

The Twinkle in Your Parents' Eyes

Feature – Bruce Lipton, Ph.D.
Pathways #43, page 10



Talking Points

- ❖ Bruce Lipton tells us that the latest genetic research suggests that parents should cultivate that “twinkle in their eyes” in the months before they conceive. “That growth promoting awareness and intention can produce a smarter, healthier, happier baby.” (11)
- ❖ In aboriginal cultures couples ceremonially purify their minds and bodies. They have recognized this preconception environment for millennia.
- ❖ Even though the mother is the one who carries the child during pregnancy, mothers and their partners are in this together. “What the father does profoundly affects the mother, which in turn affects the developing child.” (11)
- ❖ The fetus not only absorbs nutrients but also hormones such as cortisol and other fight-or-flight hormones if the mother is chronically stressed. These stress hormones prepare the body for a protection response. “Once these maternal signals enter the fetal bloodstream, they affect the same target tissues and organs in the fetus as they did in the mother.” (12) This can in turn change the character of the developing child’s physiology.
- ❖ Cortisol switches the mother’s and baby’s system from a growth state to a protection state. This protection state is growth-inhibiting. How do you think this can affect the growing fetus?
- ❖ Bernie Devlin, a professor of psychiatry at the University of Pittsburgh School of Medicine, “found that conditions during prenatal development significantly impact IQ. He reveals that up to 51 percent of a child’s potential intelligence is controlled by environmental factors.” (12) (Genes aren’t everything.)
- ❖ Lipton likes to remind us that “You are personally responsible for everything in your life, once you become aware that you are personally responsible for everything in your life. Once you realize this, you can begin to apply it to reprogram your behavior.” (14)
- ❖ There is research regarding touch and its relationship to violence. When the baby is separated for long periods from the parents into distant nurseries and advising parents not to respond to their cries in fear of spoiling them undoubtedly contributes to the violence in our civilization. Again, environment is everything.

- ❖ Lipton reminds us, “For adoptive and non-adoptive parents alike, the message is clear: Your children’s genes reflect only their potential, not their destiny. It is up to you to provide the environment that allows them to develop to their highest potential.” (15)
- ❖ You are not “stuck” with your genes!
- ❖ “For human babies and adults, the best promoter of growth is love.” (16)

See Bruce Lipton, PhD live and come celebrate our 10-year anniversary with us November 13th-16th at the **Freedom for Family Wellness Summit**. This weekend will give the opportunity for our growing community to connect, collaborate and, most important, celebrate the shift to conscious choice.

<http://familywellnessfirst.org/>

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Research regarding touch and its relationship to violence is described in full online at <http://violence.de/>

A different article on how life within the womb and before and after play a part in our lives. “Conscious Pro-Creation” by Elena Tonetti-Vladimirova http://www.birthintobeing.com/conscious_pro_creation

Sarah Kamrath’s interview with Bruce Lipton, PhD <http://pathwaystofamilywellness.org/Children-s-Health-Wellness/happy-healthy-child-a-holistic-approach.html>

Discover the science behind happy babies in “Pre- and Perinatal Experiences for Health and Healing” by Kate White, MA, LMT, and Myrna Martin, MN, RCC, RCST <http://pathwaystofamilywellness.org/The-Outer-Womb/pre-and-perinatal-experiences-for-health-and-healing.html>

Marcy Axness, PhD on “Attuned (Conscious) Conception”
<https://www.youtube.com/watch?v=vAol9bxNNxo>

Jeanne Ohm DC’s article “One Conscious Path in Parenting”
<http://pathwaystofamilywellness.org/Parenting/one-conscious-path-in-parenting.html>

Though this is not an online resource, Joseph Chilton Pearce’s book “Magical Child” should make it on to your reading list. http://www.amazon.com/Magical-Child-Joseph-Chilton-Pearce/dp/0452267897/ref=pd_sim_b_3?ie=UTF8&refRID=1JV67Q4B6G2KQS5JFSGJ