborn child.

The nine months before the delivery is a crucial period for the unborn child. As a member of the mother's crucial support system, there are many things you can do to help during this magnificent process.

Sometimes, without thinking and realizing it, things occur in the home that are disturbing and we overlook them and laugh them off with the realization that perhaps no harm has been done. But when a woman is carrying a child these things become more important. While the person may laugh them off and the expectant mother may try to excuse them, the fact that she has given them serious thought, or that they have affected her mind for a moment or two will cause them to make an impression upon the mind of the unborn child.

Sometimes unpleasant thoughts or influences in a home are due to a well-meaning visitor who starts telling an inappropriate story. Or sometimes we know acquaintances who never have anything positive to speak about and will gossip or complain during their whole visit. Most importantly, when having guests, consider the values of the expectant mother. Does she disapprove of vulgar language or rowdy behavior? These things can have an effect upon the mother's mind and upon the unborn child.

During the nine months of pregnancy, strive to avoid as much as possible any talk about business problems, financial troubles, war, strikes, upheavals, etc. You must aim to help the expectant mother avoid forming mental pictures of anything that is destructive, unpleasant, or worrisome.

If you have any business, personal, or financial troubles, do not sit around the mother's home with a long face telling her about them. This kind of talk could cause her to regret the expense she is incurring, the help she is unable to give, and the fact that she is having a child. It may make her wish she was not going to have the child, and that wish and idea will be transferred to the mind of the child. All her life she may feel inharmonious and like an unwanted child. These are precisely the kinds of thoughts that you wish to avoid planting in the innocent, wide-open mind of the unborn child.

If you do want to talk about business or news in the expectant mother's presence, point out the noble things that are going on in the world. Be sure you try to tell her everyday reminiscences about some pleasant incidents that occurred during the day. Analyze the good qualities in you and those who are close to her.

Don't tell the expectant mother things that will put deep longing in her heart for things that she can't have or do. For instance, if her doctor has advised her not to travel, don't suggest to her on a warm afternoon how nice it would be to travel to the coast or a tropical resort. It may be a very pleasant picture, and it may be cheering to her for a few minutes, however, you may create a longing in her heart that will be accompanied by a regret that she is carrying a child and cannot enjoy what you are picturing. That thought of regret and intense longing can make a very bad impression upon the mind of the unborn child.

By focusing on the good things of life and offering your support and understanding, you will be doing much to aid the mother during this important time, and you will help to create a positive impression in the mind of the child.

A Special Note Just for Expectant Fathers and Partners

There are two important points to take into consideration in regard to your role in the birth of your child.

First of all, the prospective mother does not always want the attention and services of friends or neighbors, any more than necessary. In her estimation, at such a crucial period in her life, there is no one who can give her peace of mind, encouragement, and sympathy like her partner.

Leaving her in the care of others, no matter how proficient and expert they may be, may not be satisfactory to her. The departure of her partner under such circumstances comes sometimes as a shock or, more likely, a disappointment. The loneliness, the worry, and the lack of sympathetic understanding has a very detrimental effect upon the mind of the prospective mother and, consequently, on the system and mind of the unborn child.

There are many intimate and personal details and emotions that a prospective mother would like to talk about and describe only to her closest companion and have that person understand and sympathize with her. She might not want to discuss these things with friends, neighbors, or even her doctor.

The second point is that, in going away from home on any extended trip, her partner is complicating the whole affair more than may be realized, because there is

always the possibility of accident and of never returning. Even if her partner is only delayed several hours, it may mean a number of anxious hours on the part of the prospective mother and mental torment that will have a very serious effect upon the unborn child.

A person who goes on trips for anything other than necessary business and errands is taking a risk. The person may feel absolutely safe regarding their own life, yet there is always a possibility of accident or delay of some kind that can cause worry and mental torment to the expectant mother.

Unless there is some necessity that cannot be postponed or avoided, her partner should not travel extensively during those nine months. Even though you may figure that the birth is several months away, there is always a worry that may come to a prospective mother, and this worry may cause a premature birth or a condition which would demand your presence in order to give peace of mind and to bring comfort.

Your duties and obligations during the period of those nine months are just as important as the mother's. If she cannot attend to all her social and business obligations or partake of all of the pleasures she normally does, it is unfair that she should be made to stay at home and be a semi-prisoner, so to speak, while her partner exercises all the usual liberties and privileges, ignoring the responsibility involved.

The idea that, because you are relieved of the physical burden of carrying the unborn child, you are also relieved of any other responsibilities connected with that period is absolutely erroneous and unfair.

The more tenderness, companionship, and consideration you show your partner during her period of waiting, the more love will be created in her heart and instilled in the heart of the unborn child, and the more loving, kind, affectionate, considerate, straight-forward, loyal, and happy the little child will be after he is born.

Remember that when a sense of devotion and consideration is created in the heart of the child, it will help to make the child honest, happy, and pleasant in the future. Such a child does not tend to become a criminal, to have bad habits, or to show disrespect for her parents, family, or teachers. So while the mother is building up both the physical body and mental characteristics of the child, you can contribute to this effort by directing your own love, consideration, and affection toward her.

It is not too much for her to expect you to be her true partner. You too must be carrying the child in your heart, and, in addition, you must be carrying the mother in your heart and mind all through the day and night. These are your duties, and if you follow the foregoing points, you can truly feel proud of fatherhood.

Your partner will be proud and happy to say to all of your relatives and friends, "This is our child." She will never forget that you helped to bear the child throughout his important period of creation. Later on in life the child himself will have the same tender, affectionate love for and interest in both you and the mother.

Lesson 2

Concentration & Meditation

Your thoughts, your prayers, your best actions, and your intentions unite now in one sharp focus - having a beautiful, healthy baby. Is there anything else you should be doing? This chapter offers specific topics for concentration and meditation to use on a regular basis to assist in molding the character and personality of your child.

It is a good idea to give a few minutes each day to silent concentration and meditation. We suggest that when you wake in the morning, before you begin your day's activities, you think over the things we have mentioned in earlier lessons. Visualize and concentrate upon them. Again at night, let your last five minutes of thinking before you fall asleep be upon the points we have asked you to consider. By thinking about them just before you fall asleep, you will carry them into your inner consciousness. Then throughout the day when you are walking or have an opportunity to sit down in a quiet place for a few minutes of relaxation, reflect upon these things again.

Remember, the thoughts that you concentrate upon, visualize, and prominently place into your mind will sink into your inner consciousness and have a great effect upon the results you wish to secure.

The ancients had different beliefs in regard to the unborn child and the new soul. The most advanced believed that the soul of the baby did not enter the growing body until the moment of birth when she took her first breath. They held that the unborn child had no soul, that all of the life and vitality, like all of the blood and tissue cells of his body, were a part of the mother's vitality, life, and blood. They believed that the child's body was nothing more than another organ or part of the mother's body until she took an independent breath.

The important thing about this ancient viewpoint is that, while the Cosmic and nature are performing the miracle of molding and creating a new physical body for the coming child, they are also selecting and preparing the soul personality who is to occupy that body.

Just before the birth of the baby, the soul personality who is to occupy him hovers close to the mother as an invisible, ethereal body or "light." At the right moment, it is

drawn into the tiny physical body as the child takes her first breath. There is something beautiful and wonderful about all this. It is awe inspiring to contemplate.

Many ancients believed that the Divine formed humanity out of the dust of the earth. This story is in the Bible. It refers to the physical part of people as being composed of the earthly elements. Science shows us today how true this is. The food we eat and the water we drink compose the physical parts of our bodies, and the body of the unborn child is composed of these same elements.

Every cell of our physical bodies is constantly being remade by the daily eating of food and drinking of water. None of us has all the same cells in our bodies year after year. It is easy to see that. During the nine months in which the child's body is being formed, it is being composed of earthly elements that are wonderfully transmuted into the many kinds of cells needed to form flesh, bone, hair, teeth, skin, blood, nerves, and so forth.

The second part of the biblical story is that after the Divine formed the first human out of the elements of the earth, the Divine breathed into the nostrils of this material creation and the body became a living soul. This is the way it is stated in most of the present-day Bibles. It is a very old and sacred explanation, which is also to be found in the secret writings of many of the ancient spiritual schools.

We see by this story that it was only after the physical body was completed and ready to become an entity or a being of some kind that the Divine breathed into it vitality and life with consciousness. These things combined were called the soul. It is likewise believed by many today that not until the child takes his first breath does life, consciousness, and vitality enter the body as independent things.

The story of the union of the soul with the physical body and the cycles of rebirth, or reincarnation, is beautifully told in the book, *A Thousand Years of Yesterday* by H. Spencer Lewis, former Imperator of the Rosicrucian Order, AMORC. This book is available at www.rosicrucian.org.

Parents have asked us about the movement of the child, the quickening of her body that is called life, which is sensed at a certain stage of gestation. That quickening, however, does not indicate that the child has suddenly become possessed of a soul or of

independent life. That idea was set aside some years ago when it became possible through modern techniques to observe that the body has some motion and action of its own long before this movement is felt by the mother. At a certain stage of its development, the body becomes large and strong enough to move and turn itself sufficiently to make the mother feel the movement.

Even the beating of the heart is not an indication of independent life, because the vitality in the blood coursing through the fetus up to the time of birth is a part of the mother's vitality and blood. Furthermore, the lungs of the child do not function as carriers of air until the child takes his first breath. Therefore, there is little reason to believe that the unborn child possesses a soul, or a soul personality, before birth.

The idea that the soul personality of the new child appears from the Cosmic or from the ethereal space of this universe a few days before birth and hovers around the mother like a misty, ethereal *something* is a beautiful thought, no matter how we view it. The important thing for the mother to keep in mind is that the ancients believed that the Cosmic selects a soul personality for the unborn child a few days before its birth.

In selecting this soul personality for the tiny body, the Cosmic is guided by how well the mother has prepared for it. Many of the ancients believed that the mother's thinking and her preparation for the unborn body attracted from the Cosmos the kind of soul personality that would be best fitted for the body that was being prepared for it.

In these views of the ancients, there is a fundamental principle that we would have you think about during the entire course of your period of waiting. Keep it in mind in connection with all of your reading, thinking, and action. You will notice that these ideas concern the preparation of the child's body on the part of the mother. Ultimately, no matter what your personal beliefs are concerning the arrival time of the unborn baby's soul, we know from hundreds of experiments that have been made by mothers under our instruction that it is possible for the mother to attract the sort of soul personality which she desires for her child.

Do you realize now what we mean by the preparation of the unborn body for the coming of the soul personality? An inspiring idea of the ancients was that the incoming soul is the Master who is to rule within the body, which is really a temple that is prepared

for him. Therefore, the expectant mother was impressed with the idea that she should cooperate with nature in preparing a beautiful, wholesome temple for the coming of the Master. She was taught that, on the day of birth, the portal of the temple would open (meaning the mouth and nostrils) and the unseen Master (meaning the soul personality and breath of life) would slip quietly in and become a resident therein.

The ancient philosophers spent months instructing the expectant mother how to prepare her child's body as a temple for the soul personality. They impressed upon her the fact that the most perfect temple would attract the most perfect Master and that the temple that was filled with anger, jealousy, hatred, bad temper, falsehood, or low and depressing thoughts would attract a soul personality of the same kind.

We do not need to ask you what kind of Master you want to occupy the new temple that you are forming. We know only too well what your ideals are in this regard. If they were not the highest, you would not be reading this book and opening yourself to this kind of instruction. You will realize now why we told you in the first lesson that you should be careful with your thoughts, the pictures you see, the music you listen to, and the stories that are told around you. Do not let your thoughts drop from the high standards you expect to instill in your child.

You've already learned that you should do some mental and physical house cleaning to safeguard your child's future. You were told that you are the provider of the materials that are forming your child's body and personality. How well have you succeeded in keeping out of your mind worries and depressing thoughts? How well have you succeeded in keeping out of your diet unwholesome foods, drinks, and so forth?

In the next lesson, we shall tell you more about the preparation of this temple. The main thing to keep in mind, however, is that the body being formed within you is a sacred temple for the coming of a Master. Remember that as you concentrate upon this temple that is being formed. Visualize it as being beautiful and well formed with all the other desirable attributes that you can think of, and you will be establishing a spiritual and ideal condition in that tiny body.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- It is a good idea to give a few minutes each day to silent concentration and meditation. We suggest that when you wake in the morning, you think over the things we have mentioned in earlier lessons. Again at night, let your last five minutes of thinking before you fall asleep be upon the points we have asked you to consider. Then throughout the day when you are walking or have an opportunity to sit down in a quiet place for a few minutes of relaxation, reflect upon these things again.

- Remember, the thoughts that you concentrate upon, visualize, and prominently place in your mind will sink into your inner consciousness.

- From the ancient viewpoint, while the Cosmic and nature are performing the miracle of molding and creating a new physical body for the coming child, they are also selecting and preparing the soul personality who is to occupy that body.

- The ancients believed that the soul of the baby did not enter the growing body until the moment of birth when he took his first breath. Just before the birth of the baby, the soul personality who is to occupy her hovers close to the mother as an invisible, ethereal body or "light." At the right moment, it is drawn into the tiny physical body as he takes his first breath.

- The food we eat and the water we drink compose the physical parts of our bodies, and the body of the unborn child is composed of these same elements. During the nine months when the child's body is being formed, it is being composed of earthly elements that are wonderfully transmuted into the many kinds of cells needed to form flesh, bone, hair, teeth, skin, blood, nerves, and so forth.

- The baby's body being formed within you is a sacred temple for the coming of a Master. Visualize her as being beautiful and well formed, with all the other desirable attributes that you can think of, and you will be establishing a spiritual and ideal condition in that tiny body.

Lesson 3

Thinking about Your Coming Child

In the previous chapter, we spoke of the possibility of attracting the kind of soul personality that you as a parent might desire for your unborn child. We stated that this was an old belief. Whether or not the selection of a specific character for the unborn child is possible, as the ancients believed, the fact remains that the mother can do a great deal toward influencing the inner nature of the child.

The home life and environment of the expectant mother, as well as the food she eats and the liquids she drinks will do much to mold the child's character. In addition, it is possible for the mother to utilize certain natural principles for this purpose. We want you to keep this in mind and right away start to employ the simple methods that we suggest.

The character of each of us is complex, for we all have likes and dislikes, tendencies, and abilities. We each have certain abilities and lack others. A person who is not a musician may have a great love and considerable understanding of music although he or she has never had any musical training and is unable to play a note on any instrument. An individual may also have artistic ability and at the same time be a fine physician. Someone else may be a clerk, laboratory worker, business executive, or any one of a multitude of professions, and at the same time be expert in some hobby, art, or trade.

Almost every human being has some well-developed talents and inclinations that are secondary to their nature. People are also complex in their likes and dislikes and in their moral and ethical ideals.

We presume, of course, that you want your child to have many abilities and talents. You must realize, however, that no one can be proficient in all of the arts and trades or have perfect ideals in all respects.

You must try to determine what ideals you wish to establish in your child's consciousness. In order to assist you in this, we shall attempt to portray certain ideals and standards that you can dream and think about, adopt, modify, or cast aside as you choose in your ideal picture of your child.

In other words, what we want to do is help you create in your mind during the next few months an ideal child, just as though you were a sculptor carving his body; an artist painting her complexion, eyes, and hair; a poet instilling in his mind the most beautiful thoughts; a philosopher placing in her heart the most beautiful ideals; a mother giving him the qualities of kindness, consideration, sweetness, and tenderness; and a parent giving her initiative and knowledge.

This may seem difficult and complex, but we assure you that as you build and put life into this mental figure of your child and dwell upon the creation daily, you *will* be helping to mold his body and character. Many have done this, and there is no reason why you should not do the same.

A good place to begin is with the child's figure and face. Do not attempt to center your thoughts upon the matter of the child's gender because that has already been determined. The gender is determined at the moment of conception. The time to visualize either a boy or a girl as a preference is *before* conception. However, nature regulates a balance between the genders.

That being said, as an expectant mother, you need not think about the gender at this point, even if you have a preference, for you might be disappointed, and, in the process, you would take away something from the child that is vital to her well-being. For instance, if you concentrate upon wanting a girl and continually visualize the infant as such and at the same time shove aside all thoughts of a boy with the hope that the child will not be a boy; then if it should be a boy, he will have in his mind and consciousness the impression that his mother did not want him. An impression on the child that he was not wanted would be a great hindrance to the development of his affectionate nature, filial loyalty, and love of home life. To rob an unborn child of these qualities and to instill the thought that he is not wanted is to place a psychological handicap upon him. There would always be the subconscious feeling that he is not wanted or loved.

The same is true if you concentrate upon wanting a boy and the child proves to be a girl. Therefore, try to visualize the form and face of your child without regard to the child's gender. The best way to do this is to visualize the ideal child of the future, combining the female and male elements.

You may do this by one day visualizing a face that is pretty in a feminine sense and the next day a face that is strong in the masculine sense. The most beloved countenances of great and eminent men of the past are those who with all their strength of masculine character contained elements of feminine tenderness, love, and sweetness. The most beautiful and great of all women in the past were those who combined the sweetness and tenderness of womanhood and the strength and character of manhood.

The completely feminine or masculine countenance is one without character, which surely you don't want. By alternating your mental picture, therefore, you will be doing justice to the real nature of the gender and at the same time adding whatever element may be missing.

It is well to remember that in the spiritual realm there will be a soul personality that is ready and waiting to be reborn when you have finished building the child's body for its reception. This soul personality will be attracted to your child's body on the basis of the preparation you have made and because both of you will benefit in some evolutionary way from the experiences which will follow.

To help you with your visualization, we suggest that you cut pictures of children whose faces appeal to you out of magazines and newspapers. You may do the same with pictures of strong men and women. Postcard pictures of heads and faces of men, women, and children may sometimes be found at stationery or art stores. If they have a definite appeal, place them in your home so that during the day you can look at one of them and concentrate upon it.

If your ideals change or you see better or more attractive pictures, change the pictures and thereby add other elements to the face and figure of your child. You may concentrate upon the color of hair, eyes, and complexion, and the shape of the eyes, eyebrows, nose, and mouth. Then visualize other particulars in regard to your child's height, weight, and general appearance. Do this in thinking of the child as a child and also in thinking of the child as an adult. This is the first thing to establish in your process of mental creation. In our next lesson, we shall add another element to your thinking so that from day to day you can add more to your picture.

Women who live in cities may visit art galleries and view famous paintings that may especially attract them. They may also read about and meditate upon the qualities of

strength and spiritual beauty that the artist depicted. Most libraries have books with reproductions of famous paintings. In localities where there are no art galleries, illustrations may be substituted. It is also possible to view collections of famous paintings on the Internet or to purchase prints or miniature replications from museums such as the Metropolitan Museum of Art in New York.

Although some mothers prefer and are able to create mentally the exact faces they wish to meditate upon, others require visual help through pictures. Feel free to select the ideal physical form for your child on the basis of personal preference.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- The home life and environment of the expectant mother, as well as the food she eats and the liquids she drinks, will do much to mold the child's character.

- Almost every human being has some well-developed or talents and inclinations that are secondary to his or her nature.

- You must try to determine what ideals you wish to establish in your child's consciousness. During the next few months, create in your mind an ideal child

- A good place to begin is to think about the child's figure and face. Try to visualize the form and face of your child without regard to the child's gender. You may do this by one day visualizing a face that is pretty in a feminine sense and the next day a face that is strong in the masculine sense. By alternating your mental picture, therefore, you will be doing justice to the real nature of the sex and at the same time adding whatever element may be missing.

- Try not to think about the gender at this point, even if you have a preference, for you might be disappointed and in the process, you would take away something from the child that is vital to the child's well-being.

- To help you with your visualization, we suggest that you cut out of magazines and newspapers pictures of children whose faces appeal to you. You may do the same with pictures of strong men and women. Do this in thinking of the child as a child and also in thinking of the child as an adult.

- If your ideals change or you see better or more attractive pictures, change the pictures and thereby add other elements to the face and figure of your child.

Lesson 4

Music

Music can be a great tool in forming the character of your unborn child. A stereo system or television may be either a pleasure or a nuisance, depending on how you use it. Music for different moods can come to you with the turn of a dial or a push of a button. In the modern world, good music can be found almost anywhere.

Symphonies are especially elevating, but not all music is helpful or soothing. Some selections with their harsh tones and pounding or staggered rhythms can be painful or irritating to the nerves. Your own nervous system should be your guide as to what is pleasing.

Relying on your personal music collection, it should be an easy matter for you to listen to whatever you like when you want to. However, at this time, classical music is particularly helpful. Whenever you are alone during the day or evening and can sit down to meditate, it will be helpful to play selections of classical music.

Many fine recordings are reasonably priced or can be found at a local library. Listen to your selection, concentrating on the music and thinking of your child at the same time; you will be adding to the poetic and musical qualities of your child's nature.

Beethoven's *Moonlight Sonata* and symphonies have long been favorites. At times, however, you may wish to listen to something graceful and upbeat such as the well-known waltz, *The Blue Danube*, by Strauss. Mozart's *E Flat Symphony* is considered by some to be one of the most cheerful and innocently beautiful symphonies ever written. Debussy's *Clair de lune* is another favorite. You may also enjoy minuets, nocturnes, waltzes, reveries, lullabies, hymns, or even marches.

If you don't own these selections, remember that many libraries have music rooms where you may borrow music or you may be able to find free classical music downloads online. If you wish to expand your personal collection, in addition to the selections mentioned, we would also like to recommend:

Minuet in G

Paderewski

Ave Maria

Schubert or Gounod

<i>Spring Song</i>	Mendelssohn
<i>Traumerei</i>	Schumann
<i>Cradle Song</i>	Brahms
<i>Pier Gynt Suite</i>	Grieg
<i>Violin Concerto</i>	Mendelssohn

Of course, it is not be possible to list all of the selections of fine music that you may be familiar with and that you might like to have in your music collection. Your selections are left to your own judgment. However, do not listen too often to those that may cause prolonged moods of sadness, longing, or unrest, since such moods could cause unhappiness in the nature of your child if you allow them to predominate your mind.

It may be that someone in your family plays a musical instrument or that you yourself play one. Perhaps now you can devote more time than usual to this pastime. If possible, you should attend concerts or the theater to listen to classical music. You can also arrange to have relaxing music at mealtime and some soothing selection just before retiring.

In addition to listening to music, you can read books or articles on the lives of some of the great composers. Biographies of Wagner, Liszt, Verdi, Chopin, Debussy, Beethoven, and many other composers are available, as well as books on music appreciation, which should prove both interesting and helpful.

If you see in magazines, or elsewhere, pictures of musicians at the piano or playing a violin or another musical instrument, cut them out and place them where you can look at them and visualize your child as being a musician. A number of such pictures will assist you to visualize your child as having musical potentials and instill in her consciousness the love of music without emphasizing a particular instrument.

No doubt, you are already familiar with the part that music plays in healing. This method of healing, called *music therapy*, came into prominence after World War II when musicians visited numerous veteran's hospitals to help those suffering from the physical and emotional trauma of war. Their success in helping in the rehabilitation process was soon noted and hospitals started to hire musicians for such work. Since then music therapy has found a place in many hospitals. The reports are that patients successfully

respond to the treatment, physically and psychologically. The famous Walter Reed Hospital was among the first to experiment with and advocate music therapy.

Indulge your interest in music for the coming weeks and months to add the element of music appreciation to your child's character. Continue to look at pictures of attractive children and great personalities for the purpose of molding your child's appearance, but also add the element of music to your creative work.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- Music can be a great tool in forming the character of your unborn child. In the modern world, good music can be found almost anywhere.
- Symphonies are especially elevating, but not all music is helpful or soothing. Some selections with their harsh tones and pounding or staggered rhythms can be painful or irritating to the nerves. Let your own preference guide you in your music selection.
- Classical music is particularly helpful. Whenever you are alone during the day or evening and can sit down to meditate, it will be helpful to play selections of classical music.
- Listen to your selection concentrating on the music and thinking of your child at the same time; you will be adding to the poetic and musical qualities of your child's nature.
- Do not listen too often to those that may cause prolonged moods of sadness, longing, or unrest, since such moods could cause unhappiness in the nature of your child if you allow them to predominate your mind.
- If possible, you should attend concerts or the theater to listen to classical music. You can also arrange to have relaxing music at mealtime and some soothing selection just before retiring.
- In addition to listening to music, read books or articles on the lives of some of the great composers. Biographies of Wagner, Liszt, Verdi, Chopin, Debussy, Beethoven, and many other composers are available, as well as books on music appreciation, which should prove both interesting and helpful.
- If you see in magazines, or elsewhere, pictures of musicians at the piano or playing a violin or another musical instrument, cut them out and place them where you can look at them and visualize your child as being a musician.
- Continue to look at pictures of attractive children and great personalities for the purpose of molding your child's appearance, but also add the element of music to your creative work.

Lesson 5

Optimism

Many earlier students of this course reported their enthusiasm regarding our method of idealizing the character of a coming child. They have stated, too, that, by following our suggestions, they themselves have benefited with improved health and a happier mental outlook. We are not surprised, for naturally, we expect that our suggestions will affect the life of the mother as well as mold the character of her child.

You must remember that as you live, so will you establish a world for your child. Even after he is born, he will be so much a part of you that he will absorb from you the ideals and thoughts that occupy your mind, and later he will be influenced to express them in words and action. We endeavor to guide you in your thinking and living so that you can fulfill your highest ideals regardless of your financial or social standing.

This leads to another point. Do not permit the matter of finances to occupy your thoughts too often. Even though you may have financial challenges, try to be optimistic and think of them as merely passing challenges that you can and will overcome. Regardless of how great an obstacle to your contentment financial challenges or any other challenges may appear, you should not consider them as impossible to overcome.

During this period before the birth of your child, challenges or obstacles that at another time you would have admitted were unsolvable should be considered now as important but as solvable. We do not want you to permit thoughts of defeat to reach the ideal character that you are building. We do not want you to transmit to the character of your child the idea that there are challenges or obstacles in life that cannot be overcome.

You can agree with us in a broad sense that there is no challenge in life that cannot at some time or in some way be mastered. It may be true that some of them may take an entire lifetime to solve. It may be only at the close of your life that you will find yourself finally able to conquer some great challenge. But the fact to be remembered is that challenges can be conquered and that most of them will be conquered.

We know what happens to those who believe that the serious challenges of life have no solutions. We meet many every day who are apparently on the verge of success and a complete change for the better in their lives. But they stand just outside prosperity

and happiness. They believe that the obstacles around them are impossible to master. So, they give up their attempts to conquer the things that have overwhelmed them. They are not naturally cowards at heart because there is no great fear backing their timidity. However, they have been filled with the idea that there are certain challenges and obstacles that cannot be overcome and that they are faced with impossible challenges. On the other hand, we find that there are those who simply ignore the possibility that something cannot be accomplished and, thus, find prosperity and happiness.

You do not want doubt and timidity to exist in the character of your coming child. If you permit yourself to look at any of your present challenges as being impossible to overcome or as of such a nature that it is not in the scheme of things for you to master them no matter how long you live, then you are setting a standard of doubt in regard to your mastery of challenges that will find its way into the ideal character which you hope to build in your child.

Therefore, whether they are challenges regarding your finances, home, social life, or career, look upon them as challenges that must and can be solved. It may be that you cannot solve them immediately or even within the next six months. It may be years before you can do so. However, the day will come when you will solve them. After having made up your mind on this, you will be filled with the courageous spirit that will not admit defeat. By maintaining this dauntless attitude, you will instill into the character of your child the same courageous spirit and determination.

If there are challenges that you believe will be too difficult to overcome now, endeavor to set them aside for the present, if possible. You can cope with them after your child is born. Think of the great people in the world who have conquered and overcome obstacles that the average person would consider impossible. In connection with such thinking, remember Dr. Martin Luther King, Jr. However, do not think of him as a man but rather as a character, a soul personality, neither male nor female. Many women in this world have overcome as much as Dr. Martin Luther King Jr., think of Helen Keller and Harriet Tubman. In addition, try not to influence the gendered nature of your child by associating strength of character with either the male or female gender.

Dr. Martin Luther King Jr. had a profound impact throughout the United States by simply believing that oppression, discrimination, and poverty could be overcome through

non-violent means. The youngest Nobel Peace Prize winner at the time, his optimism changed the landscape of an entire nation. His memory remains with us as a great personality striving toward the noblest of goals and paving the way for many great leaders.

We want you to add the quality of mastership to your ideal character. You may look through encyclopedias and magazines to find stories about great characters. Cut out pictures of both men and women who were great in the past. Think about them in your spare moments during the coming weeks and months.

There are many good biographies of great personalities that you may read. Every time you can spend ten minutes quietly, meditate upon how great people have faced seemingly insurmountable obstacles and have eventually mastered them. You will be helping your child to have this same determination of character.

At this time, you might recall the story of Joan of Arc, who, as a strong personality, became the savior of France during the reign of Charles VII, a man who was described as being weak and vacillating. History relates that this nineteen-year-old peasant girl, professing to be guided by inspiration, dressed in armor and carrying a white banner, the symbol of God's service, rode a horse and led the French troops to victory.

You might meditate on the story about the young Native American girl, Sacagawea, who, with her baby on her back, led the famous Lewis and Clark expedition westward, halfway across the continent. She is credited with having saved the lives of this group of courageous explorers by guiding them safely through many hazardous experiences. Through her knowledge of plant life and herbs, she cured their illnesses and saved them from starvation.

Another brilliant torch for humankind to admire is that left by George Washington Carver. He confronted problems that seemed beyond the possibility of solution. Yet he conquered them. Born of slave parents, barred from schools, he nevertheless became highly educated and served on the faculty of a college for white students. Later, he took his place as a leader among scientists and served all races.

You will want your child to fit into a new world of peoples of all races who live in peace and understanding. Therefore, you should pay attention to meditate upon the personalities who used their mastership to serve the world and humanity and who strove for tolerance, peace, and equality.

You may notice that some of the pictures you have viewed to aid you in character building will be helpful in this discussion. You might have seen Raphael's *St. Michael*, in which the Archangel Michael is portrayed as a boy who triumphs in battle with ease and grace. Or you may have a postcard or print of Michelangelo's *David*, the unlikely hero who defeats Goliath. Explore art that inspires you to overcome obstacles.

For further study as the months progress, stories about various persons who have demonstrated their power to rise above challenges and who especially appeal to you may be added to your reading list as an aid to visualization.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- You must remember that as you live, so will you establish a world for your child. Even after he is born, he will be so much a part of you that he will absorb from you the ideals and thoughts that occupy your mind, and later he will be influenced to express them in words and action.

- We do not want you to transmit to the character of your child the idea that there are any challenges or obstacles in life that cannot be overcome. Therefore, whether they are challenges regarding your finances, home or social life, or career, look upon them as challenges that must and can be solved.

- Think of the great people in the world who have conquered and overcome obstacles that the average person would consider impossible. In addition, try not to influence the gender nature of your child by associating strength of character with either the male or female gender.

- We want you to add the quality of mastership to your ideal character. You may look through encyclopedias and magazines to find stories about great characters. Cut out pictures of both men and women who were great in the past. Think about them in your spare moments during the coming weeks and months. You will be helping your child to have this same determination of character.

- You will want your child to fit into a new world of peoples of all races who live in peace and understanding. Therefore, you should pay attention to meditate upon the personalities who used their mastership to serve the world and humanity and who strove for tolerance, peace, and equality.

Lesson 6

Inner Strength

In the previous chapter we introduced the topic of great personalities. To our list of greats we should add Sarah Bernhardt. There is no question but that she was one of the most beloved women of the whole of Europe if not of the world. Her character and personality won everyone to her.

Many years ago, an official of the Rosicrucian Order, AMORC, saw her when he attended a benefit performance at a theater in New York. The proceeds of the benefit were to go to an actors' fund for charity. Many prominent actors and actresses gave their voluntary services that night, and the tickets sold for enormous prices.

Sitting near the front of the theater, the official noticed Sarah Bernhardt in one of the boxes close to the stage. It was obvious to him that she was very tired. Her strenuous tour engagements throughout the United States and Europe had left her exhausted. In the bright lights of the theater, she looked old and weary.

During the program, the dignitary who was introducing the eminent personages present recognized Madame Bernhardt and asked her to come up on the stage and speak the lines of one of her dramatic characters. She was assisted to step over the rails of the box and onto the stage.

As she walked to the center, everyone present realized how old and tired she was. However, as she faced the audience, her entire countenance changed. The great dramatic power within her rose up in a masterful way, and, in the twinkling of an eye, she was transformed from an old woman into the living, vital, magnetic character of one of her plays. In a voice free of trembling and filled with sparkling magnetism, she acted the part of the character she was presenting. No longer was she Madame Bernhardt. She became wholly another personality. The house was spellbound. Deep silence prevailed for the twelve minutes that she performed.

To the last day of her life, Sarah Bernhardt's inner strength and the power of her personality animated and transformed her when they were called upon. Reading about her life is sure to inspire you.

Born in circumstances that were unpromising and with many enormous obstacles to overcome, she nevertheless gained worldwide renown. Enemies who condemned and criticized her in the height of her career could do nothing to detract from her success.

There were other famous women whose lives tell the story of determination and mastership. Take the achievement of Marie Curie. The story of her life remains a fascinating and almost incredible account of obstacles that with perseverance and determination were overcome one by one.

It will pay you to take one personality at a time to meditate upon. Keep in mind that the future that lies before all of us is going to be filled with opportunities for mastership. The future looms with possibilities and many fields of exploration seem endless.

In the mental field that is less understood than perhaps any other, there are unlimited opportunities for exploration and discovery. This is also true in the business, scientific, and technological worlds, where many who struggled in the past are today demonstrating great ability as leaders. The future is filled with challenges, but it is also bright with promise for those who have determination and the ability to ignore the common obstacles of life.

World leaders are striving to unify nations and minds. This is true despite current conflicts and global tensions, for these are merely symptoms of changes that are in the making. The population of the world waits to be educated in all of the various factors of world citizenship. Many phases in education must be planned and evolved. Educational programs must be inaugurated and carried out. New governments must be outlined and brought to birth. The cry for a universal language must be satisfied. The meaning of community must become implicit in the actions of all humankind everywhere.

The child of the future will build on the foundation now being laid. Your child will be one of the citizens of a future that promises much, but which also demands much in the way of ability and character. For your child, there will be both challenges and opportunities.

Your child will be born in one of the most propitious periods in the history of civilization, for we are riding the crest of a new wave of mental accomplishment and scientific advancement. There is every reason to expect a spiritual renaissance as well.

It is fortunate that this new cycle does not take into consideration social standing. It does not offer its opportunities only to the child whose background represents social and economic advantages. The new world of this new cycle cares nothing about the social or financial positions of the younger generation. It offers golden opportunities to those with mental ability and the character to make the most of them.

Think how fortunate it will be for your child to live in a world that offers unlimited opportunities. It should encourage you to visualize your child as a master of business, science, or art. You should be able to feel that already your child is being acclaimed for her accomplishments, and that even now your child is on the path to success and happiness. Never allow any doubt about your child's health, abilities, or success to come into your mind. Regardless of what the parents have been able to attain in this life, their child is going to accomplish even more if loving guidance and character building are administered correctly.

To the parents, a child's success and happiness are infinitely more meaningful than their own. In contrast with their child's future, their own disappointments and failures appear insignificant. Any success or good fortune of their own is nothing compared with their hopes for their child.

Keep this in mind during the coming weeks. In the next lesson, we'll take up other important points that have to do with the molding of character.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points you as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- In the previous chapter we introduced the topic of great personalities. There were many other famous people whose lives tell the story of determination and mastership; Sarah Bernhardt and Marie Curie are two examples.

- Meditate upon one great personality at a time. Keep in mind that the future that lies before all of us is going to be filled with opportunities for mastership.

- The future is filled with challenges, but it is also bright with promise for those who have determination and the ability to ignore the common obstacles of life. The child of the future will build on the foundation now being laid. Your child will be one of the citizens of a future that promises much, but which also demands much in the way of ability and character. For your child, there will be both challenges and opportunities.

- Your child will be born in one of the most propitious periods in the history of civilization, for we are riding the crest of a new wave of mental accomplishment and scientific advancement. There is every reason to expect a spiritual renaissance as well.

- Visualize your child as a master of business, science, or art. You should be able to feel that already your child is being acclaimed for her accomplishments, and that even now your child is on the path to success and happiness. Never allow any doubt about your child's health, abilities, or success to come into your mind. Regardless of what the parents have been able to attain in this life, their child is going to accomplish even more if loving guidance and character building are administered correctly.

Lesson 7

Truthfulness, Logic, and Understanding

While you are visualizing the physical and mental attributes of your child, there is one quality that should be given emphasis throughout the entire period of waiting. This is the quality of truthfulness.

You know that in every human being there is an instinctive liking of truth and a dislike of untruth. We do not mean by this that the average man or woman whom we meet on the streets or in public never tells a falsehood. There are millions who do not hesitate to tell falsehoods. At the same time, however, they detest untruthfulness. They especially abhor the kind of untruthfulness that makes a person absolutely useless to society and a constant source of trouble in the world.

The average person, who will not hesitate to tell a falsehood in regard to some unimportant matter, is reluctant to tell an untruth in regard to something important. For many people, however, truth and untruth are flexible, and they've never seriously considered the importance of truth.

Most of us find it necessary upon occasion to either avoid giving a direct answer to a question or to modify our answer somewhat because we wish to avoid hurting someone's feelings. We call this being tactful. These are the little white lies that we do out of compassion.

However, we all appreciate the merits of frank, honest, and straightforward speaking. We want this in our personal relationships and we certainly want it in the media.

There is one danger in straying from the truth even in small ways. As a result of untrue statements, misunderstanding, misfortune, and even genuine suffering may be brought to innocent people who have relied upon the statements made. Since there is a natural law of justice that in time balances all matters—The Law of Compensation or the Law of Karma—the person who creates and spreads falsehoods must eventually pay for them by his or her own suffering. The Law of Compensation should be taught to children early in life and should be thoroughly understood by the parents.

When we say that we want you to instill the idea and quality of truthfulness in your child, we mean truthfulness in its broadest sense. The child should always give a truthful answer to a question. The child should also be truthful to himself and to the world in all thoughts and actions.

We suppose you know that there are millions of people in the world connected with religions, mystical societies, and schools of philosophy who go to public lectures and private classes, listen to various programs on the radio or television, and do a variety of reading because they are seeking for what they call *truth*. They are seeking for the facts of life, for real knowledge regarding all of the important things of our existence. This is a broad interpretation of the word *truth* and it is the interpretation we want you to keep in mind as you wait for your child to be born.

In order to learn the great truths of this life and to understand them, one must be ready for truth. One who is narrow in thinking, bigoted in beliefs, and prejudiced in ideas and ideals is never ready for the truth. Such a person goes through life constantly bemoaning the fact that life is difficult and that there are many obstacles and sorrows but few joys. It's possible for an individual to go through life without ever realizing that their bigotry, bias, and prejudice have closed hundreds of doors that would have lead to great knowledge and happiness.

We are sorry to say that a person who is born into one denomination of a religion and who goes to service regularly and follows the sermons, but never attends any other religious service or reads any of the sacred books of other religions, will have a hard time knowing the great truths of life. No one religion today has all of the truth, and no one school or system of philosophy has all of the truth. The well-informed, happy, and successful person is broad enough to find truth everywhere and in everything. One of the great poets has said that there are sermons in stones and babbling brooks. Out on the hillside or mountaintop, or in the plains or valleys, the observing person who is not prejudiced or bigoted will find many wonderful sermons and lessons.

We believe that you are broad in your thinking and beliefs, for if you were not you would not be reading this course. Perhaps you know from talking with other mothers or other people that there are many who would not take up a course of study like this. They would not give one minute of their time to thinking about such things. They would

tell you that you are wasting your time and that you cannot regulate your infant's nature before she is several years old. Their statements prove that they have had no knowledge or experience with this matter and that they are speaking from a viewpoint that is prejudiced. Of course, you can see that their attitude is keeping them in the dark in regard to many things that they should know. However, it is gratifying to observe, that more and more psychologists and physicians are granting that psychological factors do have a part in the formation of the unborn child's character and physique.

Since you are willing to investigate, test, and try all things that may be good, you surely want the same attitude to manifest in the character of your child. Therefore, we suggest that you follow the ancient Greek method that proved so successful and still is an excellent plan.

Every time you have a chance to go out walking or to sit near a window, look up at the sky, trees, and other beautiful creations of nature and concentrate upon what you see. Watch how the clouds go by and observe how the wind affects the trees and grass. Notice when it rains that the water is welcomed by everything that grows.

At night, look at the stars to see if you can pick out some of the larger ones. Notice constellations and see if you can identify any of them. Try to think of yourself as being up in space, among the clouds, in the part of the world where only Cosmic laws are evident.

If you can get near the water and watch a river, brook, or lake, notice how the waves and ripples are caused by the wind and how the water beats against the shore. Think of the fish and the various forms of life that exist in the water and visualize what their world is like to them. You will be attuning yourself with nature's plans and laws.

Think of your child as being a part of this wonderful universe; think of his soul as being of the essence of this great space above Earth. Out of the clouds and the stardust will come from the Cosmic a personality that will be a joy and blessing to you and to the world. This soul personality will arrive without any biased thoughts or prejudices and will be ready for great truths. It will believe in truth and will dislike untruth.

As you contemplate the universe of planets and stars, remember that these same planets and stars and the Sun and the Moon serve the people of foreign lands and arouse in them the same feelings, thoughts, and emotions that you yourself are experiencing.

While meditating upon the wonders of the universe, do some deep breathing. The air, charged with Cosmic power and with living, healing, and cleansing properties, was created by the Master of all things and is being breathed everywhere by all living things on Earth. No life could exist without it. It is the one thing that is universally free to all, for humankind has not yet found it possible to control and commercialize.

Keep these thoughts in mind during the coming weeks. Do not dwell upon the material, small things of life, but instead center your thoughts upon the greater, immaterial things of the universe. This will be both interesting and helpful in molding the character of your child.

Along with truthfulness, we also want your child's mind to manifest what is known as the quality of logic. We focused earlier on the effect of the biased mind and how it shuts out much of the truth in the world. You also need to spend some time thinking about the quality of the mind that causes one to analyze and examine every fact and principle. You often hear it said that many persons do not think or reason as they should or else they would not make the mistakes they make or get into the trouble they so often do. The truth of the matter is that very few of us use all of our mental faculties, especially the faculty of reasoning.

If you get into the habit of analyzing your daily actions—giving serious thought to why you do what you do—you will be instilling the quality of logic into the mind of your unborn child. Pay special attention to your critical thinking for the duration of your pregnancy. Ask questions, become a walking question mark.

Another faculty to pay attention to is the compassionate understanding of differences. We do well to remind ourselves that studying different cultures of the world in an effort to understand their ways of thinking and living is a key to establishing a permanent international peace. People often get their feelings hurt—even by people of the same nationality—because of the misinterpretation of actions or words.

Anyone who has studied a foreign language knows how easy it is to convey a wrong impression by inadvertently selecting the wrong word. Our own misinterpretation

of words can also cause problems. We know how easy it is to offend another person, even when we're using our native language while speaking to those whom we know well. Is there any wonder, then, that those foreign to each other in one or more ways often misunderstand each other?

One of the members of our Child Culture staff once attended a series of lectures given by a foreign teacher of divinity. This teacher's life work was to teach truth. He was not only well trained in philosophy in his own language, but he was also highly educated in good schools and expressed himself fluently in English. However, he often used certain words in inappropriate ways. For example, he frequently referred to individuals in his class or audience as a "fool" after he had been asked a question. What he meant, no doubt, was that the person was uninformed on the matter about which he sought information. To many of the listeners, however, the foreign teacher's saying, "You are a fool," or "He is a fool," seemed insulting and out of place.

As we analyze this problem of communication, we are using the qualities called logic and understanding. These are certainly qualities that you will want your child to have. A logical mind enables one to understand others.

Spend some time in the coming weeks thinking about the qualities of truthfulness, logic, and compassionate understanding that you would like your child to have. You can alternate between thinking about and visualizing your child's physical appearance and her mental qualities.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- In every human being there is an instinctive liking of truth and a dislike of untruth. To most people, however, truth and untruth are flexible, and they've never seriously considered the importance of truth.
- There is a natural law of justice that in time balances all matters—The Law of Compensation or the Law of Karma. The Law of Compensation should be taught to children early in life and should be thoroughly understood by the parents.
- When we say that we want you to instill the idea and quality of truthfulness in your child, we mean truthfulness in its broadest sense. Children should be truthful to themselves and to the world in all thoughts and actions.
- In order to learn the great truths of this life and to understand them, one must be ready for truth. One who is narrow in thinking, bigoted in beliefs, and prejudiced in ideas and ideals is never ready for the truth.
- Every time you have a chance to go out walking or to sit near a window, look up at the sky, trees, and other beautiful creations of nature and concentrate upon what you see. Think of your child as being a part of this wonderful universe.
- Get into the habit of analyzing your daily actions—giving serious thought to why you do what you do—and you will help instill the quality of logic into the mind of your unborn child. Pay special attention to your critical thinking for the duration of your pregnancy. Ask questions, become a walking question mark.
- Another faculty to pay attention to is the compassionate understanding of differences. We do well to remind ourselves that studying different cultures of the world in an effort to understand their ways of thinking and living is a key to establishing a permanent international peace.
- Spend some time in the coming weeks thinking about the qualities of truthfulness, logic, and compassionate understanding that you would like your child to have. You can alternate between thinking about and visualizing your child's physical appearance and her mental qualities.

Lesson 8

Relaxation

There is an exercise that we would like you to do this week in addition to the other things that you've been doing as part of this work. When you have an opportunity to be alone for a few minutes, sit down and relax in a comfortable position with your hands in your lap but not touching. Then concentrate your mind on your abdomen and the interior of your abdomen until you feel a warmth developing all through the central part of your body. The warmth may be very slight, but it is not the warmth that is important. It is the fact that your mind is concentrated upon that part of your body. With your mind thus concentrated, begin to think of vitality, health, and strength. Feel how relaxed you become and see if you cannot feel a vitalizing power going to the muscles and tissues of your body.

The first three or four times that you try this exercise, you may not sense any warmth or vitality; but if you try it for about five minutes at each sitting and try several sittings a day, you will find before the week is over that you are able to sense some warmth and a tingling vitality through the central part of the abdomen, including the womb and the developing parts of your body. *This experiment should be continued every week for the duration of your pregnancy.* There will be others to do at a future time as well.

One of the important things that you will be called upon to do at the time of the delivery of your child will be to relax and cease to worry or to exert any physical effort, except when you are instructed to do so by your physician. It may seem to you and to a great many others that relaxing is a simple thing and does not require practice. The truth is, however, that relaxing is one of the most difficult things to do.

Very few people relax completely during sleep. Yet a person should be thoroughly relaxed in order to get any benefit from sleep. This failure to relax is responsible for so many having no real rest during their sleeping hours.

One reason that adults do not relax completely is that they go to sleep with their minds filled with worries and concerns. These troublesome thoughts are carried over into the sleeping state. The mind is restless and causes the body to come back to the

borderline of awakening every ten or fifteen minutes. You can see that there is no real rest during such a state.

We are eager to have you begin the practice of relaxation now so that you will sleep and rest better. At the same time, you will be prepared for those few minutes of complete relaxation when the time comes for the delivery of your child.

It is difficult to tell another how to relax, and it can be suggested only by comparison with other familiar states of the body. Certainly, the body should be heavy and seemingly lifeless and motionless during relaxation. There must be a complete absence of tenseness in any of the muscles of the body or in any of the thought areas of the mind. Therefore, thinking about or concentrating upon the thought of relaxation interferes with relaxation because it keeps the thought areas of the mind tense and active and makes complete mental relaxation impossible.

You can see that one of the first essentials for relaxation is a mental and physical attitude of abandonment. The moment one lies down or sits down for relaxation, that person should assume the mental attitude of abandoning all thought, all action, all consciousness of everything. One must become simply a nonentity so far as the consciousness is concerned.

Undoubtedly, the best method for practicing relaxation is to lie flat upon a couch, a bed, or even the floor without any pillows under the head and with the arms outstretched at either side. The feet should be separated a few inches and the eyes closed. In such a position relaxation follows in a few minutes whether sleep results or not.

We suggest that you experiment with this method of relaxing during the coming weeks. Try it every morning and afternoon whenever you have ten or fifteen minutes to yourself. Of course, the clothing should be loose and comfortable and the body should feel perfectly at ease in this position. There should be no disturbing factor to keep the mind active.

Should you fall asleep or feel as though you are going to fall sleep, say to yourself, just as you lie down, that you are going to relax for only ten or fifteen minutes. Then give no more thought to the time, but merely allow your consciousness to become inactive and your awareness of yourself to disappear completely. Should you fall asleep

under these circumstances, you will awaken in ten or fifteen minutes in accordance with the thought that you held in your mind when you started your period of relaxation.

Practicing this technique at night upon retiring should give you a better night's sleep than you would have otherwise. After a few weeks of practicing this method of relaxation, you will find that you can relax easily and that all of the muscles and tissues of your body seem to be loose and lacking in tension. Needless to say, this will be an excellent help when the important time comes.

In addition to this exercise, keep up the other exercise of concentrating for health and strength in the abdomen of your body. Remember, also, what we have said about eating, thinking, and reading. Next week, we shall take up some other important matters that will improve your health in other ways.

These lessons are not intended to be long and serious. They are brief and to the point, covering certain essentials in their proper sequence throughout the period of waiting. They are intended to produce certain mental, physical, and spiritual effects. By following the advice in each lesson and continuing with the ideas suggested in previous ones, you will be carrying on a system of personal help and development in regard to your own well-being and that of your child. When this system of instruction is ended and you are ready to enjoy its practical benefits in the actual presence of your child, you, your family, and friends will be agreeably surprised.

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- Practicing this technique at night upon retiring should give you a better night's sleep than you would have otherwise.

- Practice relaxing and keep up the exercise of concentrating on health and strength in the abdomen of your body.

Lesson 9

The Wonderful Process

It is important now to speak about the wonderful and mysterious processes that are taking place in the formation of your child's body. We want you to recognize how nature carries out its plans so that you will truly appreciate the privilege and blessing of motherhood.

Too often mothers look upon pregnancy as merely a mechanical process, and they have not really considered the methods that nature uses to bring about the birth of a new being.

We do want to call your attention, though, to one significant fact that you may think about or reject as you choose. This is that the embryo growing within the womb of the mother passes through many stages of evolutionary development. A few weeks after conception, an examination of the embryo discloses that it is difficult to tell the difference between the human embryo and that of many other forms of animal life. This proves that all living creatures pass through a similar fundamental stage in the purely physical or material sense.

This does not mean, however, that because the human embryo at a certain stage looks identical with that of another animal that there is no difference between the two and that it is all a matter of further development. From the moment of conception to the last moment of development, there is always a human element present in the embryo or fetus.

Every hour of your life at the present time brings about a further development in your child. We do not wish to take the time to describe to you the thousand and one little improvements and developments which come into existence every few hours or every few days during these weeks or months while you are waiting for your child's birth. There are a number of excellent books on the market that do just that. Suffice it to say that each hour is adding to your child's strength and size and to the development of the organs.

Some organs are formed rapidly in the early stages of development, but some do not take definite shape until later. Some are larger in proportion to the size of the body than they are after birth and in adulthood. For instance, the pituitary gland, in the head is

large in the embryo in proportion to other organs and in proportion to the head itself. But at birth, the pituitary gland ceases to grow. As the rest of the body grows, the pituitary gland becomes smaller in proportion, until in adulthood it is very small compared to the physical body.

Some of the most marvelous chemical and physiological laws and principles are being worked out in the development of your child's body. For example, science has been trying for hundreds of years to discover the exact nature of the cells that produce hair. However, early in the pregnancy, these little hair cells are already beginning to form in the body of the unborn child and later, during the development of the fetus, they start producing hair.

There are other cells that produce fingernails and others which produce the bone and soft tissues. Think of the complexity of the process involved in developing the human eye! At the beginning of its development in the embryo, the eye is merely a large protrusion. Yet nature gradually forms it into one of the most marvelous tools of the body.

You should feel honored and truly blessed to have the privilege of supporting the temple in which your child is being developed and made ready for his earthly life. Of course, there are many responsibilities along with the joys. However, this can in no way minimize the privilege. Many women grieve because they are unable to have a child.

It is especially important that you take good care of your health at this time. Be careful of what you eat and be sure that you get plenty of exercise and rest. Remember that the food you eat must supply through your blood the chemical elements composing the body of your child. All of that tiny body, from the bones to the outer tissue to the delicate membranes of the eyes to the cells of the nerves, must be formed out of the elements in the food you eat. If you do not supply the proper elements, some parts of the body will be weaker than others.

You should be sure that plenty of greens are included in your diet, because the iron and other mineral elements contained in them help to make important parts of the body. Your baby needs iron not only to build his blood but also to store a reserve supply in his liver for the first few months after birth. Spinach, broccoli, and cabbage are all good sources of iron, as well as folic acid, which is important as the nervous system is forming.

They should be eaten raw, as should many other foods that are edible uncooked. Boiling spinach and throwing away the water means throwing away much of the nutritious elements. To help your body absorb the iron, eat foods rich in vitamin C, like oranges.

It seems timely to mention the benefits of the lowly dandelion, commonly referred to as a weed. A few of the minerals to be found in this plant are silicon, which helps to form muscles, blood, nerves, skin, hair, and nails; sodium, which causes lime and magnesium to remain in solution and thereby helps to prevent gallstones and the hardening of arteries; and magnesium, which builds bones and gives teeth their ivory surface. Raw dandelion also contains pepsin, which in pure form in the stomach becomes alkaline as the food passes out of the stomach. It is often deficient in the human body, causing improper digestion, which can lead to disease and blood conditions.

Dandelion greens may be served as a salad or they may be chopped up and mixed with other salad vegetables. If you live in an area where dandelions grow and they are in season, it's a good idea to enjoy some on a daily basis. If you pick your own, make sure you're picking them in an area that has not been treated with lawn chemicals or pesticides.

You'll also need to drink plenty of water so that the organs of your body will be kept flushed and cleansed. Internal bathing of the kidneys and bladder cannot take place unless you drink plenty of water each day. Water intended for internal bathing should be drunk first thing in the morning and between meals. Avoid caffeinated beverages and stay away from alcoholic beverages completely.

Plenty of normal exercise will be helpful so long as you do not overstretch the ligaments of your body. Do not lift heavy objects. Walking and regular movement are good exercise.

Before laying aside this lesson, review your part in the building of your baby's body by means of food, water, sunshine, and fresh air. Meditate upon the mystical principle working within you. Meditate, also, upon the harmony, rhythm, and movements of the entire universe. Think of the swaying of trees, the rotating of Earth, the planets, and the stars, the movement of the waves in bodies of water. Think about the Cosmic rhythms that are so closely a part of you—your breathing, the beating of your heart, the flowing of your blood. Remember the part they play in building the small body-temple within you.

Summary of This Lesson

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- From the moment of conception to the last moment of development, there is always a human element present in the embryo or fetus.

- Every hour of your life at the present time brings about a further development in your child.

- Some organs are formed rapidly in the early stages of development, but some do not take definite shape until later. For instance, the pituitary gland in the head is large in the embryo in proportion to other organs and in proportion to the head itself.

- It is especially important that you take good care of your health at this time. Be careful of what you eat and be sure that you get plenty of exercise and rest. Remember that the food you eat must supply through your blood the chemical elements composing the body of your child.

- You should be sure that plenty of greens are included in your diet, because the iron and other mineral elements contained in them help to make important parts of the body.

- You'll also need to drink plenty of water so that the organs of your body will be kept flushed and cleansed. Avoid caffeinated beverages and stay away from alcoholic beverages completely.

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Lesson 10

Forming Healthy Habits

The fact that a child is born of healthy parents does not mean that she will be so strong in body that she can fight any infant disease. But a child born of unhealthy parents will have a more difficult time fending his way through the early stages of infancy.

There are many diseases and conditions that may affect a child during her first six or twelve months of life that have nothing to do with any inherited physical weaknesses. A child born of the healthiest parents in the world is also likely to contract infant diseases. But, if the parents are educated as well as healthy, there is a far less likelihood of this.

In addition to the education necessary for caring for your child after birth, there is prenatal training and protection that you as a mother can give your child before birth. We believe that you will give your child every advantage after birth so far as cleanliness and other factors that have to do with his environment are concerned. It is not a question of money, a fine home, nurses, doctors, or housekeepers. A child born of intelligent parents in a humble home on a farm or in a small apartment in a city can have a clean and wholesome environment even if the floors are only scrubbed wooden boards.

We know that you will seek the best advice in regard to nursing and feeding your child and that you will keep her food, playthings, clothing, and body clean. You will do all this after the child is born. However, there is much that you can do right now to give him a healthy body and to instill in him a tendency toward hygienic habits and cleanliness.

This lesson will focus on this subject. We shall take one important point at a time. We have mentioned before that books by doctors and child experts are readily available online, in local bookstores, and at local and state libraries. Also, there are often useful articles in current parent's magazines. Your healthcare provider can make some recommendations on which books to study so you'll be prepared to care for your baby once the child arrives. We'll focus here on what you can do *now* to make a difference in your child's health.

Let's begin by considering the bones or skeletal structure of the baby's body. A great many children are born deficient in elements that provide strong bones and good

teeth. This is often due to the mother's poor diet or lack of proper healthcare during pregnancy.

We've already emphasized the necessity of eating plenty of green foods such as broccoli, dandelions, and spinach. This is so important that it bears repeating. The ideal is to eat these greens raw and fresh. If you can't obtain raw spinach, the packaged frozen variety will do nicely. Even unsalted canned spinach will be of some benefit. Celery is readily available throughout the year. Asparagus is also rich in vital elements. Many greens can be obtained throughout the year. Raw carrots chewed thoroughly are especially nutritious.

The important thing is to eat foods that contain plenty of calcium and iron. Be sure to consult your doctor about your diet for any possible deficiency. It is not the quantity but the quality of food that counts. If you follow such a diet as we have suggested in addition to eating the other foods that you enjoy, you will be giving your baby every advantage in building up a good strong bone structure.

If you have not had your teeth examined since your pregnancy, you should visit your dentist. Modern dentists are also interested in the prenatal care of baby teeth through the mother's diet. Your dentist will explain to you how the baby's teeth begin to form in his jaws about six months before birth and how they keep on developing during the entire period of childhood. Having this in mind, try to think of your child now as being in the process of forming the beginning of a set of good, strong, beautiful teeth.

While brushing your teeth and flossing, concentrate on the thought that your child will inherit the habit of liking to clean his teeth. Think that you are doing one of a number of things to keep your body clean and healthy, think of the necessity of such cleansing. Do not think of it as a prevention of disease but as something that contributes to health, something that is invigorating and wholesome.

Mark Twain said that there is nothing finer in life than the sensation of cleanliness. Recall this as you brush your teeth or during any other hygienic act and think of your child inheriting this desire for cleanliness from you.

You have probably noticed that some children seem to be naturally clean. We are sure that you would want your child to be naturally clean also. We have seen children who cried the moment their hands or bodies became dirty, and they wanted immediate

attention and cleansing. On the other hand, there are children who can lie in absolute filth for hours without a murmur.

Instinctive cleanliness is inherited, although the desire for cleanliness can be acquired. When it is inherited, it is so complete and thorough that it is a great factor in the maintenance of health. If you add this thought and practice to your work in addition to other things that we have suggested, you will be making an important contribution to your child's health.

It may seem to you that this attention to habit formation in the child will take too much of your time. However, since these duties are part of your personal life, it is only a matter of thinking of these habits as being a part of your child's habit pattern as you perform them yourself.

Another valuable practice to be discussed is the matter of bathing. We are not presuming that you should be told to bathe properly and often. We are quite sure that you are aware of the importance of doing so and have made it a serious practice. But we do wish to tell you something about bathing in connection with the transmission of this habit to your child.

You are probably aware that the skin of your body is constantly renewing itself. The outer cuticle of the skin today is not the same cuticle that you had a few months or a year ago. The outer skin constantly dries and forms itself into little flakes that easily wash or fall off. They must be removed by bathing if the body is to be healthy. As these flakes of cuticle dry up and separate from the body, new cuticle is formed beneath them.

On the other hand, poisons and even gases must escape through the pores of the body. When perspiration, dust, or dirt of any kind clogs the pores, the skin cannot be healthy. If allowed to continue too long, little eruptions will form. Therefore, the idea of bathing is not merely to remove all visible dirt, but also to remove from the outer cuticle the little flakes of dead skin that are almost invisible, and at the same time to cleanse the pores with soap. Then with vigorous rubbing with a dry towel, the skin is invigorated and brought to a healthy glow.

While you take your bath or shower, focus on the purpose of this daily practice. Do not have the water too warm to start with, nor should it be cold. Water that is a little warmer than the temperature of the body will help to cleanse the pores and wash off the

dead scales of dry skin. After you have used plenty of soap and warm water and rubbed your body well, rinse with cooler water up to a point where you do not actually chill yourself. All the time you are bathing, concentrate upon what you are doing. Think of the cleansing nature of a bath and that you are assisting nature to get rid of the dead tissue and unnecessary elements of your growing body. Then enjoy your bath or shower! Think of your child as wanting to bathe, asking for a bath, and enjoying it. Then you will be instilling the thought and habit of bathing in the mind of the infant that is to be born.

We have seen babies who have fought against water and were frightened by it. This makes it difficult for parents. It is even dangerous since the child may fall and hurt herself in the tub or may fight herself free from the grasp of the parent. Some children have inherited this fear of water. Either the mother was frightened by water, by a fall in the tub, or by slipping while bathing, or she did not have the proper mental attitude while she was bathing.

Too many people bathe because they think it is absolutely necessary. They begrudge the time spent and the fact that it upsets the routine of their daily lives. Therefore, they take their daily bath or shower with a wish that they could avoid it without being unclean. This reluctance and mental attitude transmit themselves to the child with the result that the child does not like bathing and grows into childhood trying to evade it. Consequently, he may grow into adulthood without a proper appreciation of personal cleanliness.

Of course, incidents may occur after the baby's birth to cause her to fear water. She may be frightened by something at the time she is placed into the water; the water may be too cold or too warm; or she may accidentally get soap in her eyes. Any of these things may create an unpleasant association with the bath, but with loving support from her mother a child can overcome these associations

In the matter of desirable habits for your coming child, check also your own eating habits and take the attitude toward food that you would like your child to have. This attitude will be even more important after your child is born, for babies are great imitators and sense the feelings and attitudes of those who are around them. Food, therefore, should be appreciated. If tastefully served to a healthy, normal being, it should

be enjoyed. If someone is allergic to some food, it should not be served to them, and no comments should be made. It also should be remembered that cheerful conversation at the table is good for one's digestion.

In conjunction with correct eating, bathing, and other matters of health, remember that the inside of the body should be cleansed continually. This is accomplished by drinking plenty of water between meals to keep the kidneys and bladder flushed and to provide sufficient liquid for the natural internal cleansing processes of the body.

Now is a good time to consider how you will feed your infant. Many physicians stress the importance of breastfeeding. In fact, there has been a great deal of scientific research over the past several years showing that there are great benefits to the baby that come from breastfeeding. This is the ideal way to feed an infant. It's important for you to inform yourself as thoroughly as possible and give serious thought to breastfeeding your child.

However, for a variety of reasons, some women are unable to breastfeed. If, for some reason you are unable to breastfeed, make sure that you give your baby infant formula recommended by your doctor.

As the eventful day approaches, no doubt you are beginning to wonder about many matters. We have said before that although humans are the highest type of creation in the animal kingdom in a mental and spiritual sense, they are still typical of the animal kingdom in a material sense. Humans are essentially water animals. They may be evolving from this type and perhaps some day be placed in another classification. Now, however, humans are conceived and born in fluid. We suppose that you know that the entire process of conception takes place in fluid and that the human embryo develops and grows to a mature form in the womb in fluid.

This explains many things that are peculiar to a human's life. Being essentially an animal of the water kingdom, both the child and the adult manifest a preference for an environment that is near the water.

All great centers of civilization had their start along the banks of rivers or creeks or along the shores of oceans. Primitive humans always sought the water's edge, first, because they needed and loved the water and were naturally drawn to it; second, because

they felt safer along an expanse of water than they did in the woods; and third, because water helped them travel.

You must realize that your child at present exists as a water animal in a very natural environment. The marvelous thing about this is that the young fetus can float in this bag of water, yet none of the liquid can enter the fetus' lungs. It is not until the child's mouth takes the first breath that the lungs open and it is possible for water to enter. By that time, the child is out of his liquid environment.

The water surrounding the unborn child affords an easy means of movement for her body and provides protection for her. At some point in your pregnancy you'll begin to feel your child's moving and turning. His floating position in the liquid permits him to revolve in almost any direction. Your physician will attempt to turn the child to the proper position just before birth so that her head is in the lower part of the abdomen and in the right position for an easy, natural birth. This is a relatively painless and simple thing for the doctor to do. In the majority of cases, the child's body assumes this natural position during the delivery. Occasionally, a child is born in a different position; but even this is no longer considered a very serious matter.

The most natural birth, of course, is one in which the child is born immediately after the water from the womb is evacuated. When the contractions begin and the water breaks simultaneously, the birth occurs easily and quickly. But this seldom happens nowadays since the average birth follows the release of the amniotic fluid by several hours.

Many mothers anticipate the contractions to be the most undesirable feature of birth. The truth is that these are merely nature's contractions and relaxations of the various tissues and muscles that surround the womb and the abdomen. They are periodic, with gradually lessening intervals between them. These intervals permit the mother to rest and regain her peace of mind and body prior to the next contraction and relaxation of the muscles.

Each contraction and relaxation moves the body of the child into a slightly different and downward position. What you need to know is that all of the tissues and muscles that hold the abdomen, womb, and other organs in position become elastic, flexible, and relaxed to such an extent that they will stretch to enormous lengths. The

moment the child is born, these same muscles and tissues cannot be stretched to the same degree that they stretched during the process of birth.

If it were possible for surgeons to stretch these muscles during surgical operations to the extent that nature permits them to be stretched during birth, it would be very helpful. What actually takes place in these muscles and tissues during the period of labor is part of the birth drama. To think that tissues and muscles which will stretch only a half-inch under normal conditions will stretch four or five inches or more without injury or difficulty during the process of birth is truly a marvelous thing.

You should not think of these contractions as causing discomfort. Rather, think of them as nature's aid to the miracle of birth. Many mothers will tell you frankly that the last thing she remembers about the birth of her child is the contractions that she had. She may have feared and thought about them more before birth than she has since then. Of course, there are cases where labor has been prolonged unnecessarily, but these are not average instances, and it would be a good idea to avoid dwelling on these cases. You should pay no attention to stories about occasional childbirths that are difficult or that involved complications

Today, physicians are prepared to administer an anesthetic if it is found that the mother is too uncomfortable during the last of the labor period. This eases the pains without making the mother unconscious. Many women prefer a natural childbirth, though. If this is your preference, prepare beforehand by talking to your doctor and taking classes that teach techniques for a natural delivery.

When it is all over, you will agree with us that there is no more glorious moment in a woman's life than when she is shown her newborn child.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- The fact that a child is born of healthy parents does not mean that she will be so strong in body that she can fight any infant disease. But a child born of unhealthy parents does have a more difficult time to fending his way through the early stages of infancy.

- As you brush your teeth concentrate on the thought that your child will inherit the habit of liking to clean her teeth.

- Mark Twain said that there is nothing finer in life than the sensation of cleanliness. Recall this as you clean your teeth or during any other hygienic act and think of your child inheriting this desire for cleanliness from you.

- While you bathe concentrate upon what you are doing. Think of your child as wanting to bathe, asking for a bath, and enjoying it. Then you will be instilling the thought and habit of bathing in the mind of the infant that is to be born.

- Now is a good time to consider how you will feed your infant. Many physicians stress the importance of breastfeeding. In fact, there has been a great deal of scientific research over the past several years showing that there are great benefits to the baby that come from breastfeeding.

- Humans are essentially water animals. They may be evolving from this type and perhaps some day be placed in another classification. Now, however, humans are conceived and born in fluid. The entire process of conception takes place in fluid and the human embryo develops and grows to a mature form in the womb in fluid.

- Many mothers anticipate the contractions to be the most undesirable feature of birth. The truth is that these are merely nature's contractions and relaxations of the various tissues and muscles that surround the womb and the abdomen. You should not anticipate these contractions as causing discomfort. Rather, anticipate them as nature's aid to the miracle of birth.

Lesson II

Mystical Feeling

We wish to call your attention to another important element that you should instill in the character of your child. This is the element of mystical feeling.

Mysticism must surely have an important place in the mental and spiritual makeup of your child. We have no thought now of sectarian religious ideas. In fact, sectarianism is not an essential part of a religious nature. Sectarianism—the crystallization of religious thoughts and emotions into a limited form of expression—is man-made. The truly mystical person devoutly senses the Cosmic's presence and inwardly comprehends their relationship to it. The moment one tries to limit mysticism to certain forms or processes or to associate it with certain creeds and dogmas, the mystical mind becomes confused.

It is true that each of us must express our innate mystical feelings in some way that is agreeable and comprehensible to ourselves. It is this necessity that tends to create sectarianism and its creeds. Only the mature mind is capable of selecting from among the many offerings the one that most completely satisfies its individual needs. It is impossible, therefore, for the child of four, eight, twelve, or even sixteen to select from the many systems of thought the particular one that will meet her special requirements.

Statistics show that only a small percentage of American adults are now associated with the religions in which they were raised. This does not mean that adults have become broader or wandered away from their earlier orthodox beliefs. Many are more orthodox now and have associated themselves with stricter denominations than they knew as children. Many other adults learned nothing about religion when they were children. They were not reared in a religious family and never attended any type of service. Nevertheless, in adulthood, they seriously and wholeheartedly associated themselves with some mystical idealism.

You should not attempt to instill in your child any bias toward or against any form of mystical thought. We say this with the best understanding of the principles involved. Even if you are a strict adherent of a particular group and want your child to join you,

you will succeed better if you concentrate upon building a devout mystical character and instilling in your child's emotional nature a respectful attitude toward the Cosmic.

Therefore, in order to make certain that your child will have a comprehension of the Inner Self, and that he will be attuned to Cosmic Consciousness, it is necessary that you think of your child's spiritual character as being a part of the Cosmic and not a part of any single man-made religious institution. After all is said regarding religious principles, it is an inherent tendency on the part of the human being to seek to maintain the Cosmic Attunement that they experienced before birth and that will continue after transition.

Keep in mind throughout your pregnancy that the soul personality of the child you are expecting is at present a part of Cosmic Consciousness. It is sublime and so completely spiritual that there can be no more complete spiritual form of existence than the form your child's soul personality possesses now. At birth, it will become a resident of this Earth plane and will temporarily vacate its place in the Cosmic. But the sublimity of the Soul Essence keeps it constantly in touch with the Cosmic of which it is a part.

For this reason, the consciousness of each human is being forever inwardly urged to learn more about the Cosmic home of the soul. Each individual continually seeks within to rediscover this former knowledge of the Cosmic and the sublime principles. Each of us has a natural tendency towards mysticism, but that devotion does not fall naturally into the forms and ceremonies of religion. These things are solely of the earth plane. They may be essential to an individual, but they have no place in the broad mystical scheme of things.

However, the truly mystical person will find in all groups and especially in one of them the particular elements that harmonize with their individual ideas. Until the right one is found, no amount of argument or persuasion on the part of parents or friends will be convincing.

A person who has no mystical emotions is in some way lacking in mental and spiritual development. This individual is to be pitied, for they can never become either successful or happy. There are those who say nothing about mysticism and never indicate that they are concerned with any particular mystical ideal. However, keep in

mind that a devoutly mystical person does not continually express those beliefs or make any outward show of devotion.

We want you to try to add the element of mystical feeling to your child's nature. We recommend that every day you read parts of some moral, ethical, or spiritual literary work.

Add a minute or two of concentration upon the thought that the soul personality to come is at the present time with the Cosmic and is a part of the Cosmic. This blessing will come to you in all of its purity, simplicity, and beauty. At other times, think of your child after she is born as being aware of her connection with the Cosmic. Concentrate upon the idea that in childhood and youth your child will always sense that he is a part of the Cosmic and that he will be attuned with Cosmic laws and principles.

Summary of This Lesson

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- The consciousness of each human is ever being inwardly urged to learn more about the Cosmic home of the soul. Each individual continually seeks within to rediscover this former knowledge of the Cosmic and the sublime principles.

- The truly mystical person will find in all groups and especially in one of them the particular elements that harmonize with their individual ideas. Until the right one is found, no amount of argument or persuasion on the part of parents or friends will be convincing.

- Try to add the element of mystical feeling to your child's nature. To do this, read parts of some moral, ethical, or spiritual literary work every day.

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Lesson 12

Developing Willpower

As the days pass, you should take every opportunity to review the suggestions of previous lessons and practice the methods given to you for adding desirable qualities to the character of your child.

Other mothers may say that your child was born on a lucky or unlucky day because of some peculiar significance that may be attached to that day or hour. We would like to disabuse your mind of such an idea. There is no hour or minute of any day that is more fortunate for your child. I am sure that you will agree that if you had a chart laid out showing all the fortunate and unfortunate days, hours, and minutes of the year, you would have difficulty deciding which should be the birth time of your child. The fact is that every day is a fortunate day for some and can be utilized for good. On the other hand, every day has certain unfortunate things connected with it that must be overcome.

There is one thing that is certain and that is that the human mind and willpower can overcome all the evils and misfortunes of life or, at least, learn from them and achieve success in spite of them. In other words, we are not slaves to unknown and mysterious influences that can make us unfortunate. Each one of us has willpower and the creative ability to shape our lives and our future.

It is true, of course, that there are those in life who go on living day after day without using their willpower. They are easily affected by misfortune, for they are like ships at sea without rudders. Most have no definite port toward which to steer their individual ship, and they do not care which port their ship reaches so long as it is a destination that will produce a measure of satisfaction for them.

Then we see those who are true captains of their ships. Regardless of the bulk and weight of the ship or the heavy load it carries, they steer it successfully to the port they have selected. Successful captains decide beforehand what port they wish to reach, and they devote every hour and minute to steering in that direction. They do not allow winds and storms to move them from their course. They feel safe and serene in the face of strife and trouble.

The willpower of the human mind is unlimited in its ability to override and master circumstances and misfortunes that ordinarily upset or overcome some people. There are those who apparently are successful in life but who seemingly are using only a small portion of their willpower. But there are others who seem to be wholly unfortunate. We think of them as being born with misfortune holding its sword over their heads. It seems to us that they must have been born only to suffer and have failure reward them for everything they try to do. We blame their parents, relatives, and friends. We blame the environment in which they were born. We blame the hour, day, and minute of their birth. We blame the planets, the evil forces, and even the spirits and unknown elements that some believe exist only to antagonize and make people unhappy.

The truth of the matter is that we should blame nothing and nobody but the willpower and mind of those persons. We may pity them and feel that it is not their fault that their willpower has not been more highly developed; but, on the other hand, we cannot altogether excuse them for not trying to use the powers within them to raise themselves above their unfortunate conditions.

Too many believe that environment and association make the child and the adult. But a study of human development shows that we have shaped our environment and continue to shape it. In addition, we can understand our environment and cooperate with it to our benefit if we utilize the willpower that has been given to us.

The present position of women in the business, social, and academic world is due to the fact that they have struggled successfully to use the willpower that they possess. For many years, women fought for political rights and privileges to enable them to compete with men in the creative endeavors of the world. Millions of women fought for the right to vote and hold political office. As soon as these privileges were granted, however, they discovered that these alone did not give them the power they wanted. They found that it was only the individual woman who was able to stand out in the political and business worlds by the exercise of willpower.

Today, women realize that they can also accomplish a great deal with their willpower in their home, business, community, and immediate social circle. The result is that women are developing abilities in all fields that wonderfully demonstrate the value of feminine creativity to society and civilization.

You have the opportunity of instilling that creative will in your child. Fifty or sixty years ago, a child that demonstrated the least degree of willpower was often considered willful, determined, and obstinate. In some cases there were efforts to break the willpower and weaken the child's determination. Instead of breaking down the willpower, everything possible should be done to direct it in the right channels.

The child who refuses to do certain things because she does not like to do them is one who some day may stubbornly refuse to yield to an evil temptation. To break that child's willpower when he is young, and to teach a child to surrender to the urgings and advice of older persons or to submit to the decisions of others, is to teach a dangerous lesson. This could make it easier for the child to yield to some serious temptation later in life. Think about this matter of willpower and exercise it yourself. The best way to begin is to work on yourself.

In your daily routine, there are many opportunities for training the will and disciplining yourself. For example, if you cook, you know how difficult it is to keep from nibbling at something that may be tempting. Refrain from such nibbling as an exercise for the development of willpower. Your baby will need that same training later to keep from eating too much between meals. He or she will also need training to refrain from eating sweets before meals. These are simple matters for a child if the wrong habit is never started; but once the habit has been formed, the problem becomes serious and is difficult to correct. The time to think about these things is now if you are to be successful in training your child.

Regularity in drinking a glass of water first thing in the morning, taking daily walks, getting outdoors, and other healthy habits are all conducive to self-discipline and the development of willpower. Sometimes friends and family can be a source of interruption in your daily routine. A strong social circle is important in life and especially at this time, but if it's interfering with your important tasks, why not set a time limit on telephone calls or social visits as a matter of self-discipline?

Willpower is something that is born in us, but it can remain dormant in the same way that an electric current can remain unnoticed in an electrical system until you snap a switch and permit the power to function. A person born with great willpower may grow up with that power dormant and asleep. It may be that the individual will never have an

opportunity to know what power lies within until confronted with some catastrophe or serious event.

The best method to develop willpower in yourself is to apply it to your personal affairs before you begin to apply it to the larger challenges of life. How many times during the week do you make mental resolutions that tomorrow, the next day, or the day after you are going to do certain things or attend to certain matters? How many times do you carry out those resolutions? Every time you fail to carry out one of them, you are demonstrating that willpower is not a dominating factor for you but that circumstance, ease, convenience, pleasure, and comfort are.

How many times at night before you fall asleep do you review the events of the day and decide that you will not permit some of the things that occurred to occur again? How often are those decisions carried out?

Even in regard to very personal matters, your willpower should never be made subservient to the whims and fancies of the passing moment. For instance, if after reasoning over some situation, condition, or plan, you make up your mind that you will not do or that you will do something, then you should see that regardless of all sacrifices of personal comfort and pleasure and regardless of any reasonable cost or inconvenience, your decision is carried out.

You must bear in mind that the willpower of the human mind is a part of the mental functioning and soul power in everyone. You have heard the statement that thinking makes a person. However, this is not quite complete. If, however, you think that you have the character, the strength, and the will to make of your environment and conditions what you want them to be, then you should proceed at once to exercise your willpower at every opportunity and stand firm against the temptations and trials that conflict with your determination and decisions. There is no more joyous battle than using your willpower to resist temptations that come from without or from within.

Do not forget that there are as many temptations coming to each one of us daily from within as there are from without. Procrastination—putting off from moment to moment or day to day the things we should do at once—is usually the result of an inner temptation.

Every hour of the day, we have the choice of doing the things that should be done and that we know are the right things to do. We have the choice of giving in to more pleasant urges or more convenient impulses and putting off the other things. We may allow the visit of friends to postpone indefinitely something that we intended to do, or we may allow them to coax us into abandoning what we are doing and go out for a pleasant day or evening.

On the other hand, we may be attending to our daily responsibilities with our determination and willpower working at full force when an interesting story in a newspaper on the table or an amusing e-mail attracts our attention. Then we abandon our work and sit down to read. Such things tend to make our willpower vacillate and weaken our character.

Now is the time to build up your willpower and strengthen your ability to resist all normal temptations and even the unusual ones. Every time you resist an inner or outer temptation to do something that is contrary to what you intended to do, you strengthen your character, increase your willpower, and give yourself more confidence in your ability to meet conditions. *Repeated often, this sort of victory transfers itself as a conquest to your inner mind and ultimately adds itself to the character of your coming child.*

Demonstrate to yourself that you cannot be swayed, influenced, or in any way affected by things that press you to change your course or plans. If you find that you must change your plans because of some condition that you did not contemplate, view it as another occasion for choosing what to do and for using your willpower. Realize that a problem has arisen requiring a new decision and that it will be adding to the strength of your willpower rather than weakening it. Remember, too, that good intentions or mental resolutions are worthless unless carried out.

Summary of This Lesson

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- The human mind and willpower can overcome all the evils and misfortunes of life or, at least, learn from them and achieve success in spite of them. Each one of us has willpower and the creative ability to shape our lives and our future.

- Too many believe that environment and association make the child and the adult. But a study of human development shows that we have shaped our environment and continue to shape it. In addition, we can understand our environment and cooperate with it to our benefit if we utilize the willpower that has been given to us.

- You have the opportunity of instilling creative will in your child. Fifty or sixty years ago, a child that demonstrated the least degree of willpower was often considered willful, determined, and obstinate. In some cases there were efforts to break that willpower and weaken the child's determination. Instead of breaking down the willpower, everything possible should be done to direct it in the right channels.

- Think about this matter of willpower and exercise it yourself. The best way to begin is to work on yourself.

- The best method to develop willpower in yourself is to apply it to your personal affairs before you begin to apply it to the larger challenges of life. In your daily routine, there are many opportunities for training the will and disciplining yourself.

- Willpower is something that is born in us, but it can remain dormant in the same way that an electric current can remain unnoticed in an electrical system until you snap a switch and permit the power to function.

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Lesson 13

Profanity & Honesty

We are sure that you've already experienced surprising results from testing your willpower in accordance with the suggestions in the previous lesson. Maybe you noticed how often you were changing your mind or succumbing to small temptations and, thus, breaking down your willpower. But if it is possible for a mother to break down her willpower, it is equally possible for her to rebuild and strengthen it for the benefit of both herself and her child.

There are other habits that parents may have which should be eliminated. Among them is the use of profanity. There are times when under provocation or stress even the most reserved person may use profanity. However, the use of profanity by a prospective mother tends to establish in the mind and character of the child a disregard or disrespect for the use of good words and may develop a tendency toward profanity in early childhood.

Prospective mothers should insist that other members of the family do not use profanity, nor should she allow herself to do so. You will have an easier time controlling the use of profanity in your household if you begin eliminating the habit before birth.

One of the most discouraging problems for a teacher is to punish children for using profane words when the explanation is that they did not know that the words were unacceptable because they had learned those words from their parents. The teacher cannot allow this type of vocabulary to remain uncurbed since the influence upon the other children present is unwholesome. At the same time, the teacher realizes that the child's faith in her parents is being undermined when complete confidence in them is needed. The child may lose the feeling of security at home and become a victim of inferior feelings, a lack of self-confidence, a loss of courage, or of other psychological factors that may be detrimental to successful living.

Another habit on which you should focus your attention is the habit of being dishonest. Many people believe that a little lie that does not hurt anyone is permissible. This may be true from an ethical or moral point of view, and perhaps there are some falsehoods that do not injure anyone. However, there is much to be considered. Every

time a person speaks an untruth, they are breaking down their own character. The effect of this upon the coming child may be serious.

The cultivation of integrity in oneself and in one's child is important. All people should have so high a regard for their statements that they will not tell an untruth, even to save themselves from a seeming predicament. Certainly, the virtue of honesty is something that everyone should strive for.

It is a common habit to be deceitful about small or unimportant matters. Many forms of deceit are possible without the actual telling of an untruth. But deception of any kind can affect the character and mind of the child and may result in serious complications. Try to be open and frank in all matters and hide nothing from those who should know everything about the matters in question.

The idea that it is alright to hide some things from a partner, child, or other member of the family that should be told frankly is wrong. We refer to everyday events and occurrences that may become known eventually and reveal the fact that someone was attempting to deceive others. The effect of such deceit can be serious and can possibly erode the foundation of trust necessary for a happy family.

Mothers always admire their child's inborn qualities of honesty and truthfulness. It is only after the child has been spoiled through the ignorance of proper guidance, fear of punishment or displeasure, or by other means that the child begins to develop habits of evasion and outright deceit. Parents who remember their own early childhood can profit in the training of their children by avoiding practices that caused them dread, fear, and anxiety as children.

In the coming weeks, strive to be truthful in every situation presented and visualize your child as being honest with all whom he encounters. Also, pay close attention to your use of profanity in an attempt to remove it from your vocabulary. Sometimes, if we aren't paying attention, we are not aware of how much profanity we use or how many small fibs we tell.

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Lesson 14

Reading

We hope that during the past months you have done some reading along the lines suggested in the earlier lessons. Such reading is educational and elevates your thoughts into the world of ideas. It also lays a foundation for the education of your child.

We often hear a person referred to as being “well read.” This description always refers to someone who shows evidence during conversation of being familiar with many aspects of life. It is a fact that the well-read person has a better understanding of life than one who has simply gone to college and has read nothing more than the required textbooks.

You may have noticed that the conversation of someone who has had a trip abroad reveals a breadth of knowledge and cultural appreciation that are not common to one who has not had a similar experience. In fact, the effects of even a short trip are continuously revealed in conversation and general comprehension of current events. Some people have difficulty traveling though, whether due to financial or time constraints, but in our current time there is a multitude of resources for those who would like to learn more about other cultures. These resources include magazines and travel documentaries. More important than travel, however, is quality reading.

It has been said that it is impossible to read one of Shakespeare’s plays without ever afterward revealing the effect of that reading. There are many occasions when some phrase from a single play can be referred to or used in conversation or writing. Multiply that effect by the effect of reading three or four plays and you acquire that much greater appreciation for the many things you will encounter in life.

Those who have studied Shakespeare’s works realize that he not only presented powerful characters, but he also wrote about many deep principles of life. For instance, in *Macbeth*, subtle influences play upon the weak points of Macbeth. Macbeth lacked the strength of character and understanding to safeguard himself from these influences. When the seeds of evil are planted and nourished, they, in turn, destroy the one who harbored them. In *Macbeth*, Shakespeare dramatically illustrates the law of balances, the lesson of what you sow, you shall also reap.

Reading Shakespeare's tragedies may depress you however. If such is the case, it would be better to leave them for later reading. To be deeply moved by serious thought and to be emotionally depressed are two different things. You will have to decide for yourself how different reading material affects you and what is the most satisfying.

If you are interested in history, there are a great number of good books on every period. Historical novels, too, as well as good biographies, are both interesting and informative. Browse through secondhand bookstores or your public library. You will discover many authors whom you may have missed or forgotten. Read some of your old favorites, also. The passage of time and a more mature viewpoint will make them fresh and new.

The works of the best authors are readily available in relatively inexpensive paperback editions or online. Never before has the public been offered reading material so varied and at such little cost. Quantity, however, does not make for quality. The availability of so many books, periodicals, and newspapers calls for selectivity and discrimination, attributes which can only be cultivated by reading. The important point, though, is that never before have there been so many good books on the market—both old and new. Those that are undesirable and morbid can easily be rejected.

Reading good books will not only help you as a developing personality but will also assist you in training your child. By reading with concentration and visualization, you will be instilling the love for reading and the desire for an education into the character of your child.

Reading is an art. The purpose is not to see how many pages can be covered in an afternoon or evening, but how many images, impressions, and concepts can be stimulated. Every author has a purpose in mind that they are attempting to convey to the reader. It is the reader's task to discover this purpose, to evaluate it, to gain from it, even to disagree with it or reject it. Thoughtful reading, concentration, and visualization assist the memory to retain the important facts that are presented.

Devote some time each week to reading a stimulating and interesting book, some of the reading material suggested in the earlier lessons can guide you with this practice. It is also time for you to resume the visualization of the pictures that you cut out with the idea of creating mentally the countenance and appearance of your child. Review the

ideals and attributes of the musician, artist, writer, and craftsperson so that these characteristics will also become a part of the personality you are building for your child. Please review the advice given in the first several lessons.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- We often hear a person referred to as being “well read.” This description always refers to someone who shows evidence during conversation of being familiar with many aspects of life. It is a fact that the well-read person has a better understanding of life than one who has simply gone to college and has read nothing more than the required textbooks.

- It has been said that it is impossible to read one of Shakespeare’s plays without ever afterward revealing the effect of that reading.

- Reading Shakespeare’s tragedies may depress you however. If such is the case, it would be better to leave them for later reading. To be deeply moved by serious thought and to be emotionally depressed are two different things. You will have to decide for yourself how different reading material affects you and what is the most satisfying.

- If you are interested in history, there are a great number of good books on every period. Historical novels, too, as well as good biographies, are both interesting and informative.

- Reading good books will not only help you as a developing personality but will also assist you in training your child. By reading with concentration and visualizing what you read, you will be instilling the love for reading and the desire for an education into the character of your child.

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- Devote some time each week to reading a stimulating and interesting book, some of the reading material suggested in the earlier lessons can guide you with this practice. It is also time for you to resume the visualization of the pictures that you cut out with the idea of creating mentally the countenance and appearance of your child. Review the ideals and attributes of the musician, artist, writer, and craftsman so that these characteristics will also become a part of the personality you are building for your child. Please review the advice given in the first several lessons.

Lesson 15

Living in Accordance with Nature's Laws

At this time, we wish to advise you to give some thought to your health and the health of your child every day.

You do not want your child to grow up with erroneous ideas that we may have as children that can greatly affect us all through life. We realize, of course, that the fact that you are reading this booklet indicates that you are of a different mental caliber than many people and not so bound to tradition as those who will not take up any new line of thought, even though they may be partially convinced that it will help them.

The fact remains, however, that until we begin to think for ourselves and to realize that some of the things we were taught as children were not true, we are slaves to old traditions and ideas. Each new rising generation seems to be less enslaved, but they are victims, nevertheless, of many old ideas that advanced thinking and scientific research have or will discredit.

An important thing to remove from the minds of both children and adults is the idea that pain is a punishment of some kind and cannot be avoided, that the only way to ease or stop it is to take drugs. Pain comes from one of two things: either from a violation of a natural law or from an abnormal condition of a temporary nature to which the body is not accustomed. Take, for instance, your own case: the contractions and relaxations of the muscles of your abdomen at the time of delivery will cause you some pain. This will not be due to a violation of a natural law but to an unaccustomed functioning of the muscles of the body.

If all women lived active and busy lives, they would experience less pain at the time of delivery, because, by living such a life and bending and exercising the body in all kinds of positions through all kinds of work, they would keep the muscles of the abdomen so elastic that their stretching during childbirth would cause far less pain. Part of the pains of childbirth, therefore, may also be attributed to a violation of a natural law, namely, the violation of the law of proper living.

Labor pains, while not pleasant, are not serious insofar as they are not the result of disease or injury. Practically all other pains are the direct result of violations of natural

law. When a child sticks her finger into the fire and feels the pain of the burn, the pain is due to a violation of a law. A pain anywhere in the body is simply a signal on the part of nature that something is wrong that must be corrected or taken care of immediately.

The old idea was that when we had pains of any kind, whether a toothache, headache, stomachache, or rheumatic pains, we must take medications to stop the pain. That was why drugstore medicines in the past contained narcotics. The idea was to stop pain by paralyzing or stupefying the nervous system of the body. In reality, if the pain did not come back after several day's use of the medicine, it was not because the medicine cured the ailment but because nature made the cure in the meantime. The common misunderstanding about pain and disease enslaved people with the idea that the symptom of pain was to be treated, rather than the cause of the pain.

We have come to realize now that stopping the pain is only a small part of the work that must be done. The important thing is to eliminate the cause of the pain. It has been found that medicine does not play as important a part in curing wrong conditions in the body as changing the diet, modifying habits, or eliminating conditions that caused the trouble.

How many times have you met people who carry pills or other medications that they have to take immediately after every meal in order to stop the pain caused by what they have eaten? The pain they have after eating is trying to tell them that they have eaten improperly. Instead of changing their diet or eating more slowly, though, they depend upon the pills to stop the uncomfortable conditions while nature struggles to take care of the food they have eaten.

Then there are those who take medicine to ease the pain of rheumatism, neuralgia, or some other ailment. They make no attempt to change their diet or way of living, or to alter the circumstances that may be causing the condition. Instead, they depend upon medicine to ease the suffering. There are any number of illustrations of this kind.

The result of this sort of thinking has created a group of people addicted to over-the-counter and prescription medications. It has also been responsible for the wide development of the use of illegal drugs in many countries. We can thank many of the modern mystical and metaphysical movements for calling attention to the fact that the mind can do more to change conditions than any drugs.

In many countries there are food and drug laws that require that ingredients be listed on all bottles and containers containing medicines. Many drugs are available only by prescription. Although this may still be considered an era of medicine and pill-taking, the public is gradually becoming more aware of the necessity for preventive medicine, the importance of diet, and the need for maintaining good health. It is to be hoped that you will instill an awareness of the importance of obeying nature's laws in your child. And one of the best ways to do this is by obeying those laws yourself.

It is regrettable that many depend upon aspirin or similar drugs to ease or dull their slightest pain. Some people carry them always. Although they may know that their headaches stem from certain foods, lack of sleep, or changes in their environment, they make no effort to correct their habits. You do not want to have your system affected by medicines of this kind, for if the drugs get into your blood stream they are certain to get into the blood stream of your unborn child, also. It is far better to maintain good health by proper living.

Of course, it is possible that at some point during your pregnancy you may need to take some kind of medication. The important point to remember here is that you must not do so without careful consultation with your doctor. Do not take any medication—not even vitamins or herbs—without consulting your doctor.

Even your attitude about medications can have an effect on your unborn child. If you carry the thought with you every day that, by proper eating, drinking, sleeping, resting, and exercise, you are living in accordance with nature's laws and will be free from pain or disease, you will be putting the same thoughts into the consciousness of your child. The result will be that the child will be healthier both physically and mentally.

Nature cures diseases and negative conditions if we cooperate with her and stop violating her laws. If we eat a bad combination of foods, we may feel pain from the congestion and wrong chemical action that are set up in the stomach and intestines. Eventually, however, nature will dissolve the food and the pain will stop. To repeat the same eating error, meal after meal, day after day, is foolish, however.

There are times when nature must be assisted by properly prescribed medication and therapy. Nevertheless, by keeping the thought in mind that nature's creative forces are always working in and through us, we are sure to be more careful in our actions and

will endeavor to cooperate with nature's laws. Consequently, we shall be less prone to do anything that might result in pain.

Concentrate upon this daily so that the thought will also reach the consciousness of your child. The result will be that you will have a healthier child, who will also have an inner understanding of nature's requirements and functioning.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- At this time, we wish to advise you to give some thought to your health and the health of your child every day.

- An important thing to remove from the minds of both children and adults is the idea that pain is a punishment of some kind and cannot be avoided, that the only way to ease or stop it is to take drugs. Pain comes from one of two things: either from a violation of a natural law or from an abnormal condition of a temporary nature to which the body is not accustomed.

- If all women lived active and busy lives, they would experience less pain at the time of delivery, because, by living such a life and bending and exercising the body in all kinds of positions through all kinds of work, they would keep the muscles of the abdomen so elastic that their stretching during childbirth would cause far less pain.

- The old idea was that when we had pains of any kind, whether a toothache, headache, stomachache, or rheumatic pains, we must take medications to stop the pain. The common misunderstanding about pain and disease enslaved people with the idea that the symptom of pain was to be treated, rather than the cause of the pain.

- We have come to realize now that stopping the pain is only a small part of the work that must be done. The important thing is to eliminate the cause of the pain.

- If you carry the thought with you every day that, by proper eating, drinking, sleeping, resting, and exercise, you are living in accordance with nature's laws and will be free from pain or disease, you will be putting the same thoughts into the consciousness of your child. The result will be that the child will be healthier both physically and mentally with an inner understanding of nature's requirements and functioning.

Lesson 16

Prenatal Influence

There are certain critical stages in the period of waiting when very definite changes take place in the body of the unborn child and in the development of certain faculties and functions.

As we've pointed out before, there has always been a general idea that at the time when the mother is able to feel the child move, the child is functioning more or less independently and constitutes a separate entity. In fact, there are some references and statements that imply that the child is lifeless until the time when life is felt and that thereafter it is a complete and separate being. This idea is based upon primitive superstitions. There probably is no greater action of life forces and no more marvelous power at work in the body of the unborn child at one time than at another.

From the moment of conception, the life forces are doing their utmost. If we could actually watch under a microscope the development and activity that take place within the small ovum from the moment of conception onward, we would see that the entire process throughout the nine months is one of continuous activity. As for the little body being a separate entity, such a thing cannot be until birth. Until that time, the body of the child is just as much a part of the mother as any other part of her body. We have stated before that it is the taking of the first breath after birth that allows entry of the soul personality. This is the real beginning of the independent being of the child.

There are periods in the process when certain parts of the developing body receive more attention from nature than others. Perhaps you remember it said that if we could see the embryo at two weeks after conception, we would find that it is identical with the embryo of other unborn animals. Some schools have taken this as proof that the human embryo passes through all the evolutionary stages of lower animals and then goes on to develop into a human being. Whether this is true or false, the fact is that the embryo changes its identity every few weeks and certain features become more definite.

For instance, from the outset, the embryo shows clearly where the eyes are to be in the head; but the other features of the face are not clearly defined yet. Likewise, the feet and lower limbs are not as definite in the early stages as are the arms. The principal

feature of the embryo seems to be the spine, which is formed early in the process of development, indicating that the nervous system of the unborn child is one of the first parts of the body to become highly developed.

The nervous system of the unborn child has communication with the autonomic nervous system of the mother. There are two main nervous systems in the human body, one called the central nervous system and the other the peripheral nervous system, which includes the somatic nervous system and the autonomic nervous system. The central nervous system is the brain and spinal cord. The peripheral nervous system, on the other hand, also connects with the brain but has two main cables, or trunks of nerves, running down the back on either side of the spinal vertebrae. It also has its connections with every organ and part of the body.

The autonomic nervous system, which is part of the peripheral nervous system, is the more highly developed nervous system and takes care of the emotional impulses and the healing and creative powers of the body. It is connected more with the mind and inner consciousness than with the brain. In the unborn child, the autonomic nervous system and brain are connected with the consciousness and autonomic nervous system of the mother in such a manner that her emotions, thoughts, higher sentiments, and ideas pass into the autonomic nervous system of the child and affect her. Do not be confused by books by child experts and psychologists who state that a mother's influence over the character of the unborn child is impossible.

The autonomic nervous system of the unborn child is highly sensitive and easily affected by your thinking. That is why we stress that you must not permit yourself to be frightened or shocked. For the same reason, you must try to keep a happy, cheerful, and contented frame of mind. From now on, you must be extremely careful of your thoughts. Worry is as serious as shock or fright. Many children who are restless, nervous, and irritable were negatively influenced by the mother's state of mind during the period before birth.

Thoughts of peace, happiness, and contentment, on the other hand, will cause the child to have a similar mental attitude. If there are things in life that give you joy and peace, you should indulge in them as much as possible during the next few weeks. If music gives you more happiness than anything else, enjoy it freely. If observing nature

and walking among flowers and trees in the fresh air even when it is rainy or stormy gives you pleasure, then avail yourself of every opportunity to do so. If, on the other hand, you enjoy reading, you should do so as often as possible.

It is needless to say that some things that give pleasure should not be indulged in. We have in mind, for instance, a woman who said that her greatest pleasure was eating elaborate and heavy meals. She said that it was probably due to the fact that throughout her childhood and early adulthood she seldom had sufficient food. However, for her to indulge now in rich foods would not be advisable. But anything that is good and helpful so far as your health and peace of mind are concerned should be enjoyed freely so that your contentment will establish the same tendency in the consciousness of your child.

You need not fear that by listening to music frequently you will make your child over-fond of music or that by much reading you will make him or her too fond of reading. The idea is that you should establish in your own consciousness, and in that of the child, a sense of contentment and peace.

We hope that you are not permitting unusual childbirth cases to disturb your peace of mind. Childbirth is not classified as an operation, risk, or danger to the mother. This attitude is based upon the law of averages that shows that only the exceptional case is anything other than normal. The trouble, of course, is that we hear about cases that are abnormal. By taking care of your health, you have little need for concern.

Many years ago, in an article entitled "Influencing the Unborn Child," Ralph M. Lewis, former Emperor of the Rosicrucian Order, AMORC, discussed prenatal influence. For your information, we are including parts of Mr. Lewis's article:

"It appears that the ancient Greeks associated the esthetic qualities and talents with certain organic functioning of the child. At least, a nervous, distracted, depressed mother would not, in their opinion, stimulate the development of adequate creative mental faculties in the unborn child. If improper diet on the part of the pregnant mother could cause the child to have poor teeth, anger and fear could likewise cause a deficiency of lofty idealism and higher mental attributes.

"Whether mind training, intensive study, or exceptional use of the mental processes can cause a mutation of genes (elements of the germ plasm) that can be

transmitted to the offspring has caused much debate. Experimentation would seem to prove that it does, and this fact is important to the doctrine of prenatal influence.

“It has been found in making tests with white mice that the offspring of several generations given a certain training to find cheese by following definite passageways learned the way to reach the cheese more quickly than did those which were not offspring of the trained mice. Here, then, was environment causing inherited *mental* characteristics. Individuals who have made large paths in their brain cells because of exceptional emotional temperaments transmit those characteristics in the genes of their reproductive cells to their offspring.

“The connections of neurons, or nerve cells, that underlie anger and fear are just as much a structure of the organism as the color of the eye. Individuals inherit the receptor and effector characteristics of the cells of their parents. According to this principle, if a person is able to control his or her reflexes—the reaction to those things that cause emotional feeling—then that individual is actually causing a variant that can be transmitted to their offspring. Consequently, individuals who compel themselves to conform to certain behaviors are causing an actual mutation of their neurons. Their offspring should reflect such characteristics. Why, therefore, cannot the mother who exposes herself to certain emotions induced by music, poetry, or art cause an effect upon the neurons of her unborn child who is still in an embryonic and formative stage? ...

“The cells of the human system are like minute radio stations. Vibrations are emanating from them continuously. Their emanations, or vibrations, are affected by our thinking and behavior (reflexes, as explained) and by our eating and breathing. These radiations, then, must have a corresponding effect upon the blood cells and neurons of the embryo.

“It is a common experience that emotional and instinctive reflexes produce stimuli that cause changes in the blood pressure, pulse rate, salivary and gastric secretions, and in the electrical conditions of the body. Fear, for example, causes our mouths to become dry. Excitement, affecting the digestion, causes nausea. Experimentation has been made to find changes that accompany what we call pleasant and unpleasant. In other words, investigation has been made to determine how something that is pleasant to us affects our gland secretions, blood pressure, et cetera. As a further

example, a current has been passed through a circuit including a galvanometer and a person's body. A deflection was apparent in the galvanometer when the subject was stimulated in various ways. Words that aroused anger showed changes in the electrical conditions of the body.

“The adrenal glands lie just ahead of the kidneys. Nerve fibers from the autonomic nervous system are connected to them. They pour their secretion, adrenalin, directly into the blood stream. Anger and fear stimulate these glands through the autonomic nervous system. Adrenalin in the blood drives the blood from the viscera (abdominal region) to the muscles. It likewise decreases muscular fatigue. These things, then, the emotions can do. If they can so affect the physical organs and glands of the mother, it is apparent that such alterations must also affect the radiations of her cells. Such effects, in turn, will be transmitted through the membranous wall surrounding the embryo, or the unborn child. These radiations must cause mutation, or changes, in the neuron connections being developed in the embryo. They would cause paths to be established that would result in a sensitivity to certain emotional states.

“We do not mean to imply by the foregoing that a mother who devotes time each day during pregnancy to reading classical poetry so as to keep her thoughts lofty and engender certain emotions is going to give birth to another Browning or Walt Whitman. In fact, the child may never have an inclination toward poetry, but she will have a more developed esthetic taste than otherwise. This taste may be expressed in music or art or in some other creative expression.

“Let it also be understood that for prenatal influence to be effective the mother must devote at least two or three hours daily to such psychic and esthetic pursuits. They must be activities that she really enjoys. Some of this may be accomplished through thinking while she is taking her walk or sun bath or while she is engaged in some routine work not requiring mental effort.

“These pursuits must produce within her deep emotional feelings. Otherwise, the stimuli will not be effective. It matters not whether the mother is proficient at playing a musical instrument, for example. What is important is that she loves to do so and plays enough to be moved emotionally. Painting, singing, reading good literature, all these activities contribute to the same purpose.”

Reflect seriously upon the thoughts above during the next week, and most importantly, take care to spend time doing activities that bring you happiness, peace, and contentment.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- There are certain critical stages in the period of waiting when very definite changes take place in the body of the unborn child and in the development of certain faculties and functions.

- There probably is no greater action of life forces and no more marvelous power at work in the body of the unborn child at one time than at another. From the moment of conception, the life forces are doing their utmost.

- There are periods in the process when certain parts of the developing body receive more attention from nature than at others.

- The nervous system of the unborn child has communication with the autonomic nervous system of the mother.

- The autonomic nervous system of the unborn child is highly sensitive and easily affected by your thinking. That is why we stress that you keep a positive mental attitude. Thoughts of peace, happiness, and contentment, on the other hand, will cause the child to have a similar mental attitude. If there are things in life that give you joy and peace, you should indulge in them as much as possible during the next few weeks.

- For prenatal influence to be effective, the mother must devote at least two or three hours daily to such psychic and esthetic pursuits. They must be activities that she really enjoys.

- These pursuits must produce within her deep emotional feelings. Otherwise, the stimuli will not be effective. It matters not whether the mother is proficient at playing a musical instrument, for example. What is important is that she loves to do so and plays enough to be moved emotionally. Painting, singing, reading good literature, all these activities contribute to the same purpose.

- Reflect on the thoughts above during the next week, and take care to spend time doing activities that bring you happiness, peace and contentment.

Lesson 17

Reflections on Good & Beauty

Every mother who has gone through a positive childbirth experience wants others to know that delivering a child can be natural and without fear and discomfort. We have already expressed the importance of you maintaining a mystical attitude regarding the coming of your child. We feel that the purest form of mysticism for a mother is not associated with any particular group. After all, it may be true, as some of the great philosophers have said, that there is no higher religion than nature.

It is a sign of spiritual awakening to realize how the natural laws all around us are constantly manifesting the Cosmic principles that are in the world. The blooming of a flower on its green stem can say more than a sermon and teach a child or an adult the truth that there is a Greater Being. It is the idea of a greater Cosmic power that you should bear in mind throughout this waiting period. Indeed, it should be carried in mind throughout the whole of life.

The argument that there is evil in the world and that everything, therefore, cannot be good and beautiful is ridiculous. Because the sun does not shine at night is no proof that night is evil and that it isn't part of the Cosmic plan. Many of the things called evil are simply forms of truth that are not understood. Not all truth has been revealed to humankind; nor has all truth yielded to human investigation. There is much that humanity cannot yet comprehend.

What you should bear in mind is that there is no evil in that which is held in the minds of people. The things that are evil are the malevolent thoughts and deeds of individuals.

Can you recall a moment when something new and beneficial was called evil? This usually happens at the advent of new inventions or technology. When the phonograph was introduced in Europe as a new American invention and listeners heard the voice of a man coming through the horn, they immediately ordered the machine destroyed and the demonstrator put in jail because they were convinced that such a weird thing could only be evil.

H. Spencer Lewis, former Emperor of the Rosicrucian Order, AMORC was present when the first motion picture was shown on the top floor of a little building at Thirteenth and Broadway in New York City. A number of educators and other public-minded people were there, also. It was a good demonstration of the possibilities of motion pictures. However, a number of those present condemned the motion picture immediately. They said that the movement of the pictures on the screen was proof that the devil was animating them. The motion picture, therefore, was decried as being evil.

The telephone was condemned in the same way by those who did not understand the invention and the scientific research that had made it possible. Likewise, the first submarine was condemned because it permitted exploration under the sea, a region that some claimed the Divine intended to remain unexplored and unknown to humankind.

All through history, when a thing could not be comprehended or understood, it was condemned as evil. Most such things were proved later to be good, not evil. Similarly, when we see evil traits in another, we should hesitate to speak our thoughts or even to hold them for a minute, because it may be that the evil we see is in our own selves and not in others.

You should maintain the thought that all is good and that ultimately the goodness of everything will be proved. Such an attitude is really a mystical doctrine. It will do more to bring you closer to the consciousness of the Christ principle than any sermon or any form of reading.

As we have said before, you are closer now to the creative powers of the Cosmic than you will ever be. Within you and around you, creative forces are at work, filling your being with the essence of the Cosmic and establishing a contact with its consciousness. You are a channel for the working out of the highest natural laws, and you should be extremely happy and thankful for the privilege that is yours.

These are the thoughts that we would have you keep in mind throughout the coming weeks in connection with your reading, music, and walks. Wherever you look and wherever you go, try to see the good things of life. Do not fail to study the clouds and the beauty of the sky. Find interest in the green trees, plants, and flowers. If you are carrying a child during the winter months, think of the season as one of rest, a dormant

period, which in reality is a time of unseen quiet preparation for Spring, when the inner life will manifest outwardly in new life. Is this not symbolic of your own condition?

Think of the wonder of sunlight and of the air you breathe. Remember that with every breath you take you are drawing in a vitality and power that science has never been able to analyze or duplicate. Remember, also, that your child's first breath of air will carry into her body the same vitality and energy that you are breathing every minute of your life.

Keep these points in mind and you will have a keen appreciation of the blessings and privileges that are yours. It is good to live, to have health, to be able to move about. It is good, too, to appreciate the natural principles that are operative in the world and throughout the universe.

Holding these thoughts throughout the coming weeks will have a definite effect upon you and your child. Bear in mind that improved thinking and an elevated viewpoint regarding the purpose and functioning of life are reflected in the physical being.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

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- What you should bear in mind is that there is no evil in that which is held in the mind of humankind. The things that are evil are the malevolent thoughts and deeds of individuals.

- All through history, when a thing could not be comprehended or understood, it was condemned as evil. Most such things were proved later to be good, not evil.

- You should maintain the thought that all is good and that ultimately the goodness of everything will be proved. Such an attitude is really a mystical doctrine. It will do more to bring you closer to the consciousness of the Christ principle than any sermon or any form of reading.

- As we have said before, you are closer now to the creative powers of the Cosmic than you will ever be. Within you and around you, creative forces are at work, filling your being with the essence of the Cosmic and establishing a contact with its consciousness.

- You are a channel for the working out of the highest natural laws, and you should be extremely happy and thankful for the privilege that is yours.

- These are the thoughts that we would have you keep in mind throughout the coming weeks in connection with your reading, music, and walks. Wherever you look and wherever you go, try to see the good things of life. Holding these thoughts throughout the coming weeks will have a definite effect upon you and your child. Bear in mind that improved thinking and an elevated viewpoint regarding the purpose and functioning of life are reflected in the physical being.

Lesson 18

The Child's Soul & Personality

In many earlier lessons, we referred to ideas that you should bear in mind for the purpose of preparing the physical body and mentality of your child. Now we shall speak about the child's soul and personality.

Theology teaches many different ideas about the soul, where it comes from, and where it goes. When we say theology, we mean theology in general because there are different theologies in different countries, and all have a slightly different concept regarding the soul, its origin, and its existence.

It is almost impossible to tell about the origin of the soul because words are lacking for expressing these mystical concepts. The only way that we can understand anything in this world is through experience and comparison. For instance, do you realize how difficult it was in centuries past to explain to the people of equatorial regions how the rivers in the north freeze over and become so solid that heavy animals could walk on them without sinking? Since they had never seen ice, they could not compare the thought of it with anything they knew about or experienced.

For this reason, therefore, it is impossible for us to think about, conceive, or describe the soul. We can call it an essence, but we cannot conceive what kind of essence it may be because it cannot be like any material essence that we know about. We may call it a part of Cosmic Consciousness, but that consciousness must be entirely different from the consciousness that is in our physical bodies.

What the soul is and why it is are things that we can only think of vaguely. It is much like trying to describe the electric current in the electric wires in our homes. Even if we try to describe electricity as the flow of electrons, no one has ever seen an electron, and there is still much that even scientists do not understand about this elementary particle. All we know about electricity is that it is, and we know this because it manifests itself by giving light, heat, and power. In the same way, we know that the soul is because it manifests itself in living bodies and this manifestation ends at the time of death, or transition.

Records of doctors, nurses, and others testify to having seen this essence leaving the body or lingering in the room or near the body at the time of transition. This phenomenon is described as having the qualities of light. For that reason, it may be observed only when the lights in the room are soft.

We know, also, that the soul comes to the body at birth. Through hundreds of years of cumulated experience, we have learned that there are souls that manifest different kinds of characters. We have learned that through prayer, concentration, meditation, and building our own character, we can attract certain kinds of souls to unborn bodies.

In a magazine for members of the Rosicrucian Order, AMORC, Ralph M. Lewis discussed this subject. We quote in part:

“The manner in which the parents have lived and in which they think is responsible for the personal advancement of their soul personalities. Naturally, it also determines the kind of soul personality that will be entrusted to them in the body of their newborn child. A highly evolved soul personality is not going to be drawn into an infant of parents who are bigoted or malevolent.

“As parents, you will attract that degree of soul personality into the body of your child that is commensurate with your own preparedness to further your child’s experiences and your own. Remember that in the rearing of a child there is an influence being brought to bear upon the soul personalities of the parents as well as upon the child. It is a test, in addition to an opportunity, for the soul personalities of parents and children.

“The mere desire for one’s child to be possessed of a highly evolved soul personality is insufficient. Parents must prepare themselves. They must substantiate their desire with conduct that shows sincerity and a willingness to make sacrifices for spiritual ends. Still further, no individual, group, institution, order, or church can draw to the body of a newborn child a highly evolved soul personality. The soul personality of the child depends entirely upon the worthiness of the parents.

“The most that an organization such as AMORC can do is to help prospective parents, through the Rosicrucian teachings, to evolve as much as possible in this incarnation as an assurance of having more highly evolved soul personalities for their children than would otherwise be realized.”

We would have you think about the beauty of your child's coming soul. Think of it as being pure and wise in its nature, a part of the Cosmic itself. Think of it as being near enough for you to sense it. By giving a few minutes of thought to this subject several times each day during the coming weeks, you will help to attune your soul personality to the consciousness of the Cosmic. This will help you to attract a beautiful soul personality for your child.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

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- As parents, you will attract the degree of soul personality into the body of your child that is commensurate with your own preparedness to further your child's experiences and your own. Remember that in the rearing of a child there is an influence that will bear upon the soul personalities of the parents as well as upon the child. It is a test, in addition to an opportunity, for the soul personalities of parents and children.

- The mere desire for one's child to be possessed of a highly evolved soul personality is insufficient. Parents must prepare themselves. They must substantiate their desire with conduct that shows sincerity and a willingness to make sacrifices for spiritual ends.

- Think about the beauty of your child's coming soul. Think of it as being pure and wise in its nature, a part of the Cosmic itself. Think of it as being near enough for you to sense it. By giving a few minutes' thought to this subject several times each day during the coming weeks, you will help to attune your soul personality to the consciousness of the Cosmic. This will help you to attract a beautiful soul personality for your child.

Lesson 19

Sex during Pregnancy

This lesson is designed to answer a number of questions that have been asked by students who took this special course from our Child Culture Institute.

Many prospective mothers have asked us whether sexual activity has any bearing upon the cultural preparation of the child. Particularly, they are anxious to know whether they should cease their sexual activity with their partners during the time that they are waiting for the birth of their child.

Some people seem to believe that any thought in regard to sex matters may have some detrimental effect upon the mind and character of the unborn child. They feel that during the period of waiting there should be no sexual activity and that their partner should even refrain from any intimate caresses that might arouse natural instincts. Just why they feel this way is difficult to say except that there is a common impression among many people that the sex instinct in humans is below the standard of other natural instincts. They consider that sex is incompatible with spiritual development and attunement.

Numerous prospective mothers have stated that because they are becoming attuned to spiritual forces and to the creative principles of the soul, they feel that they should ignore the gross and material instinct of sex. You will note that they are either consciously or unconsciously assuming that the sex instinct is an indication of weakness and represents a lack of spirituality. This idea probably stems from the false teachings of those who believe that people should live in a state of celibacy rather than to have children and follow their natural instincts. It is obvious, however, that celibacy is a false idea, for if all people practiced it to the extent of refraining from sexual acts, there would be no children in the world.

Our contact with highly developed spiritual people has shown that just as many are expressing natural instincts and living lives of virtue as those who are celibate. An analysis shows that the average man and woman who are not using their creative energy through mental activity and who are suppressing or repressing their natural

instincts are weak, less magnetic, less healthy, and less successful than those who live normally.

It is an established fact that the creative, or sex, energy has two separate channels of expression. This energy may be used mentally or physically. When a musician, artist, writer, or inventor is busy creating something, they are using this creative energy through mental activity, and very little of it is going into the sexual expression. The creative energy can be used through physical activities as well, and this is one of the reasons why physical education, games, and athletics have been stressed in schools and colleges. For harmonious living and a happy home life, people should have an understanding of these various means of using the creative energy.

Some people feel that physical relationships should be limited to the purpose of reproduction. They contend that unless the sex instinct is utilized solely for the birth of a child, it is sinful and lustful. This is inconsistent with nature's laws. In many of the lower forms of animal life, the sex instinct is operative only at certain periods of the year and then only for the purpose of reproduction. The instinct is dormant at other times. It is purely mechanical and they have no control over it.

In humans, the sex instinct is closer to the love instinct. It is emotional rather than mechanical or chemical. As an emotional instinct, it is related to the love for art, music, and all that is beautiful, ethical, spiritual, and idealistic. It is true that this instinct may be distorted in some, but that is because of humankind's willful misuse of something that is good and constructive. One thing is certain, however: if the sex instinct was given to humans to be used only occasionally and mechanically for the sole purpose of reproduction, it would not exist as so great an emotional satisfaction. It is inconsistent with nature to forbid anything that it provides abundantly or to make a thing sinful that nature constantly urges humans to express.

From an emotional point of view, love and its expression by means of a natural instinct are a tonic to health and a means of spiritual attunement. When two people are attracted to one another mentally, psychically, and spiritually, there is a mutual benefit gained from its natural expression. Any normal expression of the sex instinct is wholesome, proper, and advisable. It should not be suppressed or repressed except when

it is physically impossible or inadvisable for health reasons. Certainly, its normal expression does not interfere with spiritual development or attunement.

From the point of view of the expectant mother, there is a special argument that should be kept in mind. Since the expression of sex is so closely related to love, it also relates to the love between mother and child, mother and partner, mother and the universe. Repression of the sex instinct on the part of the prospective mother may result in the repression of emotion, love, and natural desires on the part of the child. The result may be a loveless, listless, hardhearted, cruel, or indifferent child so far as the emotional and higher instincts are concerned.

It has been found that where love and the passionate instincts between partners have continued to be expressed throughout the prenatal period, the child is devoted and affectionate to both parents. A loving nature is an expression of an evolved soul personality.

You will see, then, that it is advisable that the mother and father continue to express their physical, mental, and spiritual attunement throughout the prenatal period. The physical relationship necessarily may have to be modified and perhaps curtailed during the later stages of the pregnancy. It is expected, however, that moderation and natural affection will govern at all times.

We do not want you to construe that we do not wish you to discuss the matter with your physician. Your doctor best understands your physical condition and knows whether you may be susceptible to a miscarriage from intercourse or whether there is danger of infection. We trust that you will discuss this subject with your doctor.

It is hoped that this frank discussion will be helpful. We do not ordinarily discuss matters so personal, but, in this instance, to slight the subject treated in this particular lesson would be an injustice to both parents and children.

Summary of This Lesson

Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- Many women are anxious to know whether they should cease their sexual activity with their partners during the time that they are waiting for the birth of their child. Some people worry that sex may be incompatible with their spiritual development and attunement.

- An analysis shows that the average person who do not use their creative energy through mental activity and who are suppressing or repressing their natural instincts are weak, less magnetic, less healthy, and less successful than those who live normally.

- It is an established fact that the creative, or sex, energy has two separate channels of expression. This energy may be used mentally or physically.

- In humans, the sex instinct is closer to the love instinct. It is emotional rather than mechanical or chemical. As an emotional instinct, it is related to the love for art, music, and all that is beautiful, ethical, spiritual, and idealistic.

- If the sex instinct was given to humans to be used only occasionally and mechanically for the sole purpose of reproduction, it would not exist as so great an emotional satisfaction. It is inconsistent with nature to forbid anything that it provides abundantly or to make a thing sinful that nature constantly urges humans to express.

- When two persons are attracted to one another mentally, psychically, and spiritually, there is a mutual benefit gained from its natural expression. Any normal expression of the sex instinct is wholesome, proper, and advisable. It should not be suppressed or repressed except when it is physically impossible or inadvisable for health reasons. Certainly, its normal expression does not interfere with spiritual development or attunement.

- It has been found that where love and the passionate instincts between partners have continued to be expressed throughout the prenatal period, the child is devoted and affectionate to both parents.

Lesson 20

Exercise & Diet

We hope that you are taking good care of your health, especially in regard to exercise. We have raised the issue of exercise a number of times during this course.

The absence of regular exercise can add to your suffering when the critical time of labor comes. Of course, a woman should not work extremely hard and tire herself out every day when she is pregnant; but a certain amount of normal exercise is essential. If a woman finds that her ordinary work is too strenuous for her during pregnancy, then she should cut back and modify her regular work routine. But instead of too many hours of rest each day, she must see to it that she gets some form of exercise to make up for that which she fails to get from normal activity.

All the muscles of the body should be kept pliable and active; otherwise, they will be stiff and bound when the critical time comes. They will refuse to relax and stretch to help in the delivery of the child. You can help keep the muscles of your abdomen and body pliable by doing plenty of walking, deep breathing that exercises the diaphragm and lungs, and exercising the arms and legs. Remember to stretch and avoid strain by listening to your body.

Exercising the entire body will be helpful, if it is performed slowly and carefully. If you have questions regarding exercising during pregnancy, your doctor can answer your questions and give you instructions on safe exercise. There are also prenatal exercise videos on the market, and some gyms even offer prenatal yoga workouts.

Childbirth is a natural function whereby certain muscles engage in the process of contraction and release in order to push the baby's body into the outside world. This is a muscular function similar to functions of the body such as the emptying of the bladder or the evacuation of waste from the bowels. If tension is introduced into these daily physical acts through fear, serious and painful results would soon develop. The secret to painless or practically painless childbirth is the ability of the mother-to-be to relax completely. For this reason, proper education and mental preparation of the expectant mother during the months of pregnancy are important.

No doubt, your doctor is checking with you on your diet. However, we wish to remind you again to avoid heavy, starchy foods, alcoholic drinks, and tea or coffee. Plenty of raw vegetables of all kinds are excellent and drinking plenty of water is also beneficial.

We must remind you again to follow only the advice of your doctor. Do not follow the advice of friends, for the experiences of others will not necessarily apply to you. There are a number of trendy or fad theories about nutrition prevalent these days; many of them have no scientific backing. This is not a time to be experimenting with unusual or alternative diets. Another thing to remember is that the foods that have a beneficial effect on one woman may affect another differently. Only your doctor or a qualified nutritionist must be allowed to prescribe for you and make recommendations with regard to nutrition.

At this point, you may enjoy some comments on the usefulness of herbs. In recent years, the subject has received much attention. A number of books are available that explain how to grow an herb garden, and the different uses of herbs that not only enhance the flavor of foods but also add to their nutrition.

Again, it is vitally important to remember that medicinal herbs are real medicine and can have powerful effects on your body and your unborn child. Do not, under any circumstances, take medicinal herbs without consulting with your doctor. Some of the leading authorities in alternative medicine advise pregnant women to approach the use of medicinal herbs with extreme caution.

Herbs can be useful for many purposes though. Herbs may be used as incense in an incense burner or fireplace. The dried, leafy tops of lavender, sage, or rosemary may be prepared for burning by crumbling into powder and storing them in a jar. Thyme, steeped in hot water and used in the bath, adds fragrance and is said to relax nerves and muscles and stimulate the circulation. Chamomile is a gentle herb you can use for a relaxing, non-caffeinated tea. If you cannot have an herb garden, you might let marjoram, thyme, or basil decorate your kitchen window. They will also add flavor and nutrition to your soups and can be used to garnish meats and potatoes. But again, please check with your doctor before ingesting any medicinal herbs. Even parsley in medicinal amounts can be dangerous.

The important thing now for you to do is to keep your mind free from worry. Have you noticed how slowly the months pass and how it seems as though it were going to be twice nine months before your baby's arrival? This is to be expected, of course. If you were enjoying a vacation, you would find that the months pass too rapidly and that long before you are ready it is time to start for home. But you should not be anxious because you must wait. There is great work going on within you, and you must maintain a happy, cheerful attitude and keep busy reading, walking, exercising, sleeping, and concentrating.

Think of your coming child as one of a new society of greater and better human beings and what she may be able to accomplish for others in the future. Your children's children may become great workers and leaders later on. There is no satisfaction greater than knowing that your children are the products of correct guidance and thinking.

The mother's place in the world is the most important and glorious of all. If you keep these thoughts in mind during this period, you will attract to yourself protection that will surround you at the time of delivery and ever after.

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Below is a summary of the important principles of this lesson. It contains the essential statements that you should not forget. After you have carefully read the complete lesson, try to recall as many of the important points as you can. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- The absence of regular exercise can add to your suffering when the critical time of labor comes. Of course, a woman should not work extremely hard and tire herself out every day when she is pregnant; but a certain amount of normal exercise is essential.

- All the muscles of the body should be kept pliable and active; otherwise, they will be stiff and bound when the critical time comes. They will refuse to relax and stretch to help in the delivery of the child. You can help keep the muscles of your abdomen and body pliable by doing plenty of walking, deep breathing that exercises the diaphragm and lungs, and exercising the arms and legs carefully and slowly.

- Childbirth is a natural function whereby certain muscles engage in the process of contraction and release in order to push the baby's body into the outside world. The secret to painless or practically painless childbirth is the ability of the mother-to-be to relax completely.

- Herbs can add nutrition to your meals. But, it is vitally important to remember that medicinal herbs are real medicine and can have powerful effects on your body and your unborn child. Do not, under any circumstances, take medicinal herbs without consulting with your doctor.

- Think of your coming child as one of a new society of greater and better human beings and what she may be able to accomplish for others in the future. Your children's children may become great workers and leaders. There is no satisfaction greater than knowing that your children are the products of correct guidance and thinking.

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Lesson 21

Regular Habits

In an earlier lesson, we mentioned that establishing the habit of regularity in bathing would help to establish the love for bathing in the character of your child. We want you to realize that from now on a great many of your habits should be regulated carefully so that they will also become regular habits of your child.

From the time your child is born, and for several years to come, there are many functions and activities that you will have to regulate according to some system so that there will be time for you to provide the necessary care and still have sufficient leisure for you to rest and enjoy life.

There is also the matter of the regularity of the child's physical functioning to be considered. From a very early age, bowel regularity should be established for the mother's convenience as well as the child's benefit. Of course, there are occasions when your baby's stomach is likely to become upset; but aside from this, the child's physical functionings should assume some regularity a few weeks after birth. We need not remind you how important this is nor what a great help it will be to you.

Your doctor will agree that regularity in feeding your child is not only a convenience but also an absolute necessity if he is to be well. With regularity in eating, there should also be regularity in regard to the body's physical functioning.

The point now is whether you have established regularity in regard to similar functionings in your own life. Not only does the present state of your health require regularity, but there is also the advantage of the effect that your own regularity at the present time will have upon your child in the future.

Eating, sleeping, resting, and exercising should all be systematized. Now is the time to establish regularity and to systematize your mental and physical habits. Such consistency will benefit your health and influence the future habits of your child.

You probably realize that by establishing the regularity of your body's activities, you are encouraging a natural rhythm that adjusts and coordinates your body and mind and harmonizes your consciousness with the natural activities of the universe. All life in the universe has rhythm. In a previous lesson, you were asked to meditate on the rhythm

of the waves and the movements of the stars, and on your own inner rhythm, that of the beating of your heart, your breathing, and so forth.

Rhythmic activities such as swimming, skipping, running, and dancing should be encouraged in your children. These activities have benefits for everyone. It has been found that rhythmic expression harmonizes the emotional, intellectual, and physical nature and promotes a balance that adds to happy living.

In the first year of your child's life, it will be your privilege to regulate his or her eating, sleeping, exercising, and bathing. At perhaps six months, you may also establish a playtime for your child of four or five minutes at a time. Even at that early age, the child will need to learn to play alone for a definite time. Other periods should include the parents.

Years ago, mothers were afraid of spoiling their babies by occasionally picking them up. This idea has become very outmoded. A child needs a certain amount of cuddling to establish the feeling of security that is essential for a contented and happy childhood. A baby also needs to learn to feel secure with others besides the mother.

Affection, then, should be a part of every baby's experience. In fact, you can begin creating that experience even now. Spend some time picturing yourself holding your baby in your arms and bonding to your child with love and affection. These visualizations will convey the emotional message to your child that she is loved, appreciated, and wanted.

This bonding will, of course, continue after birth. In the first four or five months, enough cuddling is given naturally while the baby is breastfeeding. Magnetic vibrations of love flow to the child from the mother's arms as well as from the milk stream. If you are unable to breastfeed, visualize vibrations of love streaming from the bottle as you feed and hold your child. True love can never spoil a child.

With this lesson we conclude the prenatal portion of this course. You have learned techniques for your coming child that will encourage the development of truthfulness, logic, willpower, discipline, honesty, religious and racial tolerance, and the power to achieve success. Also, you have made efforts toward cultivating the love of reading, music, and art. You will want to continue encouraging the growth of these qualities in

your child. If you have time, re-read previous lessons and keep in mind the material from these lessons as you wait for the birth of your child.

Part II has been prepared to help you encourage the growth of positive characteristics in your child after birth. It will guide you in unfolding the spiritual, creative, harmonious, disciplined, and loving aspects of your child's personality. The proper foundation, including a cheerful outlook on life, will continue for your child as a lifetime blessing.

We hope that you have found this material invaluable and we wish you the best in the delivery and raising of your child.

Cordially and sincerely,

THE CHILD CULTURE INSTITUTE

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- There is also the matter of the regularity of the child's physical functioning to be considered. From a very early age, bowel regularity should be established for the mother's convenience as well as the child's benefit.

- Eating, sleeping, resting, exercising should all be systematized. Now is the time to establish regularity and to systematize your mental and physical habits. Such regularity will benefit your health and influence the future habits of your child.

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