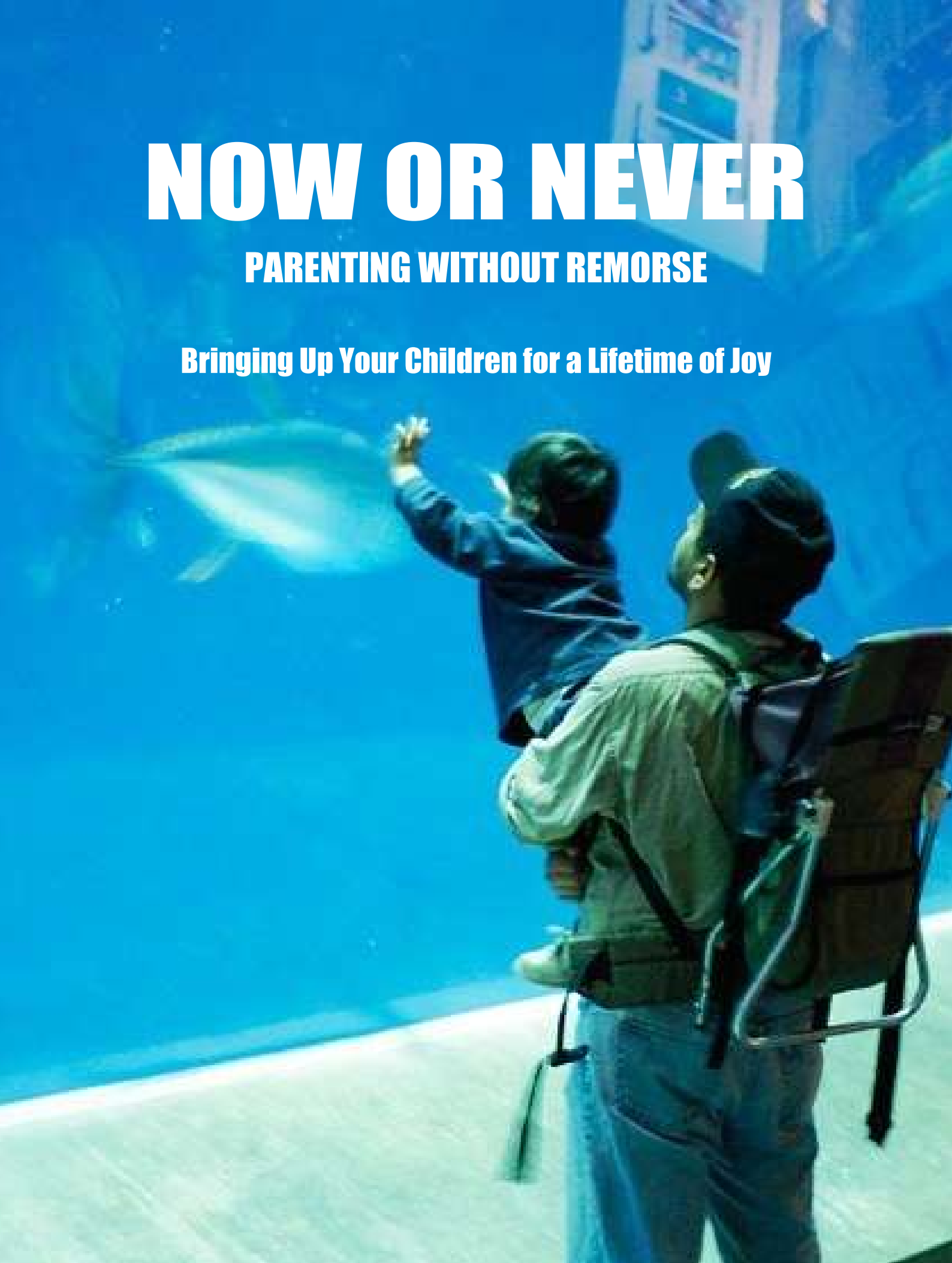


# **NOW OR NEVER**

**PARENTING WITHOUT REMORSE**

**Bringing Up Your Children for a Lifetime of Joy**



**PAPPA JOSEPH**

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## **Parenting Without Remorse**

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**CHAPTERS 1 TO 4**

**PAPPA JOSEPH**

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First Published 2013

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Dedicated  
to the  
Glory of the Great God

Who is turning the hearts of the people to Him in  
these last days by turning of the hearts of the  
fathers to their children and the hearts of the  
children to their fathers.

## PREFACE

This book is my most precious gift to every parent in my generation who is looking for a trusted source of understanding on bringing up their children safely, healthily and happily. What is given in the pages within are the quintessence of all that I and my wife have experienced in our almost 40 years of parenting. Yes, our parenting days are not over yet; no, we did have new offsprings after our third child was born 38 years ago. We are still parenting our 3 children with the same principles with which we brought them up to adulthood, and we are still continuing to reinforce in them the same values we have been instilling in them since their childhood.

When I used the word 'trusted' above, I did it with much deliberation and it is only proper that I qualify that statement. I have undertaken this awesome responsibility of passing on counsel to parents everywhere only because I am absolutely confident that the source from which I received my parenting training is absolutely trustworthy and supremely authoritative. My confidence is backed by the impeccable track record down through history of the fruits of parenting experienced by fathers and mothers who applied the counsels of this unfallible source. Far more than by my observation of the fruits of Godly parenting of other people, I have been embolden to write this book by the fruits of our own parenting ways.

From the astonishing fact that none of our children ever had a single tooth problem and never had to visit a dentist once, and from the joyous observation that all three of them are exemplary husbands and fathers to the fact that our two sons and our daughter are enjoying exceptionally successful careers, I derive my confidence for my counsels.

This book is based on values and precepts of parenting that are *guaranteed* by their Giver to work in the life of every parent and child. They have worked for many parents and children, and they have worked for me and my wife just as they were guaranteed to.

Do not wait a day beyond today to apply the precious insights that I pass on to you in each page. Too many parents who had received such insights from the great source thought they could wait a trifle before redeeming their time with their children, only to wake up suddenly to realize that the opportunities for which they had been eagerly waiting for were far more elusive and fleeting than they could have ever anticipated and that the precious moments would never be available again.

I earnestly wish you the same joys that we are blessed to have today. May this book provide you all the insights you need to lay the foundation for bringing up your children for a lifetime of joy.

Pappa Joseph

October 17 2013

## CHAPTER 1

### **The Planning**

Parenting begins long before your precious child is conceived in the womb of his or her mother. And the kind of parent you have been to your child long before he was born affects your child long after his birth.

This chapter is meant particularly for couples planning to have their first child. But it is also for couples who already have a child; they will gain a new perspective of the awesomeness of the coming into being of a life which never existed before and which will never have its uniqueness taken away or diminished in the least by another life in eternity.

As you unite your body and soul with your life partner, all the forces of heaven and earth rejoice in the ecstasy of that union, and join together to produce the greatest expression of their joy - a new life resembling yours in amazing ways, and yet so different in astonishing ways. For it is a union that sets into force a new dimension of existence, introduces a personality absolutely unique in eternity, launches a new element into the purpose of the whole universe, and starts recording new entries in the chronicles of man kept in heaven.

The love union is the very first cause and the beginning point of millions of equally unique existences, of many achievements on earth, of the changing of history in unnumerable societies. For if that union does not take place at the precise moment between the two precise people, it means the non happening of the same number of existences and activities on earth. The non happening of your union would be the non happening of uncountable changes on earth and in the annals of history.

That is the awesomeness of what you and your spouse are going to be responsible for when you plan to have a baby.

Because you plan to have a child, multitudes of people with your genetic dispositions will be able to experience the delight of inhaling the scents of fresh flowers; they will have the blessing of seeing the sun rise and set, and other awesome wonders of nature; they will be able to use their hands to build homes and societies, their legs to explore and inhabit new corners of the earth and space, and their minds to discover new dimensions of living - which will never happen if you decide not to have a baby.

In fact, the forces of the universe have already been set in motion from the very moment you and your beloved set sight on each other for the first time in your lives.

From the moment you first set eyes on your future spouse, and your mind allowed amorous thoughts and your body began to sense irresistible vibes towards the new person, spiritual and physical elements cohered within you and began preparing for a new life. These elements generated from heaven and from earth reach their maximum intensity at conception. Thereafter these elements merge into and become part of far greater elements of creation: the genes of the parents, their health, their dispositions, their weaknesses and strengths, their beliefs and attitudes, their fears and phobias, their joys and pleasures. Every single one of these newer elements plays a vital role in developing the embryo into a fetus, the fetus into a child. And when the child is born, still newer and even greater elements of creation come into being in the life of the newborn, and these elements continue its work until the child is an adult capable of making his or her own decision. These latest elements are: heredity, the environment, the cultural and spiritual environment, the society, parenting, and freewill.

You cannot do anything about heredity, and you may not always be able to protect your child from unwanted cultural and spiritual influences, or from the influences of the society your child grows up in. But as parents, you can have a monumental role in the character formation of your child, and the direction in life he or she would take as an adult. So consequential are the effects of good and bad parenting that generations after the parents are dead, their descendants would continue to reap the consequences of how those parents brought up their children.<sup>1</sup>



In fact, the Bible states that in the present age *no single* factor in the world determines earth's total destruction or survival as the quality of relationship between parents and their children.<sup>2</sup>

When you plan for your first child, or your next child, remember the awesome responsibility that God has placed on you. Your wise decisions as a parent will mean that there will be blessed generations of upright people who will rejoice in you as their first ancestor<sup>3</sup>; your unwise decisions will mean that your children and grandchildren, even to the fourth generation will reap a terrible penalty for what you as their progenitor has done in your parenting days.<sup>4</sup>

'Has He not made you and your wife one?...And what does He seek from such a union? Godly children.' Malachi 2:15 The Voice

<sup>1</sup> 'Naaman's leprosy will cling to you and to your descendants forever.' 2 Kings 5:27

'He decreed statutes for Jacob and established the law in Israel, which he commanded our ancestors to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children. Then they would put their trust in God and would not forget his deeds but would keep his commands.' Psalm 78:5-7

'But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children - with those who keep his covenant and remember to obey his precepts.' Psalm 103:17-18

<sup>2</sup> 'And he will turn the hearts of the fathers to the children, and the hearts of the children to their fathers, lest I come and strike the earth with a curse ['total destruction'- NIV]. Malachi 4:6 NKJV

<sup>3</sup> 'The children of your servants will live in your presence; their descendants will be established before you.' Psalm 102:28

'Their children will be mighty in the land; the generation of the upright will be blessed.' Psalm 112:2

<sup>4</sup> The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.' Exodus 34:6-8

## CHAPTER 2

### **Conception**

I don't have any statistics for it, but my observation is that, except for the first child, most of the children are born as a result of unexpected - not necessarily unplanned - conceptions. A newly united couple may plan to have 3 children altogether. A lot of planning and preparations go into making themselves ready for the arrival of their first child. But when the second and the third child announce their arrival in the womb, the parents are usually caught unprepared, unless they deliberately were planning to have a subsequent child in a particular year.

In the case of large families, however, most of the children just happen in the lives of their parents - they are not only unexpected but totally unplanned. Whatever, the surprised parents just accept their unasked, and sometimes, unwanted, 'gift from God'. This was true until a generation ago in most large families. Today, we all know the fate of most cases of unwanted gifts from God; they end up between the tips of natal forceps and thence into the incinerator. It is my earnest prayer that not a single couple who read this book will ever even remotely consider destroying an unplanned fruit of their love union.

Whether a conception is planned or unasked, there are certain vital preparations the parents should have been doing in anticipation of such a possibility. That is, a couple who know they can possibly have a child anytime should be in a constant state of anticipation for that planned or unplanned conception. Because - let me emphasize this well - a couple's slightest negative reaction at the news of an unplanned conception will surely reach the embryo and stamp it with a lifelong impression of unwantedness deep in his or her psyche. This does not happen just because of some immutable spiritual law at work, but science has conclusively proven how this works. It is known as the 'reflection principle', about which I will cover later in this book.

In planning for your child's conception, where do you start? You should start with the oldest generation of your family who are still alive or whom you know about from other members of your family. They usually are your great grandparents or grandparents. What do you know of your great grandfather and great grandmother on your father's side and on your mother's side? What features, qualities, attitudes, proclivities, did each of them have? Then go down to your grandparents and parents, and to you and your spouse. Consider the prominent and dominant qualities in each member of your planned child's ancestry. These qualities are going to play a very significant part in what characteristics your future child is going to have.

There is nothing you can do to prevent your ancestors' genes from being inherited by your child. There's nothing you can do to change the color of your child's iris, or the shape and size of his or her nose or ears. Or the height or shape of the body. Sad indeed is the plight of children born with their parent's physical deformities. There is a dwarf woman in my native village, who walks around with an equally dwarfish child following her. Who knows if one of our ancestors had an extreme deformity, whose mutant genes await inheritance by one of our descendants? Only God's intervention can protect our offsprings from inheriting debilitating or disfiguring physical elements.

But there's something you can definitely do which is infinitely more important than preventing your ancestors' any ungainly physical characteristics from reaching your children. You can forever stop the passage of your foreparents' any unwanted emotional, moral and spiritual qualities which might have predominated their lives and therefore might have caused much havoc in the lineage till your generation.

The Bible has repeatedly stated that parental neglect can negatively impact a person's descendants especially upto the fourth generation. The posterity of David, king of ancient Israel, who is held in honor as a great man of God in at least 3 major religions, is a tragic testimony to this belief. David was so occupied being a good king that he neglected something far greater than good kingship or any other responsibility on earth. He was a great failure as a father to his children. His children were spoiled brats to an extreme degree,

with the exception of Solomon. And as for Solomon, he was even a greater failure of a father than David. It was only in the fourth generation of David that a progeny rose who 'did what was right' like his great grandfather.

A man or woman can be endowed with great qualities such as compassion, mercy, generosity, and so on. But that is no guarantee in itself that their child would turn out to be a good person. The child may have none of his parent's good traits. The Roman emperor, Marcus Aurelius, was a benevolent ruler whom later historians would acknowledge as one of the 'Five Good Emperors'. His son became one of the most cruel dictators in Roman history. A contemporary historian, Cassius Dio, describes what happened to Rome when Commodus took the throne: 'Commodus was a greater curse to the Romans than any pestilence or crime.' The son of the good Marcus Aurelius indulged in a lifelong pleasure spree that went beyond personally slaughtering hapless men in the Colosseum to directly massacring so many animals in the arena that '1600 years would pass before some of the species he killed were once again seen in Europe'.

How come?

If Marcus Aurelius had taken time regularly to teach his son humanitarian values, and had trained him from childhood to show mercy and compassion, would Commodus have slaughtered a single person mercilessly in the arena?

Compassion, mercy, generosity, etc are not primarily inherited qualities but primarily learned qualities. Even the Great Teacher, Jesus, had to *learn* obedience by his life lessons.<sup>1</sup>

Do you see some conspicuous negative or positive qualities in someone you know closely outside your family circle? See if you can trace his ancestry backward to his grandparents and perhaps you may see the reason. See some strong qualities in yourself? Probably your granddad or grandma had a character or personality very similar to yours.

Your grandchildren are likely to inherit more of your natural traits and talents than your children. Says a wellknown researcher in human relationships:

'Precisely as in the case of physiological inheritance, certain personality and behavior traits are dominant in one generation and recessive in the next. Therefore, children often resemble grandparents more than their parents.'<sup>1</sup>

After understanding that a significant portion of your attitudes, dispositions, inclinations, emotions, weaknesses, strengths, and even the kind of temptations and influences you are susceptible to, are inherited from your folks above you, especially those in the last 3 or 4 generations, the next step in your parenting is to decide that the ancestral bug stops here, with you. That the malicious metaphysical viruses which caused or contributed to all the defective emotional, mental, spiritual and moral qualities in your ancestors and you, are put to an end with your generation and do not go one notch further down anymore.

Let me repeat this vital truth: You cannot do anything at all to stop your child's negative physiological inheritance, except seek God's divine intervention, but you can do much about the psychological inheritance of not only your child but of thousands of your descendants.

And remember, for your children and posterity to enjoy all the blessings you desire in them, you've got to start acting on your own personal qualities even before your child is conceived in the womb.

Another area of great importance in preparing for conception is the diet of the parents.

Mom-to-be, improve your diet at least 3 months to a year before you plan to conceive. The next chapter gives some vital insights on nutrition for women planning or expecting motherhood.

The quality of the husband's diet will also affect the way the impregnated ovum develops into an embryo and thence into a fetus. Months before your wife is ready to conceive, prepare to contribute through your body to the formation of a spankingly healthy fetus. You do that by putting your body in the best condition nutritionally.

Research has shown that the potency of the father's sperm is directly dependent on his nutrition. It makes every sense for dad-to-be to ensure his diet is as balanced and nutritious as mum-to-be's. According to a recent study conducted by the American Society of Reproductive Medicine, the sperm motility of a person consuming substantial amounts of fruits, vegetables, and whole grains in his diet is more likely to be energetic and active. A father's healthy diet will boost his chances of conceiving a child by increasing the vitality of the sperm.

There is clear evidence that a diet which includes leafy vegetable and lean meats and other foods rich in antioxidants such as vitamin C not only produce normal functioning sperm, but more importantly, it kills off abnormal sperm. An abnormal sperm which reaches the ovum could only produce an abnormal fetus. Two-headed babies and other tragedies of human birth have their cause in an anomalous fertilization of the ovum.

We can logically conclude that not only will an abnormal sperm produce an abnormal fetus, a sperm which is not at its peak condition will also produce an embryo that is less than in peak health. And an unhealthy embryo leads to an unhealthy fetus, which leads to an unhealthy baby. Perhaps great remedial care given to the child after he is born may counter the effects of an unhealthy contribution from dad. Perhaps. But how sensible it is rather to avoid every risk of birthing an abnormal or unhealthy child by taking the maximum care of your diet from the time you plan to have a baby.

<sup>1</sup> 'Son though he was, he learned obedience from what he suffered' Hebrews 5:8

<sup>2</sup> Joel Marie Teutsch and Champion K Teutsch, PhD, 'From Here to Greater Happiness'.

## CHAPTER 3

### **Pregnancy**

Humans and mammals get pregnant, but not crocodiles and chickens. Ever wondered why? If God wanted, he could have made human mothers incubate their babies for 9 months instead of carrying them in their wombs. After the ovum is fertilized, it could grow to a certain size, after which mum would lay the human egg and keep it cuddled in her bosom until the baby hatched, with not an iota of physical care diminished compared to what a fetus in the womb receives.

I remember reading a comic book in my boyhood days about some aliens from a distant planet visiting earth to scout it before invasion. They looked like humans in every respect, except for the fact they had antenna-like protrusions from the sides of their forehead, and their babies hatched from eggs laid by their females. By chance they befriended a human, to whom they divulged their sinister intentions. They had run out of incubator space for their eggs on their planet and earth seemed an ideal repository. The man, a wise one luckily for earth, took them near a cottage around breakfast time and asked them to peer through the kitchen window with their telescopes. To their horror, the woman of the house took two eggs from the fridge, cracked each open with the edge of a fork and poured the fetuses onto a frying pan. Stunned to the core at the unthinkable prospect of any of their fetuses being fried and eaten by humans, the aliens hastily left earth and was never seen again.

We could have birthed like those aliens had we been created like that. Had it been so, no doubt the mother, with the help of the father, would give the fetus in the egg the same amount of care they would give it had the embryo grown inside the mother's body. But something in the emotional aspect of the human life would have diminished significantly had Nature given mankind that form of birth. It is the bonding between mother and child - a bonding that is exceeded in strength and love only by God's bonding to man. The

foundation of the bonding between mother and child is laid when the child begins to grow inside her.

Every second of the child's growth from conception onwards is also every second of his physical and emotional bonding with his mother, and vice versa. The child's future sense of security, warmth, being loved and cared for, starts from the very moment this bonding begins, which is the very instant the fetus is formed in the womb.

The fetus from conception onwards begins to feel everything that happens to his mother, both good and bad feelings. Now if you have been thinking that a fetus cannot experience pain or pleasure to any perceptible depth or height, or that it cannot feel secure or insecure, wanted or unwanted, let me share with you a scientific study on the reactions of a fetus to external stimuli:

### *Sensitivity to Touch*

The maternal womb is an optimal, stimulating, interactive environment for human development. Activity never ceases and a fetus is never isolated. Touch, the first sense, is the cornerstone of human experience and communication, beginning in the womb (Montagu, 1978).

Just before 8 weeks gestational age (g.a.), the first sensitivity to touch manifests in a set of protective movements *to avoid a mere hair stroke on the cheek*. From this early date, experiments with a hair stroke on various parts of the embryonic body show that skin sensitivity quickly extends to the genital area (10 weeks), palms (11 weeks), and soles (12 weeks). These areas of first sensitivity are the ones which will have the greatest number and variety of sensory receptors in adults. By 17 weeks, all parts of the abdomen and buttocks are sensitive. Skin is marvelously complex, containing a hundred varieties of cells which seem especially sensitive to heat, cold, pressure and pain. By 32 weeks, nearly every part of the body is sensitive to the same light stroke of a single hair.



### *The Fetus In Motion*

The first dramatic motion, one that has come to symbolize life itself, is the first heartbeat at about three weeks after conception. This rhythmic activity continues while valves, chambers, and all other parts and connections are under construction - illustrating an important fact about development: parts are pressed into service as they become available. Furthermore, use is necessary for development.

Between week six and ten, fetal bodies burst into motion, achieving graceful, stretching, and rotational movements of the head, arms and legs. Hand to head, hand to face, hand to mouth movements, mouth opening, closing, and swallowing are all present at 10 weeks (Tajani and Ianniruberto, 1990). By 14 weeks, the complete repertoire of fetal movements seen throughout gestation are already in evidence. Movement is spontaneous, endogenous, and typically cycles between activity and rest. Breathing movements and jaw movements have begun. Hands are busy interacting with other parts of the body and with the umbilical cord.

From this early stage onward, movement is a primary activity, sometimes begun spontaneously, sometimes provoked by events. Spontaneous movement occurs earliest, probably expressing purely individual interests and needs. Evoked movement reflects sensitivity to the environment. For example, between 10 and 15 weeks g.a., when a mother laughs or coughs, her fetus moves within seconds.

### *Tasting and Smelling*

The structures for tasting are available at about 14 weeks g.a. and experts believe that tasting begins at that time. Tests show that swallowing increases with sweet tastes and decreases with bitter and sour tastes. Tests made at birth reveal exquisite taste discrimination and definite preferences.

The nose develops between 11 and 15 weeks. Many chemical compounds can cross the placenta to join the

amniotic fluid, providing the fetus with tastes and odors. The amniotic fluid surrounding the fetus bathes the oral, nasal, and pharyngeal cavities, and babies breathe it and swallow it.

*Associations formed in utero can alter subsequent fetal behavior and are retained into postnatal life.* Products of the mother's diet reach the baby via the placenta and the blood flowing in the capillaries of the nasal mucosa. In one experiment, babies registered changes in fetal breathing and heart rate when mothers drank coffee, whether it was caffeinated or decaffeinated. Newborns are drawn to the odor of breastmilk, although they have no previous experience with it. Researchers think this may come from cues they have learned in prenatal life.

### *Listening and Hearing*

Although a concentric series of barriers buffer the fetus from the outside world - amniotic fluid, embryonic membranes, uterus, and the maternal abdomen - the fetus lives in a stimulating matrix of sound, vibration, and motion. Many studies now confirm that *voices reach the womb*, rather than being overwhelmed by the background noise created by the mother and placenta. Intonation patterns of pitch, stress, and rhythm, as well as music, reach the fetus without significant distortion. A mother's voice is particularly powerful because it is transmitted to the womb through her own body reaching the fetus in a stronger form than outside sounds.

Sounds have a surprising impact upon the fetal heart rate: a five second stimulus can cause changes in heart rate and movement which last up to an hour. Some musical sounds can cause changes in metabolism. 'Brahm's Lullabye', for example, played six times a day for five minutes in a premature baby nursery produced faster weight gain than voice sounds played on the same schedule (Chapman, 1975).

Researchers in Belfast have demonstrated that reactive listening begins at 16 weeks g.a. This is especially significant

because reactive listening begins eight weeks before the ear is structurally complete at about 24 weeks.

### *Development of Vision*

In utero, eyelids remain closed until about the 26th week. However, the fetus is sensitive to light, responding to light with heart rate accelerations to projections of light on the abdomen. This can even serve as a test of well-being before birth. Although it cannot be explained easily, prenatals with their eyelids still fused seem to be using some aspect of 'vision' *to detect the location of needles entering the womb, either shrinking away from them or turning to attack the needle barrel with a fist* (Birnholtz, Stephens, and Faria, 1978). Similarly, at 20 weeks g.a., *twins in utero have no trouble locating each other and touching faces or holding hands!*

### *The Senses in Action*

We have already indicated how closely allied the gustatory and olfactory systems are, how skin and bones contribute to hearing, and how vision seems functional even with fused eyelids. When prenatals experience pain, they do not have the air necessary to make sound, but they do respond with vigorous body and breathing movements as well as hormonal rushes. Within ten minutes of needling a fetus's intrahapatic vein for a transfusion, a fetus shows a 590% rise in beta endorphin and a 183% rise in cortisol - *chemical evidence of pain* (Giannakouloupoulos, 1994).

Ultrasonographers have recorded fetal erections as early as 16 weeks g.a., often in conjunction with finger sucking, suggesting that pleasurable self-stimulation is already possible. In the third trimester, when prenatals are monitored during parental intercourse, their hearts fluctuate wildly in accelerations and decelerations greater than 30 beats per minute, or show a rare loss of beat-to-beat variability, accompanied by a sharp increase in fetal movement. This

heart activity is directly associated with paternal and maternal orgasms! Other experiments measuring fetal reactions to mothers' drinking one ounce of vodka in a glass of diet ginger ale show that breathing movements stop within 3 to 30 minutes. *This hiatus in breathing lasts more than a half hour.* Although the blood alcohol level of the mothers was low, as their blood alcohol level declined, the percentage of fetal breathing movements increased (Fox et al, 1978).

Babies have been known to react to the experience of amniocentesis (usually done around 16 weeks g.a.) by shrinking away from the needle, or, if a needle nicks them, *they may turn and attack it.* Mothers and doctors who have watched this under ultrasound have been unnerved. Following amniocentesis, heart rates gyrate. Some babies remain motionless, and their breathing motions may not return to normal for several days.

Finally, researchers have discovered that babies are dreaming as early as 23 weeks g.a. when rapid eye movement sleep is first observed. Studies of premature babies have revealed intense dreaming activity, occupying 100% of sleep time at 30 weeks g.a., and gradually diminishing to around 50% by term. Dreaming is a vigorous activity involving apparently coherent movements of the face and extremities in synchrony with the dream itself, manifested in markedly pleasant or unpleasant expressions. Observers say babies behave like adults do when they are dreaming. [Emphasis mine]

Abridgement of 'The Fetal Senses: A Classical View', by David B Chamberlain, PhD. Reprinted by permission.

Having now understood the profound sensitivity of a fetus to touch, tastes, odors, sounds, and even sights, a pregnant woman should take the utmost care every moment of her waking hours to avoid negative impact in any form on the life inside her.

Let your baby in your womb feel the most tender and soothing tactile sensations through his mother's physical contacts with the world. Certainly the easiest way to do this is for both parents to daily and frequently stroke the protruding belly while speaking soothing

words of comfort to your child inside. Dad, bend down and gently kiss that exterior shield that now protects your offspring. The reverberations of your kiss will, in some mysterious, God-ordained way, reach your child with a life-impacting caress, each kiss strengthening yet by another degree a lifelong foundation of security for your child and molding his heart to likewise give tender love to others.

Even more important to the child than giving him gentle tactile assurances from outside the belly, is the physical contact between father and mother. Only Heaven knows the unnumerable children whose minds and bodies were scarred and deformed for life because of the trauma they suffered as fetuses when the father physically or emotionally abused the pregnant mother.

Husbands, from the very moment you know your wife has conceived, put your entire dispositions, feelings and actions into the 'child-protection' mode. From now on, there cannot be a single exception to how you speak and deal with your wife. *Every* word, *every* action of yours that is felt by her is surely going to permeate down deep into the psyche and physique of your child inside her.

Wives, if you are naturally inclined to be of the argumentative type, then muster all the willpower you can and resolve to suppress your agitated feelings. There is now a pulsating and super-sensitive life inside you, and he or she is all ears at everything you say. God help your child if you think you can make an exception - say, when your hubby forgets your birthday - and you lash at him with your glossal whip, or maybe even just weep at him. With every verbal or emotional lash of yours, you are reinforcing the dispositional inheritance of your daughter to lash at her husband in a similar situation in the future; or for your son to berate his wife.

'A chip off the old bloke' (or is it 'block?'), 'like mother, like daughter' - all these sayings have a significant portion of their origin in what happened to the fetus as he or she reacted to their parents' dealing with each other.

When I was working as a teacher in the early years of my marriage, I once had a very illuminating conversation with the principal of the school. He was a Godly man, but when his last child was conceived and in the womb, both he and his wife went through

some domestic trauma. The daughter that was born to them after this trauma had some homely physical features which were absent in their other children, including a different complexion. Both he and his wife attribute the difference to the effect of the trauma while their child was in the womb.

Both of you must always hold fast in mind that the day you decided to have a child was also the day you two decided to forever forgo the outward manifestations of your negative emotions within the hearing and sensing of your child. That was the day you two covenanted to prioritize your child's emotions far above your own. And if you didn't on that day, then this very moment is your most urgent time to decide so for your baby's present and lifelong sense of wellbeing.

A great truth of nature, which secular doctors and psychologists could never grasp with their physical senses or gauge with their stainless examination tools is the impact that even the *thoughts* and *attitudes* of the parents have on the fetus. The wisest man of all time observed, 'For as he thinks in his heart, so is he'. If you probe this wisdom deeper, you will observe that his thoughts do not just make him, but also his unborn child.

Unestimably more impactful on the fetus than verbal and physical interaction between dad and mom is the mental disposition, attitudes and imaginations of the two towards each other. Verbal and physical abuse need not always be the result of or preceded by mental negativism of one spouse towards the other. Such words and acts can be made up for by forgiveness and expressed love, and the hurt child within can be wholly healed on heartfelt reconciliation of dad and mom. But the wrong mental disposition, a resentful or scornful attitude, immoral imaginations given free rein - these may not be expressed externally at all, and because it is not given verbal or physical form, forgiveness and reconciliation cannot be sought by either spouse.

As the man or the woman thinks in their heart, so is their child, and this is a universal truth of equal magnitude as the observation by Solomon. But this second truth bears a far greater consequence both

upon the immediate and the future offsprings in the parent's genealogy.

That our internal responses affect the external reactions of people around us for good or bad is a fact on which all New Age teaching is based. This is also a foundational teaching of the Bible, especially emphasized by Jesus. While both agree that one's covertly imagined acts affect others' overt behaviors and reactions, the premises on which New Age and the Bible declare it are absolutely different. This is not the book to expound on that subject. Suffice to say, one ultimately leads to Godlessness and the other to a closer relationship with the Creator.

A husband who thinks virtuous thoughts of his wife, or adulterous thoughts, while his child is in the womb, and the woman who adores her husband, or despises him in her heart, while carrying a budding life within her, are both already molding their unborn child in the particular direction of their thoughts.

I have always wondered how it could be that little children just 3 or 4 years old, long before they are old enough to be molded by life's lessons, begin to display distinct behavioral and attitudinal qualities that clearly portend what sort of character they would have as adults. 'Even a child is known by his deeds, whether what he does is pure and right', says Solomon in another place in Proverbs. Could a significant portion of the cause of a child's inherited character and dispositions lie in what their parents thought of themselves, of their spouses, and of others, while the child's mind was being formed in utero? This question should certainly be fervently pondered and prayed over while your child is in the womb.

And so, you who are reading this and have been given the understanding of what your words, your actions, and even your thoughts, can have on your unborn baby, from now on have no excuse whatever before your Creator to speak, act or think towards your spouse in any way that would physically, emotionally or spiritually harm your child in the least.

If you are the wife and carrying a child within you, avoid unpleasant situations as much as it is in your power. Don't go to spectator sports or other events where there is a lot of noise and jeering. Don't watch

tv or movies where there is even a single scene that is not conducive to a joyful and peaceful state of mind. When you hear the cussing and swearing on screen or around you, you are transmitting the unpleasant vibes to your unborn baby. Avoid situations that startle you or which bring your emotions to an edge. They do harm to your child's subconscious.

I know of a pregnant Christian woman, zealous for her church, who joined a sit-in protest by the church's members when a state in the US unconstitutionally placed the church's assets in receivership. The sit-in protest was in the cause of taking a stand for a rightful cause - an act of faithfulness to God by her and the rest of the congregation. There was a lot of tension in the air as US marshals, armed with weapons, attempted to remove the protestors. God intervened and the receivership was removed. But the mother-to-be should never have been there physically for her child's sake. She was prepared to give up her life to protect her church, but God would have expected her to first protect her child, and to participate in the protest by praying on her knees at home, not by remonstrating on her seat at the church.

A child's physical features and health are affected for good or bad by the quality of the mother's nutrition and health habits. As we saw earlier, even an ounce of vodka taken by the mother stops the fetus's breathing movements for a frighteningly long time. If a mother sees her born baby not breathing even for few seconds, she would utterly panic. Let your unborn baby breathe freely every single second of his life in your womb, and let not your drinking cause that precious life to asphyxiate on the fumes of alcohol even for a second - let alone 30 minutes.

The carrying mom should take extreme care in the use of medicines. Prenatal vitamins, tonics, proteins, amino acids, herbal remedies, pills for morning sickness, antihistamines for allergy, a drug or two for colds and flu, milk of magnesia for constipation - these are just a few of the 'medications and home remedies that have no known harmful effects during pregnancy'<sup>1</sup> according to medical authorities. All I can confidently say is that if the wife is healthy and not affected with any illness that does require medical care, the



safest course of action may be to take as few medications as possible.

When my wife was pregnant with our first child, she had as her gynecologist one of the most respected doctors in our state. But even in our early twenties, God had endowed both her and me with an unusually deep awareness of the dangers of prescription pills in pregnancy. Of the several prescribed her, she took only one - folic acid. Instead of treating pregnancy as a medical situation that required professional care, we just ensured that she had a very balanced diet and sufficient exercise. The result was not a newborn who was a bit less healthy for the lack of nutritional supplements and remedial drugs in his system, but one who was every bit as sprightly and ruddy as the healthiest infant we had ever seen until then, and bonnier than most of the babies born to our close relatives.

Whatever nutritional and medical decision you make, please ensure that you do it *only* after consultation with an experienced and, if possible, Godfearing gynecologist.

It is beyond the scope of this book to provide detailed nutritional information for the health of the mother and child during pregnancy. Both online and in the library are more material on this subject than you can ever read in your lifetime. It will suffice to say here that you should avoid processed foods entirely if possible, and if not, to avoid as much as you possibly can. Processed foods include frankfurters and other forms of modified meats, jams, processed cheese, pickles, and all other foods that have preservatives or artificial coloring or flavor, or have been reconstituted in some way from their original composition. Now, I know that could mean avoiding perhaps upto 80 percent of the food you normally take daily. Even white bread is a processed food. But if you are wise in caring for your child, you will take drastic steps to change your dietary habits from the day you and your husband decide to have a baby.

For mom-to-be, exercising with fitness equipments, other than a treadmill on easy pace mode, is not advisable when carrying an additional weight within her. The safest and the best way to keep

your body well-toned during this period is to have a daily stroll down a quiet road or around the house.

Parents-to-be, go often for nature walks. The sight of natural greenery around you, the gentle wafting of the wind against the mother's body, the morning sunbeams falling warmly upon the womb, the soothing tootles of rousing or roosting birds on the boughs...oh, these are so pleasant in their sensations that you can be very sure that your child inside you is imbibing them all to the full delight of his developing senses. You are also preparing him or her to be a great lover of nature and the outdoors.

Also take your unborn child for a night walk under the starry, starry night. Let the night walks be as equally peaceful and soothing to him as during the daytime. What better foundation to lay for your child to be free from the fear of darkness and night frights that terrify many kids. It was only in my early 60s that I was able to be free myself from the psychological night terrors that I had been suffering from since childhood, which probably had its cause in some frightening experiences that I encountered in my babyhood or passed on to me from my mother when I was in the womb.

From the day you are aware that a new member of the family is on the way, you should mentally prepare any older child you may have for the arrival. Bonding between siblings, as between parents and children, occur long before the birth of the child. Share all the developments of baby inside mom with the elder brother or sister. Let your child gently stroke mom's tummy - the touch of sibling love will emanate through the skin to the little bro or sis inside. When fetal movements become visible on the belly, call the sibling and show them baby moving inside. It will be an unforgettable experience for them.

In the previous chapter I advised parents to consider the emotional, moral and spiritual traits of their parents and grandparents and if possible even great grandparents, so that you can counter any undesirable qualities that could be inherited by your child. It is in your power to prevent unwanted characteristics from dominating your child's personality by your wise parenting. But when it comes to

inheriting physically defective genes of the child's ancestors, you cannot humanly prevent them from being passed on to your descendants. If research of your and your wife's family genealogy reveal the existence of any ancestor who was a retard, cretin, dwarf, or had Down's Syndrome or insanity or was plagued with a lifelong skin disease such as leukoderma (albinoism), or with any other congenital deformity or disease, then there is absolutely only one way to ensure that the threat of this terrible birth defect is forever removed from the child's genes, and the genes of every generation of children descended from you. And it is here that I encourage every couple who believe that their child is a gift from heaven to take up the matter with the Gifter himself. On your knees, day and night throughout the pregnancy, both of you should beseech God that he will ensure no defective genes of your deformed ancestor, if any, will pass on to your offspring or any of your future descendants.

<sup>1</sup>Source: women.webmd.com

## CHAPTER 4

### **Baby**

Baby's delivery should be as natural as you can possibly make it. And by this I mean that a cesarean delivery should be agreed to only if there is confirmed risk to the life of mother or child. It is a sad state of the world today that the medical profession in too many cases would recommend a cesarean delivery more for the convenience of the doctor and the profitability of the hospital than in the best interests of the mother and child. A planned cesarean section is an especially efficient way for professionals to organize their hospital work, office work and personal life. Average hospital payments are much greater for cesarean than vaginal birth, and offer hospitals greater scope for profit.

According to the U.S. Department of Health and Human Services, cesarean section is major surgery and increases the likelihood of many short- and longer-term adverse effects for mothers and babies.

Cesarean section increases the risk of many types of harm for mothers and babies in comparison with vaginal birth. Shortterm harms for mothers include increased risk of unintended surgical cuts, infection, blood clots, emergency hysterectomy, going back into the hospital, a challenging recovery, and death. Babies born by cesarean section are more likely to have breathing problems and to develop several chronic diseases: childhood-onset diabetes, allergies with cold-like symptoms, and asthma in childhood and beyond.

Cesarean mothers are more likely to have ongoing pelvic pain and to have infertility in the future. Of special concern after cesarean are various serious conditions for mothers and babies that are more likely in future pregnancies. For mothers, these include ectopic pregnancy, placenta abnormalities including placental abruption, emergency hysterectomy, and uterine rupture. Babies in future pregnancies are more likely to need breathing help and have extended hospital stays.

Preliminary research suggests that many other harms are more likely with cesarean section, and more studies are needed.<sup>1</sup>

A cesarean delivery is unnatural and undesired by the Giver of the new life within you.

The next insight I wish to share with all expecting and new parents is about the pain that babies suffer once they are out of the snug security and comfort of their mother's womb. This is so important an understanding for your remorseless parenting that I will go to some descriptive length on this subject.

It is only in our generation that man has been able to scientifically study and understand the extent of the pain that newborn lives suffer. Read the following report, and may it forever change your attitude about pain in babies, including the little ones in the wombs.

'Babies have been crying at birth for centuries but we have been reluctant to accept their cries as valid expressions of pain which will register in memory. Despite mounting evidence, the characteristic reaction of psychologists and medical practitioners to infant pain has been one of denial. Key myths about the brain have provided the rationale for painful procedures. Against this background, studies of the infant cry prove that crying is meaningful communication.

Instead of responding to cries as authentic communication, birth professionals have proceeded to cause pain with the conviction that pain is merely reflexive and that owing to the immaturity of the infant brain, the pain could not really matter. From the perspective of present knowledge, these key 19th century beliefs are only myths, but tragically, they are mega myths still influencing mainstream psychology and obstetrics today.

For thousands of years, ignorance has separated us from a factual understanding of babies, an information gap that has been filled only in the last two decades. Longstanding prejudices toward babies are still visible in our attitude toward their age or size. They will become real persons when they are older or can speak our language. Overlooking the evidence to

the contrary, we persist in believing that their senses are not developed and their brain unable to record memory or organize experience into meaning. Thus, newborn pain is not like our pain - a claim used in the not-too-distant past to discount the pain of minorities and slaves. In modern India the cruel practice of branding infant tummies with hot irons continues in rural areas under the influence of witchdoctors.

It was only in the last three years that American parents discovered the longstanding practice of surgeons to operate on infants without the use of painkillers.. Adding horror to this discovery, parents uncovered the fact that major surgery on premature infants and children up to 15 months of age was typically done with the aid of curare, which paralyzes them but does not relieve pain. Thus, while experiencing the surgery fully, it was not possible for them to move or to utter a cry of alarm!

Surgeons acted in this way because of certain assumptions which have turned out, in retrospect, to be false. The principal assumption was the classic one that the infant brain was not working but in addition, they believed the anesthesia might be more damaging than the ordeal of the surgery itself, a belief that has turned out to be false (Anand & Hickey, 1987, p. 1324).

The reality of pain memory (and birth memory) is confirmed by a mother whose premature baby was shunted for hydrocephalus without painkillers and while paralyzed with curare. Large incisions were cut in his scalp, neck, and abdomen and a hole drilled in his skull. She writes that ten years after the operation her son will still not allow anyone to touch his head, neck, and abdomen in the areas touched during surgery. The mere sight of the hospital provokes in this child violent trembling, profuse sweating, screaming, struggling, and vomiting.

Public outrage over these practices has since forced official associations of surgeons, anesthesiologists and pediatricians to commit themselves to more humane policies but many doctors remain unconvinced. They believe what they learned in

anatomy, that the brain is only a fraction of its final weight and mass at birth and could not be working efficiently.

Skepticism about infant pain may be put to rest by a recent comprehensive review of pain and its effects on the prenat and newborn by Anand and Hickey (1987) of Harvard Medical School. From 200 citations in the literature, these doctors specify the anatomical pathways and mechanisms for *pain perception from the seventh week after conception onward*. They point to the early origins of the neurochemical systems associated with pain, especially substance P, which appears in the brain and spinal column at 12 to 16 weeks.

After twenty-five years of investigation with acoustic technology, nothing is left of the old theory that baby cries are simple, random, undifferentiated sound. Lester and Boukydis (1985) review the many findings about the infant cry. Cries contain unexpected but eloquent information about illness, malnutrition, malformations, and other growth problems. Cries reveal hearing deficiencies, cries prove that a fetus has heard and learned some of its mother's speech characteristics about half way through gestation (Truby, 1965, 1975), and cries trumpet feelings in a measurable range from minimum to maximum distress.

Oddly enough, *audible crying begins long before birth at 40 weeks*, the earliest recorded cries from aborted fetuses dating from 21, 22, and 23 weeks (Humphrey, 1978). *This means that a baby is capable of crying about half the time it is in the womb*. Cries have been heard coming from inside the womb. This condition, vagitus uterinus (literally, 'squalling in the womb'), is rare but well-authenticated. Stories about such squalling have been passed down from ancient Egypt, Greece, and Rome.

In 1923, an American physician, George Ryder, heard the sound of a baby crying after he had applied traction with forceps. Listening via stethoscope his assistant and nurses said the sounds were 'high and squealing, much like the mew of a kitten'. This moving event led to a world literature search and discovery of reports in many languages: 131 cases between

1546 and 1941, reported by 114 authors. Analysis of these records showed that crying was almost always associated with obstetrical procedures. About 20% of the crying prenatals had died - indicating the urgent nature of the cries (Ryder, 1943).

Eight additional reports, published since 1941, leave no doubt about the pain being expressed and who or what was causing it: a hand entering the uterus to bring down a leg, applications of forceps, injections of analgesia, inserting a catheter, or rupturing the amniotic sac. In one account, a mother, two doctors, and three midwives heard a baby cry five different times over a twelve hour period before labor began (Blair, 1965); they described it as 'a startling and awesome event'.

In three cases reported by a Belgian group, one baby started crying after membranes were ruptured and the head was being displaced to drain fluid. Crying recurred six times at intervals of up to 20 seconds. She was delivered after a difficult vacuum extraction. The other two babies, presenting in breech position, began crying after rupture of membranes and when electrodes were being clipped to their bottoms. They continued to cry about six times during labor. Two of the three had initial Apgar scores of 3 and 6. (Strangely, these obstetricians concluded that crying is not a sign of fetal distress and has no adverse effect on the fetus.)

Babies are famous for their cries at birth. Is crying normal? Some babies make no cry and instead gaze at their parents with total concentration. Have they no complaints?

Babies cry when arriving in a delivery room twenty degrees colder than what they are used to in the womb. They cry being wiped and washed or being stretched out and measured. They complain when given injections (vitamin K) and eye drops (antibacterial). They react to skin puncture. Crying rates and heart rates shoot up as heels are lanced for blood samples (Owens & Todt, 1984).

A different dimension of pain, the pain of separation and isolation, also provokes crying and is a common theme in birth memories. Studies tell us that newborns recognize their own



recorded cry, showing self-awareness. Other studies show how perceptive they are of other cries. Babies cry with and apparently for one another (Sagi & Hoffman, 1976). They also discriminate between cries of babies their own age and cries of older babies, animal babies, and computer-simulated cries. They are more likely to join the chorus of those their own age (Simner, 1971). Babies have different cries when bored or hungry. They cry after heel lancing (Grunau & Craig, 1987). Boston pediatrician Peter Wolff, noted for his continuous observations of newborns in their home environment, identified a 'pain' cry and a 'mad' cry. In each home he conducted an experiment playing recordings of these cries and noting the mother's response time and attitude. He found a dramatic difference. To the pain cry mothers came in a rush, looking quite worried. To the mad cry, they came to check up but were not alarmed; they expressed tolerant amusement at this precocious expression of rage.

Detailed sound portraits (spectrograms) of cries at different stages of the operation were easily sorted into separate piles by strangers who did not know what they were looking at. The variation and urgency of cries was obvious to adult judges who were listening. The degree of urgency matched the stages of surgical invasiveness and unmistakably represented degrees of infant pain.

Doctors still quarrel about the use of local anesthetic, though research showing its safety and advantages has been available for a decade. Doctors at the University of Iowa compared the stress level of thirty newborns with and without local anesthetic. Those done without anesthetic cried continually, nearly doubled their heart rates, and showed low oxygen tissue levels during the ten minute operation. In contrast, those given a few drops of anesthetic injected under the skin before cutting, reacted only briefly, and generally cooed, gurgled, and dozed through the procedure. One of the doctors, Marvel Williamson said, 'The myth that newborns don't feel pain because their nerve pathways aren't yet developed just isn't true. They feel it and react to the pain.'

Frederick Leboyer, the famous French obstetrician, was one of the first of his profession to believe that babies were, in fact, in as much pain as they appeared to be. Tight-shut eyes, twitching eyebrows, howling and squirming, kicking, clenched fists, and quivering flesh were to Leboyer signs of agonizing distress. Influenced in these observations by his own recollections of birth pain, he proceeded to modify the birth environment. As he developed his method of birth without violence he watched the look of terror and stress disappear.

Other evidence that birth need not be painful was gathered by obstetrics professor John Lind in Stockholm. He had seen thousands of births and could not believe that all babies were painfully born. To confirm this, he took photos of 130 normal full term babies and found in them few signs of pain or fear. Instead, many faces suggested curiosity and great expectation. Since then, reports of babies smiling after water birth have added to the impression that birth can be pleasurable. But this is not the usual birth.

It is an irony that the medicalization of birth has made it more painful for babies. *From labor onward, the (well developed) senses of a newborn are violated left and right.* In hospitals, natural birth seldom survives the cascade of well-intentioned interference. Deliberate rupture of membranes will eliminate the hydraulic covering which protects the head; birth in the lithotomy position will nullify the effect of gravity and make progress difficult. As a consequence of interference, complications may be assessed with electrodes implanted in the scalp and blood samples taken by making a scalp wound. If chemicals have upset the normal processes of labor, the baby may have to be turned forcefully and removed by forceps.

If these pains are missed, emergence into an air conditioned delivery room under bright light will be the first in a series of painful encounters: being roughly handled, wiped, measured and weighed; the sting of eye medication, the hurt of a vitamin injection and heel lance. Even a baby born quiet and contented must be provoked to cry in order to obtain a proper

Apgar rating. Delivery room pains are usually followed by the pains of isolation and separation from parents. This exile may last for hours. If hungry, babies will have to wait; if they want to move or turn they cannot; if they want to hear or see their parents, it is impossible. Babies are taken from their parents in the name of health, to receive "the best of care." But the real risks of going to the nursery involve more than tears, as summarized by Brackbill, Rice, and Young, 1985.

*Infant pain is emotional and mental as well as physical. Harder to measure than exposure to light and cold, these pains show up commonly in birth memories of adults obtained in hypnosis. Impressed at a deep and unconscious level they manifest as depression, phobias, mistrust, and guilt feelings requiring psychotherapy years later. Rejection of newborns for their facial features or sex, hostility toward them for causing pain and financial hardship, fears planted about their safety and well being can create their own kind of pain.*

*Even verbal remarks delivered with emotional intensity may imprint deeply and cause repeated suffering* (Chamberlain, 1988, chapter 10). An example is the mother who said to her doctor, "Why didn't you just wrap the umbilical cord around her neck and strangle her?" The daughter said she 'hated her mother from Day One'.

What can we do about newborn pain and suffering? Some pain may be part of a natural process that is beyond our control. If it is truly so, we should be alert to its coming and provide what comfort we can. Doing this will require letting go of the myth that babies do not feel pain. Some pain seems inevitable but is not. This is often revealed by women whose birth is 'physiologic' or 'natural': birth in a familiar environment, with constant support, freedom to move about, take whatever positions feel right, and make whatever sounds she wants. These freedoms seem to lower pain in both mother and infant. We must not accept that baby pain at birth is inevitable.

An especially heavy burden rests on professionals who make birth painful for newborns. Here we confront, not the pain of

nature, but the pain created by science, obstetrics, and psychology. We are still enthralled by popular myths that babies don't feel, don't think, don't remember, and have no sense of self. The truth about newborn abilities is now made plain from scientific discovery in the last two decades

How many more years of needless pain will newborns have to endure? The answer may depend on who takes the lead. Will obstetricians as a group conscientiously reinvent their approach to babies? Individual practitioners have already done so, but creating new standards for professional practice will take dedicated effort.

Parents themselves may be the ones to lead us into a new age of birth by setting new standards for how babies are treated. After all, whose babies are they? Parents always have the advantage of making the first move - as consumer they decide where to have their babies and what practitioners to employ. The current situation is a test of whether parents or professionals can react more quickly to new information.'

[Emphasis mine]

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Reading the recent discoveries about infant pain and trauma, I personally am of the opinion that even dangling a newborn upside down by his feet and smacking him on his buttocks, is unnatural and unintended by Nature, and has its repercussions on the physical and mental health of the baby. But the medical world is so organized, so powerful that it will continue to justify its practices on babies until a merciful and powerful Hand from somewhere intervenes globally and puts an end to its many barbaric ways. Until then, my advice to you is to do all that is within your means and power and understanding to ensure that your child has a blessed, healthy and happy arrival.

If your baby arrived with a squall, all your parental reflexes should get into the reassuring mode. If dad is around at birth time, he should ensure the baby is immediately placed beside the mother, before the doctors do the cleansing and the victimizing, I mean, the

vitaminizing. Doctors may protest, but if it is in your power, let the mother be the first person the baby has to deal with, not a hooded stranger. And while baby lies beside mother, the dad may coo some gentle words of welcome to the new member in your family. Then, after the baby is calm and assured of his mother's (and father's, if possible) presence near him, let the hospital go about its routine after-delivery procedures.

Also, do all in your influence to reduce the time baby spends in the hospital nursery, and increase his or her time with mom. The day will come in the enlightened future when the world will be shocked to know that there was an era in human history when hospitals kept newborns at long lengths of time away from the mother, bringing them to mom only at feeding hour.

Your understanding of how pain affects babies should transform drastically the way you respond to your baby's cries. Every cry, every sound from baby has a cause, unlike many sounds from adults. Adults are capable of making sounds and uttering words that have no cause, have no meaning, and no purpose. Words often just happen to them, and it can be said of many loquacious people that the fewer times they open their mouth, the more the happiness of the people around them and the peace of the world in general. Not so of any baby.

Breastfeeding should be continued for as long as the baby is happy to drink in of the mother's love in liquid form, and as long as the mother has milk to suckle. That could be even upto 2 years! It may be unnatural in the eyes of a modern world for mom to nurse a toddler. Then do not nurse in their sight, but in the serene privacy of your home, as often as the baby wants. It is certainly not unnatural for moms uninfluenced by modernity to suckle babies beyond the first year. My wife recalls her childhood playmate, aged 4, rushing off now and then from play to her mom standing next door, lift up the veil that covered the fountain of delight, suckle for a minute or two and return to play with her friend. Probably she suckled just warm air, but I mentioned the incident here just to show that, if a mother wishes, breastfeeding can continue smoothly one or two years beyond the point most mothers today close counter to their babies.

Let your maternal instincts decide when best to stop nursing, not the maternity experts and formula milk advertisers.

Every single day of baby's growth during this phase is a wonder experience that you will never in eternity get with your child again. There are other equally wondrous phases in the making - every one of them unique, and once passed, never redeemable - but this phase of about 2 or 3 years from birth is far more fleeting than the coming ones. Never let a day pass without pausing to deliberately and consciously soak in the awesomeness of the new life that is *absolutely* dependent on you for *everything* for his or her survival and happiness.

At no other stage in the child's life is he 100 percent dependent for survival on the parents. A hungry child of 5 or 6 years, like many I have seen on the streets of India, if left alone without parents, can scavenge for food by themselves. A hungry child of 3 or 4 years, in a happier environment, if mom or dad is not in the immediate vicinity, can go to the fridge and grab some grub to satiate their hunger. They can take limited measures to ensure their survival. But not the baby in your arms. The human baby is the only baby in the universe that is so absolutely helpless at birth and for a couple of years after that. And God designed them to be so for a great purpose. A purpose that a newborn calf or a kitten doesn't have.

Have you seen a cow birthing? What does the new-arrival do soon after landing on hard ground? It doesn't continue to lie on the ground, but immediately struggles to put its legs in place to get up. Two or three wobbly attempts and falls, and soon it's standing upright. And then, without pausing to glance around at its new surroundings, it heads right to where dinner is, while mom stands stupidly by.

Look at the teeny face of the new member of your family, and see the occasional twitches and smiles on it for no apparent reason even while the eyes are tightly closed in peaceful sleep...and ponder the tremendous responsibility entrusted to you by the Creator. God trusts you and your spouse enough to happily hand over a precious little being made in his or her Maker's image - a new life worth infinitely

more than all the physical universe - totally to you for a few years until he or she is able to care for themselves on their own.

Babyhood, which may be generally defined as the period from birth to about 3 years, is an excellent time to begin encouraging your child towards certain life-habits, skills, and attitudes.

What lifeskills and interests do you desire for your son or daughter to acquire from childhood and find accomplishment in adulthood? More vital than those, what character values and personality traits do you wish to impart and help inculcate in your child's mind by your own modeling?

I once believed that children were born with neutral character. But my own observations and study of others' research on this subject have convinced me beyond doubt that babies are born steeply inclined to rebellion, disobedience and selfishness. A baby is not naturally disposed to share his candy with a neighboring child. His natural disposition is to grab for himself what little candy that the other baby has in his hand.

My parents were Godfearing from their childhood. They brought me into the world and gave me all the loving care that any good parents would give. Nevertheless when I was 3 or 4, my greatest desire, said my mom, was to poke the eyes of any child sighted at close quarters. Of course, my mother's timely intervention every time the inclination overwhelmed me would save a little boy's eyes from a sharp jab of my forefinger. (I didn't attack little girls, though, a quality that continued to develop in me through adulthood and which caused me to always deal with extra gentleness and trust towards ladies, which often resulted in my being considered weak and gullible by the ones who swooned over the domineering hunky types.)

My earliest memories were of envy at neighboring kids with better toys, of rage against those who tried to prevent me from getting what I wanted, of resentment against those who denied me what I coveted. I now know that I certainly couldn't have been born with neutral dispositions. I had to be disciplined, trained and molded from year one by my parents and spiritual teachers to discard my natural qualities and adopt the qualities of obedience, sharing, and loving.

Begin the transformation of your baby's unacceptable behaviors from the day he or she displays their first act of rebellion or tantrum, which would be usually around the time they can walk and run steadily. How you train him or her *now* in toddlerhood will influence how they will respond to your correction a few years later in their childhood. How to discipline your child from toddlerage to teenage in a way that will not dispirit or exasperate them and that will not leave you with any remorse later is so vital an understanding for parents that I have covered it in a separate chapter in this book.

Take baby out to experience nature in all its myriad expressions. Blessed indeed is your child if he grows up in a countryside with groves and meadows or a river nearby, hearing the sounds of gurgling brooks and chirping birds and fluttering leaves. If you live in such an environment, take baby out at least once daily on little exploration trips. These outings, preferably with dad, can begin from the age of 6 months or so, when baby is able to hold his head upright and see beyond the immediate vicinity.

Point out the various phenomena before you - birds flying, insects crawling, leaves falling, clouds floating, the breeze wafting. Talk to baby even as you help him discover and soak in his new world. He cannot understand the dictionary meaning of your words, but he can sublimely perceive the passion for living in your voice. Let him loll amidst the wonders of nature that you unveil to him, and let his senses titillate at the marvels of creation in motion enacted all around him.

If you live in a city, then obviously, parks are your only option to gift your child with the lifelong benefits of early exposure to nature. If the parks are closeby, take baby out into it *daily*. If they are some distance away, make the excursion at least 3 times a week.

Connecting babies and young children to the natural world is *crucial* for their optimal intellectual, physical, and emotional development. Consider the awesome benefits of exposing your child to nature:

Children grow healthier, wiser, and more content when they are more fully connected throughout their childhood to the



natural environment in as many educational and recreational settings as possible. These benefits are longterm and significant and contribute to their future wellbeing and the contributions they will make to the world as adults.

Children who have more positive and enriching experiences in the natural world are more likely to become better-informed adult consumers and savers who are environmentally alert to their own lifestyles and practices.

Children develop and cultivate an understanding of fellow creatures.

Spending time in nature aids in stress reduction and in the treatment of depression and ADHD.

Both boys and girls develop the courage to handle challenges, problems, investigations, and just manageable risk.

Children are encouraged to build a sense of caring about the earth and the need to act responsibly toward it.

Natural environments offer greater opportunities for unfettered physical movement, thus decreasing the likelihood of obesity.

Children who experience the natural world and have opportunities to play and learn within it are more likely to choose science or related fields as careers.

Nature learning brings an expanded view of aesthetics. The fusion of the arts, music, history, and literature is also made possible when the nature and culture that surrounds children is documented and guided through their self expression.

Natural environments provide a sense of refuge and healing in a sometimes violent and frightening world.

Exposure to nature helps them grow into adults who care about environmental stewardship.'

World Forum – Nature Action Collaborative for Children. [worldforumfoundation.org](http://worldforumfoundation.org)

A love of nature is among the great lifelong gifts you can pass on to your descendants by your enthusiastic embracing of your natural surroundings in the company of your family.

If you desire your child to master some music skills and become a professional in it by the time they are young adults, now is the time to begin. Whatever area of skill you wish your son or daughter to excel in, start by first exposing their auditory sense to that area of music.

When my 2 sons were little, I made them listen to rock 'n roll and hard rock, which were my great delights in music then. By the time, the two became teens, they were introducing me to the latest celebrities and their hits in rock music. (One of them, who was introduced to me by them, became the mentor for my guitar playing.) When my elder son, who had picked up his lead guitar fascination from me, was in college, he received a letter of congratulations from the Vice Chancellor of the university. It read: "I congratulate you for your excellent performance in the Inter-University Youth Festival... It is really creditable that our University have become the champions in this Youth Festival through young talents like you. Please convey my good wishes and congratulations to your teachers and parents, who have encouraged and supported you in your endeavors."

Well, my son didn't remember to convey the congratulations to me. I saw this letter recently by chance in some old files at home, 16 years later, after my son married and had set up his own nest and begun exposing his 2 children to the world of music...and grandpa is still pitching in. My grandson, 2 years old at the time of writing this, is getting lead guitar lessons from me, and he is already making excellent progress.

My second son, grew in his musical accomplishments in his own way and is now a talented guitar player and a promising music composer and singer. One day, not in the distant future, I hope to release my first album in collaboration with my two sons, and perhaps, later in the future, with my grandchildren as well...all because I took the time and effort to instill in my sons a deep love for music from the time they were babies.

Of course, it is possible they could have become skilled musicians on their own initiative, without my initial involvement at all. My parents, humble country folks, had nothing to do with the interests and skills of my adult life except let me grow up happily. But had my parents known enough to train me up in some of my self-acquired interests, it would have made a great difference to the *level* of my present abilities in them and to the *time* it would have taken for me to acquire the skills. With their input, I could have probably accomplished in 4 years what I got the opportunity to do so only after 40 years.

There is another more important reason why you should begin to instill in your children a love for skills and subjects that you would love to see them excel in when they are adults. While it is possible your children may acquire some skills on their own without any input from you, there is *no assurance* they will develop the *particular* skills you desire for them. While my 2 sons became promising musicians, the youngest child, my daughter, could not acquire any musical gift, to my lifelong remorse, because I didn't get the opportunity to expose her to this field as I had with my sons. For by the time she was reaching the age that my sons began their musical excursion, I had to go abroad and be separated from my family for many years, and by the time I could be with them again permanently, she was a grownup girl with little interest in dad's pastimes. You just couldn't know how long you will have the opportunity to redeem the time with your children while they are so dependent on you and so moldable.

Redeem every second of your wonder time with them today, before the remorse years overtake you soon – far fleetingly sooner than you can realize now.

Nature and music are just two facets of the whole wonderful world of discoveries your children can experience from babyhood. Dancing, painting, sculpturing, collecting, swimming...these are some of the other skills in which you can be a mentor to your child from the time he or she can walk steadily.

Tucking-in time is an excellent opportunity for you to create in your child the love of literature and reading. Kids who have not been exposed to the joys of reading will naturally become unshakeable addicts of the digital screens at home by the time they are 3 or 4. I

don't have published scientific evidence for saying this; it's just adduced from common sense: Children who have acquired the pleasure of reading will naturally be watching tv and computer screens less frequently compared to kids who read less, and as such, fewer such children will be wearing glasses in their childhood – a tragic growing phenomenon of modern families. Using the same reasoning, we may deduce that children who love reading and watch tv less are likely to be more active physically, and consequently, healthier.

But there are tons of evidence that reading aloud to children from birth through age five plays a key role in a child's emerging literacy and preparation for success in school.

'Educators have identified preschool reading and parent involvement as among the most important steps toward a child's success in school. A growing body of research now supports the experience of teachers. It suggests that from birth on the learning environment has a tremendous impact on the short and longterm reading capability of the child. According to Karoly and others (1998), children develop much of their capacity to learn in the first three years of life, when their brains grow to 90% of their eventual adult weight.'

The  
Ferst Foundation for Childhood Literacy

'Just as a child develops language skills long before being able to speak, the child also develops literacy skills long *before* being able to read.'

National Research Council

'U.S. Department of Education analysis found that children who were read to at least three times a week by a family member were almost twice as likely to score in the top 25 percent in reading than children who were read to less than three times a week. Just like physical exercise, there are cumulative benefits when you do something regularly.'

Literacy  
Connections

'Findings indicate that those with highest exposure to reading aloud at home demonstrated advantages in spelling, decoding and alphabet knowledge through Grade 3.'

New Directions for Child and Adolescent Development

'Books also can encourage children to follow their dreams and achieve their potential. Yes, it seems incredible for a book to launch a life, but it happens every day as hungry, inquisitive young minds reach out and grab hold of the new people, places and ideas that books bring them.'

Reading Is Fundamental (rif.org)

'With confidence, I tell parents to read to their children, secure in the knowledge that it will help their language development, help them be ready to read when the time comes, and help parents and children spend loving moments together.'

Dr Perri Klass, Medical Director of Reach Out and Read

'Reading aloud to children is the single most important activity for building knowledge required for eventual success in reading.'

National Academy of Education's Commission on Reading

'Children's comprehensive, conceptual, and behavioral patterns are primarily shaped between the ages of birth to five years. It is especially important for families and child caregivers to read to children early and often.'

Introduction to Early Childhood Education

'By reading to infants, parents can help their children develop an understanding about print at an early age as infants learn to make connections between words and meaning. By engaging children at an early age in reading and allowing children to observe those around them in reading activities, parents can help foster a lifelong passion for reading that leads to benefits in all areas of development as children grow older.'

National Association for the Education of Young Children

'A study published in the journal *Research in Social Stratification and Mobility* found that *just having books* around the house is correlated with how many years of schooling a child will complete. The study found that growing up in a household with 500 or more books is "as great an advantage as having university-educated rather than unschooled parents, and twice the advantage of having a professional rather than an unskilled father." Children with as few as 25 books in the family household completed on average two more years of schooling than children raised in homes without any books. According to another study, giving children 12 books (of their own choosing) on the first day of summer vacation may be as effective as summer school.'

salon.com

Apart from the physical benefits of reading aloud to your baby, there is another dimension of benefit to both the child and the parent. It is the *bonding* of hearts.

'For a child, the more time spent with a parent reading aloud increases his or her level of attachment, enhances a sense of security, and imparts the knowledge that their parent feels they are worthwhile people with whom to spend time.'

Raise a Reader

Among the most cherished gifts you can give your child is to shower them daily with physical demonstrations of your love for him or her, starting from arrival day. Affection is the term I would like to use to refer to the touching, hugging, kissing, cuddling and other physical acts of yours that demonstrate how much your child means to you.

For the first few weeks, all your demonstrations of affection could produce only a blank look on the tiny face. But as the weeks turn into months, your baby's smiles and chuckles will effervesce out, and they are the surest indications that your affections have gone deep down into his or her heart. Continue showering the daily affections until your child blossoms in them into a teenager, when most of them would begin to feel awkward being kissed and embraced by dad or mom. This is a natural and normal reaction of a maturing body.

Nevertheless, the mature child will still need physical demonstrations of your love, and this can now be limited to a quick hug, holding of the hands, and so forth. The day will never come when touching, holding, hugging will ever become undesirable in your son or daughter, and dad and mom should always greet their grownup children after a period of absence with a hug and kiss.

And let me say this. All the showers of affection you show your child today are going to come back to you in full measure, overflowing and brimful, when you are frail with advanced age and no longer able to stand upright to hug your children.

My mother passed away 10 months ago, as I write this. For the last 4 years of her life, I was the only family member with her as she lay bedridden in an advanced state of Alzheimer's. All her walking years, even when she was an octogenarian, she never diminished her affections on me. And now, as she lay bedridden, a helpless nonagenarian in the last phase of her life, not a day passed that I didn't hug her and kiss her, and the beaming face showed me that though she did not recognize me, her heart was overjoyed by this display of love. I could never have been naturally disposed to do that had she been just a loving mom from my infancy but who hadn't shown much affection to me physically. For I have seen another incapacitated old woman, a close relative, in her final years. She had children who loved her and provided for her excellent physical care, but who didn't feel the need in their hearts to be close to her physically as often as possible. She did not receive the warmth of her loved ones when she needed them most, and departed in a cold and lonely state.

I am emphasizing this aspect of baby care because I know there are parents who would do anything to ensure the happiness of their baby, but who do not naturally have the disposition to display affection. The parents themselves may have a family background where physical affection was a rare phenomenon, and where any such demonstration took place only between mom and dad privately, who might have reserved such display to each other only for procreation purposes in the pitch darkness of their bedroom.

The wise man said in the books of Proverbs, 'Sharp words spoken in the open are better than love that is hidden.' Or as another

translation puts it, 'It is better to correct someone openly than to have love and not show it.'<sup>2</sup>

It is better to hurt the feelings of your loved ones now and then, while not depriving them of your affection, than to love them without hurting them once, while denying them your hugs and kisses.

The dearth of demonstrations of physical affection is a contagious bane of modern homes. Don't allow the virus of unaffection to pass down from your kids to your future progeny. You and your spouse, as the progenitors, can determine today if the thousands of your descendants will become a nation of friendly, hugging people, or a nation of formal handshakers at arms' distance.

How you respond to your toddler when he does something he shouldn't, what words and tone of voice you use when you express annoyance at something, how you roll your eyes and use other gestures when you are exasperated with your spouse, are exactly how baby is going to respond to you and others when he or she grows a little older.

I heard a one-year old baby uttering 'shit' when something got in his way. Later I learned that one of the parents had been using this word at home to express annoyance, but when they saw their stinking influence on the child's responses to hindering life situations, they banished that word from their vocabulary. Now the baby is 2 years old, and I recently heard him utter 'Oh, no!' when he was confronted with a similar obstacle that had elicited a different word from him earlier. Because the influence was recognized and counteracted in the bud, the baby was rescued from butt language, a rapidly growing medium of communication among youngsters today. Most babies aren't that blessed to have quickly-reacting parents, and grow up into teens and adults who spew four- and seven-letter profanities from their minds as unabashedly and naturally as smokers exhale noxious fumes from their lungs without a thought.

Therefore, let me urge you with all my heart that you should make it among your greatest goals on waking up each day that you will not utter *a single* expletive when irritated, not *a single* cuss, not *a single* expression that you don't want your child to inherit. It is not enough to resolve not to do so in the sight and hearing of your baby;



for there are invisible forces at work that will carry your agitated thoughts to your child and affect him. You should exercise such self-control for your baby's sake that you will not deliberately even *think* of such words.

'Curse not the king, no, not even in your thoughts, and curse not the rich in your bedchamber, for a bird of the air will carry the voice, and a winged creature will tell the matter.'

Ecclesiastes

10:20 Amplified Bible

Never roll your eyes at your spouse, not once. Never raise your voice at any member of your family; never display any expression of face that you wouldn't have wanted your father or mother to express at you when you were a child; never speak in a tone you wouldn't want your boss to use at you in the workplace. Baby may not see or hear it. But the deadly vibes of your verbal and nonverbal expressions have a supernatural way of taking wings and finding lodgment in your child's conscious.

Finally, the greatest counsel I can pass on to you on bringing up your baby safely and joyfully through this first stage of his life. Earnestly seek the protection of his or her Life Giver. Ponder all the risks that your child can be exposed to in the environment where you are living now. Perhaps you are in place where epidemics had ravaged through many homes in the past, or where dangers of the street or playground are rife. Recall the incidents you have read and heard about of the many tragedies that had befallen other babies even in their own homes. Then pray for the protection of your baby from every *specific* danger you can think of. As for the hundreds of other risks your baby faces which are beyond your awareness, that's God business, and he will ensure the protection over your child is total and all-encompassing. Your part is to pray fervently about what you are aware of.

As much as you pray for their physical wellbeing, seek earnestly the emotional protection of your growing child. Pray that he or she will not be influenced by what they see on television, what they subtly observe of a violent and perverse world around them. Pray that your

baby will not acquire traits that will become blemishes in his character and personality when he grows up.

Pray especially that your baby will grow in compassion and mercy for all people, and in faithfulness and obedience to his Creator. Pray that God will use him or her mightily to fulfill his purpose on earth and to make them his effective agents in bringing relief and peace to a suffering mankind, and joy and hope to a depressed world.

And finally pray that God will always keep your child's heart *humble*, protecting it from that disastrous state of mind called pride, which has caused the fall of many a great man after they became surfeited with success and abundance.

Your baby is your once-in-an-eternity gift and opportunity. What you see and experience today will not be there anymore even a month later. Baby's responses, expressions, physical features, change at a pace you can never anticipate unless you are redeeming *every day* of your baby's life.

Redeem and rejoice in the present wonder phase of your child to the utmost. It's never going to come back.

<sup>1</sup> Source: [childbirthconnection.org](http://childbirthconnection.org)

<sup>2</sup> Proverbs 27:5 - New Life Version, New Century Version

## CHAPTER 5

### **Child**

You have now arrived at the very beginning of that stage of your child's life which is literally the most crucial of all the developmental years in a person's life. These are the growing years between 4 and 17, give or take a year from either side. A child lost to evil influences at this phase is usually lost for the rest of his life, unless a dramatic miracle forestalls his or her tragic adult life. And if I judge by the number of lives I was associated with that had gone astray at this most crucial stage, I should say that miracles are among the rarest of phenomena on earth today.

For the sake of making my counsels more specific in their application to your child, I shall cover this most vital stage in 2 chapters. This chapter shall focus on the early childhood phase, the age between 4 and 12, which are the 'wonder years'; the next chapter shall cover the latter childhood phase, the age between 12 and 17, which are the charged and turbulent years of tweenage and teenage.

When your child begins to talk in complete coherent sentences, we may say that his toddler years have ended. By the time he reaches 4 years, your child is a fully functional human being in all aspects of the body and mind except in his reproductive system.

How can you make this phase of your son's or daughter's life the most blessedly transformational and joyously transitional years of their life? How can you ensure that what your child receives in this stage of his life will protect him and guide him for the rest of his years, and he will look back in his adulthood with unexpressible gratitude to his parents? What can you do at this phase so that you can redeem the time that is NOW and have absolutely no remorse that you will NEVER get that opportunity again?

What I have received as a gift of understanding under circumstances so incredibly intense such as I think few parents in this generation have experienced, I shall pass on to you in answer to those monumental questions.

King Solomon, gifted with the greatest capability of all men to deduce wisdom from his observations, concluded that the cause for an adult's adherence to a certain way of life was how the person was trained in early life.

'Train up a child in the way he should go, and when he is old he will not depart from it.' Proverbs 22:6

Another version states:

'Teach your children right from wrong, and when they are grown they will still do right.' CEV

It is the years from 12 to 17 that a child's mind is naturally disposed to *totally* believe and heed what a parent teaches them. These are the years that a parent should *intensely* focus on training their children to discern right from wrong, and more vitally, to choose *always* the right without exception.

Not teaching them this distinction with absolute clarity is surely training them *not* to have absolute values and *not* to make always uncompromising decisions in their lives. When your child is not given clear and firm training in discerning and right choosing in these 6 or 7 years of his life, he is nevertheless going to receive a life training of his own driven by his natural impulses and swayed by the easier choices in his environment.

What specifically should parents teach their child that will equip them with the understanding and training to walk in the right paths of life and to avoid every alluring detour that would snare them into wrong attitudes and rebellious acts?

Absolute values.

Only the imparting of *absolute* values that cannot be compromised under any circumstances can keep a teen or a young adult safe in a world where young people in exponential numbers are casting off every moral restraint and following the dictates of their natural impulses.

Any set of moral codes, any principles, any beliefs, any moral foundation can only be a shaky and easily compromisable when they are not given as absolutes, but only as proper conduct, or as family or religious traditions, or as ethical behavior.

Fornications and pregnancies happen among teens only because they were not trained in absolute values. Promiscuity is the product of absent absolutes within the person, not the result of lascivious opportunities without the person. Very, very rare indeed is the young man or young woman who engages in premarital sex who has been given a rigorous training in absolute moral values from childhood. On the other side, not uncommon yet is the young man or young woman who maintains their virginity into marriage even when they were not given such a training. This happens because their parents' lives have been morally exemplary and even without verbal training the children learned by observation and vibal influence - the impact of spiritual qualities that emanate unspoken from a parent to a child. Or it happens because the child has been blessed with natural self-control guided by an inherited conscience that can discern the extreme danger of sexual indulgence. But such young people are becoming uncommoner each day as the global tide of licentiousness sweeps through every country with increasing devastation of young lives.

Among the absolute values, I mentioned sexual morality, because I believe that is what is causing the greatest number of tragedies in young lives around the world in our present generation.

Where can a parent find the absolute values to train their child in? An absolute value can originate only from an Absolute Authority. Any value given to a child as absolute without an Absolute Authority to back it is only going to be a temporary imposition which will be cast off at the first opportunity. The disciplines of good character, the mores of society, the values of democracy, the revered cultures and traditions of the family, the fervent beliefs of parents, will have no lasting impact on the child if those values do not have an Absolute Authority backing them as their sole originator.

What is the basis, for example, for teaching a child not to steal if he is not also given the Absolute Authority to back that teaching? The child will accept it as his parents' teachings, and continue in them

as long as he is in submission to parental authority. But if in adulthood the grown child falls into hard times, and then reasons that by stealing something he can get away with it and solve his problems, parental authority by itself has no strength to keep him from dishonesty in the time of his need. Or if a young man finds himself surrounded by beckoning opportunities for the indulgence of all his sexual fantasies, parental training by itself has no power to keep him from resisting the temptation.

The verse in Proverbs about a man not departing from the training given in childhood is only valid if the training given is in absolute accordance with the teaching of the Absolute Authority revealed in the Bible.

And this is where I want to speak about the single *greatest* aspect of all the values and life training you can give your child for his safe future. I refer to it as 'The 10 Universal Laws of Absolute Success and Happiness'. The Bible refers to it as 'The 10 Commandments', given in codified form in the book of Exodus, chapter 20, and expounded and amplified in the rest of the Bible.

Give your son or daughter The 10 Commandments in childhood, and you will lay for them the surest foundation for the rest of their lives. And with that foundation you will also give him or her God's personal guarantee that they will have the *good* success, which they can never have otherwise.

'Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go.' Joshua 1:7 English Standard Version

'Good' success is a different kind of success than what the successful people of this world enjoy. Their success has no guarantee of lasting a lifetime. Their kind of success does not guarantee them peace of mind and happiness. Mere success does not guarantee its achiever a lifelong happy marriage and a joyous family life. This kind of success gives no assurance to its possessor that their own children will be successful.

Good success is God-gifted success. And this lifelong gift from heaven can be received *only* by the keeping of The 10 Commandments.

Let me share with you - from my experience of teaching my own children and seeing the blessed fruits in their adult lives - how you can effectively train your child in the way of The 10 Commandments from his childhood. These commandments are given in Exodus 20.

### *The 1st Commandment*

"I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery. You must not have any other god but me."

New Living Translation

This is the *first* teaching of all life teachings you must instill in your child's consciousness from the age he is able to understand your words.

Egypt is used throughout the Bible to symbolize a person's life of slavery to sin before God saved him or her. Had not God rescued you and your family, including your little child, from spiritual slavery, you would not even be reading a book like this, but might prefer to take your counsels from sources where God is nowhere mentioned as an absolute factor in childrearing.

Explain to your little child that everything in this life exists because God made it. Emphasize that your child's father and mother are there to take care of him only because God gave you both to him. And tell your child that it is God who gave him or her to you, and that he or she was not born by chance. (Training a child in the 1st commandment is the best assurance that he or she will not be influenced by the deceptive teachings of evolution he will be taught in school and college.)

Teach him there is no other god but the one God who created all things.

And important aspect of teaching the 1st commandment to your child is to make him understand as much as possible about God's love for

him *personally*. Your child will not be able to comprehend much of what you teach him on this profound subject of God's love, nevertheless tell him often that God loves him *more* than his father and mother can, and therefore we should love God and obey him above everyone else.

And above all, teach your child the 1st commandment by letting him or her see how you apply it daily in your own lives. Can the child clearly see by your words and actions that God indeed is your first love and that you have no greater passion for anyone or anything else in life? When your child sees dad and mom daily getting on their knees to worship the One God, the child's consciousness forever consolidates the verbal teaching you have given him about the 1st commandment.