

## Preface

The ancient India was magnificent and divine because during that period, pious sages, great scholars, philosophers, and best statesmen were shaped. Through the thinking system developed by the sages and scholars of Bharat that is India, Bhartiya culture was formed. And that is why the storms of time could not perish it. The seer and leader of Bharat, Swami Vivekananda, had visualized Bharat's glorious future by his divine insight. He has asserted : in future Bharat would be so majestic and glorious that even the past glory would also look dull.

For the re-creation of that glorious Bharat, once again the saints – Maharshis, Brmharshis, Rajarshies should have re-incarnation. For that, we should again embrace the heritage of pious culture created by our ancient saints. We must revive our science of '*Garbhsamskar*' (The rites performed when the child is in the womb of the mother – one of the sixteen 'samskars' according to Hindu religion) and eugenics. Bharat has already got the marvelous science to get



the desired and best offspring. Now it is the high time to reach the mysteries of these sciences to common people. The divine souls are willing and ready to have incarnation in Bharat, but for that, they require pious atmosphere and parents' intense yearning. Divine souls take birth only from the womb of the mother whose body, mind and heart are pure and pious.

In Bharat, the only and very first Children's University has been established to do the basic work for the overall development of children. Children's University encompasses all the aspects for the overall development of a child right from the womb of the mother to the age an adult-18 years. In that, the very important work of education before birth is being carried out by "*Tapovan Samshodhan Kendras*". In these Tapovan kendras pregnant mothers are given physical, mental, emotional and spiritual guidance.

Now it is already proved that the conceived child is directly affected by mother's diet, life-style, thoughts and dialogues. Child's physique, intellect, emotional make-up and its various internal talents— the blue print of the development of all these is generated in

the very womb of mother. And therefore, the mother should consciously try so that the God's spark developing within herself would get the best body, illuminated mind, loving heart, and the wonderful gift of divine powers. With the purpose to guide the pregnant mothers in all these things, the Vice-Chancellor of this Children's University Shri Harshadbhai Shah has prepared this booklet "*Garbhsamskar : Garbhdhyan and Garbhsamvad*". The majesty of *arya-nari*, her nobility, the glory and importance of motherhood, the inner visualization of the expected glorious child and the exhilarant and delightful moments of the experience of the oneness with the child— all these are presented in this booklet. Not only this, the booklet also provides guidance for developing the ideal body, illuminated mind and strong energy to the conceived child by meditating on the '*panchmahabhut*'-five basic elements of nature: fire, water, air, space and earth, through which ultimately the body, mind and life are created. This is uniquely special about this booklet.

I am sure that this booklet would be really helpful to each and every couple who wants to get an ideal child. To the pregnant mother, this booklet will provide excellent guidance for prayer, meditation and dialogues with the conceived child. In this way, we will go a step further in the direction of fulfilling the dream of our sages and seers regarding magnificent and divine Bharat.

**Jyotibahen Thanki**



**Hello sisters, I greet you,**

My heartiest congratulations to you!  
You have joined the process to engender the ideal progeny...  
I heartily welcome you.  
You are fortunate... as the almighty has blessed you with motherhood.  
You will be blessed by the words of a Jain saint, Shri Udayvallabhvijayji Maharaj...  
The deity of good fortune jinglingly would rush... and, for carrying a jewel, and being the fortunate mother...

She would bless this fortunate lady by making the 'kumkum tilak' (red mark) on her forehead...  
And it can be said most confidently that  
Such a child born from the womb of such pure and pious, considerate mother Would be

Glitter of the world,  
Heart-beat of the earth,  
Ornament of the soil,  
'panetar'-  
(auspicious marriage sari) of Dhartimata.

To be 'garbhsanskari'-virtuous by birth-rather than being 'garbhshrimant'-rich by birth-is the highest fortune of life.

For mother, the child is not only 'born of her body', but 'born of her own self'. The child does not get shape only from the mother's flesh or blood, but her mind, feelings, life-style, intellect, and soul also get integrated in its being. This is neither a common event nor only a biological process. The child going to take birth from your womb is the representative of the almighty. A ray from the divine light is going to touch the earth's surface.

You have got a rare chance to conceive the divine spark of God. It is but natural that you and your family would welcome this auspicious occasion. Your and this divine element's nine month's journey has begun. We wish that this journey remains very pleasant.

In ancient Bharat- that is India, eugenics was well developed. You will have to cultivate as much deep knowledge of this '*garbhvigyan*' and '*garbhsamskar*' [virtues developed in the child when it is in the womb], as possible. Only that will present you with the ideal

offspring. By giving birth to divine and radiant child, you will of course feel proud, but the whole Bharat would also feel greater...

***Bright child, bright Bharat***

We are to prove this dictum.

O blessed arya-nari!

you are the creativity incarnated.

In your womb, the divine jewel has made its seat.

Welcome it with warm enthusiasm.

Take care of it... and with the help of your strong will power, transmit the most valuable virtues like...

Strength, devotion, wisdom and patience.

Keep thinking what is dignified and pure because the child would become exactly like...

-what you are thinking, and

-what you have determined.

Let not even a single moment slip uselessly.

This is the golden time of your life.

It is very necessary that you always remain peaceful, satisfied, and happy.

O dear sister,

You have now completed the first unsteady stage of your pregnancy.

The embryo is now going to get the shape of human figure.

Now, its senses would be developing.

Your health and joyful state of mind would be the real treasure for the conceived child.

Don't feel it as a burden anymore.

Remember sisters!

The child is capturing each and every vibration emanating from by you.

Dear sisters!

Now I would like to lead you to the most delightful experience.

First of all, sit peacefully in a comfortable posture.

Keep your waist and neck erect.

Close your eyes softly.

Remember your 'Ishta-dev'[The God, you have most faith in]

Adorn your face with happiness.

And, now, taking a deep breath, pronounce the holy 'Aum' three times.

Keep your eyes closed.

Listen to the sound around you.



Concentrate on the rhythmic music of inhalation.

The cool breath goes inside, and comes out being warm. Each breath keeps your lungs activating, and life gets restored in each part of your body. Your womb and the child within are also getting motion through this inhalation. It fills up the child with new freshness... and makes it blissful.

Concentrate completely on your child.

Acutely visualize all the parts of the body of this embryo.

Emboss its beautiful image... create a wonderful imaginative picture.

It is floating inside the womb feeling completely safe.

It is fast asleep most comfortably.

Watch it lovingly.

Its attractive eyes, its little ears,

Its tender skin, its beautiful hair, little nose,

Rosy lips and its handsome, strongly built figure...

seeing all these, you are feeling extremely fascinated.

Put your hands lovingly on your belly...

The child is experiencing this touch delightfully...

and you are also getting intense happiness.

See... the child is opening the eyes slowly.



It is also blinking its eyes.  
Awake it lovingly.  
Now it is awakened.  
It is also watching you... and spreading its sweet smile.  
It is now opening and closing the fists of its little hands.  
It is trying to take the thumb of its leg into the mouth.  
It wants to play...and while playing, if the umbilical cord comes into the way, it tries to remove it with a jerk.  
What a wonder!  
Watching such a child-playing and dancing happily... you are also feeling cheerful.  
The child is receiving the immense effect of this emotional communication.  
Now, concentrate on 'panchmahabhut' which are creating its body.  
The divine fire, (**Agnidev**) is rising from its naval, destroying the negative energy from your body. You are experiencing the glory of this light. Pray to **Agnidev** [God of fire] to purify your body so you can conceive.  
And,... now '**Vayudev**'[god of wind] has arrived to help you.

**Agnidev** has burnt the negative energy, and now **Vayudev** is blowing strongly causing the ashes to fly away. **Agnidev** lives in eyes ,and **Vayudev** in skin. The child's eyes are getting shining and sense of touch is becoming powerful.  
And, see....now '**Jaldevata**' [God of water] has also arrived...  
He is spreading coolness by raining . This '**Jaldevata**' is living in the sense of taste of your child.  
Now you are going to get the blessing of '**Mother Earth**'. Imagine that from the centre of your heart to the centre of the earth, a line is drawn. Your heart is overflowing with the electro-magnetic energy of mother earth. Now pray to Mother Earth to bless your child with beautiful hair, skin, nails, and the sense of smell.  
And now, o sister!  
Be ready to welcome the fifth element '**Aakash**'[sky]. Imagine that a divine duct is going towards sky from your heart. That duct, reaching at the sky, is waiting for the right time to transplant the soul from the sky into your womb.

A divine soul, at the right time, would enter into the womb with the help of this divine element of sky. This element of sky will prepare '*dhwanita*tra' [speech mechanism] which will adorn the child with intellect and self-esteem.

Now, be ready for '*garbh-samvad*'...

Your child is able to capture every vibration that you generate !

It is eager to listen to your every dialogue, your every word.

Then start a dialogue with the child!

My loving child !

As soon as we got the news of your arrival, we... means I, and your father, and everybody in the family, are fascinated with some unprecedented pleasure.

Do you know?

Magnificent preparations are going on for your arrival!

We all are eagerly waiting for you....

But my child, have patience...

You will be having an voyage for nine months, in my womb's fluid. Be sure you will have a cozy abode.

I am already taking great care so that you don't face any problem.

You are so wise!

My child, are you listening to what I say?

O vow! You are answering me by your movements!

Very good!

My loving child!

You are most dear to me.

You will be very beautiful, active, virtuous, and wise.

You will be bright, chaste, intelligent, brilliant with charming personality.

You will be an expert in so many languages and arts.

You will have a positive attitude.

You will be courageous and daring.

You will accept challenges of life and go ahead.

You will respect elders and love youngsters.

You will have great faith in God.

You will always be full of joy and charming, you will win everybody's love.

You will be fearless, kind, honest, loving, and enduring.

You will have pride for yourself and for your nation.

You will be a true and worthy child of our nation.

By all such countless virtues, you will be great and would remain as an ideal for so many people.

With overall physical, mental, emotional, intellectual and spiritual development, you will be an ideal human being.

Then... my child!

We conversed a lot. I really enjoyed it.

Did you also relish it, dear?

Now you must be feeling sleepy...go to sleep.

O *arya-nari*! O dear sister!

Now slowly you are coming out from dialogues and meditation.

You must have profusely enjoyed this meeting with your child extensively. Now rub the palms of both your hands and by putting both the palms on your eyes, give the eyes their warmth. Now slowly open the eyes.

A salute to your pious motherhood!

You have got the rare opportunity. It is quite normal that you and your family members would happily celebrate this auspicious occasion. How would you inculcate excellence in your child?

Be virtuous and only then you will be the best.

Pray to God with the pious determination to have child accomplished with the following virtues:

- deep faith in God
- credibility
- honesty
- kindness-compassion-sensitivity
- forbearance
- endurance
- patience
- modesty/politeness
- respect for elders
- hospitality
- benevolence
- devotion
- total dedication
- bravery
- firm determination
- of imagination power
- generosity

- love for truth and justice
- strong will-power
- far-sightedness
- creativity
- patriotism
- team-spirit
- industriousness
- love for nature
- leadership
- spirit to compromise
- sense of accommodation
- aesthetic sense
- loving nature
- scholarship
- pure and chaste character
- spirituality
- sense of hygienic
- punctuality



### **Important Tips**

During pregnancy.....

1. Read the biographies of the great people.
2. Read the stories of Bharat's saints, great sages and other divine souls.
3. Read the inspirational anecdotes and stories.
4. Hang the portraits of great people, saints and patriotic celebrities on the walls of your home and watch them regularly.
5. Listen to good cassettes.

**Bright child  
bright Bharat**



**Child is our nation's smile and future.**

