THE CONCEPTION OF CONSCIOUS HUMAN EVOLUTION THROUGH SPIRITUAL PERSPECTIVE OF EXPECTING MATERNITY

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Abstract - The current research is stressing the importance of 'Special Education', in the area of 'Developmental Psychology'. There is a continuous striving to discover the methods and practices to bring about positive change in society, and protect the people from rising negativity due to depression, mental disorders, poverty, violence, social and emotional disconnections, etc. This research is illustrating the importance of the prenatal period, i.e. from conception to childbirth, which can be deeply transformative with the special education training in the development of consciousness of the child. This study highlights the pioneering special training, called 'Spiritual Consciousness' in Prenatal Education, which not only equips the expecting mothers for intra-personal, personal, and social life rather helps her to contribute towards the holistic development of her child, and further to society by changing deeply-entrenched social transgression. In the said 'Prenatal Education', the expecting mother becomes trained with various Spiritual Consciousness Practices and spiritually oriented activities. She also learns to use the typical skill, called 'Quantum Communication', wherein she can able to facilitate the potential virtues and abilities to the maximum of the unborn child. With this distinctive education, she could able to understand the deeper aspect of spiritual approaches, with the willed to shape up the to-be-born child; physically, mentally, socio-emotionally, and spiritually. She could able to ascertain her capability to influence the spiritual perspective of the child and cultivate higher consciousness in the child. Through this Education, a constructive remarkable change could be possible in the consciousness of the thriving baby/ generations, and in the whole human family.

Keywords - Conscious Human Evolution, Prenatal Education, Quantum Communication, Spiritual Consciousness, Spiritual Practices.

I. INTRODUCTION

There is a continuous striving to discover or re-discover methods and practices to bring about the up-gradation in the society. And, now it is going through an evolutionary crisis and needs to work towards raising the consciousness at the individual and collective level. It is important to understand the enabling of the creation of a conscious civilization could be possible if we can able to bring change in human consciousness in individual's prenatal stage.

In the current scenario, our world is in havoc, and the current challenges of Covid-19 have affected everyone and everything globally. Whilst the wild and panic condition, the uncontrolled greed is further spoiling the world in the form of hysteric growth of depression, mental disorders, poverty, violence, social and emotional disconnections.

This research is discussing that 'Humanity' still have the chance to enhance Global Happiness Index by the use of 'Quantum Communication' in human evolution.

The research is illustrating the holistic influence a mother can plays during prenatal period onto her child, and subsequently to the society and to the whole world and can able to make complete paradigm shift of negativity to complete contentment and peace in the entire human family.

II. MOTHER AND HER ROLE IN COMPLETE TRANSFORMATION OF HUMAN FAMILY

The moment we conceived, and the moment we open our eyes the first time, the person who poured her love unconditionally protected us, taught us all the basics for our life, is the mother. If she is more thoughtful, conscious, and trained on the spiritual aspect, she can be more helpful for the child and can influence the consciousness and overall growth of the child. The to-be-born child is conscious in the womb and is learning from the experience of the mother. Through Spiritual Consciousness, the mother could be able to bring an inner transformation of self, and of the young human mind, which in the long run could bring the complete transformation of the society/living planet. Satyanarayana V.A. (2011) has proved that Maternal mental health in pregnancy may affect future child behaviour. It is important to mention that birth is a natural physiological phenomenon, and should take place in absence of stress and fear, as it may also affect the baby's psyche (G. Buffa, 2018). Sandman C.A., Davis E.P., Buss C., Glynn L.M. (2012), stressed that the mother and her foetus both are influenced by exposure to psychosocial and biological stress, prenatal stress also affect later cognitive, behavioural, and psychomotor development (Kingston D. et. al. 2014). It has been observed that if the mother is fearless and brave, to-be born child will be brave and courageous as well. Modern science also proves that the prenatal

period is the most critical, and important for the development of healthy body and mind. Children need a secure, loving environment, with the right stimulation and endorsements from their parents, especially the mother.

This pivotal role of a mother is the divine mission assigned to her and if it gets associated with spiritual conscious conception and spiritual conscious pregnancy, the entire process of conscious creation of a being is pretentious and can be transformed, and it can unequivocally makes the world a better place with full of amity and blissfulness

III. PRE NATAL EDUCATION

In ancient Indian tradition, high importance had been given to prenatal education (Choudhry U.K., 1997); it believed that the process of education begins before birth. In the prenatal stage, the foetus begins to learn and experience the world through sound, vision, smell, touch of the mother, and the people around. From the scripture Mahabharta, Indian tradition given astonishing stories of Ashtavakra (In his foetal period, he spoke and asked his father to correct his mistakes while reciting the Vedic Mantras) and Abhimanyu (Who heard about the Chakravyuh, the unique war technique from his father, who was telling the same to his mother, when he was in the womb. The foetus learned the technique, and later used the same in the midst of war at his adult age). The epic speaks of how conscious they both were, brought to the physical world, the consequence of the consciousness of the mother at the prenatal stage. In the Indian traditions, in the process of maternal empowerment and support, the family used to organise various cultural celebrations and provide obstetric interventions in the form of adequate physical, mental, and emotional comfort and training to the expectant mother, and families encouraged the mother to read good scriptures and literature. The impact of such cultural doings was meant for the mother and for the child as well (Kathrin H. Stoll, 2012), the child-to-be born feels to be welcomed, valued, and can get positively connected with the world around.

Modern science also emphasized the need for emotional and spiritual preparation of the mother-to-be, in addition to physical and mental preparation. As per World Health Organisation (2018) "This is a window of opportunity, to lay a foundation of health and wellbeing whose benefits last a lifetime – and carry into the next generation". Piers Dawes (2015) also proved the effect of prenatal and childhood development on hearing, vision, and cognition in adulthood.

And more importantly for the fundamental paradigm shift from the negative state of fear to positive state of unconditional love for the mother, and then from mother to the to-be-born child is possible from this window of opportunity of the prenatal stage of individual's life. This research has suggested that the prenatal period must be planned carefully to establish the new life with ease, grace, and abundance, and have positive bonding with the people around and the universe. The research is also highlighting the importance of the 'Spiritual Consciousness' Training to be given to the mother in using this window of opportunity from conception to birth, for the long term thriving of human family.

IV. 'SPIRITUAL CONSCIOUSNESS' IN PRENATAL EDUCATION

It is significant to point out that when spirituality is integrated into Prenatal Education, it equips the expecting mother and imminent-to-be born soul for personal as well as for civic life. This research advocates the insight of an exclusive education, which can implicate spiritual conscious pregnancy. The entire prenatal period, since from conception till birth, is significant for the development of consciousness in the child. The way the child conceived, his/ her time in the womb, his/ her birth, all leave a deep subconscious imprint onto his/ her mind, this further determines his/ her later interactions with the environment as either antagonistic or affectionate. The 'Spiritual-Consciousness' in Prenatal Education can create complete consciousness in to-be born soul/ individual, subsequently in the society, and consequently create a vibrant human civilization with sensibility and constructivism.

Initially, in prenatal education, based on 'Spiritual Consciousness', mothers learn to go deep within and root out damaging states (such as fear, resentment, and jealousy) and replace them with productive states (viz. self-development, humility, and forgiveness). It begins with 'Self Awareness' and 'Self Realisation'. This, not only heals the damaging aspects of the mother, rather the upcoming souls also, who could have preconditioned blockages from their past birth(s), can be healed. This way she can endow the child with positive human qualities and abilities. Ndola Prata et. al. (2017) also proved thatwomen's empowerment is related to pregnancy and childbirth.

The spiritual education consistently displayed and emphasized the development and training of consciousness of the expecting mother, where the mother learns to use distinctive skills called, 'Quantum Communication'. This is the deepest section of 'Spiritual Consciousness' training, where the mother learns to strengthen the subconscious mind of the child, and exercise her imagination to see the child's future endeavours, and convey the

samerepeatedly to the child by the use of this special skill, 'Quantum Communication'. In her messages, she could consciously guide the child and convey the way she would assume to see his/ her talents, capabilities and, endeavours. The researcher's submission is that during this exceptional phase, the foetus learns from the vision, thoughtful perspectives, and experiences of the mother, and has a soul-to-soul direct connection with the mother, hence mayimbibes with all her approbations. Here, the mother needs to communicate by regular repetitive messages so that the same get engraved in the subconscious mind of the child, and accordingly which may channelize all future demeanour of to-be born soul. Though 'Quantum Communication' is a one-way communication by the mother, using repetitive verbal and nonverbal messages, but the child may also respond by making immediate body movement sign and later by exhibiting the characteristics mentioned by the mother. This way every trained mother can consciously shape the mindset, demeanours, and future endeavours of her child. This training also step into building powerful and harmonious relation with the upcoming soul before his/her physical appearance to the world. The mother learns to communicate her unconditional love to the unborn child, which further engenders love, trust, empathy, and self-control. This could also help the upcoming soul/ generations in maintaining eternal positive mental health, that inhibits mistrust, self-doubts, depression, jealousy, violence, or any other wrongdoing. The upcoming small creatures can become more secured, compassionate, contented and empowered by the help of unconditional love and spiritual training of their mother. In this way, the entire journey from 'conception to birth' can be deeply transformative, and can be helpful in the development of consciousness of the child/ generations/ the whole human family, and able to establish ideal civilization.

V. SPIRITUAL CONSCIOUSNESS PRACTICES

Spiritual Consciousness Prenatal Education is linked with the development and training of emotive and psychic states of the mother. Just like other intellectual potentialities, spiritual potentials also grow and develop with maturity and experience, in form of one's level of sensitivity, value learning and processing ability. It is associated with basic human qualities of goodness, kindness, compassion, and caring. This potential developed and stabilized with one's experience and conscious effort in experiencing spiritual practices (Ahluwalia G., 2014).Expectant mother advised using following practices in this unique prenatal education, based on 'Spiritual Consciousness':

5.1. Karma Yoga

Here spirituality can be attained by doing service through one's body. The mother-to-be may indulge in this gross activity by providing service to the needy ones, which not only helps her to maintain physical flexibility but can develop mental and psychological flexibility as well, which further lower down mother's hardness, stubbornness, egotism. It is a gross activity and easy to learn and get involved in, this generates feeling of contentment and blissfulness. In 'Karma Yoga', a mother may get engrossed completely in spiritual activity in serving the needy ones; this would help her tostop keep on thinking abouther fear, worries, and pain, or in other words in 'Karma Yoga' mother could able to transcend all her negatives emotions, and able to achieve complete peace and blissfulness.Tristen K. Inagaki et. al. (2016) discussed that how giving (providing service) may contribute to good health. In another research, Stephanie L Brown (2003) proved that providing social support may be more beneficial than receiving it. On neurobiological grounds, 'Karma Yoga' stimulates altruism centre of the brain. Neuroscience has demonstrated that selfless service or helping others is a powerful pathway to stimulates brain, which further releases neurochemicals / or hormones of Happiness, such as Dopamine, Serotonin, and Oxytocin. As Dopamine which is associated with pleasurable sensations, along with enhancement of learning, memory, motor system function; Serotonin, this hormone helps to regulate mother's moods as well as her sleep, appetite, digestion, learning ability, and memory; and Oxytocin (also called the bonding hormone), this hormone can also help promote trust, empathy, and bonding in relationships. This indicates that 'Service Giver'/ the mother-to-be has more benefits than 'Service Receiver'. On spiritual grounds, 'Karma Yoga' purifies the body (Physical aspect) and heart (Psychological Aspect) first and later awakens and strengthens the conscience (Spiritual Aspect).

5.2. Gyan Yoga

'Gyan Yoga' means gaining knowledge of 'Spiritual Consciousness'. The basic principles behind 'Gyan Yoga' are 'Self Awareness' and 'Self Realisation'. In 'Gyan Yoga', the mother examines herself thoroughly, and goes inwards and meets the deepest part of her true self. This enables her to find the roots of all her worries and further motivates her to resolve all issues by finding meaning and purpose in life, which generates feelings of peace and happiness. It also cultivates the power of the discerning mind. This very practice helps the mother to purify the emotional and psychic aspects of her mind. When the expecting mother starts understanding the 'Self', she realizes the importance of her contribution towards her unborn child. She especially realises the contribution of her positive thoughts and feelings in every moment of the prenatal phase.

Here on neurobiological part, 'Dopamine' hormone released whenever mother strives towards her goal of

enhancing her knowledge. Dopamine motivates her to work more hard and keeps her mentally alert and focussed. And whenever mother focusing on anything 'Good', the neurology secrets Serotonin, which enables brain cells and other nervous system cells to communicate with each other smoothly, and helps the mother to learn, memorise and enhance her knowledge on the subject of 'Spiritual Consciousness'.

5.3. Bhakti Yoga

In 'Bhakti Yoga', the mother will surrender herself to her faith/ divine, and later help her to liberate from her all negatives viz., harsh instincts, possessions, ego etc. 'Bhakti Yoga' enables her in merging in pure consciousness with the infinite (Divine). Bhakti purifies her consciousness and her soul. This state can be called a 'Spiritually-Awakened Consciousness or 'Soul-Consciousness'. It becomes clear that 'Bhakti Yoga' and spirituality are interdependent, and that they flourish best in the fertile ground of higher consciousness.

'Bhakti Yoga' is associated with the release of Oxytocin Hormone, which is also referred to as the bonding hormone, as mother started having strong bonding with the 'Divine'.Some studies have shown that an increase in oxytocin also increases trust towards the presence or feel of Divine.

5.4. Dhyana Yoga

It is the attainment of Infinite (Divine). The basic difference between 'Bhakti Yoga' and 'Dhyana Yoga' is that, the former is merging with infinite and later is merging in infinite. The mother may differentiate herself/ her soul (Atma) from the Divine (Paramatma) in 'Bhakti Yoga', but here no differentiation between 'Atma' and 'Paramatma' exists, rather here both are merging in one another. In 'Dhyana Yoga', the mother develops a unique relationship with her inner-self. It also provides a common transcend bond among people, transcending the physical, psychosocial, and socio-emotional constituents. This tendency moves the mother towards wholeness or completeness. It generates feelings of full peace, contentment and blissfulness in her. 'Dhyan Yoga' is a state of complete 'Meditation'.

On the affect of 'Dhyana Yoga' over central nervous system, It may alter affective and cognitive processes. It can strengthen significant area of mother's brain(at the centre of Pineal gland), responsible for 'Self Awareness', 'Self Realisation' and 'Self Enlightenment'. This will bring deeper level of peace, calm and balance. It may enhance cortical thickness in the hippocampus, which stimulates learning, memory, and emotional regulation. It also decrease brain cell volume in the amygdala, which is responsible for stress, fear, and anxiety. Xiyuan Jiang et. al. (2021) studied the effects of long-term meditation practices on sensorimotor rhythm.Dhyana Yoga/ Meditation may reshape brain of mother, and so of unborn child.

VI. CONCLUSION

The 'Spiritual Consciousness' in Prenatal Education is a relatively new realm of psychological investigation in the area of 'Developmental Psychology' and covers a multitude of creative potentials of mother, and of the unborn soul. This paper may create a paradigm for future studies, as it is showing the evolution of consciousness of 'Human Family' by the constructive spiritual potentials of the mother. Its conceptualization may become an issue of great concern for today's social scientists. It has been suggested in the present research that expecting mothers can take advantage of spiritual knowledge and spiritual practices, to make her life, and her child's life more meaningful and contented. The mother could bring deeper freedom of psyche, mind, and spirit of younger ones by the use of 'Quantum Communication'. The present study is suggesting the importance of expecting mother in spreading peace and contentment in human life. This research, further steps out from the normative stumpy expectations of female gender, that arises as the result of conservative social roles, but when the mother consistently display spiritual, and more empowering skills, they can make their life more complete and meaningful. The current research is facilitating the ways to make the natural process of women's whole life, a wonderful journey as well.

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