

Womb to Thrive

*The Missing Keys to Heal Yourself,
Your Family and the Planet*



Compiled by Dr. Julie Gerland (hc)
Birthing The New Humanity

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“If we were to look after pregnant women,
in just fifty years, that’s two generations,
we could close all our prisons
and all our hospitals.”

– Omraam Mikhaël Aïvanhov

Acknowledgements

We would like to express our deepest gratitude for the ever-present sacred Light within all that exists.

Also, we give thanks for the guidance and support of the Great Masters of Humanity as they uplift our global family through this time of upheaval and awakening.

We honor the dedication and work of the co-authors of this book and all of the pioneers whose tireless work is contributing to changing the paradigm of early parenting and birth practices.

We are grateful to the countless doctors, midwives, healthcare professionals, and entrepreneurs who honor the sacredness of life and treat mothers, fathers, and their babies with the greatest respect, nurturing care, kindness, and honesty.

We wish to acknowledge the Birthing The New Humanity directors and team members for their inspiration, support, encouragement, and tireless contributions on all levels for conceiving, forming, and birthing this book and this movement.

Special thanks to Viki Winterton, her team, and all those who have assisted in birthing this anthology.

Lastly, we thank all future parents who prepare consciously in body, mind, and spirit to bring a soul into the world that can reach its full potential and thrive.

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Introduction

by Drs. Julie & François Gerland (*hc*)

“The world can’t go on like this!” These words have echoed in the hallways of the United Nations and around the globe for decades in the midst of international conflict. Change is obviously needed. But questions of what we must do and how have led to endless debate and conflicts of interest. We need a lasting solution to our individual, societal, and global challenges. This book offers the missing keys and a chance to birth the change we wish for ourselves, our families, and our world.

In 1980, at the United Nations in New York, one of the world’s foremost disarmament experts showed me the door when I said that world peace starts with the individual. He replied, astonished, “Are you trying to say that if I go home and beat my wife and kick my cat, that has something to do with world peace?” Upon leaving, I crossed the street, thinking, *If this “elite” individual doesn’t understand that only peaceful people will create a peaceful world, conflict and violence will only continue to escalate.*

A few months later, I learnt something incredible that soon developed into my life’s mission: we can prevent the tremendous suffering that leads to violent and destructive behavior by focusing on mothers. Many don’t realize that mothers and their wombs can solve the global challenges that are costing us the earth, yet we know that herein lies the powerful solution to forming a world where our global human family can blossom in harmony with the natural world and our mother earth.

Contrary to popular belief, babies are not born with a clean slate. Not only are babies developing their brains and physical organs in the womb, but they are also conscious. Mothers really do form their baby's character, habits, strengths, and weaknesses from conception. Their delicate, vulnerable newborns have already completed their most formative months and downloaded the subconscious programs that will run their lives. The womb is undoubtedly the first environment that deserves our care and protection.

Decades later, armed with the solution and as the Chief UN Representative for an NGO on prenatal education, I attended as many UN events as possible with my husband François. Our team kept bringing attention to what seemed a most unlikely and surprising solution to achieving the Millennium Development Goals and then the Sustainable Development Goals. We presented a way to eradicate poverty and to achieve global health, peace, and the protection of the planet. Having discovered the prenatal origins of human suffering and the ensuing consequences, we eagerly shared this information wherever we could.

Years of intense inner work, meditation, and healing of our own prenatal and birth trauma, working with pregnant couples, learning from scientific pioneers, and attending global conferences confirmed what we had learnt from two great teachers.

Bulgarian masters Beinsa Douno and Omraam Mikhaël Aïvanhov have given in-depth teachings on the power mothers have during pregnancy. In 1939, Aïvanhov told a group of French doctors in Lyon that what mothers experience during pregnancy creates the inner core of their children. They were not ready to hear this message, and they chose to laugh at him. Decades later, science confirmed that it is not genes that determine our lives but rather epigenetic, or environmental, factors that trigger the expression of the genes. Our awareness

of the womb being the baby's first environment is of crucial importance.

We both had the great fortune of meeting Omraam Mikhaël Aïvanhov more than forty years ago. We learnt that, during pregnancy, the mother not only forms the baby's physical body but also their emotional and mental faculties. Her thoughts, feelings, deep beliefs, as well as her environment all imprint on her unborn child. If she lives in fear and stress, the baby's long-term health, intelligence, and capacity for empathy and love will be compromised. In contrast, if mothers live happy, healthy, empowered pregnancies and are supported to spend time engaging with their unborn baby, the child feels wanted, loved, and cared for and develops a deep sense of belonging. Known as "attachment parenting," this is now hailed as a vital perspective for healthy development.

This knowledge has been presented by sages and ancient traditions for millennia. In the Vedas, sacred Hindu scriptures, this wisdom is known as Garbh Sanskar, or education in the womb. However, over time and within our patriarchal societies, this knowledge has been nearly completely lost. Only a few traces remain, which are often regarded as unscientific or superstitious. In 1982, Canadian psychiatrist Dr. Thomas Verny published his best-selling book, "The Secret Life of the Unborn Child," and contemporary science finally made its debut on the subject. We are honored to have Dr. Verny as a co-author in this book.

As hypnotherapists, we observe the buried but ever-present suffering that stems from the earliest moments of life. Following precise protocols, we've had great success healing unconscious trauma, changing destructive habits, and overcoming limitations. These healing methods need to become mainstream and available to all. We now teach people how to access their own inner resources and make updates to their programs, just as one does for their computer. **It's not rocket science, it's neuroscience!**

Our convictions were strengthened when we met a British psychiatrist who had been commissioned by the government to investigate in high-security prisons and find out how murderers and high-level sex offenders become so violent. He confidentially revealed his findings, telling us that such heinous crimes could be prevented in the future. His report suggested that both parents, from the beginning of pregnancy, take two years' leave from their work, with full salaries, to offer their child the best possible start in life. Attending parenting classes would be compulsory too. Parents would learn how to stop the intergenerational transmission of fear and violence. This, he said, would eliminate tremendous suffering and be much more effective and cheaper than running costly prisons.

We continued our lobbying by organizing an event at the United Nations Earth Summit Rio+20 in 2012. With our partner organizations and global birth pioneer Dr. Michel Odent, we offered the only effective long-term solution: If human beings were given the best start in life from conception, through pregnancy, birth, and infancy, they would grow up healthy and loving and naturally create a paradise on earth for all.

Our lobbying bore fruit when, in 2018, unable to ignore the growing body of scientific literature, UN agencies including UNICEF produced a ground-breaking document: *Nurturing Care for Early Childhood Development: A framework for helping children survive and thrive to transform health and human potential*. It read, "During pregnancy and the first three years after birth, we lay down the critical elements of our health, well-being, and productivity, which will last throughout childhood, adolescence, and adulthood."

This book is a wakeup call for humanity. Far from the fear mongering noise of mainstream media, digital marketplaces, and town halls, this mighty new light is dawning on humanity. A global revolution is now taking place: Global peace, happiness, prosperity, and health will never come from politicians,

academics, or corporations, as they do not hold the keys to a thriving world.

Mothers hold these keys!

Unfortunately, mothers are often routinely ignored, pushed out, undervalued, mistreated, violated, and traumatized. Many don't even have a say in how and where they will birth their babies, and in the 21st century, suicide is still the leading cause of death for pregnant women. Devoid of social status and excluded from the elaboration of policies and the education that influence and mould their children, mothers end up passing on to their children the stress, anguish, and frustration they endure.

In this critically important time of early development, birth holds special importance. Yet, according to research scientist Dr. Rachel Reed, "Obstetric violence is on the rise, and one in every three women are traumatized during childbirth."

Birth is still shrouded in fear, stress, ignorance, drama, domination, and mystery. It has received a lot of bad press and is often portrayed as dramatic, painful, and necessarily medically assisted. Having learnt from pioneer Marie Mongan, founder of the HypnoBirthing method, and then teaching this knowledge to parents and trained professionals for over two decades, we know that nothing is further from the truth.

The toxic cocktail of stress and fear hormones interferes with women's natural ability to birth comfortably. Birth was never meant to be the painful humiliating ordeal many mothers, fathers, and babies experience today. When mothers feel safe, loved, and supported, they naturally secrete oxytocin, the love hormone active during childbirth. Then, birth resembles a beautiful dance and becomes a celebration of life in love and joy. It's time for women to reclaim their birthing rights, swapping the medical business and profiteering hijackers for real love

and the support of professional midwives and doulas. Medical intervention should only happen when strictly necessary.

Like the ever-changing cycles of nature, the tides are turning. The great Mother of humanity is awakening in the collective consciousness. Woman is and will always be the mother of man. She has been endowed with the instinct and intuition to know what is best for her children and to provide optimal conditions for their development. When she is disempowered and her voice is silenced, her children, fed with stress, frustration, and anguish, become dysfunctional.

The chapters in this book are a testimonial to the great rebirth that is inevitably taking place. The co-authors are leading-edge doctors, midwives, psychologists, therapists, experts, and parents from around the globe. They are among the courageous pioneers whose dedication and perseverance lead this essential collective paradigm shift.

Finally, we'd like to point out that this book doesn't take any "side" in the pro-life, pro-choice debate. On the contrary, we seek to enlighten, add love, and express empathy for *all* human beings. Our aim is to uncover and heal the underlying causes of widespread fear, violence, and suffering that lead to destructive behavior. The time is *now* to embark collectively on this grandiose mission, the most important of all: to enlighten, protect, support, and empower mothers in the tremendous influence they have on their child in the womb.



WOMB TO THRIVE

The Missing Keys to Heal Yourself, Your Family and the Planet

This book is a wake-up call for humanity. A global revolution is taking place: Peace, happiness, prosperity and health will not come from politicians, academics or corporations as they do not hold the keys to a thriving world. **ONLY MOTHERS DO!**

"During pregnancy and the first three years after birth, we lay down the critical elements of our health, well-being and productivity, which will last throughout childhood, adolescence and adulthood." Nurturing Care Framework, UNICEF

Global experts share their personal stories of passion and tireless work to heal and prevent early trauma. By transforming the paradigm of early parenting and birth practices, they are opening the doors to a thriving humanity.

You will discover:

- How parents are the architects of their children's character
- The origin of fear, trauma and limiting core beliefs
- The role of love, nurturing and maternal empowerment
- How we can create a thriving human family and planet

***"Wow... what a fabulous game changing book."* Gloria Bobbie PhD, Department of Anthropology, SUNY Plattsburgh, NY State University**

Dr. Julie Gerland (hc), a pioneer and thought-leader for over four decades is dedicated to achieving a thriving global family and planet. Awarded honorary doctorates in Holistic Medicines, she and her husband François are the co-founders of Birthing The New Humanity, BTNH World and BirthTheChange®. Julie is an inspiring international speaker, TEDx presenter, best-selling co-author, HypnoBirthing trainer and a social entrepreneur.

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Womb to Thrive with its variety of chapters by leading-edge experts is a must read for everyone who wants real lasting solutions to individual, family and global challenges.



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