

Matters of the Heart During Pregnancy

Written by Wendy Anne McCarty, Ph.D.

Sunday, 01 September 2019 00:00 - Last Updated Thursday, 23 January 2020 14:16

Finding Home Together in an Evolving World

We live in an exciting yet uncharted time. The 20th century is not the world

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After working with babies and families from this perspective for 30 years, I have come to understand that the time before birth is the most important and influential time to support and optimize babies' core positive human infrastructures, which can help them align and embody their true nature before they are born.

Babies have been teaching us about how we can mindfully and intentionally carry, parent, and care for them beyond what we've previously understood. How we live, our state of being, our

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self, live our truth, and be the love that we are.

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story applied to what happened with my fourth child. We had had three children and they had grown up enough so that we could go skiing and take vacations. My wife got pregnant and I was

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development, and promote optimal coherence for growth.

When mothers are more coherent and positive, babies feel a sense of rightness and security that enhances their relationship. I incorporate HeartMath wisdom with energy techniques in sessions in which pregnant mothers, their babies, and I consciously go through the EFT tapping process together. The baby learns and imprints how to move from challenges and difficult human experiences into more resolved and life-enhancing states of being. And they experience doing it together, with the mother consciously expressing how she cares about how it is affecting her baby. It processes their experiences and prepares them to go through birth together.

Fathers appreciate the importance of their own coherence and their vital role in helping their partner and baby create and sustain heart coherence and positive emotional states. EFT empowers fathers to shift their state of being more readily.

Finding Home Within

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