

Role of Obstetrician in Creating Divine World

Keerti Parashar, Sangita Rani, BK EV Swaminathan, BK Shubhada Neel, Veena Sinha

“Change is the only constant”

■ INTRODUCTION

Divine world a world of peace, harmony and thus happiness remembered by us as the heaven.

There is a world of peace, harmony, and thus happiness, remembered by us as the heaven. This is actually the golden age (new world) when everything of this world was “new” or just made. This is when world cycle starts all souls are “*Satopradhan*” (pure and perfect).

The world of happiness is such a perfect world where is no trace of sorrow, where everyday is a festival, nature is perfect and peace giving, we human souls are pure, loving, blissful, and powerful fully filled with all divine virtues.

It is possible to create such a divine world?

Definitely yes! It is the call of time.

We need a multipronged approach to deal with the ongoing crisis.

Strengthening the primary healthcare framework along with technological aid just deals with targeting the symptoms of the problem.

In order to address the cause of it and eliminate it from its roots we need to focus on capacity building measures of the individuals.

One way to go for it is to learn from our historical heritage and energize the individuals with spiritual energy so that the external negative influences cannot penetrate within.

The advantage with this approach is that the individual does not need a complex technical knowledge and training for it and it would be easier for him to relate to and have faith in this strategy.

The best starting point of this exercise would be the birth stage. It is important to impart spiritual energy to child as well as mother so that she can overtime herself inculcate such values within her and her children as they grow up and the most eligible agent to bring this change is an obstetrician taking care of the prenatal and postpartum period.

■ ACTION PLAN FOR OBSTETRICIAN



Divine garbhsanskar

There are three prongs action plan for obstetrician in antenatal clinic and labor room, which are discussed below:

Raise your Vibration

“Modern science has concluded that everything that exists in the universe is made of vibration.”

—Hiroshi Doi Senei

Raising one’s vibration is an effective way to live a more balanced and happy life, and also a way to send positive energy out into the universe. While emitting a lower vibration or frequency, one will never really come into harmony and balance and experience a more peaceful and happy life. It is the life of discord/dissonance that facilitates lower vibration energy, and can be sensed manifesting in the world today.

*In 2008, Emoto published his findings in the Journal of Scientific Exploration, a peer reviewed scientific journal of the Society for Scientific Exploration.*¹

Emoto said that water was a “blueprint for our reality” and that emotional “energies” and “vibrations” could change the physical structure of water.² Emoto’s water crystal experiments consisted of exposing water in glasses to different words, pictures, of music, and then freezing

and examining the aesthetic properties of the resulting crystals with microscopic photography. Emoto made the claim that water exposed to positive speech and thoughts would result in visually “pleasing” crystals being formed when that water was frozen and that negative intention would yield “ugly” frozen crystal formation.³

It can be concluded how important it is to raise our vibration as fetus live in amniotic fluid which is 98% water and we come in direct contact of the pregnant women with the womb.

What is “Vibration”?

As described by Cassandra Sturdy,⁴ “Your vibration is a fancy way of describing your overall state of being. Everything in the universe is made-up of energy vibrating at different frequencies. Even things that look solid are made up of vibrational energy fields at the quantum level. This includes you.”

From a scientific and metaphysical perspective, Sturdy further explains that we are a “being” that is made-up of different energy levels: physical, mental, emotional, and spiritual. Each of these levels has a vibrational frequency, which combine to create your overall vibration of being.

As you can see, positivity, love, compassion, and hope are of higher vibrations than negativity, fear, and hate. Looking at the cymatics experiments and the Dr Emoto’s water crystals, it is easy to understand why you would want to raise your vibration.

There are many ways to raise your vibration.

You could try any number of meditations, exercises, spiritual practices, and energy healing. In the end, it is the focus on love and compassion that will raise your vibration. Some routes just get you there faster and easier.

Everyone is different, so try a few different methods and see how you feel. You will know your vibration is raising because you will feel more confident, calm, joyful, and kind.

Raj Yoga Meditation

Gupta⁵ defines Brahma Kumaris’ Rajyoga meditation is a science and art of harmonizing spiritual energy (energy of soul), mental energy (energy of mind), and physical energy (energy of physical body), through the connection with ultimate source of spiritual energy, i.e. supreme soul, for enjoying ever healthy, ever-wealthy, and ever-happy life.

Establishing Divine Doctor-Patient Relationship

“To attend those who suffer, a physician must possess not only the scientific knowledge and technical abilities, but also an understanding of human nature. The patient is not

just a group of symptoms, damaged organs, and altered emotions. The patient is a human being, at the same time worried and hopeful, who is searching for relief, help, and trust. The importance of an intimate relationship between patient and physician can never be overstated because in most cases an accurate diagnosis, as well as an effective treatment, relies directly on the quality of this relationship.”⁶

The Role of Spirituality in Health Care⁷

The technological advances of the past century tended to change the focus of medicine from a caring, service-oriented model to a technological, cure-oriented model. Technology has led to phenomenal advances in medicine and has given us the ability to prolong life. However, in the past few decades physicians have attempted to balance their care by reclaiming medicine’s more spiritual roots recognizing that until modern time’s spirituality was often linked with health care. Spiritual or compassionate care involves serving the whole person—the physical, emotional, social, and spiritual. Such service is inherently a spiritual activity. Rachel Naomi Remen, MD who has developed Commonweal retreats for people with cancer, described it well: Serving patients may involve spending time with them, holding their hands, and talking about what is important to them. Patients value these experiences.

Integrated Approach of Antenatal Care

- ✦ Stress management through Rajyoga Meditation (Brahma Kumaris)
- ✦ Nutritious and *satwik* food
- ✦ Antenatal physical and breathing exercises.

WHO has issued a new series of recommendations to improve quality of antenatal care to reduce the risk of stillbirth and pregnancy complications and give women a positive pregnancy experience.⁸

■ ROLE OF OBSTETRICIAN IN CREATING PRENATAL DIVINE CONDITIONS

An obstetrician besides prescribing medicines can also prescribe daily sessions of yoga and meditation to shape mother’s attitude towards the whole process. Special meditation facilities can be opened in the hospital or in vicinity of the premises so that a mother can daily practice it and develop positivity towards various spheres of life. This will not only keep the mother physically and mentally fit, but also provide her motivation to deal with pregnancy complications. The mother has complete trust on words of obstetrician and if he encourages her to take a proactive

role in this exercise it would surely lead to compliance without friction. Just like the Hindu mythological character Abhimanyu learnt how to invade a “*Chakravyuh*” while he was in his mother’s womb. This daily routine would surely have a trickle-down effect on the baby providing positive vibrations of spiritual energy, which would later help him survive the negativity of the external influences of the world.

■ ROLE OF OBSTETRICIAN IN CREATING POSTPARTUM DIVINE CONDITIONS

After the birth of the child, the obstetrician can periodically monitor mother’s activities and suggest continuation of the spiritual exercise taught during the prenatal stage. Keeping a track of the evolutionary mother child relationship and preventing any negative influence of the environment shall be a prime duty of the obstetrician along with helping the mother coping up with the postpregnancy issues. Minor advices like keeping the child in a peaceful place without and disturbance or noise, not leaving the child alone for too long, passionate breastfeeding, etc. can have a big impact of child’s perception of the bonding with the mother. A strong bond will ensure easy transfer of the inculcated spirituality of the mother to the baby.

A spiritual journey of the child and mother from the prenatal to postpartum stage facilitated by the obstetrician will make the mother physically and mentally fit and help her cope up the stress period.

It will also sow the seeds of an *empathetic, positive, and compassionate attitude within the child along with all the*

divine virtues ultimately leading to a new era of optimism, full of life, a world with less anxiety, and more spiritualism, a divine world.

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