



Conscious Conception

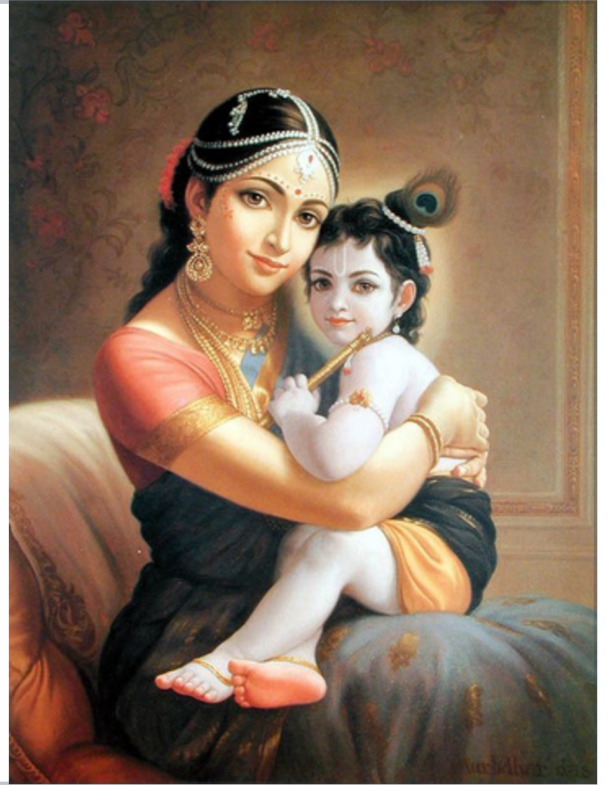
Online Course | 5 Sessions | Guide to Conscious Conception



***kṛṣṇāya vāsudevāya
devakī-nandanāya ca
nanda-gopa-kumārāya
govindāya namo namaḥ***

Let me therefore offer my respectful obeisances
unto the Lord, who has become the son of
Vasudeva, the pleasure of Devakī, the boy of
Nanda and the other cowherd men of Vṛndāvana,
and the enlivener of the cows and the senses.

Śrīmad Bhagavatam 1.8.21

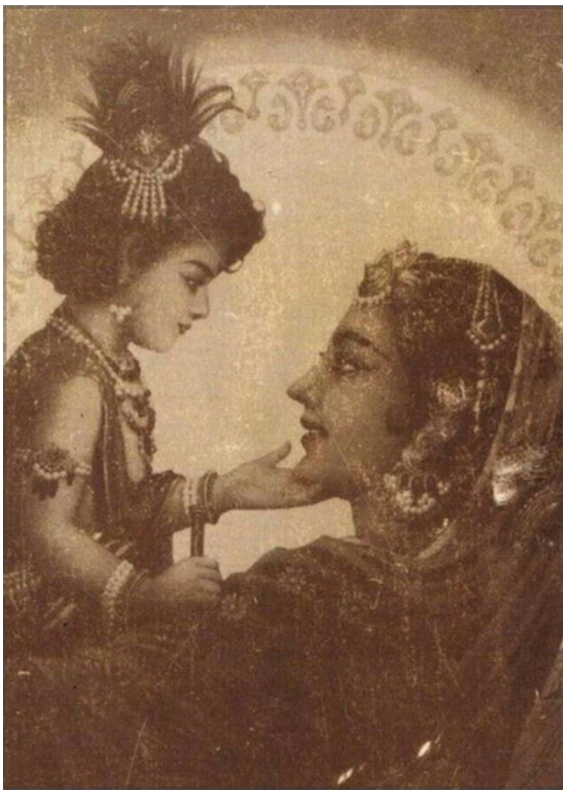




Course Overview

This course explores the sacred journey of conception from a Vedic perspective, integrating spiritual wisdom with practical guidance. It aims to prepare couples physically, mentally, and spiritually for the profound experience of inviting a new soul into their lives.

CONSCIOUS CONCEPTION



By the end of this course, you will be able to

- Understand the importance of meditation and spiritual rituals to create the optimal environment for inviting an elevated soul into your family.
- Implement Ayurvedic nutrition and herbal remedies to enhance fertility.
- Make informed lifestyle adjustments to support your conception journey.

CONSCIOUS CONCEPTION



Course Structure

1 LIVE SESSION ONCE A WEEK 1.5 HOURS WITH Q&A

Try your best to attend live, recordings along with learning materials will be available on *thevediclife.com* learning platform.

DATES AND TIMINGS

Every Sunday @6PM - 7.30PM IST on Zoom

PART 2 & 3

On Pregnancy Care & Postpartum

CONSCIOUS CONCEPTION



TEST

A SIMPLE WRITTEN TEST

- 20 minute duration
- To cement course concepts
- To demonstrate understanding of key principles

CONSCIOUS CONCEPTION

5 Sessions

1. Foundations for a Conscious Conception

1. The Vedic Perspective on Conscious Conception
2. Understanding Conception as a Sacred Act
3. Creating a Harmonious Partnership
4. The Soul's Journey and Choice of Parents

SEP
22

2. Nurturing Fertility Naturally

1. Fertility Factors & Infertility Crisis
2. Cleansing and Rejuvenation (Shodana and Rasayana)
3. Ayurvedic Dietary Guidelines for Fertility
4. Asanas & Pranayama to Support Reproductive Health

SEP
29

3. Female Cycles and Male Reproductive Health

1. Menstruation as a Detox
2. Ayurvedic Practices for Menstrual Health
3. Fertility Tracking
4. Enhancing Male Reproductive Health

OCT
6

4. Vedic Astrology's Role in Sacred Conception

1. The Importance of Timing in Conception According to Jyotish
2. Muhurta: the Art of Auspicious Timing
3. Pre-conception Rituals
4. Practices to Overcome Negative Karmic Influences

OCT
13

5. Garbhadana Samskara and Supporting Rituals

1. Garbhadhana Samskara - the Ritual of Conception
2. Meditation and Prayers for Inviting an Elevated Soul
3. Creating a Sattvic Home Atmosphere
4. Practices to Elevate Consciousness

OCT
20

Disclaimer

“Conscious Conception” is an educational course intended for informational purposes only. The content provided is not medical advice and should not be considered a substitute for professional healthcare. Always consult with your physician or a qualified healthcare provider before making changes to your health routine or if you have concerns about fertility or conception. The creators and instructors of this course assume no liability for any outcomes resulting from the application of the information presented. Participation is voluntary and at your own discretion.



CONSCIOUS CONCEPTION







Lesson 1

Foundations for a Conscious Conception

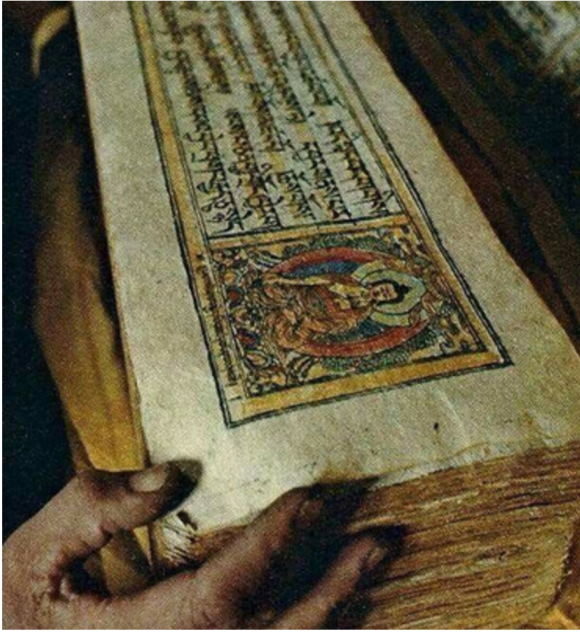
CONSCIOUS CONCEPTION

In Today's Session

-  The Vedic Perspective on Conscious Conception
-  Understanding Conception as a Sacred Act
-  Creating a Harmonious Partnership
-  The Soul's Journey and Choice of Parents



CONSCIOUS CONCEPTION



PART 1

The Vedic Perspective on Conscious Conception

Vedic vs Material Perspective on Conception

	Vedic Perspective	Material Perspective
Purpose	To invite an elevated soul and serve the Lord.	Focused on personal fulfillment or continuing family lineage.
Timing	Based on astrological considerations and spiritual readiness.	Based on personal, financial, and career readiness.
Preparation	Involves spiritual practices, purification rituals, and conscious invitation of the soul.	Usually involves physical and financial preparation.
Role of Parents	Seen as spiritual guardians responsible for the soul's spiritual progress.	Typically seen as providers and nurturers for physical and emotional needs.
Process	A sacred act involving prayer, meditation, and invocation of divine blessings.	Generally viewed as a biological process, sometimes with medical intervention.

Vedic Family Planning

Vedic family planning involves consciously planning sexual union with the sole purpose of having virtuous children, rather than for pleasure.

This act is seen as a sacred offering (*yajna*) to Lord Vishnu and is **guided by medical, cultural, astrological, and spiritual principles.**



How to Prepare for Conception

1

Prepare your mind and spirit

- Think deeply about having a child and why you want to.
- List desired qualities for your child
- Meditate on these qualities to attract the right soul

2

Prepare your body

- Make sure you're healthy and fit to carry a baby.
- Incorporate yoga for mind-body connection
- Consume nourishing, sattvic foods

3

Work on your relationship

- Build a strong, loving bond with your partner to set a good example.

4

Clear Blockages

- Figure out what negative beliefs you have and try to overcome them.
- Practice mantra meditation. Start with 5-10 minutes
- Practice pranayama for emotional balance

5

Prepare the environment

- Create a loving, peaceful place for your child to grow up in.
- Choose uplifting music, films, and literature
- Surround yourself with positive environments

Ayurveda on Conception

According to Ayurveda, preparing for conception is **as important as** getting pregnant, being pregnant, staying pregnant, and delivering a healthy child.





PART 2

Understanding Conception as a Sacred Act

Inviting Spiritually Aware Children

The prospective parents prepare themselves to invite a suitably pious soul to come as their child. Once conception occurs, the responsibility of the parents is now to impart the right values, character, health and spiritual impressions to the child in the womb. These impressions are called '*samskaras*'.



Purpose of Samskara

*sam + kr + sur - samskaroti, samyak karoti -
purifying, refining, transforming, polishing*



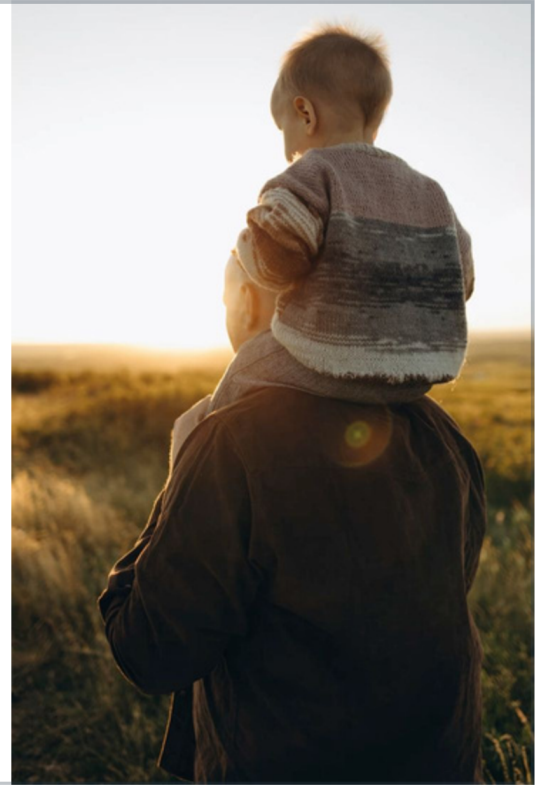
PART 2 - Conception as a Sacred Act

To beget a child is a great responsibility; therefore unless one is prepared to take charge of a child for his ultimate salvation, one should not act like a goat or dog and beget children unnecessarily.

SB 3.31.40, Purport

pitā na sa syāt: one should not become a father unless one is able to protect his child from *mṛtyu*, the path of birth and death.

SB 5.5.18, Purport



The 16 Vedic Samskaras

1. **Garbhadana** - Conception Rite
2. **Pumsavana** - Rite for Begetting a Healthy Child / Male Child
3. **Simantannayana** - Parting the Wife's Hair, a Protection Rite Against Evil Influences
4. **Sosyanti-homa** - Rite for Easier Childbirth
5. **Jata-karma/ Medha-jana** - Rite at birth, to invoke blessings for the child's long life, strength, intelligence, and prosperity.
6. **Niskarmana** - First Outing of the Child
7. **Paustika-karma** - Rite for the Child's Good Health
8. **Nama-karana** - Name-giving
9. **Mundana** - First Haircut
10. **Annaprashana** - First Food Grains
11. **Karn-vedha** - Piercing of the Ears
12. **Vidyarambha** - Beginning of Schooling
13. **Upanayana** - Initiation
14. **Samavartana** - Graduation ceremony
15. **Vivaha** - Marriage
16. **Antyesti-kriya** - Funeral Rites

Timings for the 16 Samskaras

1. **Garbhadana** (Conception Rite) - At the time of conception
2. **Pumsavana** (Rite for Begetting a Healthy Child / Male Child) - 3rd month of pregnancy
3. **Simantannayana** (Parting the Wife's Hair, a Protection Rite) - During the 4th, 6th or 8th month of pregnancy
4. **Sosyanti-homa** (Rite for Easier Childbirth) - At the end of the pregnancy
5. **Jata-karma/Medha-jana** (Rite at Birth) - At the time of delivery, before cutting the umbilical cord
6. **Niskarmana** (First Outing of the Child) - At 3 months old
7. **Paustika-karma** (Rite for the Child's Good Health) - During early infancy, often around same time as Niskarmana
8. **Nama-karana** (Name-giving) - On the 10th, 11th, 12th, 21st, 101st day, or exactly one year after birth
9. **Mundana** (First Haircut) - before the 6th month after birth
10. **Annaprashana** (First Feeding of Solid Food) - 6 months for boys, 5 months for girls
11. **Karn-vedha** (Ear-piercing Ceremony) - 6th or 7th month following the birth
12. **Vidyarambha** (Beginning of Formal Education) - Traditionally at age 5, but can vary
13. **Upanayana** (Sacred Thread Ceremony / Initiation) - Varies
14. **Samavartana** (Graduation Ceremony) - Upon completion of formal education, typically late teens or early twenties
15. **Vivaha** (Marriage) - Upon reaching adulthood and readiness for marriage
16. **Antyesti-kriya** (Funeral Rites) - Performed after death

The Absolute Truth is the objective of devotional sacrifice, and it is indicated by the word sat. The performer of such sacrifice is also called sat, as are all works of sacrifice, penance and charity which, true to the absolute nature, are performed to please the Supreme Person, O son of Pṛthā.

Purport

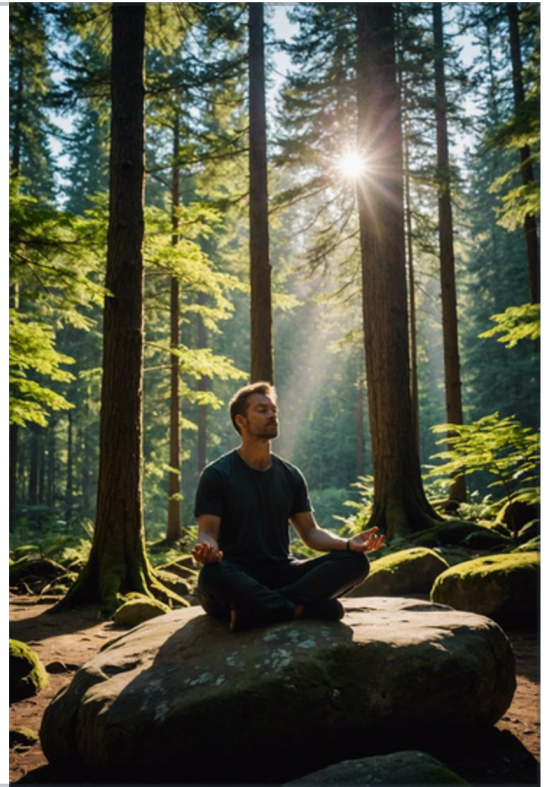
The words praśaste karmaṇi, or “prescribed duties,” indicate that there are many activities prescribed in the Vedic literature which are **purificatory processes, beginning from the time of conception up to the end of one’s life. Such purificatory processes are adopted for the ultimate liberation of the living entity.**

Bhagavad-gita 17.26-27

Attracting an Elevated Soul

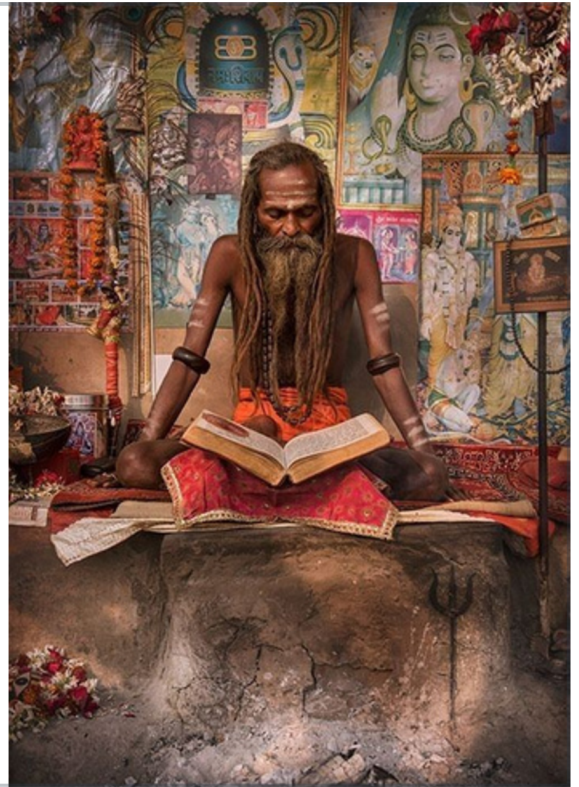
The key aspect is the importance of consciousness during procreation. Cultivate a pure and elevated state of mind to attract an advanced soul into the womb.

This scientific process is known as **Garbhadana samskara**, a purification ritual for begetting virtuous progeny. "Garbhadana" combines "garbha" (womb) and "adhana" (placing the seed).



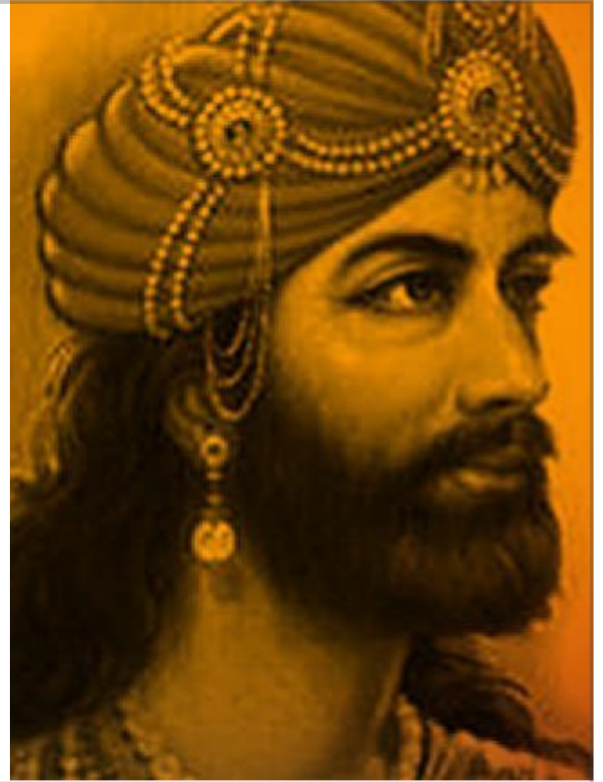
Impact of Mental and Emotional States

- Dhritarashtra was born blind because his mother, Ambika, closed her eyes in fear when she met the sage Vyasa.
- Pandu was born pale because his mother, Ambalika, turned pale with fear during her union with Vyasa.



Vidura's Conception

Vidura was conceived when Ambika's maidservant, calm and respectful, met Vyasa without fear. Her peaceful mental state led to Vidura's birth as a wise and virtuous being, free from defects.



Shaping a Child's Future

According to Yoga and Ayurveda, a child's mind and body begin forming impressions from conception. The parents' emotional, spiritual, and physical state at that time deeply impacts the child's future patterns.



Your Consciousness - Laying the Foundation for Life



Parent's spiritual connection (or disconnection) attracts a specific soul that will come.



Parent's mental state shapes the baby's gunas, or temperament.



Parents' physical strength in the months leading up to conception and at the moment itself lays the foundation for the baby's health or susceptibility to disease.

“ Birth and infancy are beyond the conscious memory of most people. Yet, as primary experiences, they indirectly pervade every aspect of our being.

”

Anodea Judith, Eastern Body Western Mind

Intention

Inviting your little one into your womb with clear intention and purpose instills in them a deep sense of being wanted, rather than feeling like a burden.



“

According to the thoughts in his mind at the time of union will be the nature of the one who enters the womb.

”

Garuda Purana XV

“

The **mental state** of the father and mother before sex will certainly affect the mentality of the child to be begotten. A child who is begotten out of lust may not turn out as the parents desire. As stated in the śāstras, *yathā yonir yathā bījam*. *Yathā yoniḥ* indicates the mother, and *yathā bījam* indicates the father. If the mental state of the parents is prepared before they have sex, the child which they will beget will certainly reflect their mental condition.

”

SB 4.22.53 purport

“ Whatever state of being one remembers when he quits his body, O son of Kuntī, that state he will attain without fail.

”

Bg. 8.6

PART 2 - Conception as a Sacred Act

According to the Vedic system, therefore, before a child is conceived, the *garbhādhāna-saṁskāra* is performed. This ceremony molds the mentality of the father in such a way that when he plants his seed in the womb of his wife, he will beget a child **whose mind will be completely saturated with a devotional attitude**. At the present moment, however, there are no such *garbhādhāna-saṁskāras*, and therefore people generally have a lusty attitude when they beget children.

SB 5.2.2 purport



Exercise

Reflect on personal beliefs about conception and the soul's journey.

- How do you think your current lifestyle and state of mind might affect the type of soul you attract?
- What qualities or experiences from your own life would you like to pass on to your child? What would you prefer not to pass on?



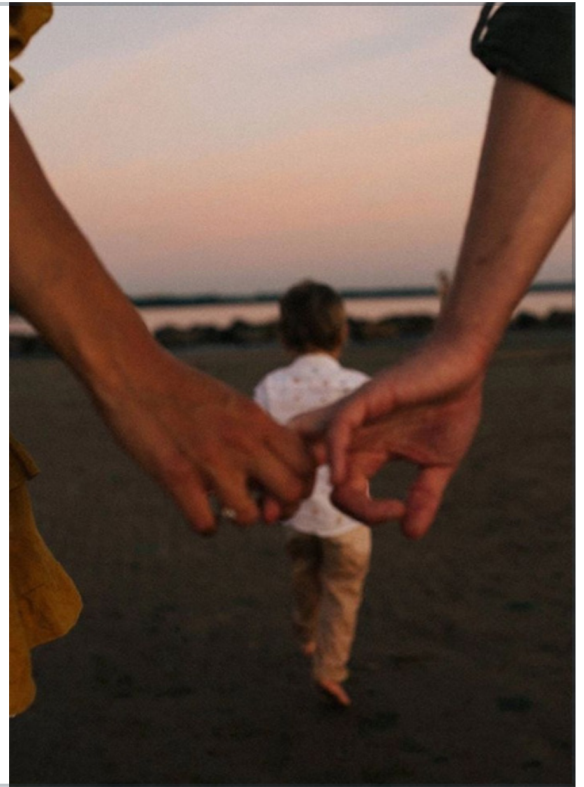
PART 3

Creating a Harmonious Partnership

6 Vital Ingredients for Strong Marriages

Sacred Space

The foundation of your relationship serves as a sacred space where your little one will grow. Before inviting this soul, it's important to **nurture deep trust, care, and genuine love** in your partnership, as these energies will nourish your baby.



Strong Marriages are Built on:

- Mutual respect
- Clear communication
- Shared responsibilities
- Gratitude
- Trust
- Financial harmony
- Shared experiences



PART 3 - Creating a Harmonious Partnership

Feelings of affection may come and go but the foundation of a healthy relationship is **respect**. Respect for each other and care for each other. Through respect and care, affection can grow into deep love on the level of the soul.

HH Radhanath Swami



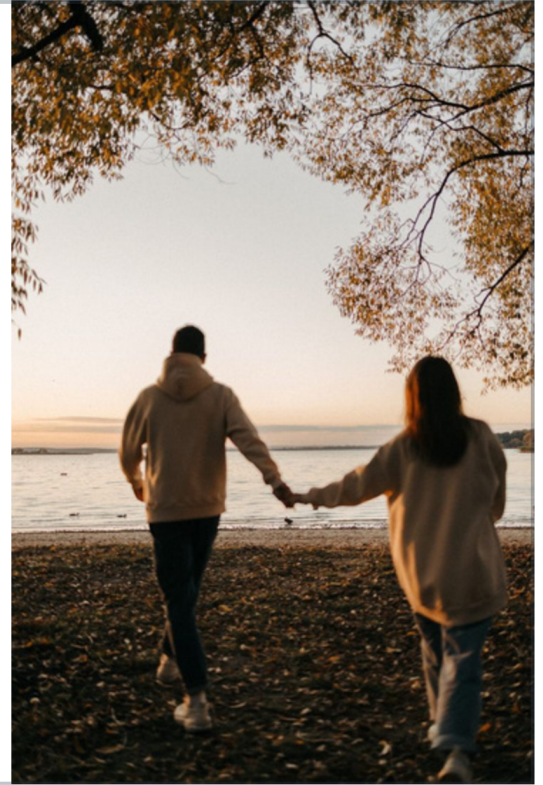
1 Good Communication

- Open and respectful listening
- Listen with intellect and heart
- Speak without blame, criticism, or sarcasm



Emotional Harmony for Healthy Conception

The man should be polite, gentle, and loving toward his wife before conception. This helps the woman accept the semen on a cellular level.



Questions to Explore as a Couple

- What is your intention for welcoming this soul into your lives?
- How do you envision yourselves as mother and father?
- What values and principles will guide how you raise this child?
- What will daily life look like? Will one of you take primary responsibility, or will it be shared equally?
- Are there emotional or mental patterns you'd like to work on to avoid passing them on?
- What fears or concerns do you have about becoming a parent?
- What excites you most about this journey?
- How do you anticipate your relationship evolving?



Aligning values and vision for family life

It is very important to have open conversations about your parenting approach and the values you want to instill in your family. Without this, you may default to parenting patterns from your own childhood.



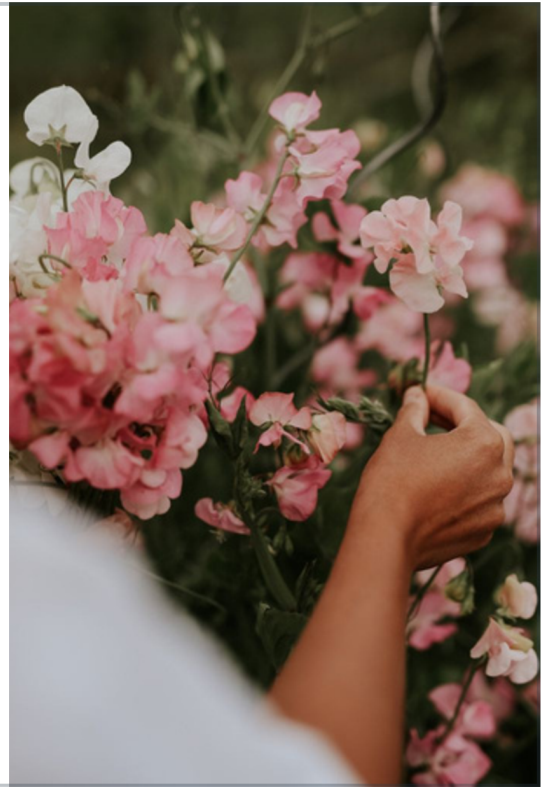
Couples Exercise

Create a shared vision board for family life



2 Teamwork

- Function as a unit to achieve goals
- Discuss and agree on expectations early
- Define individual responsibilities



Purpose of Marriage

The most meaningful purpose of marriage between two souls is to **co-operate together for their mutual advancement in spiritual life**. A man should regard his wife as a spiritual life partner rather than a partner for sense gratification.

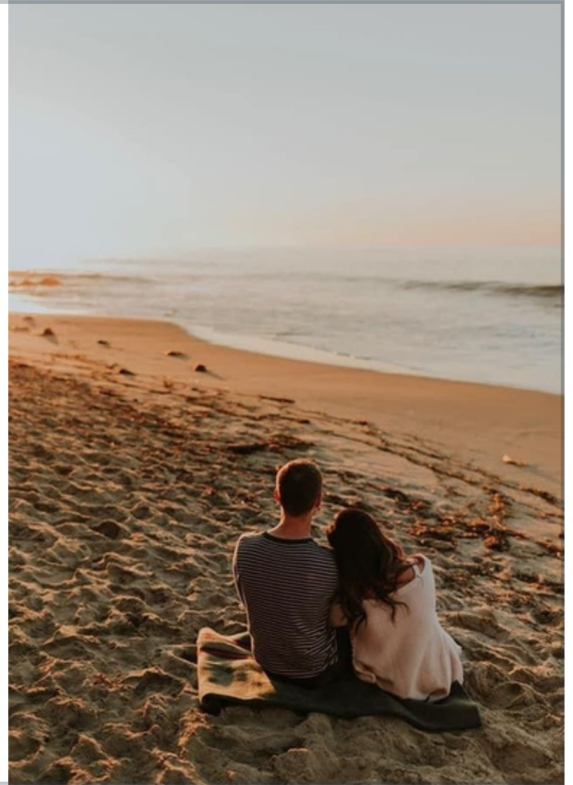


“ In materialistic marriages generally there are too many troubles and frustrations because the basic principle for both the husband and wife is their own personal sense gratification. Therefore there is an inevitable conflict and divorce petition. But in a Krishna Conscious marriage **the basic principle is for both husband and wife to serve Krishna nicely and to help the partner advance in spiritual life.** In this way both the husband and wife are true benefactors for one another and there is no question of any serious conflicts or separation. ”

(Letter, 21 July 1969, Los Angeles)

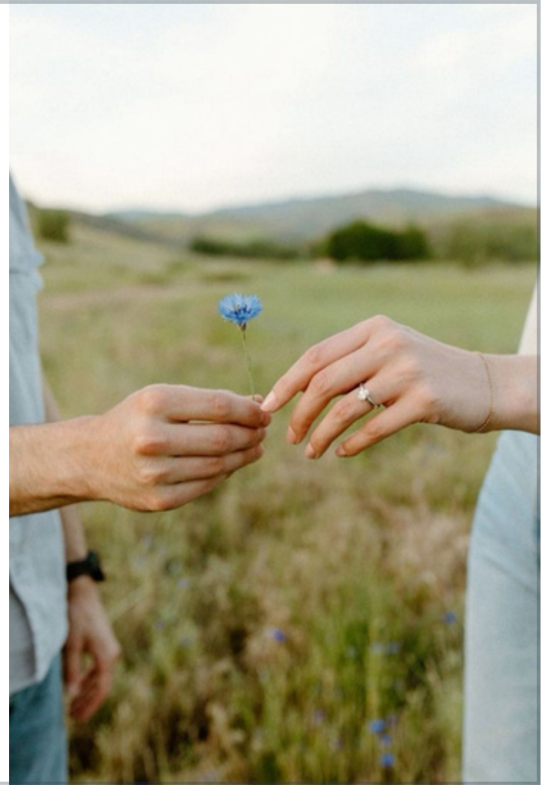
The key to success for a couple is to share the same goals.

True harmony in a partnership comes when both individuals focus on their personal **spiritual growth**. When each partner works on themselves, the relationship naturally improves.



3 Appreciation

- Value your partner for who they are and what they do
- Regularly list things you appreciate about your spouse
- Express appreciation creatively and frequently



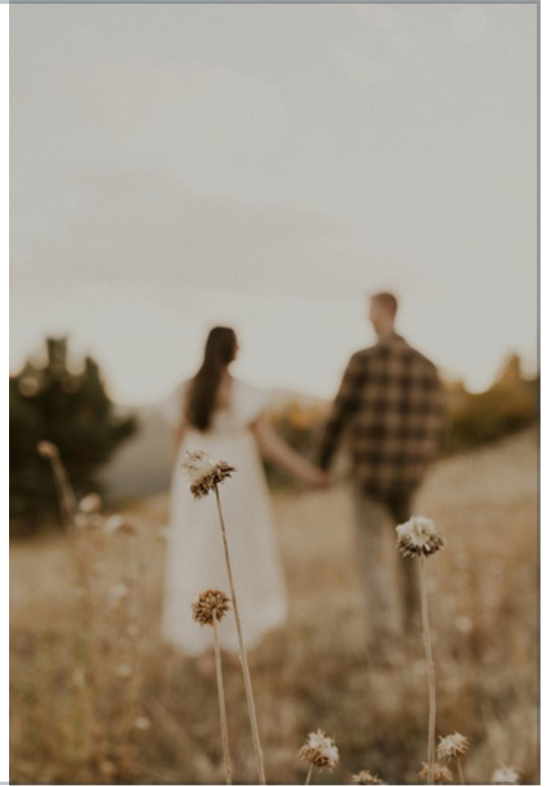
PART 3 - Creating a Harmonious Partnership

Peace and happiness in marriage come when partners let go of unrealistic **expectations** and embrace each other as they are, appreciating strengths and overlooking flaws.



4 Faithfulness

- Protect your marriage from infidelity
- Avoid situations that could make you vulnerable
- Build a strong marriage to reduce risks



Sacred Union

The husband should honor his wife as a cherished gift from the Lord, protecting and caring for her with deep respect and tenderness, while guiding her on the spiritual path. In turn, the wife can embrace her husband as a representative of Krishna, offering her love, devotion, and support with affection.

When both partners recognize each other as divine gifts, their marriage transforms into a sacred practice, or yoga, that nurtures their spiritual growth together.



5 Financial Stability

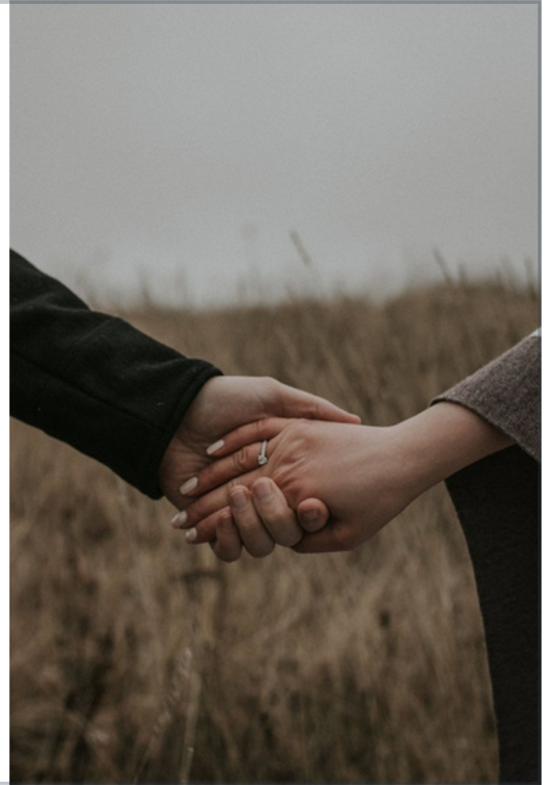
- Live within your means
- Budget and manage money wisely
- Consider giving back as a spiritual economic principle



PART 3 - Creating a Harmonious Partnership

It is simply a relationship of **mutually helping each other**, man and wife, to make advancement in spiritual life, nothing more. We are not after home, money, fame, like that. But that does not mean that he shall not support her nicely, no. It is the duty of a husband to protect his wife in every way from the onslaught of material nature, and he must act always as her spiritual guide by being a perfect example of a devotee.

(Letter, 7 November 1972, Vrndavana)



6 Quality Time

- Prioritize time together to show commitment
- Create a list of enjoyable shared activities



“ Be courteous, work and plan together; meet and speak pleasant words. Be united and let your thoughts be in harmony.”

”

Atharva Veda 3.30.5

Beauty of a Woman

A chaste woman should not be greedy, but satisfied in all circumstances. She must be very expert in handling household affairs and should be fully conversant with religious principles. She should speak pleasingly and truthfully and should be very careful and always clean and pure. Thus a chaste woman should engage with affection in the service of a husband who is not fallen.

ŚB 7.11.28

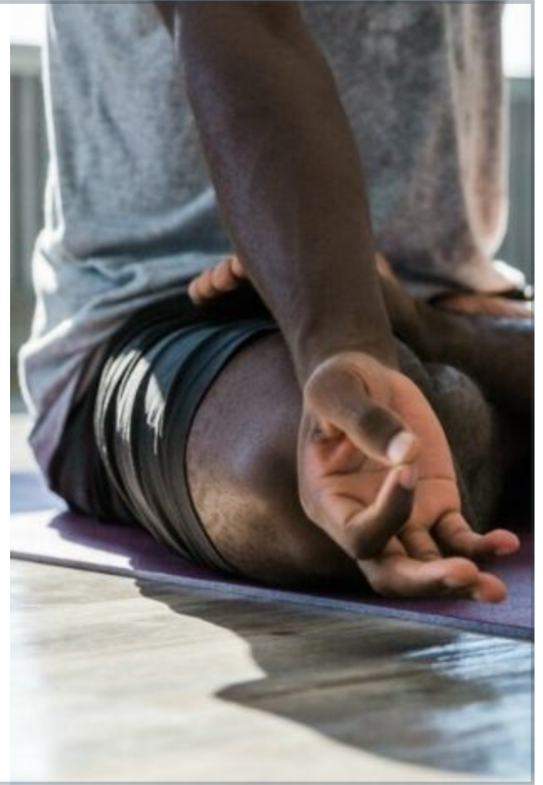


A Husband of Substance

A husband who is not fallen is qualified to accept service from a chaste wife. A fallen husband is defined as follows.

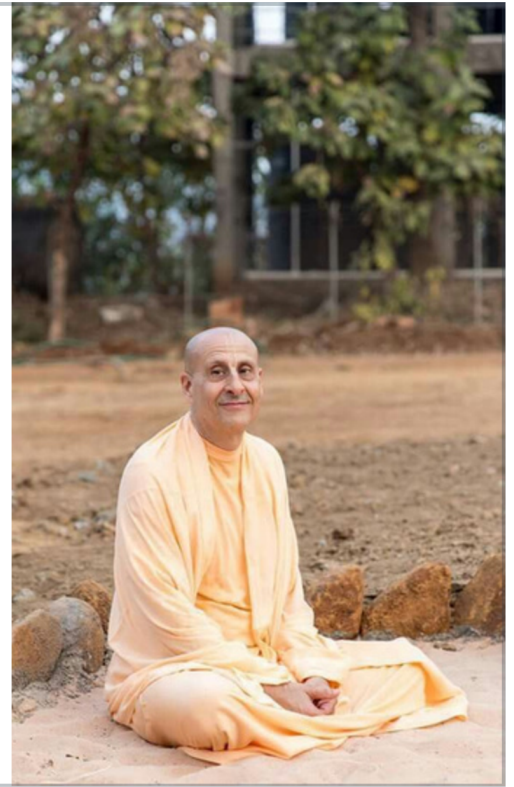
A fallen husband is one who is addicted to the four principles of sinful activity — namely illicit sex, meat-eating, gambling and intoxication. Specifically, if one is not a soul surrendered to the Supreme Personality of Godhead, he is understood to be contaminated.

ŚB 7.11.28 purport



“ When the family is centered around devotion to God, service to God, love for God, then the home becomes the spiritual world. ”

HH Radhanath Swami



Loving Relationship

A harmonious relationship between couples plays a vital role in raising well-rounded children.

“If a husband and wife are always satisfied with one another, then the goddess of fortune automatically comes. In other words, where there is no disagreement between husband and wife, all material opulence is present, and good children are born.”

SB 4.1.6

Marriage Requires Work

While high compatibility supports a happy marriage, it doesn't guarantee success. Strong relationships require consistent effort—**service, respect, appreciation, kindness, patience, and affection.**

Even with astrological differences, a lasting marriage can thrive through these qualities and mutual devotion to God.





PART 4

The Soul's Journey and Choice of Parents



**KEY
VEDIC
IDEAS**



Eternal Nature of the Soul

Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. (BG 2.12)

- The soul exists before and after this life
- Understand the child as an eternal being

KEY VEDIC IDEAS



Eternal Nature of the Soul

Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. (BG 2.12)



Transmigration

As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones. (BG 2.22)

- Soul moves from one body to another
- Conception as inviting a soul, not creating one



The Concept of Reincarnation

Parents invite a soul whose karma and spiritual journey resonate with their own, ensuring that the child's birth is part of a divine, purposeful cycle of rebirth.

KEY VEDIC IDEAS



Eternal Nature of the Soul

Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. *(BG 2.12)*



Transmigration

As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones. *(BG 2.22)*



Karma & the Modes

Those situated in the mode of goodness gradually go upward to the higher planets; those in the mode of passion live on the earthly planets; and those in the abominable mode of ignorance go down to the hellish worlds. *(BG 14.18)*

- Previous actions affect next birth
- Importance of parents' actions and consciousness

KEY VEDIC IDEAS



Eternal Nature of the Soul

Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. *(BG 2.12)*



Transmigration

As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones. *(BG 2.22)*



Karma & the Modes

Those situated in the mode of goodness gradually go upward to the higher planets; those in the mode of passion live on the earthly planets; and those in the abominable mode of ignorance go down to the hellish worlds. *(BG 14.18)*



Desire & Free Will

Under the supervision of the Supreme Lord and according to the result of his work, the living entity, the soul, is made to enter into the womb of a woman through the particle of male semen to assume a particular type of body. *(SB 3.31.1)*

- State of mind influences the soul attracted
- Mindfulness and spiritual focus during conception

KEY VEDIC IDEAS



Eternal Nature of the Soul

Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. (BG 2.12)



Transmigration

As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones. (BG 2.22)



Karma & the Modes

Those situated in the mode of goodness gradually go upward to the higher planets; those in the mode of passion live on the earthly planets; and those in the abominable mode of ignorance go down to the hellish worlds. (BG 14.18)



Desire & Free Will

Under the supervision of the Supreme Lord and according to the result of his work, the living entity, the soul, is made to enter into the womb of a woman through the particle of male semen to assume a particular type of body. (SB 3.31.1)



Divine Guidance

<...> not a blade of grass moves without the will of the Supreme Personality of Godhead. Thus everything is moving under His will. (BG 9.6 Purport)

- Process overseen by divine intelligence
- Trust in higher purpose and divine plan

The Chāndogya Upaniṣad describes the Vedic sacrificial process. On the sacrificial altar, five kinds of offerings are made into five kinds of fire. The five kinds of fire are conceived of as the heavenly planets, clouds, the earth, man and woman, and the five kinds of sacrificial offerings are faith, the enjoyer on the moon, rain, grains and semen.

In the process of sacrifice, the living entity makes specific sacrifices to attain specific heavenly planets and consequently reaches them. **When the merit of sacrifice is exhausted, the living entity descends to earth in the form of rain, then takes on the form of grains, and the grains are eaten by man and transformed into semen, which impregnates a woman, and thus the living entity once again attains the human form to perform sacrifice and so repeat the same cycle.** In this way, the living entity perpetually comes and goes on the material path. The Kṛṣṇa conscious person, however, avoids such sacrifices. He takes directly to Kṛṣṇa consciousness and thereby prepares himself to return to Godhead.

Bhagavag-gita 8.3, Purport

In Kali yuga, great souls desire to take birth "O dear King, the virtual souls of previous ages such as Satya, Treta, and Dvapara-yugas eagerly desire to take birth in this age of Kali, since in this age there will be many devotees of the Supreme Lord, Narayana."

SB 11.5.38-40



“

The fruitive activities a living being performs, whether pious or impious, are the unseen cause for the fulfillment of his desires. This unseen cause is the root for the living entity's different bodies. Because of his intense desire, the living entity takes birth in a particular family and receives a body which is either like that of his mother or like that of his father. **The gross and subtle bodies are created according to his desire.**

”

SB 6.1.54

Spiritual Evolution and Rebirth

The Bhagavad Gita states:

1. If you are on the path to enlightenment - you will be born into the **families of the rich.**
2. If you are far on the path to enlightenment as a yogi in the last life time, you will be born into a **family of yogis.**



Spiritual Evolution and Rebirth

Souls are reborn into families that offer the right circumstances to continue their spiritual development or fulfill their past life's desires and goals.



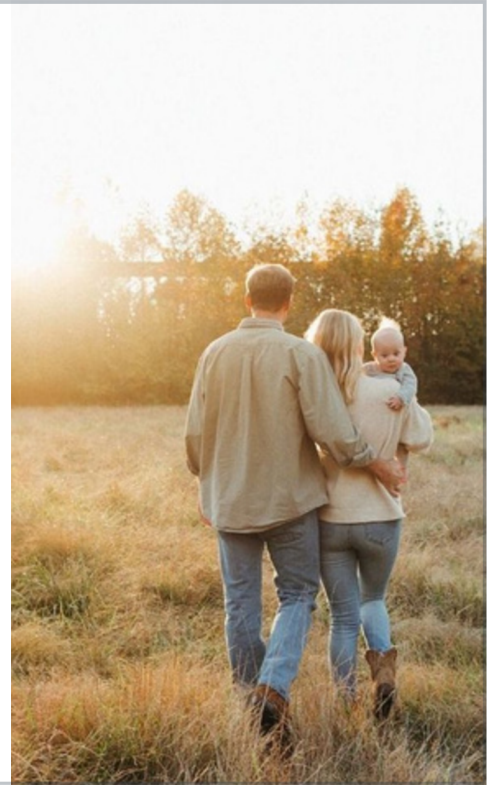
"The Personality of Godhead said: Under the supervision of the Supreme Lord and according to the result of his work, the living entity, the soul, is made to enter into the womb of a woman through the particle of male semen to assume a particular type of body."

Srimad Bhagavatam 3.31.1

The soul is guided by its karma and under divine supervision enters a suitable family where it can experience what it needs for spiritual growth.

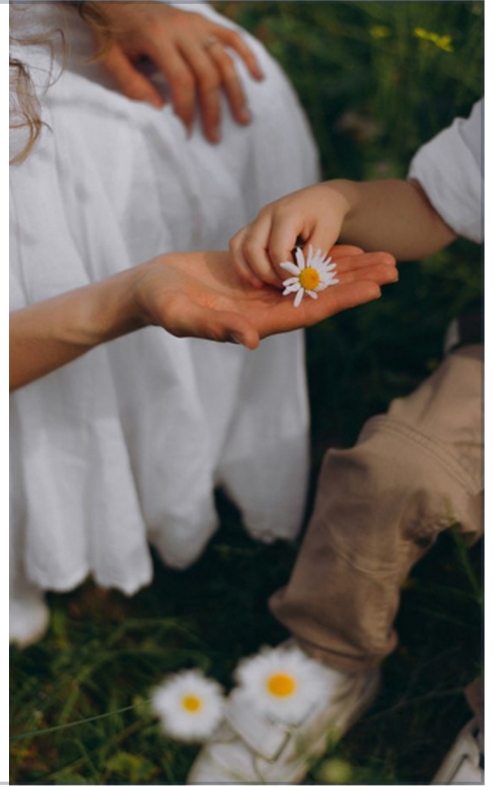
Soul's Purpose

The soul's purpose is to grow spiritually and that the choices of life circumstances, including family, are not random. Souls enter families that provide the necessary experiences for spiritual development and alignment with their soul's mission.



Soul's Purpose

The soul reincarnates to fulfill unfinished business, karmic lessons, and spiritual missions. Souls are drawn to particular families because of prior connections or to experience particular lessons for their evolution.



Exercise

- Journal about intentions and aspirations for the incoming soul.
- Write a letter to your future child expressing your hopes and commitments.

Recommended Books

If "violent" means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called "violent" communication.

Nonviolent COMMUNICATION

A Language of Life



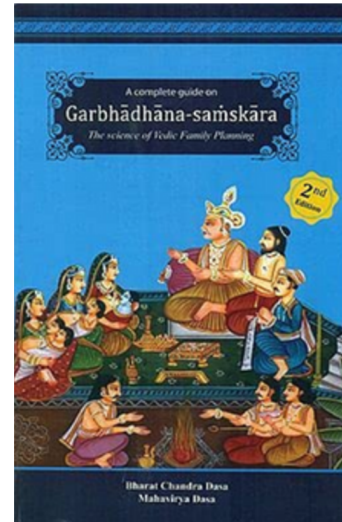
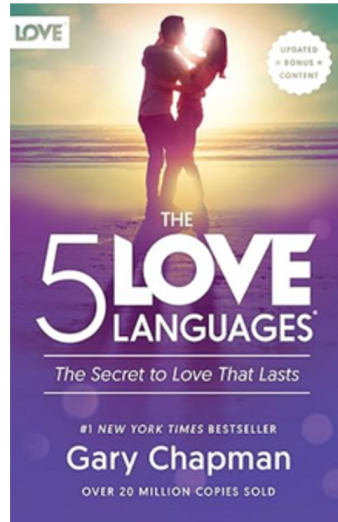
3rd Edition

Words matter. Find common ground with anyone, anywhere, at any time, both personally and professionally.

MARSHALL B. ROSENBERG, PhD

Foreword by Deepak Chopra

Endorsed by Tony Robbins, Azeem Azhar, Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon, Riane Eisler, and others



Lesson 1 Summary

- Parents' physical, mental, and spiritual states influence the incoming soul
- Conscious parenting begins before conception, with intention and preparation
- Remember: You're inviting a soul with its own unique journey and purpose
- Key elements for a strong marriage: mutual respect and clear communication, shared responsibilities and goals, gratitude and trust



CONSCIOUS CONCEPTION

Thank you



Sources:

- Bharat Chandra Das & Mahavirya Das, Garbhadhana samskara
- The Book of Samskaras
- Grihastha Vision Team, Heart and Soul Connection
- Dhyana Masla, Ayurveda Mama

Next Session:

- Lesson 2: Nurturing Fertility Naturally



sisterhealingco



<http://thevediclife.com>

CONSCIOUS CONCEPTION