

## *Following Nature*

### **Cheat Sheets – Pregnancy 2019**

Series begins with the assumption that you are aware that Nature sets women up to be victorious and always shows the way.

#### **When we listen.**

There is far more at stake here than your own feeling and wants/desires.  
How would you wish to be made were it you inside you?

#### **R.I.C.E.**

##### **Responsibility**

Your body's ability to do this will reflect upon that child's life forever more.

##### **Intention**

To make the best baby possible.

##### **Commitment**

To ensure you do all you can to assist your body remake itself whilst it is fulfilling the optimal potential your baby seed has within it.

##### **Expectations**

Mine of you – that you will want the best for your child and her/his life also.

#### ***My assumptions are***

1 - you are following the messages/advice of your body – sleeping when tired, eating when hungry, hydrating with pure unchilled water all through the day – 'thirsty' (then you are dehydrated) - or not.

2 - you are aware that all choices you bear consequences for.

3 – you are up for redirection as you have wandered into this information page and want to learn more.

4 – you have an open (ish) mind and are willing do different to get different.

**Please be aware that this is NOT medical advice.**

***Life is NOT medical.***

Life is best lived 'on the fly' – as dynamic is all there is.

Follow Nature – she knows best

Trust –hand over - to your biology and to your soul contract/Higher Self. LET Go!

And Let Life Take Its Path . . .

## *Following Nature*

*Easy Pregnancy - Things you need to know: to mum to be:*

Pregnancy is a time of renewal.  
Mum is being reborn also

Your 'life' is now taken over.  
There is a biological programme that will try to run.  
If you were not super healthy before – this will impact on the results.  
Medical testing and worry making has no place in the creation of a new life.  
Think on it.

When constructing anything we tend to try to get the best ingredients/supplies.  
Your body will too. If there is less than abundant:  
Maybe biologically unavailable products to complete the job – *it will be faulty.*  
**Maybe also wreck the construction site – YOU/your life from now on.**

### *Why/How?*

There are 4 times in a woman's life when she can be completely improved or wrecked - these are pivots when change on a huge inner level happens biologically.

They are:

- 1 – Puberty
- 2 – Marriage (in times past soon after puberty for obvious reasons)
- 3 – **Pregnancy**
- 4 - Menopause.

### **Pay attention**

The warnings your body has given you are now likely louder.  
You should be bursting out of your skin with good health – able to do anything  
If this is not you – do not accept the testing to see if baby is OK – s/he is struggling if you are.

Simple as that.

If you are nauseated – just because the medical people have no idea and are trying to foist medications upon you – is no reason to NOT sort out this mess - as your baby is not being Made Well.

If you are in any pain or discomfort – FIX WHY!

Pain indicates that circulation - flows and ingredients to get to where they should be – are missing/not working properly. This means the most important time of anyone's life - being made well – is compromised.

### **Factory out of order!**

Pain, illness, loss of hair, loss of energy, loss of your spark?

*This is not glowing*

You should be: as you are to be full of extra Q and Blood for this project.

Medical people will tell you 'it is normal' for almost all these warnings.

### **Let me speak plainly**

Their scope of practice is death avoidance – NOT ensuring wellness.

If this scares you as you want to believe –

*Life is not a cult.  
The word BELIEVE has no place here*

Survival of the fittest is Nature's game.

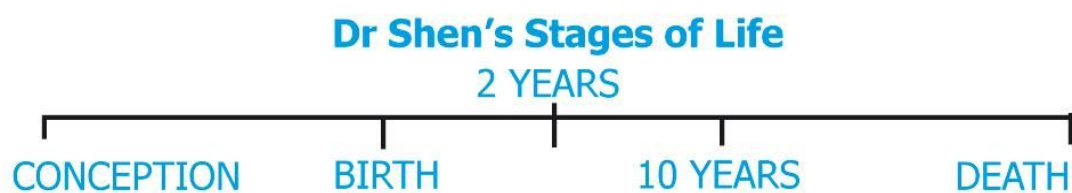
Make sure you are making a unit (baby) that is perfect.

Thus resilient/robust and bursting with life.

If this sounds too weird – maybe we are not a good fit?

You may not have the bits to build this model – here are some essentials.

**ONE . . .**



The first half of anything that will impact upon us happens prior to 2 years of age. This is when still a babe in arms – and still breastfed – biologically – and still completely tied to mum 24/7 if we were paying attention to the biological/mammalian principles – to Love (and then to Love) Well.

Not heard this before?

It is encoded in all Old Wives' Tales – and elder wisdoms

We all know this within.

*Do nothing to hurt /harm the children.*

They, like saplings, are vulnerable.

Any deviation of the biological script will be permanent.

**TWO . . .**

To be pregnant and well, a woman has to be in a different state.

Were she NOT pregnant this would be imbalance for life.

To make a new being she has to alter modes.

In this different state – if she was NOT well and balanced before - and if she cannot correct this – there will be ‘issues’.

Understanding this will mean you are no longer fearful and hopeful and helpless in pregnancy. I say this as ‘high risk’ pregnancies are nothing more lack of ingredients and circulation. Fix what is underlying - and all is well again.

Those expected to and charged with ‘helping’ are so often now ‘in the dark’, having a non life-enhancing model. What causes health and alternatively what wrecks it is not their focus or concern, so much as labeling then selling a service.

Without looking at the mechanisms nature had for us and believing (that cult word again) that it is ‘fine’ (in fact crucial) to override what would have been – we run into deep and permanent trouble.

***I remind you – this is not ‘MEDICAL’.***

I speak of biology – not what someone says or tells me to think.

This is NOT about ideology and retail business interests.

I am assuming that to get this far in – you have watched this – and are aware that after my 40 years of being natural health care professional who is unusually innovative and will go to whatever lengths to find answers - and NOT be put off by the paternalistic ‘because’ and ‘NO’ and will seek out the answers.

I have had to as my life got tricky with no standard answers at the birth of my third child. Her ‘hopeless’ diagnosis consolidated my understanding of what had already been doing in the ten years I had been helping others cope with theirs. No limitations – do everything – expect what you imagine. [My daughter’s story](#)

Pregnancy must succeed. Nature makes massive shifts in her life to do this. Her body goes into a different state to make another (and improve herself to do this).

These energy changes require her body to have these otherwise imbalances

**1 - Increase in Heat** – women know that they get hotter and feel the heat more when pregnant. Basal Body Temperature also rises.

**2 - Increase in Blood (energy)** – we make more physical blood to keep up with the changes we are making and laying down for junior as s/he grows

**3 - Increase in Damp**

**4 - Increase in Liver energy** – the energy to create and to

**5 - Decrease in maternally available Kidney energy** - thus there is more need to be aware of limits not previously there. And respect them.

**THREE . . .**

From before – a reminder and now in detail . .

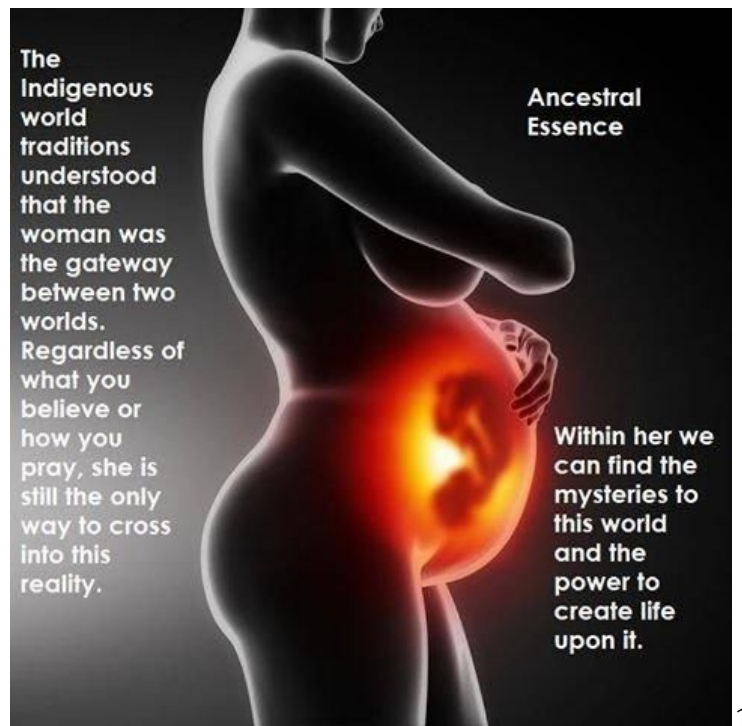
There are 4 times in a woman's life when she can be completely improved or wrecked - these are pivots when change on a huge inner level happens biologically.

They are:

- 1 – Puberty
- 2 – Marriage (in times past soon after puberty for obvious reasons)
- 3 – **Pregnancy**
- 4 - Menopause.

This is known in all cultures.

Modern women may feel offended that people are apparently negating their abilities externally during the time when they are to be blossoming' as they are expected to be in pregnancy. It is a crucial time to go inside, and to heal and to prepare the inner garden - as well as the outer nest for beginning a new life.



*Anything that upsets her at the pivotal times will have a vastly larger impact on her forever after - and in pregnancy of course for the baby. Equally - should she be mindful and lucky enough to put her life on a hold of sorts whilst she looks after both her and the growing baby - an easier life is assured.*

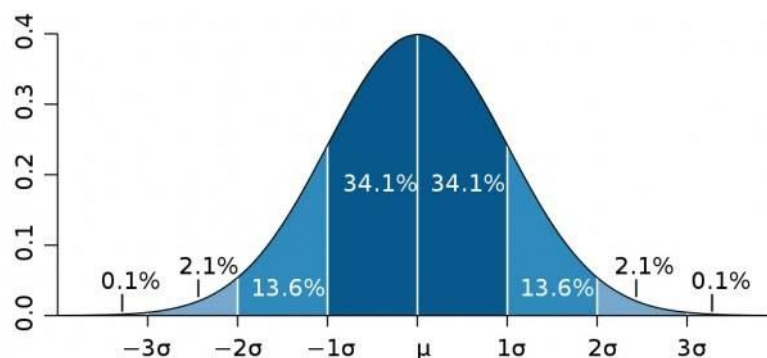
#### **FOUR . . .**

We are all different

This is expressed as a Bell curve.

Half way point is not so much to be aspired to - but when half have . .

To be in the range – someone is ahead and someone behind – as with anything.



Half of whatever we are relating in a theory happens at the top of the curve – with those on the BOTH sides as still within normal range.

With pregnancy and the advent of fee for service tinkering – the fetal scanning (unsafe unless a real need – not reassurance, or ‘dating’).

This is written for teaching -

<http://blog.core-ed.org/blog/2016/09/the-curse-of-the-bell-curve.html> and can easily be relatable for pregnancy outcomes.

*Magical (medical) thinking.*

**40 is too old’ to be a mum.**

If magically she *is* pregnant must be included - when even a day ‘late’.

**Babies** need to come out early because of this.

**35** is ‘elderly’ to birth safely vaginally.

There is no evidence to this and a great deal to the contrary – look for it yourself - that way you will ‘own’ this horror yourself – your responsibility to bring through what YOU have to live with forever – being compliant is NOT the way any one got to here. Nature expects excellence - not ideological compliance.

**Classic problem here – the ‘dueness’ of a first time mum** – that curve needs to go for a walk at least a week - maybe two . **40 weeks** - For those who are having a subsequent baby to the first one.

All ovens cook at different rates. Life impacts of the ‘cooking’ process.

There are many other examples (GD levels as another) of how our individuality –experiences, backgrounds and makeup all are seen as excuses to NOT pay attention what is really running us – Qi and Blood and Jing levels.