

■ A BEAUTIFUL AND UNIQUE JOURNEY OF MOTHERHOOD

A student of engineering spends approximately four years and thereafter works with machines, a student of law studies for five years and later on dabbles with law, similarly a MBA student spends another two years after graduation so as to deal with various resources, a MBBS graduate studies for so many years to master dealing with human anatomy.

Just think, an expectant mother has a span of only nine months to create a *life* which ought to be physically, mentally, socially, and spiritually developed and moreover she has no structured guidance whatsoever. This project is an effort in this holistic direction to formulate a syllabus which the expectant mother can bank upon for guidance and empowerment.

■ DESIGNER CONCEPT

If you ask any mother what dream you have for your child, then the answer would be they want the child to be healthy, wealthy, happy, successful, and bestowed with all divine values and qualities.

But they are not aware of the process or flowchart.

Just as we design any product, there are some design parameters and they are as follows:

- ✦ Quality
- ✦ Procedure
- ✦ Process.

Let's analyze these parameters:

Quality

Quality of life depends on the quality of TEAM which means TEAM:

- T—Thoughts
- E—Emotions

A—Attitude

M—Memories.

If the internal team of the baby is positive then the child born would be bestowed with all positive qualities. These shape the personality and thereby the destiny of the child.

It is referred as sanskars in Hindi language. Positive sanskars are inculcating the good qualities and doing away with bad qualities or in other words, adding the good and subtracting the bad. Self-transformation process can be initiated at different functional levels of the soul of mind, intellect and karma.

Procedure—Formation of Sanskars

There is a flowchart as to how sanskars are formed (Flowchart 16.1).

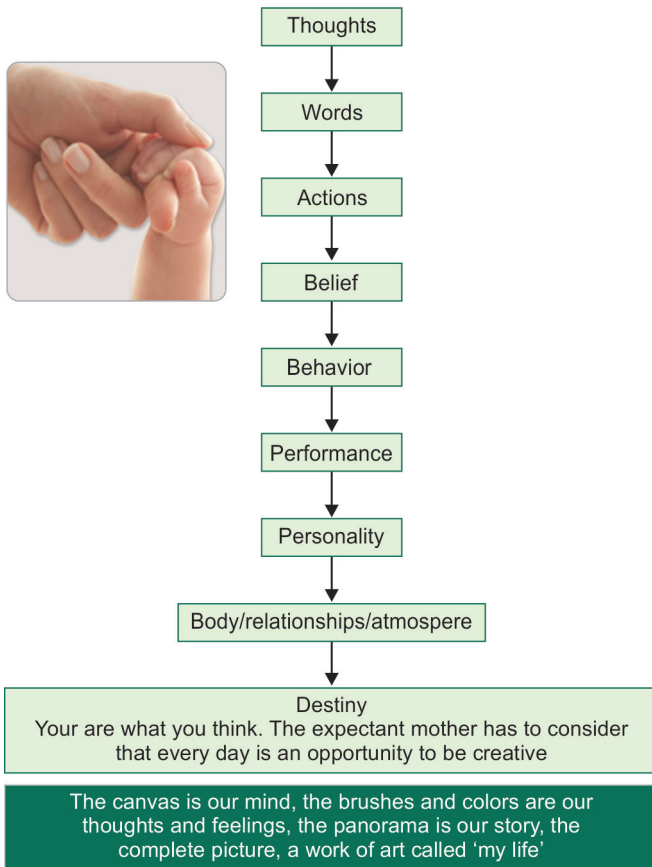
Process

To inculcate new and positive sanskars the mother has to communicate with the baby inside the womb and therefore she should understand the language of the mind which is as follows:

- ✦ Music
- ✦ Color
- ✦ Images.

Music

A baby in the mother's womb is influenced by the heart-beat of the mother. It respond to the soothing music at later stages in life, perhaps associating it with the safe, relaxing, protective environment provided by the mother. Music restores, maintains and improves emotional, physiological and psychological well-being. The articulation, pitch, tone and specific arrangement of swars (notes) in a particular raga stimulates, alleviates and

Flowchart 16.1: Formation of sanskars.

cures various ailments inducing electromagnetic changes in the body.

Therefore, the mother is motivated to listen to soothing music and different meditation songs which influence the child very positively. We all are blessed with the gift of Indian classical music which is very melodious. Mostly sitar, santoor, and flute constitute the rhythm of classical music, and it said that babies love that rhythm; music touches the soul. It calms you from inside, the rhythmic music makes the baby move rhythmically. As researches have proved that the baby can hear the surrounding music also, the mantras, the recitation of mantras whichever language you feel comfortable are to be chanted daily, e.g. omkar mantra, namaskar mantra, gayatri mantra, any mantra you can chant in your own voice. It is said that if you are reciting with your husband, they are more effective. Doing meditation with music will nourish and soothe the baby's soul. The jazz and fast music is known to increase hyperactivity of the fetus, so quiet and classical music is helpful for your baby.



Color

Color is a form of vibrational energy and each color of the spectrum is associated with a range of wavelength. In *Divine Garbh Sanskar*, we give the expectant mothers to color various drawings to invoke the necessary emotions, which in turn, will nourish, heal and empower the baby.



<i>Red:</i>	Symbolizes <i>power</i>
<i>Orange:</i>	Symbolizes <i>purity</i>
<i>Yellow:</i>	Symbolizes <i>happiness</i>
<i>Green:</i>	Symbolizes <i>love</i>
<i>Blue:</i>	Symbolizes <i>peace</i>
<i>Indigo:</i>	Symbolizes <i>knowledge</i>
<i>Violet:</i>	Symbolizes <i>bliss</i> .

In *Divine Garbh Sanskar*, the education is imparted through painting and the mother is inspired to draw different painting through colors thereby making the child very healthy as each quality effects the functioning of a particular system. While drawing and using the colors, every thought that is created by the mother influences the baby. So the mother should experience the value and the color simultaneously.

Power strengthens our muscular system
Purity for circulatory system

Happiness for digestive system
Love for cardiovascular system
Peace for respiratory system
Knowledge for neuro system
Bliss for endocrine system.

Seven colors and their values:

1. *Red color—Power:*

As I fill this picture with red color, my mind and heart towards the ultimate artist who is the creator of this world, the “Almighty Authority”, my father. And so all his values are mine as well. Originally, I too possess all of his values.



Through visualization, let's imagine: vibrations of extremely powerful rays from the Almighty is entering my entire body and reaching the baby in my womb through me, making the soul in the baby's body strong and powerful. The “muscular system” of my body and the baby is getting stronger.

2. *Orange color—Purity:*

Orange is the symbol of purity. Purity means cleanliness of mind, heart and soul. As I fill this color I feel like all the impurity in my mind and heart are going away. “I am a divine and pure soul”. Originally “I am a pure soul”. My heart is filled with love, respect, kindness and equality for all the people. I feel a sense of respect towards the soul in the body of my baby. My role as a mother with this baby is going to be wonderful, which I begin from now. This feeling is sending out pure vibrations to the baby making its circulatory system healthy and keeping it well in control.



3. *Yellow color—Happiness:*

As I fill in yellow color, it is creating some happy thoughts in my mind. I always searched for happiness as I feel comfortable when I'm happy. Happiness is my original quality. “I am a happy soul”. I now look at the soul which is in the costume of a baby in my womb. We both share a lovely relationship. This divine soul for whom we all are waiting so eagerly is going to fill our lives with happiness. He himself is “a peaceful and happy soul” and this thought is spreading the vibrations of happiness. This is making the digestive system of the baby healthy and keeping it in good shape.



4. *Green color—Love:*

Green color is directing my mind towards mother nature. There are so many colors in our surrounding. As I think of the different trees, plants and greenery, it makes my mind light. There is so much harmony in our mother nature. This body of mine which is made up of 5 elements of nature is a gift of Mother Nature to me. “I the soul” in this body have played a wonderful relationship with Mother Nature in the world drama. Slowly, my mind is going towards the Almighty who is the creator of the world. He is the ocean of love. I am his child. And so I possess all of his qualities. I feel a sense of respect and love for everyone. This divine Thought is creating a pathway to good qualities for the baby. It is filling the baby's heart with love. The “Heart and cardiovascular system” of the baby is becoming healthy and keeping it well in control.



5. *Blue color—Peace:*

As I fill in blue color, my mind goes towards the blue sky. As the sky is a shelter to us, similarly the baby experiences absolute silence and peace in his mother's shelter. The vibrations of peace are spreading through my entire body. The baby is also under this shelter of peace. These vibrations of peace are making the baby's respiratory system healthy and in control.



6. *Indigo—Knowledge:*

Indigo is the symbol of knowledge. Knowledge is also known as wisdom. The Almighty Authority is the only one who can give the entire world true knowledge. He is the ocean of knowledge. Now I concentrate my mind on that Almighty Authority who is my Father. His values are my values as well.



Thought for visualization: I take my mind away from all the boundaries of limitations and concentrate on the Almighty. We all are his children. My heart is filled with *unconditional and pure love* for everyone. We are all one big family. My mind and thoughts are broadening and becoming pure with every single thought. These pure thoughts are helping in the proper functioning of my neuro system. I am experiencing a feeling of divinity in me and these pure vibrations are making the baby's neuro system healthy and keeping it well in control.

7. *Violet color—Bliss:*

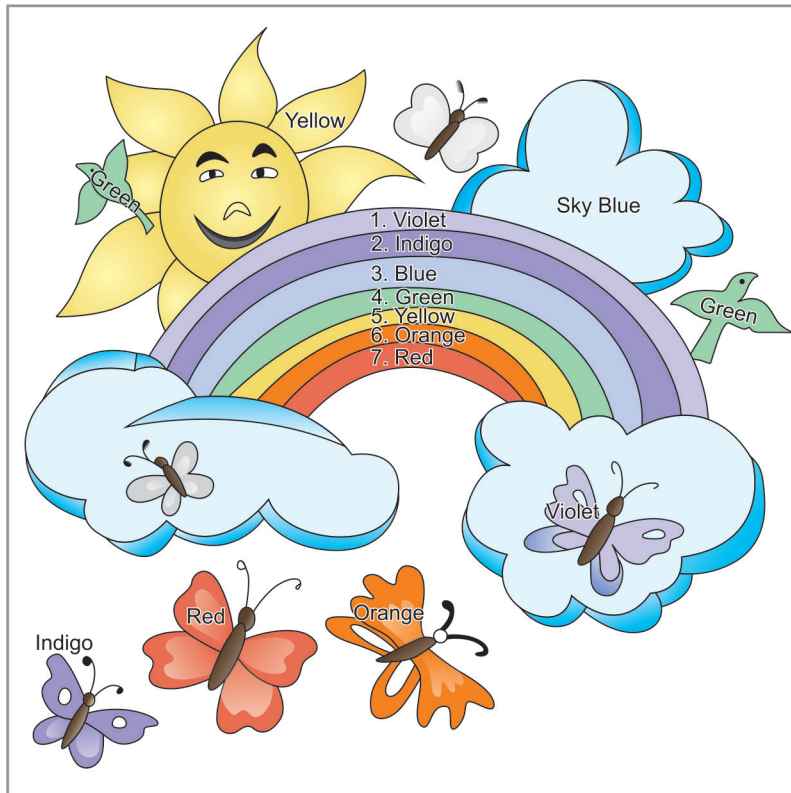
As I fill in this color, I feel as if the most beautiful moments of my life are about to begin where there is

a lot of happiness. "I am a blissful and a blessed soul". All the worries of my life have vanished. My life is filled with color of bliss. My mind and heart is flowing towards the ocean of bliss. Who is the bestower of bliss, who takes away all our worries merciful and forgiving; who is remembered by different people by different names. He is the supreme soul the Almighty God Father. We both look the same. He is a point of light and I am a point of light. Originally, our values are also the same but he is the ocean of all good values. He is my father-mother, friend, companion, brother, sister, teacher, role model. As I create these thoughts, my heart is filled with lots of love for the Almighty. These pure vibrations are spreading in my entire body and going to the baby in my womb. That soul is also becoming aware of his original values. His endocrine system is becoming healthy and keeping it well in control. Our body is made up of five elements: water, air, fire, earth, and sky. We also consume a lot of vitamins and minerals to stay healthy. Now the question is what am "I"? What am I made up of? The answer is I am a tiny point of light "soul". And I possess 7 qualities, i.e. power, happiness, purity, love, peace, knowledge and bliss. To replenish I "the soul", we need to consume or feel all the above qualities from the ocean of all virtues, i.e. God and that can be possible through pure, positive and powerful thoughts through Raj Yoga Meditation.



Images

We have seen earlier that our beautiful thought is the seed that we implant for our better and beautiful future. In the same way, we often think as to how our baby will be. What qualities and values should he possess, or the way he'll walk, the way he will talk, how will he behave with others, how beautiful our child will be, how good our child will be in studies, his thinking process, and his overall personality. Or how does his or her mother wish to see her child in future; these things depend on our strong thought process that we make towards our child today. From now



1. Violet	Anand Bliss	Hormones Endocrine
2. Indigo	Gyan Knowledge	Brain Neuro
3. Sky Blue	Shanti Peace	ENT/Lung Respiratory
4. Green	Prem Love	Heart Circulation
5. Yellow	Sukh Happiness	Stomach Digestive
6. Orange	Pavitrata Purity	Blood/ Sensory Organ Immunity
7. Red	Shakti Power	Muscle/Bone Skeleton

onwards, the thought process that we create and implant in our babies mind, the baby will imbibe all those values and qualities in him. This actually means that we can create a beautiful dream for our baby which will culminate into reality when our baby comes into this world. And not only this, but the baby use these values to create a beautiful world of his or her own imagination.

These images and thoughts will get imprinted on the subconscious mind of the mother, which will create a bright and a beautiful future of the baby. The mind understands the language of the images. It is rightly said that imagination is more powerful than knowledge. Whatever the mother visualizes she creates that kind of emotions and feelings which in turn programs the psyche of the baby. Designer baby chart is a tool in which the mother prepares the chart with the feeling of wanting a baby similar to the personality. In the process of preparing the designer baby chart, she is able to think and feel the value or the quality of the personality. Whatever the mother feels, the baby is automatically programmed with that quality or virtue. Given below is a designer baby chart for all the expecting mothers. It is a sample chart provided through *Divine Garbh Sanskar*. Mothers can also make their own charts.



CONCLUSION

So to design a baby with all positive qualities, the expectant mother should adopt a healthy lifestyle wherein the meditation should play a significant role. The mother should experience soul consciousness and empower herself and the baby with all positive energies.