Soul Bonding during Pregnancy

12 EXERCISES for Intuitive, Creative Right-Brain Communication

Pamela Sue Hickin and Bridget Luise Esquivel
SOUL BONDING
through Intuitive, Creative Right Brain Communication

Part One: Pregnancy

by Pamela Sue Hickein and Bridget Luise Esswein

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Forward

Soul Bonding is a process that enriches our hearts and lives. It is really for everyone—not just mothers and their babies—but for each person and their very own soul. The picture on the original cover depicts a mother and child lovingly communicating without words through a wonderful rainbow of thoughts, emotions, virtues, desires, wishes and prayer.

This rainbow-like connection is a rich invisible umbilical cord—it’s a special bond of intuition conveying nourishment at the level of the heart, mind and soul.

It is a special form of nurturing and communication that is meant to be between all souls—for we are parents to one another and, indeed, to all the children of the world.
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Introduction

This booklet is a loving metamorphosis. Its origin lies in two distinctly different forms of prenatal education. This is what we mean.

For Bridget, a midwife from Germany, prenatal education meant childbirth preparation classes—helping parents with the physical, spiritual, emotional and mental transition naturally into parenthood. For Pamela, Master Shichida instructor in the United States, prenatal education encompassed something a little different—a Japanese prenatal infant learning program taught to babies via the mother through intuitive right-brain communication.

Once we began to share our adventures with one another we began to experience a creative synergistic explosion. There was something very special and important which we felt we needed to convey to all new parents worldwide. Not childbirth training, not prenatal learning, not proper diet or exercise. It is something we’ve come to call “soul bonding”—an intuitive bond between mother, father and child.

Soul bonding enables our children to communicate their needs to us without any barriers—and allows us to respond. It is the basis for love, health and learning—and sets the stage for the child’s entire life.

What we’ve come to realize is that this type of communication is for mothers, fathers, grandparents and caregivers of all children worldwide. We have to become parents to all life. And carry the awareness that we are all nurturers.

The exercises in this book are designed to help you recognize the way your child communicates with you. Every parent-child bond is unique. If he doesn’t respond at first, it doesn’t mean that you are not intuitive or that you cannot establish a clear flow of communication with your baby—you may need to just step back, relax and find your own personal “language.” We hope you do. And are able to experience the joy of communicating love and bonding with your child at a soul level.
Philosophy

Although relatively unknown in the West, prenatal education is widely practiced in the East—with classes for mothers-to-be teaching foreign languages, classical music, art...even math and science. The recent scientific discovery that infant brain development is at its peak in utero and infancy only confirms the belief system from which they have been practicing for hundreds of years—that every baby is educable, even during pregnancy, and that infancy is the most important time for molding a child’s intellect, emotions and physical well being.

Right Brain Education

Dr. Makoto Shichida, author of over 60 books on early childhood education, is leading the acceleration of education in the Pacific Rim. He has created the Shichida™ Method for children of all ages and draws parallels to the education of adults. He has recently enjoyed several weeks on Japan’s bestsellers’ list for his latest book for adults--The Super Right Brain Revolution.

Dr. Shichida believes that the right hemisphere of the brain governs magic-like abilities including multiple language acquisition, photographic memory, speed reading, computer-like math calculation, perfect pitch and intuition—the ability to recognize, record and recall energy frequencies through a unique resonance function.

Dr. Celeste A. Matthews, author of Introducing the Work of Dr. Makoto Shichida, writes, “This function is based on the notion that all things exist as subatomic particles that vibrate at ultra-high frequency. Thus, the physical body is continuously bombarded by frequencies which are emitted from every object, thought and feeling in our environment. The right brain is somehow equipped like a tuning fork to receive and process these frequencies which are perceived as thoughts, images, feelings and sensations, but not necessarily at the conscious level.”

Infants, Dr. Shichida has discovered, are able to utilize this resonance function very early in their development. Learning is able to occur, then, through the transmission of mental images and loving heart messages. And while no scientific evidence exists to prove his theory true, mothers and infants in over 300 Shichida Child Academies testify to experiencing magical results from the program.
Mothers and children form an intimate bond of telepathy—a wordless communication using mental images, thoughts and feelings and messages back and forth. When this begins in the womb, a wonderful bond is made—one which we describe as being from soul to soul since it involves our most private, inner person.

**Soul Communication**

Communication from the womb is not always easy to detect. The process of being able to listen to your child takes time and practice. Which is why the adult must first experience right brain education for themselves to foster a heighten sensitivity and awareness. But once contact has been made—however subtle—the lude felt from the womb spills over into the everyday.

This point of soul contact is pivotal in the raising of your child. Once you achieve it, take note to remember what it feels like. For it is this place where they will strive to be when they find themselves out of balance—from toddler tantrums to teenage experimentation. And it is this point of contact where, when it is missing, should be a telling factor in your relationship—waking you up to the fact that more time and attention is needed to cultivate and reawaken it between you.

Soul communication is the empowerment of the child right from the start. Through conveying his needs and being understood, the child learns early on that he is an important part of a working universe...a universe of love.

**The Power of Honesty**

Truthfully monitor your thoughts and motivations—when communicating with your child are you REALLY thinking:

“I don’t really want to be pregnant—I have some concerns.”
“I don’t believe this really works.”
“I’m tired I want to sleep.”
“I’ll feel guilty if I don’t at least try this, so I guess I’ll do it.”

When you are aware of the truth and are willing to look at it, it often transforms into a positive solution. You have to look at it first.

Talk to your child and say, “I’m really too sleepy to do this.” Then, let your child respond—communicate! He may say, “It’s okay, let’s do it later.” Or he may say, “No,
Mommy, I really need to do this right now!” Then you become motivated to continue and are oftentimes rewarded for doing so.

The Power of Positive Thinking

Children, particularly those in the womb, are privy on a subconscious level to your emotional ups and downs. When you are unhappy, explain your problems in terms they can understand--without burdening them or giving them undue responsibility--and be hopeful of a positive outcome. Hope is a vital component to problem solving. It can also boost your overall health and vitality.

Science is now proving that the immune system is strengthened by positive thoughts. Prenatal experiments have also concluded that negative thoughts produced negative hormonal secretions and that the blood tended to become more acidic over a long period of time.

This is why Bridget hold classes for parents before conception. She likes to focus on the healing of the psychology of the parents before conception in order to receive and interact with the incoming child in a healthy manner.

Her advise? Heal old wounds before you start--You can give wholeness when you are whole.

A New Way of Parenting

Understanding and being confident of what your child needs every moment of the day breeds a certain kind of parenting confidence. We should learn to understand and recognize it as a tool. One which can prevent a lot of frustration common in parenting--when one seeks to understand their child's needs strictly through the outer senses.

When we learn to truly listen to our children, we are struck with the humbling fact that we are NOT the teachers--the children are. Once you begin your journey in intuitive parenting, you will find yourself face to face with old habits or cultural modes of relating to others which are really not honest. Be aware of them. Let your sweet words be a reflect of sweet thoughts. Children know the difference.

And after each point of revelation, we can modify our behavior to become more honest with ourselves and other. Adjust, adjust, adjust. Use your child's fresh, honest assessment of your world as an opportunity to change and grow.
Three Steps to Bonding

We have observed that soul bonding typically happens in three separate stages. These three steps form a pyramid--each stage a platform foundational to the next process.

Stage 1: Wholeness of the Mother

In this stage, the focus is on the mother. Her “inner child” needs to be attended to first. And the process can be an arduous, painful one. She begins to initiate healing--of hurts, painful past wounds which, unfortunately, serve as effective blocks to intuition.

When she does this through counseling, love, family and community support, she is brought back to a point of wholeness and love. It doesn’t happen overnight. However, once wholeness is attained, the mother becomes able to give love and listen to others. When she is whole, she is able to adore. Her own wholeness makes her adore-able! An open door for union with her child and her own soul, in fact.

Stage 2: Awareness of the Child

Awareness of the child is the awareness of the soul--it’s unique gifts, it’s divine plan, it’s personality, it’s wishes and needs. This is the stage where the mother is distinctly aware of what the child wants to eat, to learn, to play, to go, to be entertained...and when to be loved, cuddled, to meet or avoid people, events and and certain noises.

At this point the mother needs to be willing to listen and become willing to follow the child.
Stage 3: Education of the Soul

Once the mother is whole, and is able to recognize and respond to the thoughts of the baby, she has established the trust relationship necessary for learning and teaching.

The child can lead and the parent will follow. In other words, a wonderful natural process comes about where the child will crave instruction and the parent will strive to support this by exposing the child to what they want to learn.

Preparation

Ask your baby if he would like to communicate with you. Ask him if the particular activity you've chosen is what he would like to do as well...or perhaps save for another time. Be open to answers. Remember, your child is the teacher. Once you are both ready to begin. Do the following 7-Step Preparation Process. Doing so will bring you in a relaxed Alpha brain wave state--when your brain is poised for optimum access to right-brain intuition.

1. Clear away all distractions.

When clearing away all visual distractions and sounds, help your child understand why you are preparing the environment and encourage him to take an active role by guiding you toward things he does/does not want in his environment.

2. Create your environment.

Find a place in your home that represents comfort and peace. Put on some soft, calming music--60 beat per minute music which corresponds with the beat of the heart--incense, oils, candles, etc. Remember this environment is for you and your child--ask him to direct you to all his favorite things.

3. Convey love to your child.

If you don’t feel particularly loving and kind right now--take a moment for yourself. You have to recognize your own soul’s needs. Once you are in a loving, giving space, begin. Put your hands around your tummy. Tell him that you love him. Tell him that you and he are one in your heart.
4. Breathe deeply.

In-4 beats-hold-4 beats-out-4 beats-hold 4 beats and repeat until you feel calm and refreshed.

5. Image the results you want to accomplish together.

This depends upon the activity you are working on, but it is important all the same. If you want to communicate with your child, see yourself talking back and forth.

6. Believe it.

Say, "We deserve this image. We will protect this image in Light. We will do our best to achieve it--the universe will do the rest as God wills." And believe it!

7. Teach gratitude.

Gratitude is the strongest magnet for abundance. Take a moment and be thankful for the image you believe will be put into action.

Again, remember that everyone communicates intuitively in a wonderfully unique way--some parents sense answers through emotions, some actually hear an inner voice, some see mental pictures conveying ideas or messages--some simply instantly “know” the answers. Be open and invite the communication to happen however and whenever your child chooses. The key is to be patient, listen and respond to the still, quiet voice of your baby. When you do, the communication will increase and the voice of your child will grow stronger and stronger in your heart or mind.

Once you have established a peacefulness about you and your baby is ready to begin, start the exercise of your choice. Although the exercises are sequential, there may be favorites that you may wish to revisit again and again. Enjoy (in-joy)!
Exercise 1

Creative Collage

Objectives

• To clearly define what you need to support your child on every level--physically, emotionally, spiritually, socially and intellectually.

• To understand what qualities and gifts you can offer to enhance the proper nurturing of this child.

• To recognize your child’s wishes and needs.

Rewards

You and your child will be able to communicate on a deep soul level. You will understand why you have attracted the child you have and will be able to support his true reason for being. You have something special to share. In discovering your own talents and gifts, you are able to appreciate and love yourself more--the key for being able to nourish and nurture others more fully.

The Exercise

Needed: Construction paper, magazines, scissors, glue, colored pencils, crayons, markers, photographs and pictures, books

1. Begin the 7-Step Preparation Process--meditate on your child. Invite him to share himself with you through images of what he loves, what he wants to become and what tools--material, educational or spiritual--he will need to fulfill his reason for being.

2. Pull out magazines, picture books, photographs, postcards, etc. and start cutting out the pictures you are intuitively drawn to. It’s a good idea to have a variety of topics, areas of interest.

3. Tape or glue (non-toxic) the pictures onto a large piece of paper. Write words that come to mind under, over or on top of pictures which evoke a certain phrase or inner meaning. Go with the flow--allow your united creative create a special message.

4. When you are finished, place this collage in a wonderfully private place where you may meditate on it without having to explain it to others. This is a an out picturing of something very special between you and your child--something very much worth treasuring and saving to look upon in later years.
Exercise 2

Love Letters

Objectives
• To share yourself fully with your child.
• To recognize your own wishes and needs.
• To rediscover the power of love in your own life.

Rewards
Love is freely communicated. And if there are any barriers to this happening, they soon come up for your attention—seize the opportunity! Pregnancy brings many of our emotions to the fore, as you may already be experiencing. Recognize them, joy in them, and when you sense a block to love, talk to someone about it. (If no one is around, there’s always God!)

This is an exercise you can share with the whole family. Older siblings can share in the sending forth of love to the incoming soul of the child. We know of one woman with five children who describes her love of her children as a “heart flame” that only expands a grows larger with each child she bears to life.

The Exercise

Needed: A piece of paper and a pen.

1. Begin the 7-Step Preparation Process—meditate on love.

2. Draw a heart on your paper. Ask yourself, “What do I love?” Now, just start writing. When you have finished, go on to the next step.


4. Draw another heart. Now finish the following sentence: “I am glad you choose me because...”

Exercise 3
Sharing

Objectives

• To become aware of and respond to the needs of your developing baby.
• To integrate your needs with your child’s.
• To enjoy and appreciate the ultimate form of sharing.

Rewards
Sharing your body with your growing baby in the womb is no small task. How can you share yourself in harmony. What happens when the baby wants to eat meat for his development and you’re a vegetarian--you want to sleep and she’s kicking and squirming inside?

This exercise will help you become aware of your child’s needs and communicate your own needs as well. This special time of give-and-take is a basic lesson for life and the beginning of a wonderful future synergy of love and sharing.

The Exercise

Needed: A piece of paper, scissors and a pen.

1. Begin the 7-Step Preparation Process--meditate on your child’s needs.

2. Write down words which represent the basic activities you do to maintain your body (heart, soul, mind...): “food” “drink” “supplements” “rest” “walk” “reading” “meditation” “work”, etc. Cut them apart and lay them out before you.

3. Close your eyes and meditate on what you need right now. However, sometimes the needs of the mother are so strong they close off the the response from the child--this is why you need to recognize your own needs first and set them aside to receive a separate answer from your baby.

4. Ask your child to tell you what she needs right now. Are they the same? Many times they are. When your needs differ, ask your child how you can work this out. Are you willing to be flexible? Is she? Be sure to recognize “needs” versus “wants”--needs take priority and must always be promptly met.
Exercise 4
Meditation of the Heart

Objectives

• To exercise the heart connection with your child and all life.

• To elevate your thoughts, feelings and images.

• To relax and connect with universal love.

Rewards

This meditation helps open up the flow of intuitive communication simply by allowing you to empty your mind of all mental chatter and worries from daily life. It opens you to experience images that come forth simply by meditating on love.

The joy of this meditation is amplified during pregnancy. You may sense love impulses from your child and, perhaps, angelic beings who assist in the protection and creation of his form. Many people experience an increase sense of focus and mental clarity when they do this exercise everyday.

The Exercise

Needed: A special place to meditate, candles, essential oils, incense, love.

1. Begin the 7-Step Preparation Process—Sit comfortably.

2. Focus your attention on your physical heart. Hold your hand over your heart and feel the beat—continue with the preparation breathing exercise. Think of nothing else.

3. Try to maintain this inner communion for about 15 minutes.

NOTE: This meditation is much more powerful when you have had a “TV fast” at least 24 hours beforehand. Many mothers notice their senses heightened after this meditation and naturally refrain from television viewing afterward. This applies to certain types of music as well—particularly rock music, which disrupts the natural rhythm of the heart.
Exercise 5
Building Blocks

Objectives
• To direct your thoughts, feelings and images toward information that the child needs for his life’s journey.
• To heighten your awareness of your child’s intellectual needs.

Rewards
Learning with your baby--having him communicate his interests and to able to satisfy his thirst for knowledge is an exciting part of parenting. Through the transference of mental images, parents can support the mental growth of their child and will gradually experience their own visualization ability becoming stronger and clearer with daily practice.

A mother of eight told us that each child led her directly to the subjects they would later choose as careers later in life. And they weren’t always obvious. One son wanted her to take up crochet and turned out to be very adept and creative with detailed handiwork.

The Exercise

*Needed: A trip to the library, a library card and a good, sturdy book bag.*

1. Visit the library...or a very big bookstore.

2. Begin the 7-Step Preparation Process. Meditate on your child.

3. Ask her to guide you toward bits of information she would like you to read more about. You may wish to bring along the creative collage to spark ideas to support what she has already communicated.

4. Stroll through the aisles of books, audio books, videos, CD-roms... Let your intuition--and the developing intuitive tie to your child--lead the way.

5. Enjoy!
Exercise 6

Sponge Learning

Objectives

• To share your heart through music and language.

• To enrich your child’s environment and support brain development through planting the seeds of language, accents, tones, rhythm and musical pitch.

• To discover your child’s interests and learning cycles.

Rewards

Infant learning is like breathing. Babies naturally absorb everything in their environment—the visual images, sounds, touch, tastes and smells—automatically, like a sponge. This exercise will help you maximize the quality of the sounds your child takes in.

Also, by allowing your child to communicate his likes and dislikes and to set his own schedule for listening helps you understand his unique learning style—the way he likes to learn and how much at a time.

The Exercise

*Needed: Classical music tapes, foreign language tapes, a tape recorder—or better yet, you, your voice and an instrument!*

1. Build a sound library full of different languages (we recommend at least one Eastern language and one Western language), classical music and instruments of the symphony orchestra.

2. Begin the 7-Step Preparation Process—Allow your child to experience a little of each tape. Ask your child if he would like to learn a language, musical piece or instrument. Close your eyes to best sense a response.

3. If your child directs you to a foreign language, announce the name of the language and play the tape softly in the background as you go about your day. If your child directs you to a musical instrument, find a musical tape which solos the instrument of choice. If your child asks for a specific musical piece, just pop in the tape!
Exercise 7
A New World

Objectives

• To introduce your child gently to the world.

• To instill courage and understanding of new sounds, people, voices and other first experiences.

Rewards

Your child is entering a brave new world. By explaining sudden movements, loud sounds or personal emotions to your child heightens your sensitivity to your child’s perceptions. You will quickly learn to recognize experiences which need your explanation and situations to avoid altogether.

This exercise allows you to consciously provide a soothing, protected environment for your child--one which they can learn about the world they are about to interact in while they are still separated by the safety of your womb.

The Exercise

*Needed: A loving heart and an encyclopedia.*

1. Begin the 7-Step Preparation Process

2. Recite a statement that reflects your faith--the ultimate Source of courage. “You and I are One--you and your father are One. All creation is the answer to God’s will. Use my eyes to look all around you--see how God is everywhere?” Become the awareness that God is in everything--recognize this and nurture God in everything around you.

3. Face your fears with this understanding. What happens when YOU are afraid of your surroundings? Teach your child courage by example--how to be calm, how to still his fears. Many mothers sense their child’s fear around loud noises like a vacuum cleaner or blender. Explain what it is--if you can, prepare him before the sound begins. “I’m turning the vacuum cleaner on now.” If he jumps or you sense fear, rub your tummy and tell him that everything is okay. Tell him about the motor inside your appliances. We’re often afraid of what we don’t know. Show him pictures!
Exercise 8
Meditation of Gratitude

Objectives
• To communicate gratitude to God for your child.
• To elevate your thoughts, feelings and images.
• To be the living example of gratitude.

Rewards
This meditation is a perfect compliment to the Meditation of the Heart enabling you to experience a deep sense of gratitude--for your child, for being born, for being able to be a parent.

It stimulates gratitude-in-action, a unique way of living your life for others while giving all the glory for your accomplishments to God. As your appreciation for everything around you grows, so will your joy in life.

The Exercise

Needed: A special place to meditate, candles, essential oils, incense, love.

1. Begin the 7-Step Preparation Process--Sit comfortably.

2. Focus your attention on your physical heart.

3. Hold your hand over your heart and feel the beat--continue with the preparation breathing exercise.

4. Now think of all of the things which bring you joy and softly say, “thank you” for each one.

5. After you’ve counted your blessings, invite your child to tell you what he is grateful for.

6. Close your eyes and open yourself to any impulse which comes.
Exercise 9

Playing Catch

Objectives

• To initiate the flow of communication through play.

• To test and prove your own intuitive abilities to yourself.

Rewards

This is a simple intuition exercise using telepathy--the transmission of mental messages from one person to another. In order to send a message--or strong mental image--you must first relax and visualize it in your mind. Then, you must project this image to your partner through a mental “toss.” Both of these activities help to develop and strengthen creative visualization.

On the receiving end of this exercise--through trial and error--you will learn how to calm yourself and still your mind to the point where you are effective at receiving thought impulses from the other person. This is a wonderful way to find your “home base”...that place where time stands still, stress has no hold on you and all is well with the world.

The Exercise

Needed: 2 pieces of cotton, 2 small rocks, 2 bottle caps and a partner--your spouse or close friend.

1. Begin the 7-Step Preparation Process with your partner. Tell your baby about the exercise and invite him to play!

2. Lay out one set of everything--one cotton ball, one rock and one bottle cap. Keep one set for yourself.

3. Take one of the objects and hold it in your hand so that your partner is unable to see what it is. Form a strong mental picture of it and send this image out from the point of your forehead--a center for mental concentration. If you have difficulty visualizing the object, think of things that remind you of it. If you are holding a cotton ball, think of cottony clouds...see yourself riding high above them.

4. Have your partner relax and close his eyes to “catch” the image. Once he has responded, show him the item in your hand. Then have your partner send some images to you!
5. Relax and close your eyes. Invite your baby to help you catch the image.

6. The baby can actually boost the mother’s intuitive reception by quite a bit because of his being primarily in a right-brain image mode. When receiving the images with your baby (you’re a team!), be open to receiving more than one image at a time. Many parents experience this, especially those who have strong minds of their own until the mother sets aside her own perceptions and allows the child to answer.

7. Relate your impressions—exactly as you receive them, multiple images, words, blanks—to your partner. Have him show you the answer and continue. The more open you are and the less you and your partner think about the process, the more accurate the responses become. And the more fun you will have!
Exercise 10
Follow the Child

Objectives
• To become aware of your child’s natural cycles for activity, hunger and interaction.
• To allow your child to guide your daily activities.

Rewards
This exercise challenges you to stand back and listen to the quiet thought impulses coming from your child for a whole day. In so doing, you learn his daily rhythm—the cycles between his need for activity, mental talks, quiet observation, hunger, thirst and rest—and be able to be prepare an environment that supports this rhythm once he is born.

The Exercise

*Needed: A full day when nothing is scheduled and you are free to follow your child and a notebook.*

1. Begin the 7-Step Preparation Process. Tell your child that you would like to follow him for a day to learn more about him.

2. Follow any impulse—hunger, desires to read, rest, sleep, go places or see people. Record changes in activities in your notebook. Take note of reactions to art, food, music and the people you meet. Write them down, too.

3. At the end of the day, look over your notes. Do you see a pattern? You may wish to repeat this exercise again some day and compare notes.

4. If the child requires much mental interaction and really enjoys seeing new people and places—you can look forward to a lot of field trips to satisfy his interests and love for learning. If your child is quiet, loves to have you read and likes to rest away from people and busy places, you will want to concentrate on making home a comfy place from which he can grow and learn and shine!
Exercise 11

Inner Parenting

Objectives

• To heal your heart.

• To look at your own psychology with a view to remove any barriers that are preventing wholeness.

• To improve your parenting skills.

Rewards

Inner parenting is foundational to anyone wishing to nurture and serve others. This process helps us address our own inner issues, hurts from the past, things we’d rather not think about from day-to-day but those which drive us--motivate us and influence our decisions and reactions. When we avoid looking at our own “emotional baggage,” we are less than whole. This lack of wholeness greatly compromises what we can, then, offer others. Inner parenting brings you farther toward that point of wholeness whereby you become a stronger helper, nurturer and comfort to life.

The Exercise

Needed: A special place to meditate, candles, essential oils, incense, a notebook and love.

1. Begin the 7-Step Preparation Process—Sit comfortably.

2. Open your notebook. Draw a large heart. Now ask yourself: “What do I have to change right now in my consciousness, my relationships, my home, my parenting skills, my overall health or my diet in order to prepare the best setting for my child’s growth and development?” Start writing.

3. When you have exhausted yourself of all the areas that need improvement. Prioritize them. Choose to tackle one each day--or each week--in at least one small way. Tell yourself you love you! No one is perfect--but you deserve wholeness and love and so does your baby and everyone you contact and nurture in life.

NOTE: Please refer to the resource list for a list of books which can help bring about a transformation in your life--those which assist inner parenting and help bring about a sense of wholeness and joy.
Exercise 12
Magical Knowing

Objectives
• To understand the connectedness of all life.
• To fully realize your intuitive integration with your child.
• To have fun and relax!

Rewards
Intuitive communication with our children stimulates an inner closeness with our own soul. As this exercise demonstrates, all life is connected. Typically, we seek answers outside ourselves. We need to remember that the answer we seek is within us, if we would only learn to listen.

The Exercise

Needed: a box of crayons, 10 blank white pieces of 2"x2" heavy paper.

1. Begin the 7-Step Preparation Process. Invite your child to play with you!

2. Color pink hearts on two cards, blue triangles on two cards, yellow stars on two cards, green leaves on two cards and blue circles on two cards. You’ve made two matching sets of intuition cards!

3. Lay out one set. Shuffle the remaining set thoroughly and place them face-down before you.

4. Without looking, pick up the top card. Relax and close your eyes. Invite your baby to help you meditate on the color and image of the card in your hand.

6. Remember that the baby can actually boost the mother’s intuitive reception by quite a bit because of his being primarily in a right-brain image mode, as explained by Dr. Shichida. When receiving the images with your baby (you’re a team!), be open to receiving more than one image at a time. Many parents experience this, especially those who have strong minds of their own until the mother sets aside her own perceptions and allows the child to answer.

7. Once you have sensed an answer, turn the card over and then continue. The less you think about the process, the more accurate the responses become. And the more fun you will have!
We hope that you enjoy
Soul Bonding
with your child!