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Pregnancy - A spiritual journey

PREGNANCY IS MARKED NOT JUST BY PHYSIOLOGICAL CHANGES BUT A SPIRITUAL REBIRTH OF SORTS FOR THE MOTHER. SHRI TATWAMASI DIXIT ON THE NINE-MONTH JOURNEY...

Pregnancy is the most enchanting period in a woman's life. The moment the mother conceives, she experiences a number of physical changes and emotional upheavals. Most of the mothers get overwhelmed reacting to these changes without realizing that there are abundant opportunities available in pregnancy.

The development of the baby is indicated through different changes in the mother's body and emotions. Her experiences are unique every day. These nine months are a very special period, wherein every day opens a window of opportunity to cherish her baby physically, emotionally, intellectually and spiritually.

SPIRITUALITY BEGINS...

The mother can play her role as the nurturer to her maximum, as she is blessed with an ability to sense the baby's psyche. She does this by establishing a private and subtle connection with the baby in the womb. She can dream about her baby, talk to her baby and touch her belly with the pride of becoming a mother. She connects with her baby intuitively; knows the different needs of the baby and nurtures it through the nine months by being a friend, learner and a teacher.

Becoming a mother is a blessing and a spiritual experience. Welcoming a new member into her life and extending her arms to guide



and nurture this life is a beautiful experience. According to the Vedic scriptures, the baby in the womb is conscious and aware of its existence and purpose of life. The baby is highly receptive and responsive to the environmental changes. Therefore the mother can actually communicate to the baby by positive means and influence the baby's development at all levels.

The mother has the potential to establish an intuitive connection with her baby. She can exploit this connection to nurture, guide and teach the baby in the womb itself. This early learning opportunity is very powerful. Even though this channel of learning is devised by

nature, mothers are not able to use this divine gift due to a lack of awareness.

Research suggests that every experience the mother goes through impacts the baby's personality. When every action or the mother influences the baby, it means she can proactively structure her every

clarity in thought, the beginning of a new stage in life and responsibility of a new role. This new awareness not only helps the parents-to-be to play their current role effectively but also make a smooth transition to the next stage of their lives. When the couple undertakes this journey together, it bonds them with the baby

link who connects the entire family. When she re-orientates herself to the new situation in her life, she brings in a shift for the entire family in terms of development and growth. The family members begin to explore understand each other in new light.

This new dimension of

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thought and action to positively impact the baby. This way, she can transfer her aspirations, values and positive thoughts. She has the power to condition the baby's mind in and enhance the baby's personality.

This opportunity to contribute to the baby's growth is not limited to the mother alone. The father too can contribute in a variety of ways. He is the only being, apart from the mother, who is connected with the baby at the psycho spiritual level. He can transfer his energy and support the little one in the womb.

Parenting starts at the conception stage itself. This awareness brings in

and brings them closer to each other, thereby ensuring better alignment within the family.

Transitioning from a wife's role to a mother's role is quite a spiritual experience. During this transition, the mother-to-be has to manage her emotions and constructively utilise her inner strength for the growth and well being of the family. She has to necessarily juggle with multiple roles that she is playing, without losing her composure.

The pregnancy journey not only creates an opportunity for the mother and the father but for the whole family. The mother is a strong

development helps the family to identify each other's strengths. This progress ensures that there is peace, harmony and unity in the family.

The new member coming into the family not only brings in immense joy, but also a huge opportunity to learn and grow.

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