



**Windows to the Womb:**  
Revealing the Conscious Baby from Conception to Birth



**Aspects of the link perispirit-body:**  
The secret of the cytoplasm



**Welcoming Consciousness:**  
Supporting Babies' Wholeness from the Beginning of Life



# Health of the *Soul*

## DEVELOPMENT of the Incarnating SOUL

# Editorial

*When does life begin? Some still think that life only begins after birth. However, Human Embryology, the field that studies the development of Human Beings, has established since the early 1900's that life begins at conception. This question was addressed by Allan Kardec in question #344 of *The Spirits' Book* published in 1857, when he asks the Higher Spirits: "At what moment is the soul linked with the body?" And the Spirits answer clearly: "The union begins at conception." This concept leads us to ponder: If the soul or spirit is linked to the body from the moment of conception, does the baby before birth (while in the womb) have any kind of perception at all? If yes, what is the impact of these perceptions after birth?*

*Those were the questions that inspired Dr. Thomas Verny and Dr. David Chamberlain, pioneers in prenatal and perinatal psychology, into developing their first studies more than 30 years ago. Evidence accumulated on the fact that babies have a wide sensory capability in the prenatal phase, and that the memories retained may impact their lives after birth, leading to the development of useful recommendations especially to parents and healthcare professionals caring for the mother-to-be.*

*In this issue of **Health of the Soul**, Lakshmi Landa, a HypnoBirthing practitioner and instructor, writes more about this topic. She also reviews two related books: **Windows to the Womb**, by Dr. David Chamberlain, and **Welcoming Consciousness**, by Dr. Wendy Anne McCarty, who will speak about her findings at the upcoming **5th U.S. Spiritist Medical Congress (September 20-21)**.*

*The article "**Aspects of the link perispirit-body: The secret of the cytoplasm**", by Dr. Vicente Pessoa (published by the Brazilian Spiritist Medical Association's magazine **Saúde da Alma** and translated into English by SMA-US), is a review of the processes involving the interaction between the spirit and the body starting at conception. Dr. Pessoa complements knowledge brought by scientists with revelations from the spirit world through the mediumship of Francisco Candido Xavier.*

*We hope that these articles pique your curiosity on prenatal consciousness, and that you join us for a more in-depth presentation of this topic – and others that complement it – at the **5th U. S. Spiritist Medical Congress**.*

*Enjoy the reading!*

Sonia Doi, MD, PhD  
President, SMA-US

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Lakshmi Landa

# Development of the Incarnating Soul

By Lakshmi Landa<sup>1</sup>

*“Prenatal and Perinatal experiences have a profound impact on the subsequent quality of health and human behavior.”*

This statement from birthpsychology.com, the website of the Association for Pre- and Perinatal Psychology and Health (APPPAH), reflects decades of study about how prebirth and birth experiences can cause an impact that will be manifested later in the child or adult. The initial research hypothesized that human health is to a great extent shaped at the very beginning of life, the period of human development when the basic adaptive systems reach maturity, but quickly evolved to include psychological and behavioral issues as well. In fact, Primal Health Research and Pre and Perinatal Psychology (PPN), as it is called, leads to a new understanding of the word health – one that includes the capacity to love.

Evidence from psychology research shows that the unborn baby’s environment plays a vital role in its physical, mental, emotional and psychological development. Emotions of the mother and also

the father are a primary influence and the entire surrounding environment becomes a part of the baby’s world and hence it’s development. The birth environment and the first few hours after birth are especially significant as the baby’s awareness seems to be heightened at this time. In fact, consciousness of the unborn and infant is what this work is all about.

<sup>1</sup> Lakshmi Landa has taught HypnoBirthing, since 2003 as well as prenatal and postnatal yoga, and water yoga. With her husband, she manages the Shanti Yoga Ashram, Spiritual Food Community Supported Agriculture, and the School of Life.



*© baby as art | carrie sandoval*  
**“Beliefs about how the world is going to treat me and how I have to be in order to survive begin to get established in those first minutes and hours of life,”**

Marti Glenn, PhD in “What Babies Want”, [WBW] documentary

*New advances in neuropsychology have shown that the imprints of our first experiences set up belief systems and behavior patterns that continue into adult life.*

Noah Wyle, Narrator in WBW

### **Prenatal and Peri-natal Research**

Pioneers in the field have analyzed and cross-referenced hundreds of studies, investigated psychoanalytic and hypnotic experiences, examined cultures world-wide, and worked with mothers and children before, during and after the childbirth experience. Connections have been revealed for individuals, families, and all of society to the point where Joseph Chilton Pearce who has been probing the mysteries of the human mind for over half a century says in WBW:

*“I think we have a chance to erase all forms of violence through pregnancy, birth, and the first 3 years of life.”*

From the work of Michel Odent, M.D, we learn that spectacular advances in computer science enabled an explosion of research in the late 1980's cross-referencing studies among thousands of scientific and medical journals. One needs only to go to [primalhealthresearch.com](http://primalhealthresearch.com) and enter keywords of interest for a glimpse into these new revelations. For example, 12 studies appear that address the relationship between prenatal and birth experiences to drug addiction in the offspring, 24 to famine, and 49 to schizophrenia. If the keyword is related to the capacity to love it appears that the period surrounding birth is critical.

Now, in the age of epigenetics, a whole new function has been given to the database where the phenomenon of gene expression can be studied in relation to the timing of environmental factors, particularly during the primal period which refers to fetal life, the perinatal period and the year following birth. This provides a new answer to an old question: Is it nature or nurture? Thomas Verny, founder of the Association for Pre- and Peri-Natal Psychology and Health emphasizes the dynamic interplay between nature and nurture in development of the human being.

In 1974, psychologist David Chamberlain began using hypnotherapy to discover and resolve traumas arisen in the womb and at birth. In landmark research with mother and child pairs in 1980, he demonstrated that birth memories were reliable. In his book *Babies Remember Birth*, (second edition named *The Mind of Your Newborn Baby* (1986/1998) he says in conclusion: If birth memories are true, we will have to reassess many of our previous ideas about the nature of babies. Birth reports are charmingly intimate and revealing; they are also revolutionary, confronting us with unimagined intelligence and suggesting that babies deserve new status, that of conscious persons. They share with the rest of us a capacity for enriched and expanded consciousness, something we are only lately acknowledging in ourselves. Referring to these as “altered states of consciousness,” or “unconsciousness” states, psychology slowly has been introducing us to a range of non-ordinary states where things once thought impossible are possible. (1)

*The Secret Life of the Unborn Child*, 1981 a

product of intensive study, thought, research and travel by psychiatrist Thomas Verny became a historical milestone for parents and professionals interested in pregnancy and birth, giving an unparalleled opportunity to help shape the personality and life experience of the unborn child. This book ultimately translated into 25 languages became an international best seller. Regardless of a pregnant woman's intuition about how she and her unborn child react to one another's feelings, Western medicine taught that the unborn baby was a passive, mindless creature and that newborn babies could not feel pain. Providing the overall scope of the concept of pre- and perinatal psychology, Verny tells how research begun in the 1930's and 40's that blossomed in the 60's and early 70's when technologies able to view the unborn in utero became available, showed without a doubt that (a) the unborn is aware and reacts to its environment, (b) can see, hear, taste, feel and experience, and leads an active emotional life, and (c) what the child feels, perceives and begins shaping his/her attitudes and expectations about him/herself that influence the entire life. The research shows that the chief sources of the messages shaping those feelings are the mother and actively present fathers. The studies cover pregnancy, bonding, birth, the first year of life

and the impact of all of this on mothers as well as babies.

Joseph Chilton Pearce, exceptional author and public speaker on human intelligence, creativity and learning, confirms the influence of prenatal experiences on the unborn child. He says in the documentary *What Babies Want*: "Research shows now that the mothers' emotional state during pregnancy

determines the actual shape, nature and character of the brain structure that grows in the infant. This has been established without question. All mammals follow the same pattern. If the mother is in a state of high anxiety, the baby grows a much bigger hind brain, the survival sensory motor brain, and a much intellectual, creative brains." From Pearce's most popular book, ***Magical Child***, we find that learning takes place in the womb and continues through the birth experience, the bonding with parents, and onwards in specific stages that are preprogrammed in all human beings. If the child does not experience all there is to learn from a certain stage, intelligence is stunted. A stunning example is given comparing American and European babies with babies born naturally in Uganda. The latter were observed at only 48 hours old to sit up held only by their forearms with a beautifully straight back and perfect head balance, with finely focused eyes staring intently, smiling continuously and rapturously! At 6-7 weeks, all of the Ugandan children in the study crawled skillfully and could sit up by themselves. At 6-7 months, they showed object constancy demonstrating that they know where an object is that has been put out of sight, and then leapt up and ran to retrieve it. In American/European children, crawling is normally after 6 months, walking at about 12 months, and object constancy at 15-18 months; and parents are told that the random smiles of newborns are a result of "gas."

Taking this to another dimension, is the work of Frederick LeBoyer eloquently described in ***Birth Without Violence***. After attending 9000 births as an obstetrician, he started questioning the results. He retired to India for 3 years to study the ways of birthing in remote areas and returned to France to try birth a new way. What should be done to calm the terror of birth for the baby and bring forth a



sense of security and fearlessness? Speak only the language of love – a language baby can understand - with darkness, silent voices, gentle touch. Step into the baby’s sense of timelessness – be in the present moment. In Leboyer’s experience of doing exactly this, baby’s response is awesome. Babies often don’t cry. Breathing begins in its own time. Movement begins. Baby’s whole body relaxes and, then eyes open. “No words can describe the depths of this first look,” says Leboyer, “Anyone who has witnessed such a birth cannot but exclaim: “But this child is looking... whether he sees in the way we do is another issue... Maybe we have to accept that there are many ways of seeing, of knowing.” It is clear that life does not start now, at this point, but that the child was aware long before he came to us, and in birth has merely crossed a threshold.

This was said by Suzanne Arms who, in her work with the Birth Movement since 1975, blends ancient knowledge and cross-cultural wisdom with modern science (cellular biology, neurobiology, psycho-immunology and attachment theory), and with ecology, feminism and spirituality. (2)

These are just a sampling of the great thinkers of the past 40 years who have revolutionized our knowledge and practices about the human being coming into life.

### **Consciousness of Babies**

It goes without saying that people from all walks of life and all times, probably most importantly parents, have probed the idea of the incarnating soul. It is fascinating then, that as far back as the 17th Century, John Locke, a leading British philosopher used the term *tabula rasa*, Latin for “blank slate,” for newborn babies. Science agreed.

“Love and fear, and peace and violence, begin in the womb. And that is where the roots of faith or alienation lie. The new paradigm, which is really based in ancient wisdom and supported by modern science, is available to us today, as is healing the birth-related trauma so prevalent in modern society.”

Suzanne Arms



“Early in the 1960s, mainstream ophthalmology textbooks claimed that newborns were blind, audiology textbooks claimed that newborns were deaf, and researchers who relied on more sophisticated motor responses like reaching claimed that cognitive (thought) abilities were extremely rudimentary until the end of the first postnatal year,” (3). In addition, we are just coming out of a century of denial of pain in infants when routine tests, circumcisions and even surgery were performed without anesthesia. (4)

David Chamberlains speaks of modern science when he says “The baby is far more sophisticated than anything we gave it credit for before. We didn’t think it could have an experience. We didn’t think it could sense anything. And we didn’t think it had the brains to know what the senses were telling them.” [WBW] All of this has now changed.

At the same period of time the above research was developing, the lines between physical, mental, emotional and psychological health were blurring and our understanding of the profound connection between the mind and body began to emerge. Now, more than a decade into the new millennium, with the research and practice of mind/body medicine well underway, and with energy medicine coming to the forefront, we could say we are poised to explore the spiritual.

While the word spiritual has many connotations in religious, metaphysical and esoteric studies from ancient to modern times, we will refer discussion here to mean discarnate spirits. On [www.birthpsychology.com](http://www.birthpsychology.com) it is said “we see that life is a continuum which starts before conception not after birth.” In other words, the study of prenatal psychology with its revelation of the consciousness of the unborn child can naturally draw one to consider the pre-existence of soul or spirit. Out-of-body consciousness is an increasingly popular term that applies to altered state of consciousness such

as sleep, somnambulism, meditation and near-death experiences. We now have ample evidence to apply this term also to pre-birth consciousness.

During the formative period of life, parents and babies are fundamentally interconnected such that a loving prenatal and perinatal experience inspires bonding and sensitivity to others with long term consequences for individuals and society. This takes us to the concept of “the scientification of love,” (5) so named by Michel Odent who says we now have scientific data that suggests answers as to how the capacity to love develops.

### **What are the environmental factors that so deeply influence the unborn and newly born child?**

Foremost is the attitude of parents toward the developing baby and toward one another. A baby that is wanted and loved has the best start on life. Reciprocal nurturing of one parent for the other sends a strong message of security to the pre-born baby that this is a loving family. Fathers can participate in prenatal doctor visits, childbirth preparation classes and in preparing the home. Parents should be aware of the kind of environment and experiences they are providing for the unborn baby. Love, play and music reinforce positive feelings of security. Loud or disturbing noises, yelling, screaming, and emotional upsets should be avoided. Babies exposed to soft music and singing are calmer, happier and better adjust to life outside the womb. In fact, direct communication with the unborn baby is effective and rewarding. Parents can talk to the unborn child, sing, read, even play through the uterine wall. Babies react to vibrations such as stroking, tapping, rubbing, massaging. It is fun and fascinating when babies poke back! All of this is called Pre-Birth Parenting or Prenatal Bonding. If parents “listen” to their unborn baby, s/he will let them know what activities and sounds he prefers, as said by Marie Mongan founder of the



HypnoBirthing program.

Creating a positive environment includes full support of mothers during pregnancy and the post-partum period – not only medical care but emotionally and economically. Some European countries offer this for up to 3 years after birth. One need only to look at traditional cultures to see the importance of mother/infant care throughout pre-modern history.

Avoiding stress and worry should be of the highest priority. This is one reason that many women refuse routine prenatal tests and, out of concern for stress to the baby, some women refuse routine procedures such as sonograms and amniocentesis when they are not absolutely medically necessary. Mothers should reduce stress from jobs, family responsibilities and even the daily news as much as possible and increase relaxing activities such as music, art, being in nature and anything the mother enjoys.

It goes without saying that pregnancy is a time to avoid unhealthy habits such as smoking, drinking alcohol and staying up late but it is also a time to create good habits such as in eating healthy food, breathing properly and getting enough fresh air, sensible exercise, rest and sleep. Perhaps most important for the mother is a diet of positive thoughts. Reading or discussion with doctors or other health care providers about what can go wrong, watching films of difficult, painful births, even hearing stories from well-meaning friends about the trials and tribulations of birthing and parenting can all negatively influence the mother and her pre-born baby.

Pregnancy is a time to nurture oneself and explore the upcoming life change. In some cultures, parents are advised to work on their personal issues before conception to make room for the baby in their lives. Some of this can be done during pregnancy as well if it does not create undue stress. The two parents should



definitely talk seriously about the issues most important to them and talk out their fears and concerns about the birth and parenting. This applies not only to babies that are planned and wanted but especially to those that are not for it is these that most need attention. Pre-birth parenting actually helps parents to take responsibility for the pregnancy and for planning the birth. It brings a softer, more balanced attitude toward caring for the baby and gives practice in accepting the responsibility of parenting.

Regardless of the situation, pre-birth parenting can give feelings of enjoyment, love and respect for each other and for the baby.

Spiritual master Omraam Mikhael Aivanhov envisions in his book *Education Begins Before Birth* that if the State, instead of spending billions on hospitals, prisons, law-courts and schools would concentrate all its attention on pregnant mothers, the cost would be far less and the results infinitely superior. He speaks both of attracting high level spirits to incarnate and of creating an atmosphere for pregnant women to do the mental work to influence their future babies. "Given such conditions of peace, calm and beauty, women would bring into the world children who would be worthy channels for the graces and blessings that Heaven is waiting to pour out on humanity." Aivanov calls on women to recognize their role and to unite for the regeneration of the human race.

### **Birth**

The heightened awareness at birth gives added opportunity and responsibility to parents and professionals for care of the incarnating soul. Many parents may not realize that there are options but in fact, it is the parents who should take the lead in ensuring a safe, comfortable, satisfying birth experience for the whole family. Even in today's highly technological world, nothing could be more natural than giving birth. Yet, if we look at the natural world we find an enormous contrast from what we see in maternity hospitals of today. "According to physiological law, all natural, normal functions of the body are achieved without peril or pain. Birth is a normal, natural, physiological function for normal, healthy women and their healthy babies. It can therefore be inferred that healthy women carrying healthy babies, can safely birth without peril or pain". Dr. Jonathan Dye said this in 1891 and it is the basis of a childbirth

preparation program called HypnoBirthing which has proved since 1990 that birth can and should be without peril or pain. This is a revolutionary concept in modern medicine but is gaining ground with parents around the world.

In birth, we turn again to the development of the capacity to love and find from Michel Odent: "The data converge to give great importance to early experiences, particularly the presence of the hormone oxytocin during birth and to a short critical period immediately after birth." (6) This must grab our attention considering the high statistics of artificial induction, planned Cesarean births in which no oxytocin is present and to the interruption of bonding between parent and child immediately following birth that is still common practice today. We must also wonder how a society that does not support breastfeeding may be affected by the lack of prolactin, another hormone of love flowing from mother to baby. If we shun these gifts of nature, the love inducing hormones designed to flow at the critical moments of the beginning of life, we must ask how will our capacity to love ourselves, each other and our earth home be affected?

Most important in the birthing environment is peace. Is the mother calm and relaxed or fearful? Is the father or another companion present and supportive? Do the professional caregivers honor the family's wishes? Is there patience to let the birth happen in it's own time? Are voices low, lights dim and the air sufficiently warm to protect the newborn's first sensory encounter? Is the baby given a chance to breathe on its own before the umbilical cord is cut? Is there an absence of machines, people and procedures that might interrupt the critical bonding that nature offers for healthy emotional growth in the infant and in the mother? Is there respect for the precious first moments of life?

***“Even today, women are being convinced that birth is a medical incident and that their bodies are somehow flawed and destined to malfunction. Even women who are considered no risk are being convinced their births need to be chemically manipulated and chronologically managed, so they surrender themselves, their babies and their birthing energy to someone else - often a stranger without realizing how these kinds of births influence their baby’s development and have an indelible imprint that is going to last the rest of the child’s life.”***

Marie Mongan, Founder and Director of the HypnoBirthing Institute

### **Bonding and Development of Maternal Instincts**

“Our women are so excited about their births, that it wouldn’t occur to them that they could be depressed!” Says Marie Mongan about mothers who have bonded with their babies and had natural births through HypnoBirthing. “They’ve not experienced anything but fulfillment and that is so important”, she continues, “They feel good, they look good, and they have mellow babies. The pre-birth bonding is so important. If that is in place they usually do a stellar job of nurturing and protecting.” Normally, the love of parents for their babies is effortless and spontaneous, but sometimes things can interfere with that precious connection and as a result, relationships of parents and babies can begin with something strangely missing. “It is a fact: some mothers and fathers never do form that special attachment with a particular baby.” Says David Chamberlain in *Windows To The Womb*. “They can spend literally years anxiously searching for some way to establish that heart-connection that somehow never developed.”

In 1976, two American professors of pediatrics, Marshall Klaus and John Kennell, studied and wrote about maternal-infant bonding. They found that without bonding the newborn baby failed to thrive, mothers were awkward and lacked confidence in handling their baby, breastfeeding was more

difficult or shortened, if at all, and in extreme cases, irritability and anger toward the baby grew into child abuse.

“Will I be a good mother?” is a normal question for any woman. Many experts say yes -- as long as conditions are set that allow for natural mothering abilities to unfold. Just as hormones help the mother through birth, hormones will get her mothering. As with birthing, there are things she can do to get these biological helpers working such as rooming in with baby after birth, breastfeeding and holding, responding to baby’s cues, and baby massage. A satisfying birth experience for the mother is also key in how she approaches mothering. If her birth did not go well, a woman can walk away feeling that something was lost even though the baby may be physically fine.

Bonding is a powerful example of the mind-body connection. “Research shows that mothers who are able to have more contact with their babies immediately after birth display more love and affection for their children throughout life”. (7) It is as simple as that.

Since the 1970’s many authors have written on the effect of bonding between mothers and babies. Many have connected this study bonding to wide implications for society in terms of materialism, violence, and lack of care for the earth such as we are now seeing in climate change. (8) Endorphins are called the love hormone. They are a natural part of birth, and when absent or replaced with

artificial induction, the capacity to love cannot help but be affected during this critical window of opportunity.

When the rapid rise and appeal of science in the mid-20th Century moved birth from home to hospital, the environment for natural bonding was severely compromised. The solution? “No-wait bonding. Bonding can begin anywhere, anytime, and the sooner the better” says David Chamberlain. Heart-to-heart bonding can begin before or after conception, any time in pregnancy and throughout labor, birth and after birth. This early and full action leaves no doubt or uncertainty and can only serve to deepen the connection between parent and child helping the incarnating soul to develop love and security for it’s new life. Adoptive parents can also participate in this process even more proactively since they usually arrive late in the bonding process.

Why does bonding work? The reason rests on the new and accumulating evidence that babies share with us the mysterious gift of human consciousness. Love is spiritual communication and babies are ready for it.

### **Conclusion**

Joseph Chilton Pearce, again in *What Babies Want*, “I think one of the most exciting things about the 20th century is coming into full awareness of what’s involved in the birth process.” Perhaps we can add: One of the most exciting things about the new millennium is coming into awareness of the development of the incarnating soul.

***I think one of the most exciting things about the 20th century is coming into full awareness of what’s involved in the birth process.***

*Joseph C. Pearce, WBW*



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Dr. David B. Chamberlain

# Windows to the Womb: Revealing the Conscious Baby from Conception to Birth

Dr. David B. Chamberlain, PhD, DHL  
A book review by Lakshmi Landa<sup>1</sup>

Is there anyone among us who has not wondered about the beginnings of life? This easy to read relatively small book of 200 pages covers an enormous array of topics to captivate any parent or maternity health care professional, any scientist or psychologist, any aunt, uncle, sister, brother, friend who takes interest in a pregnancy, any human being who has ever contemplated the origin of life, anyone who has looked into the eyes of a baby and wondered – what are they seeing?

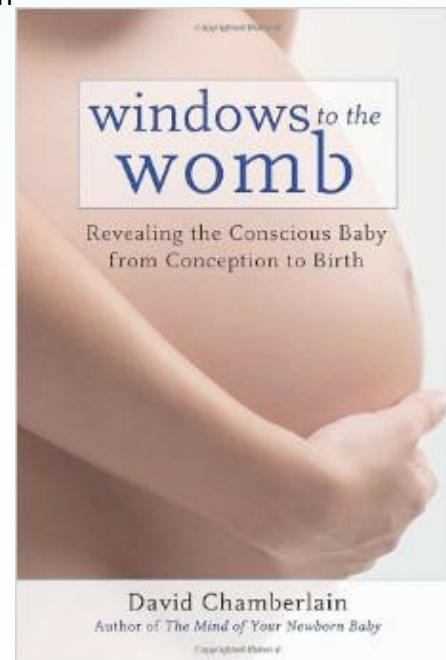
David Chamberlain has done a masterful job of carefully constructing a summary of scientific findings relevant to how we view and treat babies with impacts on individuals, families and society as a whole. These findings open doors to lay persons and scientists alike by revealing to the general public research of the last half century relevant to how we view conception, pregnancy, birth, and infant care and communication. Research

<sup>1</sup> Lakshmi Landa has taught HypnoBirthing, since 2003 as well as prenatal and postnatal yoga, and water yoga. With her husband, she manages the Shanti Yoga Ashram, Spiritual Food Community Supported Agriculture, and the School of Life.

in the study of the unborn (or pre-born), which Chamberlain stumbled upon as a psychotherapist, exploded since the 1960s and has the capacity to explode our beliefs about human consciousness and the origin of life.

As a psychologist, scholar (60 publications), lecturer (20 countries), winner of many awards, founding member, former president and website editor of the Association for Prenatal and Perinatal Psychology and Health, as well as a parent and grandparent, Chamberlain

weaves together a myriad of topics telling what was once thought about babies and what is now known from research carried out in the laboratory and on the psychologists couch, and from another fascinating source – spontaneous memories of young children.





By artist Donna Mel  
www.paintingilove.com

What are the exciting things revealed?

- The wonders of conception and the womb – what we know from embryology, intrauterine photography, ultrasound, etc. We are the first generation to see and to know
  - Senses of babies in the womb are not only functional but there are 12 not 5
  - Babies in the womb express multiple intelligences from language to music to spatial relations, to interpersonal and intrapersonal intelligences
    - Learning in the womb
    - Consciousness in the womb
    - Consciousness and communication before brain (at or before conception)

Chamberlain makes the case that babies, once thought to be deaf, dumb and blind, of not feeling pain and to be born a blank slate without thought, memory or feelings show remarkable capacity for physical, mental and emotional experiences. Samples of pre-birth learning describe exercise and exploration in the womb, music and language development from environmental sources, and transcendental awareness of people, places,

emotions and attitudes of parents and others in the baby's world.

This book also reveals well-documented information previously acknowledged only to a handful of specialists or researchers, such as crying in the womb and the vanishing twin syndrome, and ties it together with the emerging awareness of the consciousness that is coming into being in the body of the baby.

The last third of the book offers stories (45 in all) of consciousness in the womb, at conception and before. Most of the stories come from hypnotic regression of adults and spontaneous memories of young children. Others, however, come from literal communications of the spirit to be born and some trace memories not only to pre-birth and pre-conception, but to previous lives. As other scientists, researchers, doctors, and people from all walks of life are now beginning to do, Chamberlain breaks the barrier of silence over these issues opening the door for any person, especially parents and health care professionals, to ponder, explore or argue if they wish, about who we are and how we are influenced by the journey to incarnation. Pre-birth and infant consciousness therefore can no longer be ignored.



Dr. Wendy Anne McCarty

## Welcoming Consciousness: Supporting Babies' Wholeness From the Beginning of Life – An Integrated Model of Early Development<sup>1</sup>

Dr. Wendy Anne McCarty, PhD

A book review by Lakshmi Landa<sup>2</sup>

At a first glance, looking at the Table of Contents, one may only see the clinical and scientific aspect of this book, but it has so much more than that.

The front cover with the photo of a beautiful smiling baby and the subtitle ***Supporting Babies' Wholeness From the Beginning of Life - An Integrated Model of Early Development***, may lead one to believe it is only about babies. The back cover talks of the prenatal and perinatal state from the psychological perspective, and we begin to get a glimpse of Wendy Anne McCarty's work with this first stage of life. But, a quote of the cell biologist Dr. Bruce Lipton takes us to the core when he says: "I highly recommend ***Welcoming Consciousness***, its perspective on integrating mind, body and spirit truly has the potential to change the world." As Dr. David Chamberlains adds: "This

unique work of Dr. McCarty is an intellectual milestone."

Wendy Anne McCarty's presentation of the different works of modern, leading edge thinkers reflects not only her own evolution of thought over a 30-year span of study, work and experience but of the field of Prenatal and Perinatal Psychology (PPN) and studies of consciousness itself giving us, laymen and professionals alike, a coherent, up-to-date understanding of the nature of body, mind and spirit, taking us to the edge of the nature of existence. She speaks with great respect and with caution – for she and these other intellectual pioneers are empirical researchers and scientists – in presenting findings that are far outside mainstream thinking. In a nutshell, this work is a beautiful and compassionate presentation of the integration of science and spirituality focused on the beginning of life.

I am personally awestruck and delighted at how the studies revealed by Dr. McCarty regarding physics, psychological trauma and healing, beliefs and practices of other cultures and other times, as well as pre-birth and pre-conception memories

1 Wondrous Beginnings Publishing, Santa Barbara, CA - 2012

2 Lakshmi Landa has taught HypnoBirthing, since 2003 as well as prenatal and postnatal yoga, and water yoga. With her husband, she manages the Shanti Yoga Ashram, Spiritual Food Community Supported Agriculture, and the School of Life.





dovetail with other areas I have studied, namely the ancient science of yoga and the 150-year old codification of the science of Spiritism. More so, this work supports everything I have learned and practiced as a childbirth educator with The HypnoBirthing Institute that helps parents-to-be to conceive, carry, birth and bond with their babies with respect for their sentient nature, and thus, as Dr. McCarty puts forth, nurturing human potential and optimizing relationships from the beginning of life.

The first part of *Welcoming Consciousness* describes what science has been learning about the universe, consciousness, and existence – it is like a short course in quantum physics. The second part is about building an integrated model of early development that includes recognizing the sentient and transcendent nature of babies as fully conscious beings entering the biological human body. The third part discusses integrating this model with traditional Western early development models. An afterword presents results of the author's continued work since the first edition of the book 5 years before including education in the

community and a document entitled 12 Guiding Principles of Primary Psychology. Four appendices support the concepts presented with (i) definitions and standards in healing research; (ii) an extensive bibliography; and (iii) research papers on (a) The Power of Beliefs: What Babies are Teaching Us, and (b) The Resonant Heart by authors from Heartmath and the Institute of Noetic Sciences.

What are some of the key findings outlined in these pages?

- We are conscious sentient beings from the beginning of life; we exist as sentient beings prior to physical life; and there is continuity of life before, during, and after human existence. In other words, human consciousness exists independently of a brain and nervous system, even before the tiny fetus forms. There are two clear and distinct sources of awareness: transcendental and biological, human, brain-based.
- There is ample evidence of non-local perception (e.g., telepathy, clairvoyance and intuition) and influence (through attention and intention).
- What happens during conception, life in the womb and at birth is remembered and sets in motion patterns that affect us over the life span. Of particular note:
  - Human development occurs within relationship from the beginning. Human connections and the surrounding environment profoundly influence the quality and structure of every aspect of baby's development and health. Baby internalizes what mother experiences and feels. Father/partner's relationship with mother and baby are integral. Babies are continually

communicating and seeking connection.

— Clinical reports consistently reveal harmful lifelong effects from Western biologically based medical interventions during conception, prenatal care, birth, and the neonatal period when carried out without the understanding and inclusion of our sentient nature and early needs.

— The act of birth brings a heightened state of awareness and impressionability; what happens and how baby perceives and responds is etched into their psyche and their body at the deepest levels.

- There is striking similarity between pre-birth consciousness and near-death experiences.
- Children’s verifiable accounts of past life have a distinct “matter of factness” and demonstrate a sense of continuity of self from other lifetimes to this one. Adults’ accounts of our continuity of self such as remembering experiences between lives

and planning their next lifetimes have also been documented.

For those familiar with prenatal psychology, this book addresses a question I have had for a long time: If babies are sentient conscious beings, why do they sometimes take things literally and out of context, such as an offhand comment of the doctor in the birthing room, to the point where it may affect their self-image for years to come? This situation is addressed by discussion of the transcendent nature entering the biological human body from the work of Dr. Jenny Wade and how descriptions of prenatal experiences report two separate and simultaneous sources of awareness. Helen Wambach reports that the transcendent voice characteristically was devoid of emotion, and the fetal human body perspective was characteristically more visceral and filled with strong emotions. (See also Table 2 and comparison between the transcendent voice and the biological human voice.)

***“Human life is the coming together of a mother, father, child’s soul, and the soul’s cosmic contract.”***



“Often traumatic experiences and imprinting are seen as a disruption or distortion of the natural flow between these levels of being and awareness.”<sup>3</sup>

While much of what PPN teaches has focused on early trauma and life-diminishing patterns set in motion, there is great opportunity to support human potential and optimize relationships:

Primary Psychology (as it has been defined by the author and Dr. Marti Glenn) includes embracing the continuity of human development and relationship from conception to prenatal life and through the first year of post-natal life.

We learn that each of us can contribute to babies being more fully connected to who they really are and living their lives as Spiritual Human Beings. Further, not only does primary psychology help us support human potential at the beginning of life, it provides us a map to understanding ourselves and clues to healing primary patterns that separate us from our fullest potential at any age.

From reading this book, I feel that the author is not only an open-minded, highly respected and respectful scientist, not only a caring and compassionate therapist but a unique spirit brought to Earth at this time to contribute to opening us all to knowledge of a deeper meaning of existence and to the wonders of creation – on both sides of the veil.

“Human life is the coming together of a mother, father, child’s soul, and the soul’s cosmic contract.” *The Principles of the Cosmic Cradle*

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3 (pp. 78-92) *Changes of Mind: A Holonomic Theory of the Evolution of Consciousness* (1996) is one of the rare human developmental stage life-span theories viewed through the lens of the development of consciousness, and that incorporates knowledge gained from the PPN research.

#### *Pre-Conception Paradigm*<sup>4</sup>

We can learn from this great collaboration of work how all of us and especially all parents can be ***Missionaries of the Light***<sup>5</sup> aiding the fulfillment of the soul’s cosmic contract for the ensuing incarnation.

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4 (pp. 68-70) *Cosmic Cradle*, Carman and Carman, a 737-page text describing a 10-year study of the pre-conception stage of human incarnation in which were found over 165 cultures’ and religions’ reports of pre-conception experiences. Their findings are summarized in what they called The Principles of the Cosmic Cradle Pre-Conception Paradigm. Noted is that these principles appeared to be new only to materialistic thinking modern culture.

5 Title of a book by the Spirit Andre Luiz, psychographed by Francisco Candido Xavier, about the work of spirits aiding human beings, with a chapter specifically on the reincarnation process guided by High Order Spirits. [International Spiritist Council, Brasilia, Brazil, 2009; www.edicei.com]



# ANNOUNCEMENTS

## Announcements



## 5<sup>th</sup> U.S. Spiritist Medical Congress



### Consciousness: from beginning to end of life and beyond

September 20-21, 2014

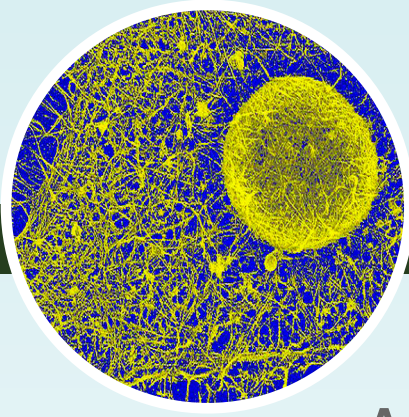
Jack Morton Auditorium,  
Washington, DC

#### THE PROGRAM WILL INCLUDE THE FOLLOWING LECTURES:

- The Legacy of Dr. Candace Pert, Beyond the 'Molecules of Emotion'* - Michael Ruff, PhD
- My Friend Candace: Our Adventures Together in the Mind-body Revolution* - Nancy Marriott
- The Greater Spiritual Reality* - Gary Schwartz, PhD
- Consciousness at the Beginning of Life* - Wendy Anne McCarty, PhD, RN, DCEP
- The Re-incarnating Spirit* - Sonia Doi, MD, PhD
- Parental Preparation for the Incarnating Soul* - Lakshmi Landa
- Interaction between Spirit and Body: The Mental Body and the Perispirit* - Marlene Nobre, MD
- The Primordial Psyche: A Post-Materialist Perspective* - Mario Beauregard, PhD
- The Pineal Gland: A Chronological Study Across Time and Cultures* - Giancarlo Lucchetti, MD
- Interaction Mind-Brain-Cell at the Molecular Biology Level* - Carlos Roberto de Oliveira, MD
- Investigating Mediums' Brainwaves* - Arnaud Delorme, PhD
- Current Evidence of Consciousness Survival after Death* - Jorge Daher Jr., MD
- Recognizing the Spirit in the Human Being* - Willow Moore, ND & Kirsten DeMelo, RN
- Acknowledging the Spirit - A turning point in Research* - Gary Schwartz, PhD

FOR REGISTRATION AND MORE INFORMATION PLEASE VISIT: [www.sma-us.org](http://www.sma-us.org)





# Aspects of the link perispirit-body: The secret of the cytoplasm

Dr. Vicente Pessoa<sup>1</sup>

The adult human body consists of approximately 50 to 100 trillion cells. Each one of these cells originates from an egg or zygote that in turn, is formed by the fertilization of a female by the male gamete, called oocyte and spermatozoid, respectively. The human gametes contain half the number of the species chromosomes, i.e., 23 chromosomes for humans. Therefore, the zygote contains 46 chromosomes or 23 pairs of chromosomes.

The zygote carries in the chromosomes located in its nucleus the genome or genetic code responsible for the characteristics of the new being in formation. According to the Spirit André Luiz, in the book *Missionaries of Light*(1), the fertilizing spermatozoid can be specifically selected so as to allow the spirit to carry in its physical body the genetic potential most appropriate to its plans and needs. Once the zygote begins to divide, the daughter cells are all genetically identical. In the beginning, the initial cells are undifferentiated,

that is, capable of transforming themselves into any tissue of the human body (pluripotent). As pregnancy progresses, these cells progressively specialize, becoming differentiated, i.e., acquiring specific functions. Some are transformed into neurons, others in cardiac, bone, pancreatic, epidermal cells, etc. This process is named cell differentiation. Once more, in *Missionaries of the Light* we find the information that this process is guided by the intelligence of the reincarnating spirit – when it is capable of that – by the thoughts of the mother and by the action of the Higher Spirits. (Fig.1)

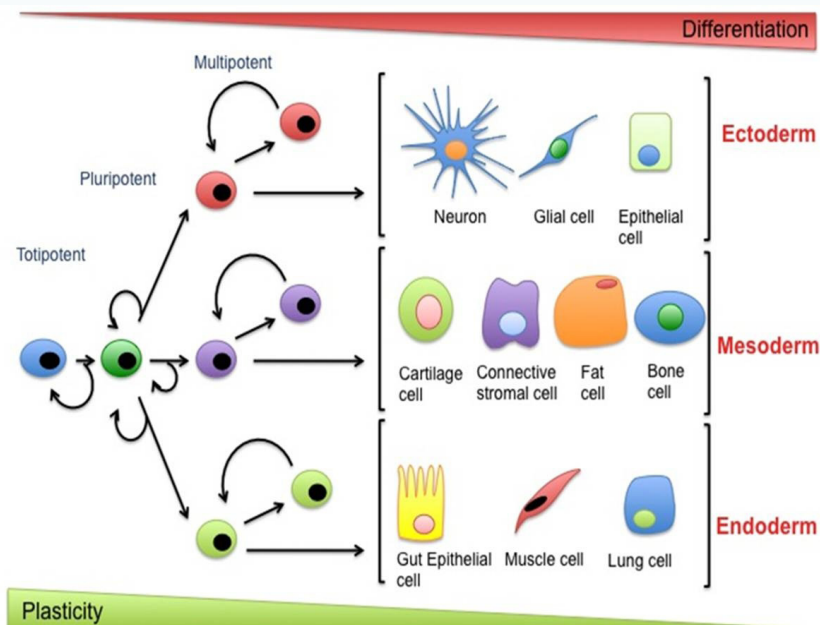


Fig. 1: Cell Differentiation Process

<sup>1</sup> Vicente Pessoa is an M.D., specialized in infectology, working at the Institute of Infectology Emilio Ribas, São Paulo, Brazil. He has a master's degree in Epidemiology from the Federal University of Goiás, Institute of Tropical Infectology and Public Health, and is the vice-president of the Spiritist Medical Association of Goiania (AME-Goiânia), Goias, Brazil.

It is of current knowledge that cell biology is based on the dogma that the cell nucleus – as it contains the genome – controls the cell, which in turn synthesizes the proteins that are considered the physiological building blocks of life. The irreversibility of cell differentiation was also considered a dogma, i.e., once a cell differentiates and acquires a specific function, it was impossible to reverse it to its state of pluripotent cell, or to turn it into a different cell type. This concept is best described by the “Waddington’s epigenetic landscape”(Fig. 2), created by Dr. Conrad Waddington(2). In this landscape, we see a sphere on top of a slope. This sphere, as it starts its journey downhill under the influence of the gravity force, can take various routes, depending on the unevenness that it finds ahead, but it can never return to the top of the slope, unless a force acts upon it in the opposite direction, contrary to the force of gravity and with an intensity greater than the latter.

Having in mind that all cells of our body have the same genome, how is it possible that genetically identical cells can synthesize a myriad of different proteins and carry out differentiated and specific

functions? Furthermore, how is it possible to reverse the process of cell differentiation, turning a differentiated cell into a pluripotent cell or into another differentiated cell type?

Professor John Gurdon,(3) at the University of Cambridge, raised these questions in the decade of 1960. He wanted to know if, during the process of cell differentiation, the cells could lose genes and end up very different from one another, or whether they would retain the original set of genes only “turning them off.” To answer this question, in 1962 he elaborated a very simple and elegant experiment using a technique called Somatic Cell Nuclear Transfer (SCNT). In this experiment, Professor Gurdon destroyed and removed the nucleus of a non-fertilized egg from a frog, leaving only the cytoplasm enclosed by the plasma membrane.

He then removed the nucleus of a skin cell (differentiated and specialized) from an adult frog and introduced it in the cytoplasm of the egg. If this skin cell, differentiated and specialized, had lost genes of the genome along the process of differentiation, this new cell formed by the union of the cytoplasm of an egg with the nucleus of a

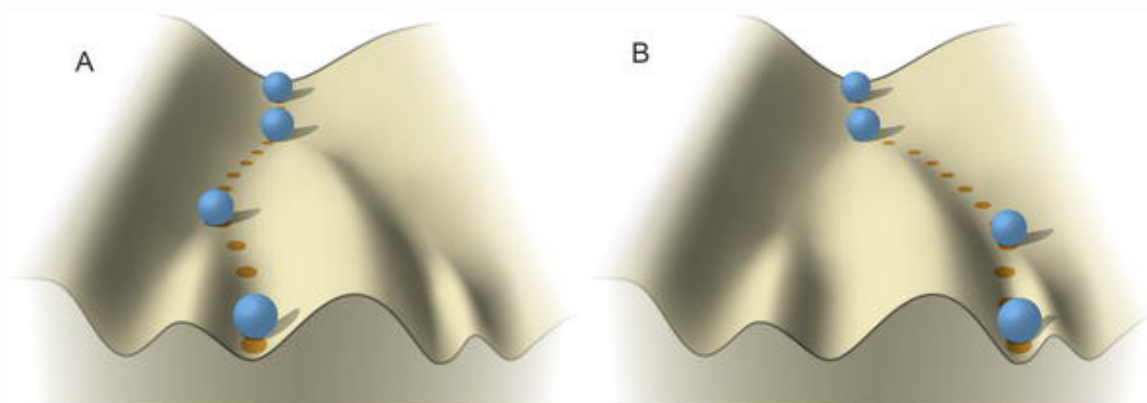


Fig. 2: Waddington's epigenetic landscape

skin cell would multiply and generate only skin cells. To his surprise, however, that new cell divided successively to generate an adult frog with all organs and tissues.

Professor Gurdon then concluded that this skin cell or any other differentiated cell contained all original genes (genome) that the zygote itself had, but that many of them were “turned-off” in order to maintain the specialized cell. Something in the egg cytoplasm acted to re-arrange genes in a new “ON-OFF” combination providing the pattern for the formation of a whole animal. (Fig.3)

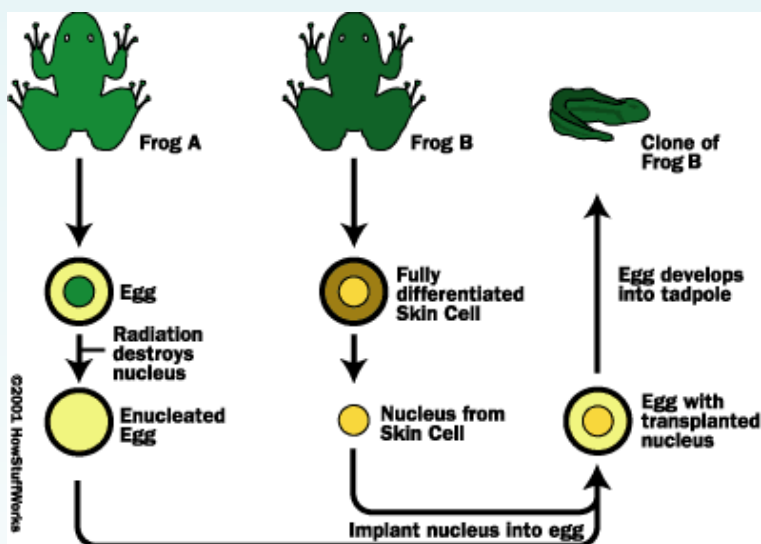


Fig. 3: Professor Gurdon's Experiment

In 2006, Dr. Shinya Yamanaka,(4) a Japanese researcher, was very successful in identifying a set of four genes which when turned ON were able to maintain a cell in its pluripotent state. Using frog skin cells with these four genes activated, Dr. Yamanaka was able to turn them into pluripotent cells, which remained stable in the undifferentiated state, and could be transformed into any other cell of the body. The experiment was performed later with human skin cells.

What John Gurdon and Shinya Yamanaka had actually done was to carry the ball from the bottom of Waddington's landscape to the top position again. In other words, they demonstrated that

the process of cell differentiation can be reversed by cytoplasmic factors, which act directly in the nucleus, turning the genes ON and OFF. For this great accomplishment, both scientists shared the **2012 Nobel Prize in Medicine**. (Fig. 4)

In 1958, four years before Gurdon's work, the Spirit André Luiz, through the psychography of Francisco Xavier, wrote the book **Evolution in Two Worlds**(5). There, the spiritual author explains that *“... the intelligence, influencing the cytoplasm which is indeed the interstitial element that connects the physiopsychosomatic forces, compels the cells towards the work necessary to express itself...”*

Later in the same book, André Luiz states that man can *“... by his own appropriate or regrettable conduct, accentuate or blend the coloring of the programs designed to indicate him the route through the biophores or units of psychosomatic forces that act upon the cytoplasm, projecting onto the cells and consequently on the body the states of mind, which will be ennobling or aggravating its own situation, according to his good or evil choices.”*

By analyzing the work of Gurdon and Yamanaka and the words of André Luiz, can we infer that the incarnate spirit through its perispirit, connected molecule by molecule with the cells of the physical body, is able to influence the cytoplasmic proteins to act directly on the genome, turning genes on or off, thus altering the cell function? Can we also infer that thoughts and feelings of the incarnated spirit act in a different manner over this mechanism, turning distinct genes on and off, depending on the quality of these thoughts and feelings? In other words, healthy thoughts could turn on protecting genes and turn off genes that induce disease, while unhealthy thoughts do the opposite?

Dr. Kazuo Murakami(6) (Fig. 5), a geneticist at the University Tsukuba, defends this idea. In his

book *The Divine Code of Life*, he explains: “Our genes are not immutable, but change in response to various environmental factors.” “We identified for the first time specific genes that are activated by laughter, proving for the first time that positive emotions can push the genetic button through an on-off mechanism.” “It is unlikely that this level of organization occurs by coincidence. There must be something bigger that is responsible for the harmony in the world. Some speaks of God, but as a scientist, I prefer to call it Something Greater, and I have a strong awareness of its existence.” “I am working on a project whose goal is to prove the hypothesis that happiness, joy, inspiration, gratitude and prayer can activate beneficial genes.”

Thus, if the Spirit Emmanuel, in the book *The Consoler*, psychographed by Francisco C. Xavier(7) says that “health is the true harmony of the soul,” one can understand the importance of harmony in our thoughts in promoting our physical and spiritual wellbeing.

What type of thoughts have you held lately?

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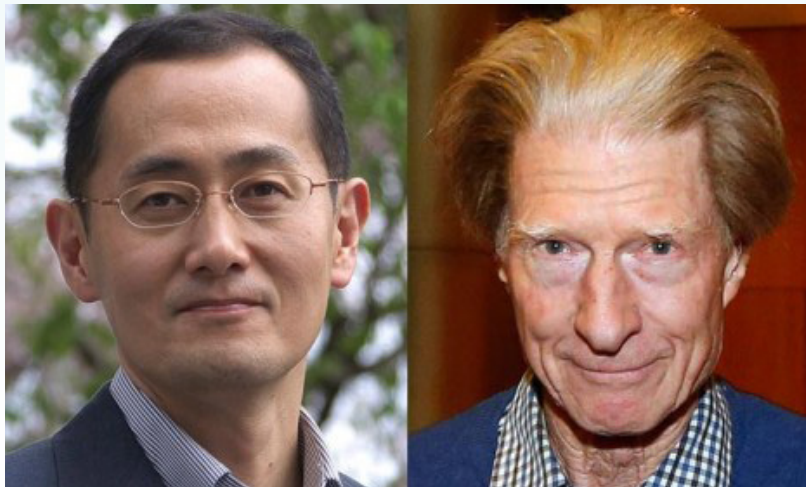


Fig. 4: Dr. Shinya Yamanaka and Professor John Gurdon

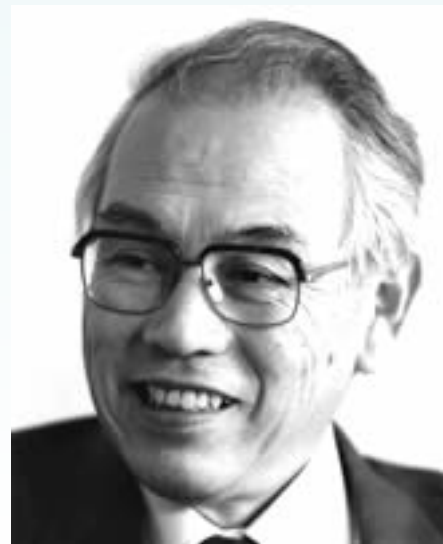


Fig. 5: Dr. Kazuo Murakami