

7 - What next?

Allowing easy transition into pregnancy

Foundations

We can stay here:



**IN MEMORY OF ALL THOSE MOTHER'S
LEFT HEART BROKEN AND WITH
EMPTY ARMS**

Or get planting – always start with a garden that is **READY**.

Most important is your relationship.
With your body, your partner (the co parent) and the ways of life.

Trust – in life, nature and your body.
Together. Making a family. Rebuilding the nest.

What you may not be aware of . .

Times in a woman's life when she can remake (or wreck) herself. Crucial/pivotal



All related to times when our 'hormones' shift – that is Jing expressions.

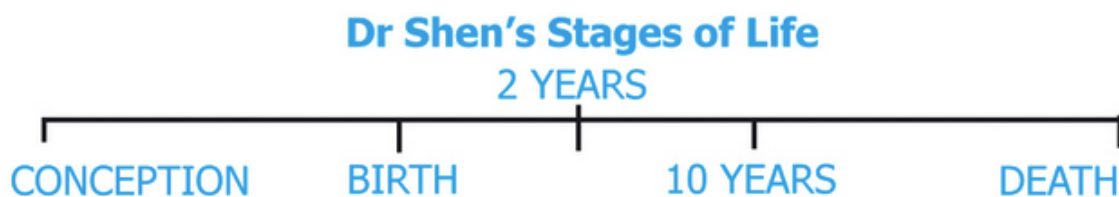
Puberty,

Marriage (onset of sexuality)

Pregnancy

Menopause

This is a 'chicken and egg' situation – as she was made herself. ..



The **first third** along this line covers the period from *conception to birth*. As we are developing our blue print at this time, anything that affects us or our mothers impacts upon us tremendously. Awash in our hormonal sea in utero we are at the mercy of her every physiological or emotional response. How she perceives the world is our unconscious template for normal. One which we may find ourselves recreating “to come home to” for the rest of our lives.

The **second third** covers the time from *birth to 10 years*, with the midway mark of experiences that impact upon us for our entire life being at the age of 2 years. This shows us the incredible input our early lives, especially our interface with our mothers have upon us. All of baby and young child's reality is framed through the lens of her perception. If she is of calm demeanour, able to rise to the challenge of distressed babies and difficult life circumstances and if she is able to adapt to her new life as a parent, our early lives may be safe and stable.

The **last third** of the influence of situations on our lives covers the period *onwards from 10 years of age*. Hence when a person seeks assistance for a “problem” in adult years, the entirety of the background may need to be uncovered. If coming from a regular, safe happy and orderly background, the individual will probably strive to return to this in their adult life.

Thus the time in utero begins the template, the childhood years will enforce this and supposedly we recreate this in our adult years.

PLEASE – be aware – become more conscious – BOTH of you make your family.

