

The Environment of the Womb

Written by Vicki Abrams, UCSD

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nourishing sound that you can share with your baby. Take some time each day to sing, coo, read to, and talk to your baby, knowing that he or she is listening.

Pregnancy is not just something that is happening to you; it is a miraculous unfolding that you are co-creating. For nine months, you are your unborn baby's environment; your baby is affected by each one of your experiences.

Pregnancy is a journey that will take you beyond your mind and body. It will enliven your compassion and reveal the most intimate truths of your soul.

Be in the experience, and cherish every moment. It will be gone before you know it: the big belly, the movements felt from inside, the pregnant waddle, the wonderful looks from passersby, and the sensations of having your baby growing inside your body.

Pregnancy offers a unique opportunity to become deeply connected with your body, your growing baby, and, ultimately, the creation of life itself.

You and your baby are one.

*This article is adapted from the book *Magical Beginnings. Enchanted Lives*, co-authored by Vicki Abrams, Deepak Chopra, and David Simon, M.D.*

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