

# INFANCY



**MOTHERS' RESEARCH GROUP**

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# INFANCY

A selection of articles written  
by members of the  
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Theosophical Society in  
America

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# FOREWORD

## THE PROBLEM OF SEX

Although our researches into maternity matters were begun some years ago, the sudden decision to publish something now was brought about by the suggestions of two mothers. One, brought our attention to the widespread distribution of literature on "sexology" (some even imported) and a tendency on the part of some writers, under the guise of "science" to break down conventions and to make it more difficult for parents and social workers to cope with the sex problem. She urged us to do something about it! The other mother has felt for some time that the cause of all the trouble lies in the over-glamourizing of sex through radio and screen. She believes that one of the greatest needs of humanity at this time is "a redirection of sex activity", so has submitted some poems, which are being printed in this booklet. In them she has tried to "glamourize" motherhood. With her letter, we introduce this booklet.

Under the stimulus of research into the problem of sex, we have set the wheels in motion for a series of maternity booklets. However, not sufficient time was available for us to do justice to the sex angle this year. We could only publish the "Preparation for Maternity" and "Infancy" booklets. We plan to continue this work next season and urge our readers to help us with their suggestions, letters, questions and actual research on all sides of this problem.

Concerning sex indulgence so widespread throughout the world, it may be that we on this planet are merely being caught as in a swinging door between changing cycles, or are being subjected to hidden forces beyond our control. This sex-wave may bear the natural reactions against the strict, puritanical views of the past. (Perhaps there has always been the problem, under cover, but only now being brought out into the light!) We must remember that the world is but peopled by a humanity of our own choosing, brought into the world often more through lust than by love. Like attracts like, and humans have it in their power to draw back to rebirth souls corresponding to their own development. With all this sexual promiscuity outside, and indulgence inside, marriage, there is a continual invitation given to souls not too highly evolved, to come into incarnation. There are myriads of souls on the lower planes hoping to dash back to earth, without adequate preparation in the Heaven World.

The physical dangers of promiscuity are too well known to be discussed here, but there are spiritual dangers of which many are ignorant; sex cravings tend to dull the mind and coarsen the finer instincts. Often they cause a ruined marriage — and a life.

As long as the mental world exists with its mass thought-forms of the sex-images created by mankind, and the astral world, teeming with sensual desires, there is not much hope for an immediate solution to the problem. Until adequate laws can be enacted to protect our youth against vice and dope, liquor, tobacco, etc. that tend to weaken the race, parents and educators must take the responsibility. If only something could be done to prevent the sex excitation of the young through suggestive advertising, passionate love scenes in the movies and the sexy pictures in all the magazines. Parents must be examples to their children, carefully guarding their emotions and their thoughts. No wonder youngsters smoke and drink, for they have imbibed tobacco with their mother's milk and have seen too many cocktail parties in their own homes to listen to irate parents trying to raise model children. The same holds true for infidelity in the home and parental indiscretions.

At a very early age children should be told about their bodies and that "there is only one absolutely sure protection... against disease of body and soul for youth and that is the **THE BRIGHT SHIELD OF CONTINENCE...**" (Geoffrey Hodson in "The Problem of Sex Training and a Solution") Mr. Hodson would have us teach our children the following facts, which I have briefly outlined:

1. The human body is a living temple in which abides a Divine Being, the true Self, the immortal Soul.
2. The body, therefore, is to be revered.....
3. The body's power to create is a divine power bestowed by God upon man for the continuance of the race....
4. Sex indulgence blunts the finer edge of all human powers, causes the responses to beauty to lose their vividness and reduces the individual to mediocrity and even sub-normality....
5. That the sex impulse is subject to the control of the will...The key to success in this is redirection of the creative impulse into non-sexual channels by the mind and will.....
6. The creative power in woman is exercised through motherhood, and in man, fatherhood. Both functions are sacred....
7. Marriage is a sacrament and marriage vows are inviolable until the union is dissolved by divorce.

We have not touched upon the problem of Divorce in these pages. It has such grave implications - the cause of most of our "problem" children. We shall study this problem later.

Acknowledgements are hereby made in gratitude to all those who have not only contributed their time in writing and research but who have sent us letters and clippings. Also grateful appreciation is given to those artists who have made these booklets so attractive.

*Muriel L. Lewis*

Editor

June 1, 1951

# Introduction

## THE GLAMOUR OF MOTHERHOOD

### A Letter From A Mother

"I don't know whether these little poems in blank verse would interest you. I wrote them sometime ago. I felt then, and I still do, that what would help the whole subject of Natural Motherhood to gain ground with young women would be to give it GLAMOUR. Everything else is given glamour -- love-affairs and having careers -- but nothing is done to show the true glamour of motherhood.

"Making love is full of recognisably pleasant sensations and emotions, so is pregnancy, childbirth and lactation; but it is chiefly the unpleasant ones in these due to mismanagement and negation of natural functions which get the publicity.

"I feel that if through poetry, art and fiction pregnancy, childbirth and lactation can be given the glamour they deserve, and the wonderful feelings, emotional, physical and spiritual which they give rise to can be thrown into relief for the public eye, the result would be revolutionary. If these three processes are recognised to be the most pleasurable that can be experienced by a human being, as they truly are, that will make for most constructive changes in human relations and will immeasurably stabilize family life.

"At the moment men are supposed to have the best of the sexual bargain which makes for discontented women. No wonder, since very unsatisfactory motherhood also robs them of the satisfactions of the career. Reverse the position and you will have infinitely happier homes.

"Frigidity in women is supposed to be the greatest cause of divorce and unhappy marriage. No wonder. A woman who has found deep satisfaction in being pregnant and in nursing a baby, will be only too glad to repeat the experience as often as economics permit. Because of this, and because she feels she has the best of the sexual bargain, she will wish to give her husband the greatest satisfaction it is in her power to give him.

"So much misery arises from women who have not entered deeply into the wonder of motherhood, seeking satisfaction, often unconsciously, in superficially sexual ways. A redirection of sex activity towards its fundamental purpose is, I believe, one of the great needs of humanity. One of the ways of doing this is to attract public attention to its beauties and wonders by showing what true GLAMOUR it possesses. Up till now motherhood has certainly been the Cinderella of sex activity. It is because of all this that I have written these poems which have as an underlying motive the REDIRECTION OF SEX ACTIVITY."



The surface of the earth from rounded hill  
 To precipitous peak.  
 With my thoughts I invite thee to enjoy thy vigour;  
 I am thy home, thy playing field, the cave  
 Which is thine to explore.  
 Kick, hit, stretch forth thy limbs.  
 Ample is thy house and safe.  
 Grow strong, my child  
 And from that first kiss of life,  
 Be free.

-- A mother

## World-Centered Marriage

Maureen Walker

The marriage and home life of a theosophist must necessarily be different in many ways from that of another couple holding some other philosophy. As individuals we recognize the power of mind molding us into that which we are. Is not a marriage relationship similarly the expression of the uniting of two emotional and two mental foci as well as the physical unity? And, these in turn are modified by our higher selves. We pay so much attention to marriage based on the relationship of the entire personality that we often neglect to examine the relationship of our separate pairs of vehicles and their effects on the whole.

Since physical marriage is more often discussed, let us bypass it a little in beginning our thoughts on this subject, and consider, for once, the relationship of our other pairs of bodies. Psychologically we study the sum effects of the physical, emotional and mental nature of a married couple. But this is still studying one whole personality in relationship with another whole personality. Let us observe the intricacies that occur in the marriage of a couple's astral and mental vehicles.

As in the physical relationship, actual union occurs at intervals and not constantly — the flow of life force is not the general pattern of physical existence, but occupies a relatively small portion of time in that relationship. The physical body is occupied in myriads of ways besides this one, important though it be. But, in speaking of our marriage astrally or mentally, do we not sometimes conceive of it as a constant union? Possibly, in curiosity we wonder if we are united on these planes, and since we have some vague idea of a constant unity being necessary, we blindly assume marriage at these levels does not exist with our physical spouse, and, — desperate thought — our subconscious sends us scouting for a true mate for each of these levels! This, of course, can soon completely demolish our entire relationship! Does

not the truth of the matter lie in the fact that union at these levels likewise occurs only at intervals, and to achieve these emotional, and particularly mental, unions, is a side of our marriage to which we should devote equal attention as to physical union?

I feel our emotional and mental "children" require the same watchfulness and care and nourishment as our physical children. The atmosphere of our home, the overall feelings others receive from us as we relax in talk, are based on the marriage of our emotional and mental bodies. When these bodies clash, tremendous disharmony is given off; its equivalent is physical disease. When we achieve the rare moments of unity and experience the ecstasy of life force flowing with these emotional and mental unions, we are creating a change in our relationship. There is something added and it grows into a new expression as distinctly felt by others who are our friends and acquaintances, as they can see physically each succeeding child to which we may give birth.

All this becomes more difficult to handle well as a new freedom seeks to express itself in the family life of the present times. At its worst it is a wild, pampered freedom; at its best a unique freedom of exploration. No false ties or traditions bind the family together, so more responsibility than ever lies upon the parents to create of their home such a beautiful and full relationship that spontaneous joy and creativity become the uniting factors. And even a truly creative family can relate their lives harmoniously only if the focus is in a deep and broad philosophy of life. There is a new quality coming to the surface of our life and I think it is something lived in its true sense only by a comparative few.

If we do not try to be aware of all our relationships, to touch this new freedom is to temporarily destroy oneself. Sometimes it seems that marriage is another razor-edge path and particularly in these times of change. Rather than seeking first to express the free, it seems we must seek to express the true and beautiful. If our relationship in married life can be met with the question, "Is this action expressive of the true? Is it expressive of the beautiful?", then surely it will be good. Through our fallibility maybe, we will be unable to achieve this, but at least if we take it as our focus, the relationship has the possibilities of greatness and must also surely be a relationship of freedom. If we take freedom as our focus, it does not necessarily express itself as the Good, but often results in an ugliness by which modern marriages are too frequently typified.

It seems to me that the many divorces are not always a sign of failure. Often the strivings have been most constant. However, those involved have perhaps been seeking to live an ideal above their reach. As with the atomic bomb, we might ask the question "Are we morally capable of handling this new energy?" Marriage today, is certainly another new energy. If we desire to break with the tradition of the past, then we must be even more alert and more true to the highest ideals we are capable of conceiving.

In the relationship of husband and wife, must we not use our new interpretation for the benefit of things and persons outside ourself? If our life is centered in self, surely our relationship will collapse. The tendency with all of us is to ask "How much do others love me?", rather than feeling "What does this person need and what can I give?" We must not be self centered as individuals or as a family.

Life seems to be constantly separating the young couples of today — these separations are of duty, to friends, to country or to ideals. Young husbands and wives used to feel that their first love and first loyalty was to each other, and the traditional marriage ceremony summed up these loyalties which were beautiful under the needs of the time. Many are askance at the growing number of newlyweds who have written their own wedding ceremonies. Some, in curiosity or in friendship have made special point of attending such a ceremony. They have often been amazed to find an atmosphere of great simplicity and thoughtfulness. The action was not a wild breaking of tradition, but rather an honest attempt to word an ideal which has possibilities of attainment and to hold to that ideal strictly. As a sacrament, perhaps there are valuable forces lost — but I tend to feel that it is the beginning creation of a new sacrament to be expressed through the entire marriage, each whole relationship unique in its interpretation of truth, beauty and love.

More and more young couples seem to feel that the love they offer to each other and share with their children is based on the degree and type of love they express towards all individuals with whom they have relationship. Because of the close relationship of the family or husband and wife, there is a great intensity of expression. They see that their own weaknesses are the more intense reflections and weaknesses of their other relationships. Therefore, one sees that divorce is no answer; it eliminates one particular situation but not the deep seated inadequacy within the individual. So there is a resulting determination to ferret out these weak points, to cooperatively work at adjusting them, so that as a family they may be more useful to others and better able to bring into expression harmony and understanding. As a result they express themselves through open, free-hearted discussion in any relationship they may have.

As young couples are ever more frequently drawn into experiences of having to be apart, I feel they try to walk the highest path of this experience in positive manner. They feel the necessity of uniting the thoughts and actions of their separate experiences, and offering them to each other carefully and with questioning, so that each may add to the others growth.

Because in marriage we learn not to expect anything of the other, or idealize him according to our ideals, we similarly learn to approach others in this way. Because we learn not to

confine thought but to share and learn from each other, this too becomes our aim in other relationships. Because husband and wife offer each other to the world instead of grasping the loved one to oneself, so we tend to relinquish all possessiveness and to desire only the growth and happiness of our friends, not centered in our own wishes. Because we are married to a person of different race or religion and learn the experience of harmonizing completely different backgrounds and all the separatenesses that ages of tradition have formed, we seek to express the working ways of understanding to relationship with other societies, religions and nations. Because as a world-people in the midst of world crises and constant change we grow ever more sensitive to the very human sides of life, we turn to the solitudes and vibrancies of nature and share in our marriage and home life new tenderesses, bringing the life of plant, insect and fairy into our home.

Married life is returning to community life. We seek to share whatever we as a family have to offer; we build together, sharing work and ideas, and as families we are creating new national folk arts. All our joy and creativity as a family must be turned outward. As marriages stumble, with love and honesty we seek to help explore with each other the ways to rebuild them. Marriage problems are not in fearful hiding; together families seek to discover the ways to meet the new challenges of creative thinking. And I feel that no matter how often we fail, we are trying in our marriage to express the true, and on the basis of the love we unfold in ourselves we are striving to create a marriage between all peoples. We have a world outlook rather than a family centered in itself, and is this not true brotherhood applied to the closest and most difficult of relationships?

## The Mating Season

Maude Edgren

This heart of mine is singing  
 In its prison walls of clay,  
 While the zephyrs' wings are bringing  
 Your love to me each day,

And happy birds are mating  
 In the branches mid the flowers,  
 While I grow impatient waiting  
 For that marriage month of ours.

The fires of spring are burning,  
 The birds more gaily sing  
 Their little hearts a-yearning  
 For a love mate's offering.

The fires of spring are burning,  
 Little sweetheart of the past,  
 And your lover's arms are yearning  
 To hold you close at last.

# DIVINE PURPOSE IN PARENTHOOD

Della D. Arroyo

In the pursuit of truth and esoteric wisdom the neophyte must face those facts which have to do with parenthood, and in ordinary life, when no burning desire to learn the hidden meanings of life presses the ego to search and study, parenthood may still be given a deeper and nobler meaning through knowing the purpose and through conscientious effort, since such knowing and such effort give an insight into the love and care of our Divine Parent. For parenthood is divine in purpose and by assuming our obligation of it, we are doing on earth that which is done in heaven.

Children should never be brought into this world by chance. They should not be a quirk of fate which we more or less cheerfully accept and later learn to enjoy. They should be a planned and joyous event in a couple's life. When two people have decided that they will accept this responsibility and have dedicated their lives to this purpose, they should meet the requirements which will guarantee the best development for the incoming ego. This does not mean that the child should obscure the life of the parents, rather it means that the parents' lives will become more prodigal of happiness, and this, in turn, blesses the lives of the children in their care.

A proper environment should be provided in order that all that which is true and beautiful may be reflected in the child's life, and a proper character development in the parents is the greatest assurance that the child will grow in "stature and wisdom!"

The divinity of parenthood unfolds itself through experience. Teaching, we learn; trying to set a fine example, we emulate goodness.

A child learns through the parents' enfolding care and love how the Divine Principle enfolds the universe, and it should be taught that it has come into the world with a purpose, that it is needed and was planned for. The tragedy of modern society is that this fact is so seldom stressed, for it is a part of the divine plan that each one of us has his Father's work to do, and the full expression of this work alone ensures complete soul growth.

The talent which is a child's heritage may be suppressed or frustrated unless it is cared for as a seed. Nourished in rich soil, exposed to warm sunlight, and protected from scavaging weeds, the soul awakens. Imagine how wonderful a world would be in which each person knows his purpose on earth, for an age so awakened is not busy waging war, or distorting the finances of the world, and there would be no room for aggressors of any kind.

There is no necessity for competition. Each person has an individual purpose. There is some one part of living at which they

will excel, and it is the divine purpose of parenthood that this be realized in childhood. There are many mansions in the Father's house and all kinds of abilities are required. It need not be any sensational kind of talent. It may be only the ability to love people well and to live harmoniously with them. Always the purpose should be for the soul to live gloriously and to bring joy to others; that is the only greatness any soul can achieve and bring as a gift to the Divine Parent of all. There is nothing else that is of value in the ultimate accounting.

## Spiritual Heredity

Jean White

Thru the Spirit, man has a Heredity of Perfection. No matter how small his particular lantern may be the light shines perfectly therefrom as long as the lantern is pure at heart. As many as stars illumine the heavens are the differences in Spirit that manifest in man; yet all are of the same Light and all are one.

When man overcomes the domination of matter in which he is encased, imprisoned and confined, his Spirit takes wing and finds its home again in the Heart of his Parent. Everyone living has a Divine Right of Perfection providing he claims his Spiritual Birthright and is confirmed by the Light of Heaven. To one such as this there is only One God and He is Good.

## Sexual Union

"When the act of sexual union takes place the subtle forces of the two natures rush together, and, as in the case of two currents of water in collision, a whirlpool or vortex is set up; this vortex extends up the planes as far as the mating of the corresponding bodies takes place, so that should two people who idealise each other, and whose love has elements of a spiritual nature in its composition, meet in coitus, the vortex so created will extend on to one of the higher planes. If, however, two people whose concept of love is confined to physical pleasure set up a vortex of ingress, as it is called, their vortex will extend no higher than the second plane of the animal passions. Souls await incarnation upon the plane of the inner world appropriate to their state of consciousness, just as, immediately on passing out of incarnation, they 'think themselves into their own place.' It is by means of the vortex of ingress that souls are enabled to pass down the planes and make contact with a molecule of dense matter and so gain a foothold upon the plane of manifestation, for it is with this vitalised molecule as a nucleus that the body of dense matter is built up around them. It therefore follows that the higher the vortex of ingress extends up the planes, the loftier will be the type of soul which is drawn through it into incarnation, for a very different type of soul awaits its time upon the upper mental plane from that which finds its appropriate conditions upon the lower astral." --Dion Fortune in **ESOTERIC PHILOSOPHY OF LOVE AND MARRIAGE**

## THE OCCULT ANATOMY OF THE BODY

At the upper end of the spinal cord (looking like half an English walnut) is the cerebrum. It is the first, and most important gland in the body. The essence \* which it exudes flows through all the glands, and this fluid is modified by each in a different manner. The cerebro-spinal system is the first part of the organism developed, and from it the entire form materializes, as it were. The sensory nerves are the wires connected with this great generator of electrical energy, the cerebrum. These ramify throughout the entire organism, supplying the electricity with which to run it.

Right under the cerebrum is the optic thalamus; it occupies the central portion of the brain, or third ventricle. It is the great ganglion of the inner brain. It is shaped like an egg, with the small end directed forward. When seen in cross section of the brain the thalamus, with its adjacent appendages, looks like a beetle. In the scarab, or sacred beetle of ancient Egypt, is symbolized this egg of immortality, referred to in the Egyptian Book of the Dead as "the Boat of the Seeker." The optic thalamus is called the open eye, the single eye, the light of the world, the crystal lamp. In Sanskrit literature it is called the heart of the lotus, the place where Buddhi (divine wisdom) sits, the knowledge to which the Yogi seeks to attain.

At the back and base of the skull is the cerebellum, the mechanical brain. The cerebrum is the God-brain and the cerebellum the animal, or man-brain. The latter is the organ of the subconscious mind; the former, the organ of consciousness. Both words, cerebrum and cerebellum derive from the word cere meaning seed; bellum means conflict, opposition, and there is constant warfare between the two forces in the body represented by the higher brain and the lower. No one can be fully conscious and balanced who is living in the animal passions which find expression through the lower brain.

Continuing this enumeration of the strange contents of that golden urn which is the human head, the pineal gland may appropriately come next, a cone-shaped body on the posterior side of the optic thalamus attached to it by delicate nerves, and joined to the roof of the third ventricle by a flattened stalk, the habenula. The pineal gland is the male organ of spirituality. Fluid from the upper brain flows down into the pineal gland, where it is differentiated, becoming masculine, positive, electrical, in quality and action.

A little lower down and on the other side of the optic thalamus is the pituitary gland or body, the female organ of spirituality, a small, reddish, ellipsoid in a depression of the sphen-

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\* (Incidentally, this essence is the mind-stuff referred to in the 23rd Psalm as being the Divine Oil - "thou anointest my head with oil...") -- Shirley Schlapfer, who sent in this article. - Ed.

oid bone, and attached to the brain by a peduncle. It has two lobes, and secretes a mucous substance; it is magnetic, and is provided with a little gossamer sac for the reception of the holy seed.

Connected with the pineal gland is the nerve Pingala. This crosses the spinal cord at the base of the skull, in the medulla oblongata, and follows down the right side of the spinal cord to its end. Likewise connected with the pituitary body is the nerve Idâ, which crosses the spinal cord at the same place where the Pingala crosses, following down the left side of the spinal cord to its base. Here the two nerves converge into the body through the semi-luna ganglion, where they merge into the solar plexus.

The pneumogastric nerve, rising in the floor of the fourth ventricle of the head, and connected with the cerebellum, crosses the spinal cord at the base of the skull. At this point is a double cross made by Ida, Pingala, and the pneumogastric nerve. The pneumogastric nerve sends numerous branches to the throat, lungs, heart, and stomach, terminating in the solar plexus, which is called the androgynous brain. This is the channel of the holy breath, without which there could be no conception or birth of the psycho-physical germ, or holy seed.

The solar plexus consists of twelve large nerve ganglia which branch off in different directions. It is the largest of the three sympathetic plexuses, and receives the greater and lesser splanchnic (intestinal) nerves and some filaments from the right vagus. The solar plexus is the center of the physical body, and its nerves, branching from this point form the channels over which the psycho-physical germ-seed is carried to its birth or maturity. This first "seed of immortality" is formed in the solar plexus of every individual at the age of puberty, when the moon is in the sign that the sun was in at the person's birth, and thereafter the process is repeated monthly. From the solar plexus the psycho-physical germ moves into the central channel of the spinal cord, ascending or descending according to its type or nature (animal or divine). The solar plexus cannot receive this psycho-physical germ or regenerative life-unit until the perfect state of harmony has been attained between the cerebrum and the cerebellum through the male and female organs of spirituality. Pure thought (electric) attracts its mate (magnetic) in the breath, and this quickens the conception of the psycho-physical germ. If the thoughts are animal, carnal, the germs which are carried to the solar plexus for birth are marked and sent to the "pit". This means that under the influence of the lower mind they are attracted and drawn down into the testicles in the case of the male, or into the ovaries in the case of the female, and are here changed into animal germs. The prostate gland in the male receives the germ-seeds after they have been animalized in the testes; they are there stored until ejaculated. The female uterus receives the ovum, which if fertilized, becomes a procreative germ-cell, passing out of the "south gate" as the karmic-bound body of a new human being.

By making a sexual act an "indoor sport" man cheats himself of his most precious possession, for he robs his body of its recreative corpuscles by this defilement of the sacred fountain. There is more calcium in the seminal fluid than in the blood, indicating that it is the chief building material, and was never intended to be thrown away. The true Yogi (or seeker on the Path) will use this force in a regenerative way, for the building of his indestructible form.

When man ceases to destroy his psychic energy by indulging his animal nature, the psycho-physical germ returns to its true throne in the brain. Ascending the central channel of the spine it makes the crucial crossing at the base of the brain and returns to the optic thalamus. At this point it undergoes the final balancing, and is transmuted into the sacred oil which is deposited in the "crystal lamp" which is the optic thalamus. This precious fluid supplies the nerves which dip into this bowl from the cerebrum. Thereupon is produced that shock of sudden light which awakens dormant brain cells and produces the phenomenon of illumination. Only then will the Kundalini awaken which lies sleeping at the base of the spine. If we lift up or raise the oil in the spinal cord by the power of the seed (by saving it), that oil becomes so refined, transmuted, vitalized, that it regenerates the body, and overcomes death itself.

Degeneration, generation, and regeneration are the three types of life; by these everyone can make judgment of himself. Degeneration is that form of life in which cohabitation is for sensual pleasure only. Generation is that in which cohabitation is for companionship and parenthood — the giving of some returning entity its personal mask. Regeneration is that in which by the sublimation of the sex force, the body loses neither creative substance nor electrical energy.

— By Rahaanii in YOGA FOR YOU by Claude Bragdon. This article, "The Occult Anatomy of the Body" is here reprinted by permission of Alfred A. Knopf, Inc. Publishers, New York City.

## The Goddess of Liberty

Each woman is a Goddess. She stands at the door of life a figure of hope and promise to attract worthy and noble souls. O goddess-mother, is your torch, symbol of illumination, trimmed and burning? Is your crown gemmed with stars of virtue and purity? The Goddess of Liberty stands at the portal of the land of promise, just so the Goddess woman stands at the door of life through birth.

- Dr. Marie Beall Kramer

# THE CLAIRVOYANT STUDY OF MOTHERHOOD

Geoffrey Hodson

(Condensed by Shirley Schlapfer)

## BIRTH AND DEATH

In order that the ideas which I am about to put forward may be more easily understood, I propose to present a brief statement of their place in the fundamental philosophy upon which they are based. The purpose of human existence in the flesh -- according to this philosophy -- is that of growth. As a result of repeated incarnations in human form, the immortal Spirit, which is Man, eventually attains to a standard of perfection which has been set for him by that Major Intelligence of which he is at once a projection and a part.

Each incarnation in the flesh is in reality a fifth part or stage of a cycle of existence. This cycle opens at the time when the immortal Spirit, which is man clothed in that undying principle which the Greeks called the Shining Aigoeides, under the impulse of the divine will, feels a thirst for wider powers of self-expression and an urge to enter new fields of evolution. Under that impulse, he projects a portion of himself, downward into levels of matter more dense than those upon which he normally resides. As I shall seek to explain later, assisted by certain intelligent agents of the Logos he builds for himself vehicles of expression in the worlds of thought, of feeling and of physical matter. When the process of building is sufficiently advanced, he is born as a helpless infant and enters upon the physical stage of the life cycle. After that stage is completed, the process of descent is reversed. The physical body is cast off, its material disintegrates, and the man then finds himself functioning in his emotional body; that vehicle, in its turn, wears out and is laid aside, leaving the man with no vehicle of consciousness lower than the mental level. Likewise the mental body eventually disintegrates, and that portion of himself which was put forth at the beginning of the life cycle is then withdrawn, bearing with it in terms of memory and capacity the products of all the experiences through which the man has passed.

Then follows a gestatory period, during which all experiences are translated into faculty, into powers and gifts, and are added to those which have already been developed in previous life cycles. When that stage is over the thirst for new experience is felt once more, and the process is repeated over and over again until the time when every possible power has been unfolded, every human lesson learned. All necessity for birth has then been transcended and a new phase of unfoldment begins; man enters the super-human fields of evolution, continuing there his long pilgrimage back to That from which he came. . . . .

### THE PERMANENT ATOMS

Clairvoyant research — applied to the processes of birth and death — discloses the fact that amid the myriad of atoms of which the three mortal bodies of man are composed, there is one in each of them which does not share in the general dissipation of material which occurs at death. It is an essential part of the mechanism of incarnation and plays a most important part in the life cycle referred to above. These three permanent atoms — the physical, emotional and mental — are attached to the ego or spiritual man by a thread of light, and they become the store-house of all the experiences through which the man passes in each of his three vehicles. All these experiences are indelibly implanted upon these atoms in terms of power of vibratory response. Nothing that happens to the man is ever lost, but is permanently imprinted upon the atoms of which his bodies are composed.

We may picture, then, the opening of the life cycle — at which point the ego is making ready to plunge, once more, down into the material worlds, in search of knowledge and of power. Hanging below him on a glowing golden thread are his three permanent atoms, each quiescent during the gestatory period, but now answering to the thrill of his life, as he turns his attention outwards to the lower worlds.

Under that impulse each becomes a magnet, and draws towards itself material appropriate to the type of vibrations which it is emitting. By this means, as the months of prenatal life are passing, an agglomeration of matter is gathered around the three permanent atoms and is gradually organized into a vehicle of consciousness — one in each of the three lower worlds. This attraction of material appears to be governed by electro-magnetic laws, and the result of it is that each vehicle is built of matter which is exactly appropriate to the development and needs of the man himself. It follows, therefore, that injustice is impossible, and the bodies with which we are equipped represent absolute justice for each one of us.

This process, however, is not entirely automatic; for clairvoyant observation reveals the presence of intelligent beings who are guarding and guiding the growing vehicles. . . . .

### ANGELIC AID IN HUMAN BIRTH

Members of this race were found (upon clairvoyant observation, Ed.) to be assisting in the processes of human birth. As a rule, it would appear that at least three members of the angelic hierarchy are present from the time of the opening of the life cycle. One of these operates from the higher level and is in possession of full knowledge concerning the karmic situation of the ego about to incarnate; he co-operates with his subordinates at the lower mental and emotional levels, and passes on to them sufficient knowledge of the particular aspect and measure of karma (the law of cause and effect, Ed.) which is to be worked out in the forthcoming incarnation.

An understanding of their work will, perhaps best be grasped from a brief account of the activities of the deva, or angel working at the emotional level. The function of this being is to supervise the construction of the astral (emotional), etheric and physical bodies. In the pursuance of his tasks he continually endeavors to produce the best possible result which the karma of the individual will permit. For the most part, he achieves this by enclosing the growing forms within his own aura, allowing his own potent and vivid life-force to play upon, purify and vitalize them: by this means, also, he insulates both mother and child — particularly the latter — from the effects of external adverse circumstances, maternal shocks, emotional disturbances and inharmonious psychic environment. He remains in this close contact up to the very moment of delivery, watching the increase in the size and development of the bodies, taking advantage of every favorable circumstance and serving as a channel for the force of his hierarchy to the embryo. In addition, he pays the greatest attention to the process of linking the consciousness of the ego with that of his vehicles. The extremely fine adjustment that is necessary for the perfect working of the superphysical and physical mechanism of consciousness is brought about by his agency.

No great effort of imagination is needed to realize how strenuous and important the work of this deva must so often be in the crowded areas of great cities where, frequently, both parents are addicted to vices. The child itself is unwanted, and the psychic environment is coarse and vicious in the extreme. The wonder is that under such conditions the miracle of birth can possibly occur; yet such is the adaptability of nature and the work of the angels, that splendid bodies continue to be born in spite of these conditions.

#### WORK OF THE NATURE SPIRITS

The etheric and physical bodies are built by a dual process: this is partly automatic and partly the product of the semi-intelligent activity of a number of subordinate workers called nature-spirits. These tiny beings, who stand on the lower rungs of the angelic ladder of evolution, fulfill the office of builder in our worlds of form as constructed by them. The methods by which they work are so interesting that it is worth while describing them in some detail.

At the formation of the zygote or first cell, from which the foetus develops, and that attachment of the permanent atom, a distinctive vibration is emitted from that composite body. This vibration belongs to the order of sound; though not physically audible, it is occultly discernible, and is seen to produce the following effects:

1. The insulation of the sphere of influence within which the building operations are to occur.
2. The magnetization or specialization of all material within that sphere.

3. The production of an etheric form which is the mould into which the new body is to be built.

4. The calling of appropriate nature-spirit builders (i.e., those on that particular wave-length).

These builders, called by the fundamental note of their own nature, enter the insulated sphere; they find within it an atmosphere peculiarly suited to them, in which they can conveniently work, and material which has been magnetized to the same wave-length as themselves — as a result of the original emitted vibrations. They then work like a hive of bees; they absorb this material, assimilate it and implant upon it still more definitely their own specific vibration, and then deposit it in and around the growing form. The position which this material assumes is governed by the lines of force which represent, etherically, the shape and structure of the body-to-be. Free matter is also being attracted into position by similar laws. As the different types of tissue are to be constructed such as bone, nerve, brain, muscle, etc., further modification of the original vibration is emitted and governs both the choice of material and its arrangement in the body.

The foundation on which the body is built, as also the planet and solar system, is not a foundation of solid matter, but of flowing electro-magnetic energies. Just as man reaches the standard of perfection set for him by association with and mastery of matter, so the angelic hosts reach their goal by association with and manipulation of these flowing energies and forces of the solar system. In the process which I have just previously described, we see them at work. When the eighth month is reached, a change begins to occur in the appearance of the emotion-deva; gradually the semblance of a bright blue cloak is to be seen covering its head and shoulders as he assumes more and more the likeness of the Madonna. The astral, etheric and physical bodies are held by him within a tender and reverent embrace; the blue mantle rests upon the mother, and to those who can see, a vision of wondrous beauty is revealed as this change becomes more and more marked. . . . .

#### THE WORLD MOTHER

Investigation shows that this remarkable phenomenon is the result of the work of the feminine aspect of the Deity, of Whom all women are representatives, and in Whose service every mother officiates. This aspect of the Logos has been represented on our planet by a succession of great Beings, known to the ancients under various names — such as Isis, Ishtar, Venus, and, in our own times, the Virgin Mother of our Lord.

Understanding of the work of this aspect of the Deity may be helped, perhaps, by consideration of one mode of its action on our planet. It would appear that there is a department in the great Hierarchy of Perfected Beings (Who guide and guard the evolution of life and form upon earth and are known as the Great White Brotherhood) which is concerned with the feminine aspect of existence, and particularly with maternity. At the head of that department is a

great Being known as the World Mother, who is assisted in Her work by countless hosts of angelic beings. These serve as Her representatives at every human birth and, ultimately, by a process which is somewhat difficult of comprehension She, Herself, is manifested in every chamber of birth. Just as Our Lord is said to be present on a thousand altars at the celebration of the Holy Eucharist, and yet to be one and indivisible, so is the World Mother present at every birth and yet remains Her own most glorious and wondrous Self. She broods over the women of the race, guarding, guiding and inspiring them; sharing their sufferings and their joys. She stands beside every human mother, enduring with her the pangs of birth, helping in the great expansion of consciousness which comes to every woman at this time, and turning every chamber of birth into a sanctuary in the Temple of Motherhood.

We are told that on the occasion she is seeking to awaken mankind to a higher conception of womanhood, marriage and parenthood. She is calling for those who will serve Her in bringing about reforms in these departments of human life, which are so necessary for the well-being and future development of the race. . . .

From - AMERICAN LECTURES

## ADOPTION

Why have sterile women become pregnant after adopting a baby? Hundreds of such cases have come to light through the efforts of Dr. H. F. Perkins, Professor of Zoology at the University of Vermont and his students. These records were collected without any particular effort.

Dr. Perkins' explanation is that the "change in the parents' attitudes and emotions after adopting a child produced a chemical change in their own bodies...of such a character as to promote the more normal functioning of the glands and remove the conditions that previously caused infertility." \*

Dr. Popenoe, who reported these findings, \* is of the opinion that "when a woman's yearning for motherhood has been satisfied - even though not of her own flesh and blood, she somehow relaxes from that strain under which she has lived possibly for years." This longing satisfied, may have psychological and physiological effects upon her, and nature then takes its usual course.

From the theosophical viewpoint might it not be possible that in some cases infertility might be the result of "child karma" from past lives forming a "road block"? If so, the assumption of responsibility for a child, not her own, might be sufficient to remove the karmic obstacle and bring a woman her own baby she has longed for.

-H. S.

\* "Mystery of Adoption", Paul Popenoe in CALIFORNIA PARENT-TEACHER, February, 1947

# WOMAN'S DOUBLE LIFE

(MOTHERHOOD AND A CAREER)

Betsan Coats

Woman has two lives to lead if she is not to be imprisoned in the home. Whenever there is a fresh emphasis on motherhood there is the danger that there will be a growing feeling that a woman's place is in the home and that there she should stay.

Although undoubtedly a woman's place is in her home, the hope of the world lies in her not being confined to it but in her being able to exert an increasing influence on the affairs of men and nations. That is why the "Natural Childbirth" idea enriched by the Theosophical Philosophy of Life has such a dynamic message for the modern woman.

Looking into the far horizon of the future it means she will be able to take pregnancy, childbirth and breastfeeding in her stride as the usual and desirable accompaniment of a normal woman's busy life, and the amenities and customs of society will then adapt themselves to meet her needs with the maximum of ease and the minimum of fuss. In such a future we can envisage that motherhood will be so easy and taken so much for granted as part of the individual's life that conceivably the Speaker, if a woman, will leave the House of Representatives for half an hour to have her baby, and return with him to her chair of office where, for months to come she will hold him on her lap feeding him from her breast while she performs her duties of state!! This may seem a little fantastic since those days of the perfect synchronisation of motherhood and the highest expression of individual genius are still far off, and we shall have to work up to them painstakingly through a long transitional period, teaching women to prune from their lives harem trivialities and to learn to have wider minds and bigger hearts, in short to become greater. The two lives which woman has to lead to which I allude above, will perhaps eventually merge into one in the future of the race though at present they must perforce remain apart. I refer to her life as a woman and her life as an individual. It is a problem for the gifted and highly skilled individual, who is a woman, to know how best to fulfil her womanhood in motherhood without losing thereby the opportunity to express her individuality in other types of creative work. Can a career and motherhood be combined? The answer is "yes", but not usually all at the same time as yet. One must take precedence of the other as a rule at our present stage of civilisation, although let us hope in the future this will no longer be necessary if society provides amenities and has a new outlook to meet the mother's and the individual's combined needs.

Now it is obvious that for biological reasons motherhood must take precedence of the career. Ludovici in his book, "The Truth about Childbirth" states that the age between seventeen and twenty is physically best for the first baby — apart from which if it were the other way round, the career would be cut short by motherhood. We modern women have fifty good years at least of vigorous life from seventeen to sixty-seven years of age. I think it is significant that the menopause concludes the childbearing period of our lives when we are still in our prime. From about seventeen to forty-five years of age the emphasis should be on motherhood, with, in the latter years, a gradual preparation for the career which can be entered into with increasing intensity from, perhaps, the late thirties onwards and without interruption if desired, after forty-five. During the motherhood period skill can be kept sharp, talents increasingly developed and knowledge increased concerning the subjects which will eventually lead to her career. This can be done quietly and patiently as a hobby without conflict or a feeling of frustration while motherhood is still the main emphasis of life, so that accomplishment is considerable when the career is eventually entered into, added to which, a woman if she has borne and brought up her family and shared the responsibilities of life with her husband, will bring to her career, a valuable maturity. It is willingness to become pregnant that our little daughters need to learn in an age when women neglect pregnancy and suffer acutely later in innumerable ways from their rejection, as they inevitably must. It does not matter so much whether they eventually become pregnant as that they should be happy at the prospect of becoming so and feel motherhood to be as satisfying as a career. A career without motherhood is only temporarily satisfying to most women, whereas motherhood without a career is often complete.

Unfortunately to girls, just marrying, the age of forty-five or thereabouts seems a long way off and so it is necessary to begin getting them used to this idea of delayed action careers in their early teens when they are most impressionable and are if properly influenced, much more interested in babies than careers. We want mature women who are mothers to have an increasing voice in world affairs so that at the same time as making our young daughters realise that they will soon be able to be, and should be, mothers, and that their careers can wait till they are in their forties, we should encourage them and give them opportunities to develop their particular talents studiously while they are bringing up their families by meeting the need for baby-sitters so that they are equipped to make a career in later years, which will be useful in a wider sphere.

The question may be asked "What about the husband when his wife begins her career as an individual in her forties?" The answer is that if during the first twenty years of marriage a rich and creative relationship has been established between them, as sketched in the following pages, in which each has been able to enjoy a full life separately as individuals and together as mates and parents, when the emphasis changes from the life of

conjugal love and parenthood to that of creative individual expression, it will be welcomed by both partners as the proper evolution of their relationship, now that fresh parenthood is no longer possible.

The attitude concerning motherhood with which a young woman enters marriage is very important. There is great need for young women to marry with the fixed purpose of having large families whether circumstances eventually permit of their having them or not. In her early teens, a little daughter can be brought up to look forward with anticipation to repeated pregnancies and to expending her energies in the care of her young children with the joy and the hard work which this entails. Do not let her have a glamorous idea of marriage, but underline the desirable imminence of pregnancy which should accompany marriage. This is the safest way to ensure her happiness and to help her build a future which will bring its rich rewards.

Birth control for the bride often spells disaster in various ways. She can also be encouraged to develop an attitude of true generosity concerning her body in her relationship both with her husband and her child. Both need her body for their happiness and wellbeing, but even more they need her love, which if she is free from inhibition, ensures also her joy in the giving of herself to them. The child is the outcome of love between husband and wife, and the husband should be made to feel how deeply she values his love, and that he is not merely used to fulfil her desire for children. If she really does honour to his love, she will do honour also to his expression of it at every level of his being — not least the physical. A young man is sexually at his peak in the twenties, and his young wife, deeply in love, should be as easily and happily available to him as she is to her baby later on.

Older women can apply the same lesson to themselves and enter into wifehood and motherhood anew if they are able to do so with genuine love. We are inclined to get lazy about it as we grow older. Yet love and motherhood bring fresh youth.

To-day there is but little security that we can guarantee our children; the surest being a large united family which even in a concentration camp is an asset.

Can a true mother, in these days in which we are living, look upon the loneliness of her first-born without promising inwardly to provide him or her with the companionship and strength of a little band of brothers and sisters who will eventually help one another through difficult patches in life? Or if we have but two children, if we possibly can, let us give them more companions. I remember feeling this so strongly when my eldest child was born. Then, in the light of Theosophical Philosophy, it became a reality to me that there were those with whom my husband and I had formed close bonds in past lives who would in due course wish to incarnate through us; that we were the bridge from one world to another which they could traverse and in doing so form that little band of brothers and sisters for our son, already born. As I thought of

these age old friends with a deep impersonally personal love I could not bear the idea of refusing them access to this world. This led to my rearranging my outlook on life. I realised that most of my life for many years to come should be spent child-bearing, circumstances, private and international, permitting. I do not believe that a woman should be a slave because she has more children than she can cope with economically and domestically. Such a state of affairs is unfair to herself, her husband, and her children. In those days before the war I considered that to be pregnant or lactating should be my usual state, rather than my unusual one, and that therefore I must try to make an art of it, a thing of beauty. I found out from a doctor that the ideal for both mother and child is to start a new child when the last one is a year old; that means nine months of gestation, six to nine months nursing and three to six months free in which an intensive training and preparation can be made for a fresh conception when the last baby is a year old. Dieting, cold sitz-baths, exercises and exercise in the open air can restore her slimness and full vigour to the healthy young woman, so that she is ready to start again after a three to six months restorative period. She can assure to herself this period by using safe birth control methods; following the instructions in the little book "The Rhythm" which even Roman Catholics approve of; or, if she and particularly her husband are temperamentally suited to it, by continence. For many couples, however, this would impose an unwarranted strain upon their marriage, and in any case this must not be thought of in terms of right and wrong but rather in those of temperament and physical make-up.

If one is going to spend most of one's early married life child-bearing then one needs to take it in one's stride and plan accordingly, and one of the things about which one must plan is dress. In buying one's trousseau one is really well advised to buy little or nothing which cannot be worn during pregnancy or which is not convenient for giving the breast. This should be possible easily and quickly with the least possible paraphernalia. I always hope that the time will come when Anglo-Saxon women will emulate their Latin, Slav and Oriental sisters of humble station, and nurse their infants without inhibitions as the need arises. Giving the breast is as necessary in restoring emotional serenity to the baby as for nourishment, and the true mother will place her baby's well-being before the dictates of false modesty, and when he is upset or frightened, will give him her breast wherever they may be, in a public vehicle or in the street. If he is merely hungry it does not hurt him to wait a little when he is no longer new-born — but if frightened or emotionally disturbed, immediate comfort should be given him at the breast.

We need pioneers along this line, young mothers who will discreetly and quietly carry on with the duties of motherhood when their babies' needs should be met, almost regardless of surroundings. To this end dresses should be carefully designed to avoid all unnecessary exposure while rendering the breasts easily accessible to the baby, without suffocating him, tickling his nose,

or making him squint. A full use of silk scarves can be made.

Considering the scanty bras in fashion on the beaches nowadays, it is a shameful indication of wrong values that it is not customary for a mother to feel free to nurse her baby wherever she may be when his need arises.

A husband is entitled to the maximum consideration if most of the time his wife is to be child-bearing. He should be spared the publicity of the smock which cries out "Look, I'm pregnant!" The intimate family life of a man and woman is made the more beautiful by reticence; it should not be advertised but kept discreetly to themselves, and the wife can make sure that while she is pregnant she also looks her most beautiful. In this way the orient can teach us much; clothes can be in beautiful colours that are becoming, maternally convenient, and with good elegant lines. For us in the west the full length straight overcoat with a slightly flared back is ideal, in thick material or in thin silk with matching skirt and dress. The circular skirt with an adjustable but not obtrusively "maternity" sash; the house-coat that is draped but smart, the Regency line for summer frocks and night-dresses all have dignity and grace and do not declare themselves, yet do not seek to conceal; the aim being to be graceful rather than hidden. Careful selection of clothes adds many months to the period when, though pregnant, a woman does not appear to be so, and a change of style in dressing will not have drawn attention to a change of state, by having made obvious efforts to conceal it.

Most husbands will appreciate this, and it gives that personal privacy to intimate affairs which is a necessary restraint in the world the way it is. Continuous child-bearing may be one's hoped-for programme, given health, sufficient wealth and adequate domestic help, but it should not be announced from the house tops because then it becomes a form of exhibitionism and will invite unpleasant comment; neither should it be elaborately concealed since it is a natural and creative state for women and pays tribute to like qualities in their husbands.

It is extraordinary to me how those who believe woman to be doomed inevitably to wearisome pregnancies and the "tortures of the damned" during childbirth have the temerity to relegate them to the home which implies repeated child-bearing under such conditions, and were I not a "Natural Childbirth" mother who knows from personal experience four times over, that in the normal woman this suffering is due to fear and ignorance and that in fact there is no happiness in physical life comparable to the processes accompanying motherhood, I would certainly not be writing this article.

For the "Natural Childbirth" mother recurring pregnancy and childbirth is part of the living of life as she most desires to live it, and during the twenty-five odd years of her full feminine maturity she will make the bearing of children the main theme

of her life until she is within close range of the menopause. That isn't to say that she will necessarily conceive very frequently; in all probability providence or "karma" will decree otherwise, but she will at frequent intervals try her utmost to do so. It is also important for her and for her husband to make sure that they both keep themselves fit and up to the fertility level of good health. Often a lack of some particular vitamin can cause sterility in husband, or wife, or both. By not keeping ourselves healthy, we may be preventing a friend hoping to incarnate through us from being born to us. It is only because the discarnate world is so unreal to us that we do not find the thought of keeping someone we love, waiting, unbearable, if in any way this can be avoided.

As to the husband-wife relationship - the wife who only gives herself to her husband at times of periodic or artificially enforced sterility is abusing the divine creative forces in herself and in him, and withholding from him the crowning of his manhood which is the deliberate planting of his seed in the womb of his mate who in her turn desires that that seed be so planted, the physical act becoming one of deliberate concerted action, invoking the recognition and acceptance of a loved being who will be their child.

If a wife really loves her husband she will wish to reverence his manhood and to give him such opportunities of expressing it which most men treasure. Furthermore she gives him the particular stimulus in his career which maintaining a family alone can give. Can one wonder that where such opportunities are not forthcoming disharmony and divorce result? The deliberate Will-to-impregnate in the man and the Will-to-be-impregnated in the woman are, when synchronised, one of the most unifying factors in ordinary marriage, though there are many exceptions to this and innumerable right variations of that marriage relationship. If that Will in each is mutually exerted at regular intervals throughout the twenty-five years of the full feminine maturity whether pregnancy results or not, it will create a sufficiently strong bond between husband and wife to ensure against divorce and to give rise to such mutual trust that each will be willing to give the other the maximum of freedom in the expression of the individual genius in the course of everyday life. The most successful marriages are often those when a husband and wife have many activities and interests which they pursue apart from each other, and friends of both sexes which they do not necessarily share. Marriage is a long road to tread together and monotony is its greatest danger. Separate interests, activities and friends prevent the freshness and "magic" of marriage wearing thin. Each partner then returns with renewed appreciation of the other to the other for comfort and refreshment and are recurrently bound together by the wonder of creative unions and voluntary parenthood. Moreover, the living of life with separate as well as joint interests and activities prepares the way, for then the woman having brought up her family, enters upon the second half of her life in which married love, however, still has its place. As the mother of a large fam-

ily the menopause will not disturb her and she will have gained much in wisdom and perception, and since as an individual she has had patiently kept her interests alive and her particular talents in practice, she will be able to expand her orbit of influence increasingly. She should feel free to enter into public life and feel there is no limit as to how far she may go in whatever may be her subject. Having developed and used her mothers' insight for the well-being of her family she can address that power to the needs of the larger human family so that the initiative and drive of men may be made kindly and constructive by the perceptive compassion of women, who, as mothers, have an eye to the well-being of all, and who would utterly outlaw the possibility, even, of war.

All this our little teen-age daughters can be led to understand and will be eager to experience; but their preparation cannot be achieved in one half hour's awkward talk before their wedding; it can only be achieved by an intimate, mellow relationship between mother and daughter in which there are many easy natural chats in a "just girls together" atmosphere over a period of years.

## Motherhood and Health

If the bodies of all expectant mothers could be cleansed of latent disease, their feelings purified and their minds turned to the contemplation of the beautiful, in one generation alone a race of men, god-like in health, in strength and beauty, would appear. All the material seeds of sickness, of misery and shame, which develop after birth, are sown during the pre-natal period. All these things are latent in the body and the soul, planted there during the months of waiting for the birth. Work must be planned and undertaken, therefore, to awaken the consciousness of men to these fundamental facts, to draw attention to the splendid opportunities for building a healthy, splendid and god-like race by the provision of a perfect environment for motherhood. \*

\* \* \* \* \*

Pre-natal conditions are...of the utmost importance to the health of the bodies which are being built. Karma, which might be met by the education of the consciousness and with little or no suffering, is frequently precipitated into material disease by unfavourable pre-natal environment. An important section of the medical practice of the future will be developed in this direction...\*

The growing bodies are peculiarly susceptible to spiritual influences, as also to material ones. Though modern civilization makes it for the most part impossible, regular attendance at the services of a church, and the regular administration of the sacraments and of spiritual healing to the mother during pregnancy, would be of inestimable value both to mother and child. The church of the future will have special activities under the direct inspiration of the World Mother devoted to helping expectant mothers and reincarnating egos... \* Geoffrey Hodson in NEW LIGHT ON THE PROBLEM OF DISEASE

# MY PREGNANCY DIET

Nancy Bullock

At no stage of life is food more important than in pregnancy and early childhood. At both of these stages growth is taking place and the atoms of the body are composed of the food which is given that body. Nutrition has developed at an astounding rate during the last twenty-five years, although in actual practice many, if not the majority are fifty years behind. Dr. Cyril Pink, of England, has had more than twenty-five years experience with mothers and babies fed the vegetarian way. He states as a fact that the difference between the vegetarian and the meat-eating babies is rather remarkable in that the vegetarians lead in health, beauty and stamina. A purified blood stream is our best health insurance. In spite of all this, it is not advisable to choose our foods at random. There are certain specific "rules" that should be followed to ensure the most adequate nutrition for health and growth.

The guiding principle is that the majority of foods in the diet should be as far as possible in their most natural state. This means whole grain bread, raw fruits and vegetables, nuts, whole grain cereals, and short-cooked vegetables. It is not necessary to be a good cook, but to know how to combine the various foods to make them not only palatable but nutritious.

Our first consideration, then, will be protein, since it is the building element in our food, and is needed to a much greater extent in pregnancy than at any other time. A lack of it will result in low blood pressure, anemia and fatigue. It has been found that when an abundance of raw green leafy vegetables and fruits form part of the diet, very little protein is needed, since these foods absorb energy from the sun which is available in their raw state. However, at least 70 or 80 grams of protein should be had daily, especially during the last five months of pregnancy. This is the element which provides for growth, and so should be supplied copiously. There is a great variety of sources, such as milk, eggs, cheese, dried peas, beans and especially soybeans, and whole grains (and nuts? Ed.) The following table will show the amount of protein found in each:

1 glass milk	8 gr. *
1 egg	6 gr.
American cheese (2"x1"x1")	12 gr.
$\frac{1}{2}$ c. cottage cheese	20 gr.
Swiss cheese (1 average slice)	10 gr.
$\frac{1}{2}$ c. kidney beans	6 gr. cooked
$\frac{1}{2}$ c. lima beans	8 gr. "
$\frac{1}{2}$ c. lentils	9 gr. "
$\frac{1}{2}$ c. dried peas	12 gr. "
$\frac{1}{2}$ c. cooked soybeans	20 gr.

\* c. = cup  
gr. = gram

1 slice of bread and 1 serving of cereal supply approximately 3 grams each.

1 tablespoonful of skimmed milk has 7 grams and is an excellent means of increasing the protein quota, by adding to other foods, or making a milk shake with fresh milk and molasses.

Protein is also present in most fruits and vegetables, supplying from 1 to 2 grams per serving.

From the above it will be seen that it is quite easy to get the required amount of necessary "pregnancy foods" without meat.

Calcium is very necessary for the formation and growth of bones. It is possible to provide enough in the diet without extra sources. Milk is our most efficient food for this; a quart per day supplying enough calcium. If, for any reason, this is not possible, blackstrap molasses is a very good source; 1 tablespoonful giving the amount of calcium needed in one glass of milk. Fresh raw vegetables have some calcium, but, unless taken in large amounts will not give enough.

Iron is needed in greater amounts during pregnancy, also. There should be at least 15 mg.\* daily throughout the whole time.

Dried beans, peas and lentils average 9 mg. per  $\frac{1}{2}$  cup.

1 tablespoonful of blackstrap molasses gives 9.8 mg. and is the best source.

Dried apricots, prunes, peaches and dates are a good source, but only give .8 per serving.

1 egg has 1.5 mg.

Dark green vegetables have about 3 mg. per  $\frac{1}{2}$  cup, and  $\frac{1}{2}$  avocado has 6.3 mg.

Each slice of whole grain bread supplies 1.1 mg.

With a little thought and planning one may have an adequate supply of iron.

We hear so much about vitamins being so important, and that is quite true, especially when building a body. Vitamin A is easily supplied on a vegetable diet, since all dark green and yellow vegetables have a great deal. Any highly colored fruit and vegetables are good sources, but one dark green vegetable, such as kale, spinach, chard, or endive, should be eaten daily. Dried and fresh apricots also are splendid sources.

Vitamin B complex might be somewhat more difficult to obtain. There are small amounts of it in almost all foods, but especially in whole grains. Wheat germ is the best source and should be eaten raw, since heat destroys some of the B<sub>1</sub>. Wheat germ is also a very good source of protein and iron, having 24 gr. protein per  $\frac{1}{2}$  cup and 7.5 mg. iron per  $\frac{1}{2}$  cup. The fresh wheat germ gotten direct from a mill is delicious with milk and sugar, or it may be cooked for only five minutes in a little water or milk.

Vitamin C is obtained from all citrus fruits and tomatoes, as well as green and red peppers. These are the best sources, and a

\*gr = gram; mg = milligram

large helping of one a day will assure enough Vitamin C with the other foods. All raw fruits and vegetables have some in varying amounts, but one of the above is necessary every day.

Vitamin D is the sunlight vitamin, so is easily assured in warm climates or in summer. It is necessary to make calcium available to the body. In winter, or in sunless weather, it may be had in the form of irradiated ergosterol, which may be obtained at any drug store.

SOME SUGGESTED DAILY MENUS MIGHT BE:  
(based on the above principles)

1. BREAKFAST

stewed apricots  
wheat germ cereal  
milk, sugar  
wholewheat toast, butter  
tea or coffee, if desired

LUNCH

cheese omelet  
fresh buttered peas  
tomato and lettuce salad  
gingerbread  
milk

DINNER

tomato juice cocktail  
vegetable and nut loaf  
baked potatoes  
buttered kale  
celery, carrot sticks,  
green pepper sticks  
baked apple

BEFORE RETIRING

molasses milkshake  
(1 glass milk, 1 T. molasses,  
1 T. dried milk beaten up  
together)

2. BREAKFAST

1 glass orange juice  
oatmeal or any whole grain  
cereal, with some wheat  
germ, if desired.  
whole grain bread with mar-  
malade or molasses  
milk or hot drink

LUNCH

split pea soup  
peanut butter and lettuce  
sandwich  
peaches or other fresh fruit  
milk

DINNER

cheese souffle  
fresh lima beans  
spinach  
apple, celery and nut salad  
upside down cake

BEFORE RETIRING

hot malted milk

3. BREAKFAST

stewed prunes  
wholegrain bread, peanut butter  
1 T. molasses in hot water

DINNER

tomato juice cocktail  
baked soybeans  
beets with beet tops  
cabbage and pineapple salad  
date nut pudding

LUNCH

baked potatoes with Vegex gravy  
1 large salad of lettuce, endive,  
carrots, celery and green pep-  
per with oil dressing.  
wholegrain bread, butter  
cheese  
sliced oranges

BEFORE RETIRING

1 T. molasses in hot water or  
milk

4. BREAKFAST

glass of grapefruit juice  
 stewed figs  
 wholegrain bread, butter  
 milk

DINNER

dhal (dried peas cooked with  
 onions, green pepper and  
 celery)  
 brown or wild rice  
 broccoli, buttered  
 salad of spinach, lettuce,  
 carrots and grated cheese  
 baked custard

LUNCH

$\frac{1}{2}$  cup cottage cheese  
 fruit plate: 1 apple,  
 grapes, banana, orange,  
 prunes, and a handful  
 raisins  
 1 T. molasses in water

BEFORE  
 RETIRING

Warm milk  
 (T= tablespoonful)

(EDITOR'S NOTE)

Some diet schools do not advise liquids with meals, others are adamant against mixing acids and starches, or proteins and starches. Some say fruit juices are more readily combined with other foods when taken fifteen minutes or a half hour before the meal proper. Each mother must decide for herself which combinations best agree with her. Furthermore, the Mother's Research Group and the Theosophical Society make no recommendations along the lines of diet. Theosophists may be vegetarians or meat-eaters, or even Vegans.

"In the long run," as noted by the Medical Group in London, "the higher pranas, those emanating from the emotional, mental and other levels, are stronger than the double.\* Worry will disturb the whole structure, insecurity will weaken cell building in given areas, while a calm mind and equable emotions will enable the bodily automatisms to make good repairs and eliminate useless waste with the most unpromising materials. The healthy vital body pictured above would be able to make good cell plasma out of sardines, hot buns and strawberry jam, and the body would sleep well after it!" (From SOME UNRECOGNIZED FACTORS IN MEDICINE, a Transaction of the Medical Group of The Theosophical Research Centre, London, England)

\* etheric double that is said to "seize on any vital material to make good a deficiency and will reinforce weakness in one place by drawing strength from another." (Medical Group)

\* \* \* \* \*

"The wedding ring was accepted by the ancients as being symbolic of the golden ring of the spirit fire, which connected the spiritual and material natures of every individual."

Manly P. Hall in THE HERMETIC MARRIAGE

# Maternal Impressions

## SOME CAUSES OF MISCARRIAGE

### Death of the Embryo

According to one physician\* 20 per cent of all pregnancies (from hospital records - perhaps this figure is really higher) result in miscarriages, and 75 per cent of all miscarriages prior to the seventh month occur in the third month. Some reasons given are:

1. Absence of Vitamin E in the diet
  2. Mechanical factors as a "twist" in the artery that supplies nutrition
  3. Change in the tissue which supports the embryo in the womb which may decrease its food supply
  4. Acute infectious diseases that may kill embryo
  5. All types of poisoning
  6. Tumors of the womb
  7. Intercourse during the later months of pregnancy that may introduce infection
- (Note: There are other opinions coming from other medical sources printed under "C.A." and "J.V."Ed.)

It has also been found that the father may be an influence in miscarriage through an excessive use of alcohol, or chronic poisoning (as lead) which may reduce the vitality of the sperm, thus preventing normal development of the embryo.

This doctor also noted that 20 per cent of the miscarriages occurred repeatedly to the same women. Furthermore that such miscarriages can be overcome by proper treatment. These women were said to have womb displacement, or diet deficiency, and that Vitamin E (wheat germ) has been known to "interrupt a series of such miscarriages".

Now, 20 per cent of the miscarriages are thus accounted for, but 80 per cent of the embryos found in early miscarriage are said to be definitely abnormal (i.e. "monsters" with multiple limbs, two heads, one eye, etc.) - nature's way of "weeding out the unfit".\* The reasons given by Dr. Singer are:

1. Abnormalities in the germ cells
2. Decrease in the mother's oxygen supply
3. Radical changes in the mother's body temperature.

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\* Dr. Richard G. Singer, THE WOMAN, "Miscarriage is Not a Calamity" (October, 1946)

"One pregnancy in five results in miscarriage." And what of this loss of 80 per cent of the embryos - the monsters? Why is it necessary for nature to weed out the unfit? Granting that karma may in this way be "balancing accounts" - seeing to it that embryos do not come to birth, thus repaying the debt of suicide on one hand and of abortion on the other. - still 80 per cent is an astounding figure, and parents may well be the cause. Addiction of so many of our young people to alcohol and cigarette smoking overindulgence in sex and faulty diet may all be contributing causes and should be considered thoughtfully.

Living malformations seem to be rare and can only be found in the circus side-shows. However, Madame H. P. Blavatsky\* does enumerate many cases of stigmata (marking) along with the occult explanation for the appearance from time to time of monstrosities. Her occult explanations of such monsters make fascinating reading. Also, Manly P. Hall recommends a careful perusal of the writings of "the great Jan Baptist van Helmont, who sets forth much historical data and well classified original research." \*\* Madame Blavatsky also discusses \* a number of van Helmont's cases referring to him as a "highly distinguished chemist" whose discovery of "the principle of life" or archaeus she says "is neither more nor less than the astral light of all the kabalists, and the universal ether of modern science." The cases of stigmata H.P.B. discusses as "always the result of exalted imagination".\*

Expectant mothers are assured by their physicians that they cannot "mark" their babies through their thoughts or emotions because there is no nerve connection between mother and embryo. On this point Manly P. Hall says "The absence of physical nerve connection - if this can be proved beyond all doubt - is no more conclusive proof of the impossibility of sympathetic contact ~~that~~ is the absence of wires prima facie evidence that the radio receiver has no possible connection with the broadcasting station. Ether is a highway for subtle vibratory impulses...." \*\*

"Some day" as Julia K. Sommer once wrote me, "The scientists will also accept the 'magic' of a mother's creative imagery flowing along the etheric double from mother to child without nerve connections to guide it, and that creative image being caught by the elemental that has in charge the building of the baby body."

One writer, Dr. William S. Sadler \*\*\* believes that "the vast majority of supposed birthmarks following fear and fright seem to occur after the mother has for months been possessed by the fear that her child would be marked, confidently expecting it to be disfigured at birth as the result of her unfortunate and shocking experience." On the other hand, when the mothers who have been thru the most shocking experiences are able to overcome successfully the shock, their babies are born with no disfigurement.

\* ISIS UNVEILED by H. P. Blavatsky - - - - -  
 \*\* MAN, The Grand Symbol of The Mysteries by Manly P. Hall  
 \*\*\* THE PHYSIOLOGY OF FAITH AND FEAR by Dr. William S. Sadler

Although medical science is making rapid strides along the line of psychosomatics, evidence of any admissions they may have made of the effects of "mind over matter" as related to pregnancy has not yet come to my attention. Let us now hear what occult science has to say on this matter.

#### FORCES AT WORK BUILDING THE BABY BODY

Said Mr. C. W. Leadbeater,\* "In the formation of the physical body there are three principal forces at work: first, the influence of the ego who is intending to take up the new form; secondly, the work of the building elemental formed by the Lords of Karma; and thirdly, the thought of the mother....."

"The elemental which is put in charge of the development of the physical body, is the joint thought-form of the four Deva-rajās (Lords of Karma) and its primary business is to build the eth-eric mould into which the physical particles of the new baby-body are to be built..." and

#### THE MOTHER'S POWERS

"If the elemental's instructions do not include some special development in the way of features, such as unusual beauty or unusual ugliness, that part of the shaping of the new body will most likely be done by the thought of the mother - and by the thought-forms which are constantly floating round her....." \*

#### HEREDITY or MOTHER'S IMAGINATION

One point that may explain many hereditary puzzles is found in the August 5, 1881 letter from Master K.H. to A.P.Sinnett\*\*:

"Thus a child may be born bearing the greatest resemblance and features to another person, thousands of miles off, no connexion to the mother, never seen by her, but whose floating image was impressed upon her soul memory, during sleep or even waking hours, and reproduced upon the sensitized plate of living flesh she carries in her.." \*\* (Note: H.P.B. likens this to photography made by a stroke of lightning of, say, a leaf on the body of a human being. One case she mentioned in ISIS UNVEILED, Ed.)

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\* THE INNER LIFE, by C. W. Leadbeater, Chap.  
on "The Return to Birth"

\*\* MAHATMA LETTERS from K.H. to A. P. Sinnett, Letter # XLIX

Dr. Franz Hartmann has said, "If a child, as is often the case, manifests the same tastes, talents, and inclinations as those of his father or as other members of the same family it does by no means necessarily follow that these tastes, etc., have been inherited by him from his parents, and the contrary often takes place. A similarity of tastes, etc. between the child and his parents would rather go to show that the monad, having developed its tendencies in a previous incarnation, was attracted to a particular family on account of an already existing similarity of its own tastes with those of its future parents.

According to Paracelsus, "The imagination of the mother exerts a great constructive influence upon the development of the foetus, and upon this fact is based the similarity existing between children and parents..."

Expectant mothers should at all times hold a positive attitude with no fear of "marking" their offspring. They can try, however, to "mark" it in beauty. The ancient Greeks were wont to place beautiful statues in their homes so their expectant mothers, constantly viewing them, might also bring forth beautiful children. How my friends used to laugh at my own experiments with prenatal influences on my two babies! During the early months of my first pregnancy, my employment at a large university took me through beautiful Beverly Hills — in the days before the smog — and I would feast my eyes upon the endless beauty of the mountains, the winding drives and the gardens in the estates of the rich. For months I would attend the noon-hour pipe organ recitals (offered for the students' pleasure) and would bathe not only in sound but in the angelic influence I felt must be present. The other day, this child, now grown, came home on a furlough. It made me smile when he said, "Mother, the thing I miss most of all in the Navy is good music!" So, mothers, we do not have to try to bring forth artists or musicians or great souls. If we can just assist the "builders" by placing at their disposal such "finer matter" as appreciation of beauty, of art, of music, of elevated thought, sooner or later, I am sure, this will all show forth in the child.

Many times I ponder on that footnote of E.O. \* and wonder how we can bring to pass that day when "The light that will come... to the world at large... will be like 'the light that never shone on sea or land'..." But even now we can realize and try to tell the world that, "Individuals have it in their own power to procreate Buddha-like children or — demons." \* THE PARADOXES OF THE HIGHEST SCIENCE by Eliphas Levi, Footnote by E.O. (Eminent Occultist), Master K.H.

— M.L.L.

### T W A I N

Any two can meet when they love,  
though they think differently,  
If they love, they can meet  
in the heart.

### P O W E R

Your power of creation  
is your tool with which  
to play God, not just  
a toy to entertain the senses

— Dorothy Newcomb

## A Master said:

....."Woman must not be looked upon as only an appanage of man since she was not made for his mere benefit or pleasure any more than he for hers; but the two must be realised as equal powers though unlike individualities.

"Until the age of seven the skeletons of girls do not differ in any way from those of boys, and the osteologist would be puzzled to discriminate them. Woman's mission is to become the mother of future occultists — of those who will be born without sin. On the elevation of woman the world's redemption and salvation hinge. And not till woman bursts the bonds of her sexual slavery, to which she has ever been subjected, will the world obtain an inkling of what she really is and of her proper place in the economy of nature. Old India, the India of the Rishis, made the first sounding with her plummet line in this ocean of Truth, but the post Mahabharatean India, with all her profundity of learning, has neglected and forgotten it.

"The light that will come to it and to the world at large, when the latter shall discover and really appreciate the truths that underlie this vast problem of sex, will be like 'The light that never shone on sea or land,' and has to come to men through the Theosophical Society. That light will lead on and up to the true spiritual intuition. Then the world will have a race of Buddhas and Christs, for the world will have discovered that individuals have it in their own power to precreate Buddha-like children or —demons. When that knowledge comes, all dogmatic religions, and with these the demons, will die out." —E.O \*

\* From the last footnote to THE PARADOXES OF THE HIGHEST SCIENCE by Eliphas Levi.(E.O., "Eminent Occultist", or the Master "K.H.") first published in 1883

### CONCERNING CONTRACEPTIVES

"Contraceptives are better than nervous disease, but thought-control and the direction of the life-forces into channels in which they can do creative work rather than into one in which they must be wasted, is the right method of handling the problem and should be the goal to be aimed at; but until that goal is attained, the unwanted forces are better run off through the natural channels, safeguarding the woman from undue child-bearing by the use of harmless methods of contraception. Of two evils choose the lesser: it is better to waste the life-forces than have it turn to corruption."

— ESOTERIC PHILOSOPHY OF LOVE AND MARRIAGE by Dion Fortune

# ABORTIONS

According to some medical opinion, an abortion terminates a pregnancy before the sixteenth week, a miscarriage between the sixteenth and the twenty-eighth week, and after that period, but before the term, it is called premature labor. Criminal abortion is bringing about what nature sometimes does unaided.

The whole subject of sex, contraceptives, abortion, miscarriage, pregnancy, etc., is now openly and freely discussed in magazines and journals, so that anyone may understand the medical and physical side. Some of these articles contain valuable information, some are morally evil and others are desperately endeavoring to counteract these evils. Here and there a writer seems to consider the immortal soul of the incoming baby, but these voices are few and faint in comparison with the others. The Divine Immortal Nature of man and his evolution thru rebirth is not understood. The existence of his spiritual nature, without which there is no true understanding, is almost wholly ignored.

The sacred nature of child-birth and its important place in the life of peoples has been recognized in all religious and civil law throughout history. In the present period of confusion of values and duties by the individual, there are many violations of not only human laws, but, of much more importance, Nature's laws, in regard to pregnancy and child-birth.

We were told by those advocating the popularization of the use of contraceptives that this knowledge would lessen divorces and abortions. But has it? It is even suggested that abortions should be legally sanctioned when performed by reliable physicians! But in really looking deeper we see that this only allows the experiencing of premarital excitement with safeguards, and allows married couples to resort to abortion when they think they have insufficient finances for both a baby and auto or television, lovely home, furniture, clothes, movies, cocktail parties, late hours and baby sitters.

Only recognition of man's divinity, with a return to spiritual values, will inspire the needed reorientation, and in the meantime we can but light our candle in the darkness and hope we may inspire others to light their own.

## THE KARMA OF CRIMINAL ABORTION

An occult view of abortion is given in ESOTERIC PHILOSOPHY OF LOVE AND MARRIAGE by Dion Fortune as follows:

"Abortion (that is, criminal abortion, Editor) is the murder of an unborn child, and is only justifiable in order to save the life of the mother. It must be remembered that life enters into the ovum at the moment of fertilisation, and it is none the less the vehicle of a living soul because it is microscopic. The incarnating ego is attached by subtle ties to the

ovum over whose fertilisation it has presided, and is affected by any injury to its vehicle, however immature that vehicle may be; though, of course, the injury is more serious after quickening takes place, at which time the ego enters its vehicle instead of overshadowing it as heretofore, an exoteric fact recognized by our common law.

"An ego that has begun to incarnate and is violently turned back undergoes a severe shock and consequent suffering, to say nothing of the waste of time so caused, for birth is not nearly so simple a matter as death. When two people engage in the procreative act, they have set their hands to a bargain which includes right of entry for an ego should one desire to incarnate through them; should an ego avail itself of this opportunity, they commit a serious offence against that soul if they destroy its vehicle, or should they, by the unjustifiable use of contraceptives deny entrance to egos, then they fail to discharge their obligations towards the Lord and Giver of Life."

Do not these views help to explain, at least some of the many cases of sterility and the difficulty of having children even though ardently desired? Also of stillbirths and infant deaths? Far better to face economic and other difficulties involved in the birth of a child than to violate Nature's Laws and incur the inevitable karma, the greater remedial suffering, in this or future lives.

When will all nations follow the example of the wise few, including England, which extends, however incompletely, child allowances and other aides to needy parents, thus encouraging a greater response to the indwelling divine life in the heart of each and discouraging such crimes as unnecessary abortion? When will the press, the magazines, the cinema, the theater, etc., begin to feed the souls of men with truth?

— E.H.S.

#### STILL-BIRTH

"When a child is still-born, there has usually been no ego behind it, and consequently no elemental...It does sometimes happen that there is not at a given time any ego able to take advantage of a particular opportunity, and in that case though the body may be formed to a certain extent by the thought of the mother, as there is no ego to occupy it, it is never really alive."

- C. W. Leadbeater in THE INNER LIFE

\* \* \* \* \*

"In cases of still-birth and early death, the ego frequently reincarnates at once, often in the same family circle if the mother has another child within a few years. Sometimes the mother feels the return of the same ego as that of the infant who died. Sometimes this is the debt of suicide, and after a still-birth or early death has paid this debt the individual takes up after the second birth the earthly life, freed from further karmic obligation for the transgression." - Geoffrey Hodson - THEOSOPHICAL LECTURES, 1932, "Clairvoyant Study of Life After Death"

# MISCARRIAGE

## DANGERS OF MISCARRIAGE FROM COITUS DURING PREGNANCY

Nature did not apparently intend that a pregnant woman should have coitus during pregnancy. According to Dr. Grantly D. Read in his book, *CHILDBIRTH WITHOUT FEAR*, he suggests that coitus could easily cause abortion, not only from "physical disturbance of the uterus but from contraction during the orgasm as well as suffusion and congestion of pelvic blood vessels."

There is also the risk of infection from intercourse during the later months of pregnancy, and many cases have been recorded giving adequate evidence. Primitive people understood such dangers, and considered it a crime with dire punishments meted out to "offending males".

Other important considerations, according to Dr. Read are that:

(1) A wife may cohabit with her husband during pregnancy feeling it to be her duty, even though the idea may be quite repulsive, and this may result in serious nervous derangements.

(2) A wife may feel sorry for her husband, or fear his reprisals should she refuse. Or, she may hesitate "to force him into unfaithfulness", so may cohabit against her will. (Dr. Read mentioned a case where one husband even brought his mistress into the home when the wife, during pregnancy, refused intercourse with him.)

(3) A young woman, pregnant and unhampered by "romance-destroying contraceptives", may now throw danger to the winds and indulge in frequent and carefree copulation with her husband. Such people will hardly be convinced of the risks of miscarriage.

Dr. Read's opinion is that if the pregnant wife has a strong desire for coitus, and if the husband is understanding and very gentle, the act under the urge of affection, is unlikely to be harmful. However, the WIFE SHOULD HAVE THE RIGHT TO DECIDE. Furthermore, he believes that celibacy should not be too much to ask a right-minded man when one considers all the risks and discomforts his wife must go through to bring their baby to birth.

— J.V.

\* \* \* \* \*

Women of ancient Rome preferred to marry in June, the month which belonged to Juno, goddess of marriage, patroness of women.

# *a Warning*

## AGAINST OVER-MANIPULATION OF NIPPLES DURING PREGNANCY

You might start a Miscarriage!

The following knowledge was discovered in the New Zealand Prenatal Clinics, which have been aiding mothers for half a century. It is another proof that handling of the breasts, (as suggested by current books on marriage), may cause many miscarriages during the first seven months of pregnancy:

"From Miss Grace C. Bain, R.N., District Supervisor, of the Canadian Mothercraft Society, Toronto, comes the following advice against preparation of the nipples for breast feeding too early in pregnancy. This is dangerous because of the close connection between the uterus and the breasts. Too much manipulation of the breasts early in pregnancy might in some cases cause contractions of the uterus and bring on an abortion or miscarriage. It is the opinion of this society that nipple care may be begun about the seventh month, as some expectant mothers are apt to be too strenuous and overdo it, if permitted to begin too early in pregnancy.

"If an expectant mother has a history of previous miscarriages, or shows signs of a possible interruption in her pregnancy, she is advised to omit nipple-care until the eighth month and then to go slowly and carefully about it." \*

- C.A..

## *French Baby Boom*

Just as the article by E.H.S. on "Abortion" was being typed, a clipping was sent in describing the "Baby Boom in France" written by Theodore H. White (from THIS WEEK, May 6, 1951.) We in America can be envious of the French people who are now luxuriating not only in the love of a "bumper crop" of babies, but in the increased finances awarded to their parents! This is the result of a political measure designed to stimulate an increased French birth rate. Although seeming to be straining the French treasury at the moment, it is said that this baby boom "is probably the most successful venture of France's post-war government. Costing a billion dollars a year, it is the most sweeping program of government-fostered family-and-child care any democracy has ever invented." (THIS WEEK)

Other countries, including the United States, are also enjoying a "baby boom", but American parents are not being given

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\* From CHILD FAMILY DIGEST, December 1949

any "baby bonus"! In France, according to the news item, "The subsidy starts with 2,400 francs a month for the first child, but climbs rapidly by a complicated system of arithmetic, until a family with four children gets 18,250 francs (\$52) a month. Each child thereafter brings an additional 4,600 francs (\$13) a month from the government." Since an average French wage earner receives between 16,000 and 25,000 francs a month, one can see why, as a Parisian exclaimed, "This is the greatest thing that's happened since they invented marriage — two can't live as cheaply as one in France, but six can."

— Editor

## COLLECTIVE KARMA

When a group of people is considered karmically, the play of karmic forces upon each as a member of the group introduces a new factor into the karma of the individual...So the karma of a group is the resultant of the interacting forces of the individuals composing it, and all the individuals are carried along in the direction of that resultant. An Ego is drawn by his individual karma into a family, having set up in previous lives ties which closely connect him with some of the other Egos composing it....If, in his own individual past, there was a wrongdoing which can be exhausted by suffering caused by the family karma, he is left involved in it; if not, he is by some "unforeseen circumstances" lifted out of it.....

The "Lords of Karma" are the great spiritual Intelligences who keep the karmic Records and adjust the complicated workings of karmic law. They are also called the Lipika, the Records of Karma, and the Maharajas and Their hosts, who are the "agents of Karma upon earth."....The race, the country, the parents are chosen for their capacity to provide suitable materials for the physical body of the incoming Ego, and suitable surroundings for his early life. The physical heredity of the family affords certain types and has evolved certain peculiarities of material combinations; hereditary diseases, hereditary finenesses of nervous organization, imply definite combinations of physical matter, capable of transmission....

Thus, an Ego with high artistic faculties devoted to music would be guided to take his physical body in a musical family, in which the materials supplied for building the etheric double and the dense body would have been made ready to adapt themselves to his needs, and the hereditary type of nervous system would furnish the delicate apparatus necessary for the expression of his faculties. An Ego of very evil type would be guided to a coarse and vicious family, whose bodies were built of the coarsest combinations, such as would make a body able to respond to the impulses from his mental and astral bodies. An Ego who had allowed his astral body and lower mind to lead him into

excesses, and had yielded to drunkenness, for instance, would be led to incarnate in a family whose nervous systems were weakened by excess, and would be born from drunken parents, who would supply diseased materials for his physical envelope.

-- Annie Besant in THE ANCIENT  
WISDOM

(Note: We do find, however, developed souls being born in the slums, and often a lowly-evolved, "juvenile delinquent" bringing disgrace to some cultured and refined family. Karma is working in both instances. The unevolved soul, having become attached in some way to the cultured parents, is thus being helped by them. — Editor

## DANGERS OF SMOKING AND ANESTHETICS

### OCCULT AND MEDICAL CONDEMNATION OF SMOKING AND ANESTHETICS

#### BEFORE, DURING AND AFTER PREGNANCY

Dorothea Frood

Ever since the introduction of tobacco into Europe, priests and prelates have thundered against it. King James I inveighed against smoking as "loathesome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs."

There are nineteen poisons in tobacco, of which eleven have been proved to have serious effects, and the Poison and Pharmacy Act classes nicotine as a deadly poison along with prussic acid, strychnine, morphine, opium, etc. !!!

Moreover, smoking causes severe deficiency of Oxygen, medically termed "Anoxia", in the very parts of the body that need plenty of Oxygen; the red blood cells, the lungs, the brain and the nervous system, especially the spinal system.

Such great gynecologists as Dr. A. G. Beck\* of Long Island College of Medicine, and Dr. E. L. Stone,# Professor of Obstetrics at Yale, condemn smoking and the use of anesthetics as productive of life handicaps, persisting to future generations. Dr. Stone declares that such drugs are "respiratory depressants" and pass readily into the fetal circulation, and sedatives administered during labor tend to increase suspended animation in the new-born infant. Anything that reduces the Oxygen content of the mother's blood reduces the Oxygen available for the fetus.\*\*(CHILD FAMILY DIGEST, reprinted article "Anoxia-- and These Baffling Baby Deaths" from American Journal of Obstetrics and Gynecology, Feb. 1946)#CHILD FAMILY DIGEST, June '49

Dr. Fender of Stanford University Medical School, declares that his investigations prove that "Anoxia is one of the major causes of death of the fetus, convulsions at birth and in infancy, and of Idio-pathic epilepsy, and that it is the greatest single cause of prematurity." ("Anoxia and the Convulsive State")

From these few quotations it is obvious that mothers need to be taught that their own future health for many years to come, as well as that of the infant, depends entirely upon their proper knowledge for the procreation of normal children.

What do vital statistics show? The New York Times states that 60 per cent of the babies born of smoking mothers, die before they are 2 years of age, have sub-normal vitality and disease-producing factors. Few therefore are destined to enjoy normal health or to live to the minimum norm of 70 years. That this is the case is proved by the regrettable fact that no fewer than 45 per cent of our young men cannot pass the health tests for the LOWEST category of the Armed Services.

It is also imperative that mothers and fathers should be taught the facts of the transmission of inherited tendencies, such as Cancer, Kidney, Heart, Lung diseases, Arthritis, etc., and even the addiction to alcohol, drugs and sedatives. THE SAFEST BIRTHS ARE THOSE AT WHICH NO SEDATIVE AND NO ANESTHETIC IS PERMITTED.

Severe bleeding during pregnancy, prolonged or false labor and the ignorant but unfortunate demand for oblivious and anesthetic deliveries, has caused dismay to all responsibly minded doctors, for the cost in terms of dead babies cannot be reckoned. So many millions of infants with apparently perfect bodies, whose hearts cease to beat before they can be made to draw the first breath, DUE LARGELY TO THE LACK OF OXYGEN CAUSED BY THE POWERFUL ANESTHETICS GIVEN TO THE MOTHER DURING LABOR.

Smoking and sedatives damage all the organs - eyes, throat, lungs, heart, etc., as well as the nerves and glands. In the first ten years after women began to smoke, there was ten times as high incidence in diseases of the eyes. Certain forms of blindness are precipitated by the use of tobacco, as are ulcers of the stomach and duodenum. One authority states that the great increase in Cancer of the lip, tongue and lungs is directly proportionate to the increase in smoking, and that it is responsible largely for the increase in heart disease in the relatively young. He goes so far as to say that if a patient has susceptible arteries, he may develop gangrene which will necessitate amputation if he continues to smoke!

Many of these statements are confirmed by the eminent gynecologist, Dr. A. Ochsner, head of the Ochsner Clinic, New Orleans. \*\*He has found that smoking and sedatives double the length of the labor and greatly decrease or prevent lactation.

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\*CHILD FAMILY DIGEST-reprinted from CALIFORNIA MEDICINE, Aug. '40

\*\*CHILD FAMILY DIGEST, Aug. '49

It is an undeniable fact that the "sins" of the mother are visited on the children, as she directly affects the fetus and the infant. Her nervous system is far more sensitive than that of the man, but unfortunately, when she takes to smoking, she soon becomes the greater addict.

Vital statistics show that nearly 30 million babies in the U.S.A. die before they complete their first year! As to the death rate in the first month of life, in the period from 1910 to 1945, it had only been reduced by something LESS THAN 2 percent!

It is far too little realized that the increasing inefficiency in the home of so many women today is due to early and prolonged narcotic injuries to the nervous systems and brain. Thus, the personal and family problem has become a nationwide problem in health, economics and criminology.

To turn now to the factors that affect personality and character development adversely: as Sontag states so emphatically: "SOME INFANTS ARE BORN NEUROTIC as the result of INTRA-UTERINE EXPERIENCES, such as the dosing of the mother with the deadly barbiturates, which may so overload the fetal bloodstream as to produce permanent brain damage, and the regrettable recourse to instrumental delivery."

The great importance of a proper maternal diet is another aspect that is unfortunately almost entirely neglected in general. Parents cannot hope to have normally healthy children if they themselves sow the seeds of ill health by years of wrong diet. A proper diet would soon lessen the craving for narcotics - Smoking, by the way, produces CARBON MONOXIDE, identical with EXHAUST PIPE SMOKE. The father cannot repudiate his share of responsibility: too often women are held responsible unfairly when it is these very same causes that render the male sperm non-viable.

A good maternal diet eliminates morning-sickness (unknown to the savage mother), white leg and the loss of teeth, as well as the transmission by the mother to the fetus of many virus and bacterial diseases. High blood pressure - so easily cured - is the cause of maternal mortality and a very high fetal death-rate. As to the endocrine secretions, it is an incontestable fact that their imbalance is due not only to wrong diet, but also to marital inharmony, acquired irritability and depression, and a feeling of economic insecurity.

Both parents should live on an adequate diet rich in natural minerals and vitamins, with a sufficiency of protein, whole grain starches, plenty of fresh fruit and vegetables, or preserved, black molasses daily for its rich supply of the indispensable TRACE minerals, plenty of apples and cider, grapes, very ripe bananas, peaches and pineapple, for their TRACE minerals. The expectant mother should eat six small meals a day rath-

er than the three usual larger meals; this will produce a decrease in her craving for cigarettes and will eliminate nausea.

The handicaps from birth which are imposed on the infant, produce millions of "difficult" children, who are born neurotic, irritable, hyper-active, or "cry babies" and feeding problems. Investigations have shown that some 50 per cent of our school children who had been instrumentally delivered are restless, irritable and easily distracted, and that in the Nursery School prematurely born children are retarded as to lingual, manual and locomotor control, as well as being highly emotional, jumpy and often shy. (The Family Magazine)

One chief cause of the immense increase in respiratory affections, sinusitis, tonsillitis, adenoids, etc., is the proportionate increase in poorly bred parents and children.

So far we have dealt with the obvious physical damages due to the nonobservance of the physical laws of Nature, but in order that this article may be of greater usefulness, we must turn to the HIDDEN aspects of all these transgressions.

In the case of ignorant parents, especially the mother, the fetus in the womb is rendered rigid by poor diet, narcotics, viruses and smoking, and is unable to move when movement should take place. The rays of the mother's etheric body are badly hooked and instead of being a pale color are brownish. The head of the fetus either does not even exist or is almost microscopic. It goes without saying that the other invisible bodies of the mother are also seriously damaged and limited.

A mother should be taught that her thoughts have an immense influence for good or evil upon the unborn fetus. If her religion really means what it should mean to her daily life, or if she has high spiritual aspirations, she will have also during the act of conception and afterwards, constantly elevated thoughts. Such a truly normal mother will surely attract an incarnating Ego that is a highly evolved Soul and highly gifted, and who is seeking just such a mother with a like-minded husband. So immeasurably potent are parental thoughts.

As occultists know, some of the NEW race are already being born to CHOSEN parents, more especially in Great Britain, Australia, New Zealand, America and Canada.

In conclusion, we make the most urgent appeal to all readers of this magazine, to obtain the requisite knowledge, and to govern their conduct in such ways as to produce a race of children far superior to the children of our decadent humanity of today. Ruskin rightly declared that that nation was the wealthiest that had the greatest number of healthy and happy children.

"Self reverence, Self knowledge, Self control,  
These three alone lead Life to Sovereign Power."

—Tennyson

# THOUGHTS ON NATURAL CHILDBIRTH

Betsan Coats

The principal upon which the "Natural Childbirth" method is founded is that giving birth should be the most wonderful, creative and deeply satisfying experience in a woman's life:- That the pain and suffering with which it has become associated are the result of civilization, wrong treatment and the superstitious outlook which became attached to it in the past, partly because of religious writings...

It is necessary to understand the function, to know what physiological process is going to take place when the baby is born. To realize that there are two phases before the birth of the child. The first is the gradual drawing apart of the mouth of the womb or uterus and the second is the expulsion of the baby.

It is obvious that both these phases can be accomplished quicker if the body is entirely relaxed. Pain occurs only when there is conflict between the various muscles in that part of the body because some are working against those which are either trying to draw apart the mouth of the uterus in the first phase - or those which are trying to push out the baby in the second.....

\* \* \*

Dr. Read has a very definite technique for conducting his confinements. He likes to have all surgical apparatus entirely out of sight. He does not allow his nurses to be mysterious or alarmist, nor does he leave the mothers alone during the early part of the baby's birth. He likes her to feel that help is near should she need it. Because he considers that anything which can suddenly raise the mother's fears is so dangerous to the smooth and easy accomplishment of the birth, and also that proper education concerning it is so important from early days during pregnancy he says:

"Just relaxation and raspberry tea alone, without the proper pre-natal education and proper conducting of the confinement for the mother, must not be expected to work miracles."

## RELAXATION

Lie on your back in bed with a pillow under your knees - or else on your side and hold your arm up; then let it fall, all of a heap - relaxed. Go on thinking about relaxing it more and more and you will still find muscles that are taut. Do this for 20 minutes. Next day think of both arms in this way - then next

day both arms and a leg - and so on until you are thinking of every part of your body and especially of muscles in your timing and relaxing them. Be alone when you practice relaxation, and keep your mind on loosening what muscles may be tight. You will feel a very deep lassitude eventually. You will find it very pleasant and restful, and if you do it before going to sleep at night, you will sleep well.

### RASPBERRY-LEAF-TEA

Raspberry Leaf Tea should be available from health food stores. It is made like ordinary tea, infused with boiling water and can be drunk with a little sugar and lemon if desired. It has been found after scientific investigation, to have a toning up, cleansing, and generally beneficial effect upon the organs connected with giving birth. It should be drunk hot two or three times a day, and more often still as the time approaches, and does quite definitely make the birth easier.

\* \* \* \*

When you hear your baby cry the thrill and delight of that sound have a very extraordinary physiological effect. The thrill of that sound causes the mother's womb to tighten in a sudden spasm of joy and that stops the flow of blood down the umbilical cord so that it dries up.

\*The doctor who practices this method always reassures his patient by having an anesthetic nearby should she want it but she very seldom does. Should she have it, he brings her round in time for the baby's actual birth so that she shall hear its cry, because this sudden tightening of the womb very considerably reduces the risk of hemorrhage.

-- From THE NATURAL CHILDBIRTH METHOD,  
a pamphlet by Betsan Coats

## CHILDBIRTH WITHOUT FEAR

Lenore Day

In investigating natural childbirth, one thing seems to stand out. That is the abundance of misinformation concerning it. Doctors and laymen alike choose to think it is childbirth without anesthetic or analgesic, instead of informed childbirth without fear.

Immediately they remember the times before drugs were generally used when women actually suffered; they close their eyes

and ears to anything else on the subject. They claim that such treatment is inhuman and unnecessary; that more women are willing to have children under modern methods.

In the light of only these facts this is certainly true. We cannot be too explicit in clarifying the marked differences between complicated, normal and natural labor. We cannot be too careful to emphasize that natural childbirth is brought about by education, exercise, and progressive relaxation. The primary idea is not to diminish the drugs, but to diminish the causes of pain; then the drugs are no longer needed or desired in proportion.

Natural childbirth is not childbirth without anesthetic, but informed childbirth without fear.

## A Picture of Happiness

"Many times I have called attention to the wonderful picture of happiness that we see at a natural birth. Women of all ages and types have testified to this 'greatest happiness in their lives'. It is a moment when, in the full consciousness of their achievement, they experience the most intense emotional joy. 'I have never felt anything so marvelous; it cannot be compared to ordinary pleasure.'....."

"I have sometimes been constrained to desert my established custom of observing with impersonal interest the phenomena of childbirth. Such an aura of beauty has filled the whole atmosphere of the room and such superhuman loveliness has swept over the features of the girl whose baby is crying in her hands, that I wonder if I am right in my stolid abstinence from spiritual participation....But with all my sincerity I repeat that I have experienced a sense of happiness myself much more akin to reverence and awe than to the simple satisfaction of just another natural birth.

"This phenomenon is so definite and so inevitable if preceded by the uncomplicated events of a relaxed and relatively painless labor, that it is not unreasonable to ascribe to it some result. All emotional states have a definite purpose, and the more closely we examine the physiological changes consequent upon emotional activity, so much more clearly the functional advantage of such states become apparent..."

From **CHILDBIRTH WITHOUT FEAR**  
by Dr. Grantly Dick Read  
(Harper & Brothers Publishers,  
New York and London)

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