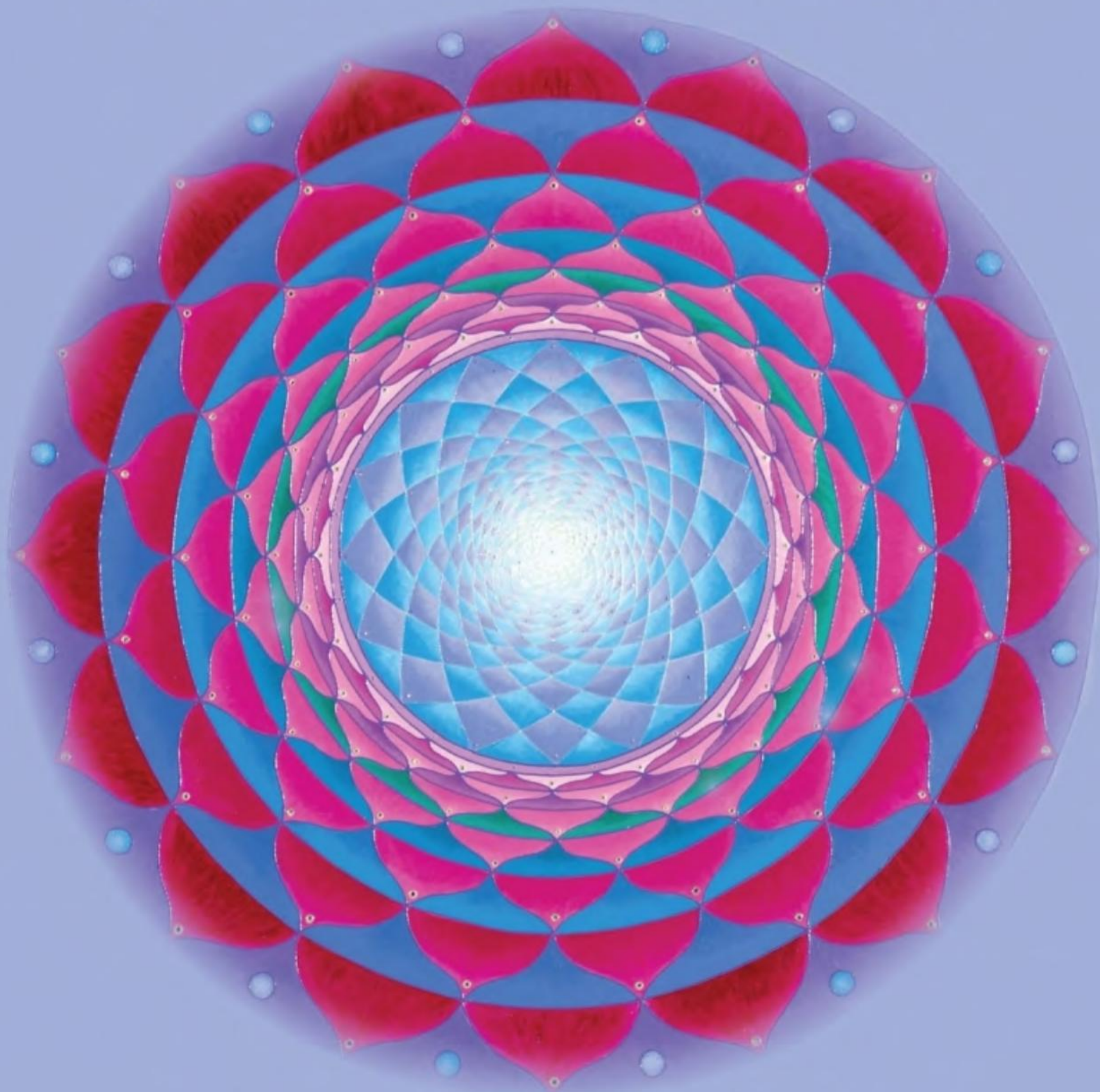


COSMIC CRADLE

Spiritual Dimensions of Life before Birth



Elizabeth M. Carman and Neil J. Carman

REVISED EDITION

COSMIC CRADLE



Spiritual Dimensions of
Life before Birth

Elizabeth Carman and Neil Carman

FOREWORD BY BERNIE S. SIEGEL, MD



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Berkeley, California

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Contents



<u>FOREWORD BY BERNIE S. SIEGEL, MD</u>	<u>xv</u>
<u>INTRODUCTION: AMNESIA OF OUR SPIRITUAL ORIGINS</u>	<u>xvii</u>
<u>Pre-Birth Memories</u>	<u>xix</u>
<u>Cross-Cultural Parallels</u>	<u>xxi</u>
<u>Paradigm Shifts</u>	<u>xxiii</u>
<u>Cosmic Cradle Overview</u>	<u>x</u>

PART ONE: PRE-BIRTH MEMORY 1

<u>1. Children as Messengers</u>	<u>3</u>
<u>Indicator Signs: Real or Imaginary?</u>	<u>4</u>
<u>Two-Year-Old Philosopher in Love with Heaven</u>	<u>5</u>
<u>“Mommy, Why Are People Afraid to Die?”</u>	<u>10</u>
<u>My Most Treasured Memory</u>	<u>11</u>
<u>Reborn Straight from Tibet</u>	<u>12</u>
<u>I Saw the Snow before I Was Born</u>	<u>14</u>
<u>Ty’s Transmission</u>	<u>15</u>
<u>Snippets of Children’s Pre-Birth Memories</u>	<u>19</u>
<u>The Azure Palace: A Story for Children</u>	<u>22</u>
<u>2. Memories of the Cosmic Cradle</u>	<u>23</u>
<u>Soul Born in Response to Collective Call for Help</u>	<u>24</u>
<u>Falling to Earth from the Pure Light</u>	<u>28</u>
<u>Memory of Unlimited Possibilities</u>	<u>32</u>
<u>Tethered to Divine Love</u>	<u>34</u>
<u>3. “I Was in Your Tummy Twice”</u>	<u>39</u>
<u>One Soul, Two Bodies</u>	<u>39</u>
<u>Confirmation of Pre-Birth and Rebirth Memories</u>	<u>47</u>
<u>A Mother’s Validation of Rebirth</u>	<u>50</u>

4. Scanning Soul Plans: Contemporary Pre-Birth Memories	51
<u>Earth: A Place Set Up to Heal the Mind</u>	51
<u>Sex at High Noon</u>	58
<u>Snippets: Souls Watching Pre-Birth Movies</u>	61
5. Welcome to Planet Earth	65
<u>Path of Earthly Thorns, Smell of Roses</u>	66
<u>Forgiving My Mother's Abuse</u>	75
<u>Learning Lessons in One Life or Three Lives?</u>	80
<u>Guide: "Are You Absolutely Certain?"</u>	86
<u>Déjà Vu: Dysfunctional Family, Abuse, Cancer, NDEs</u>	88
6. Shirley Temple and the Blue Bird	93
<u>What Happened to My Baby, Mary Ellen?</u>	94
<u>Soul Has 360-Degree Vision without a Body</u>	98
<u>Love Overcomes Trauma at Birth</u>	102
<u>Reluctant Sojourner Recalls Light at Birth</u>	104
<u>We Are All Beams of Light</u>	105
<u>Reluctance to Exit the Bliss:</u>	
<u>Parallels to Near-Death Experiences</u>	107
7. Our Soul as a Tiny Spaceship	110
<u>A Soul Googles Earth Seeking Rebirth</u>	114
<u>Phoenix Rising from the Ashes</u>	116
<u>What Sort of Rebirth Do You Want?</u>	117
<u>Soul Reborn from Tibet</u>	119
<u>The Human Body Is an Ultimate Gift</u>	125
8. I Saw All My Costumes	132
<u>Awakening in Childhood</u>	133
<u>Movies in Heaven</u>	135
<u>Eleven Past Lives and the Interlives</u>	137

<u>Modern Mystic</u>	140
<u>A Projectile of Light</u>	142
<hr/>	
<u>PART TWO: PRE-BIRTH COMMUNICATIONS 147</u>	
<hr/>	
<u>9. Souls Waiting in the Wings for Birth</u>	149
<u> Hovering at Heaven's Door</u>	150
<u> Rebirth under the Right Star Dance</u>	152
<u> Rebirth of an Advanced Soul</u>	153
<u> Golden Messages from an Unborn Child</u>	155
<u> Meeting My Daughter in the Cosmic Void</u>	156
<u> Soul Heals Marriage</u>	156
<u> Meeting My Son's Soul over Chesapeake Bay</u>	158
<u> Radical Eggs and Miracle Pregnancies</u>	159
<u> Brotherhood Takes Nine Years</u>	161
<u> Cherubim on Pink Clouds</u>	162
<u>10. Soul as a Sphere of Light</u>	165
<u> Thousands of Soul Bubbles of Light</u>	166
<u> Soul as a Blue Orb</u>	168
<u> Struck by a Beam of Light</u>	169
<u> Mother and Daughter Skydiving to Earth</u>	170
<u> Soul's Fiery Light</u>	171
<u>11. Cosmic Conception</u>	175
<u> Ecstatic Explosions during Conception</u>	177
<u> Pillar of White Light during Lovemaking</u>	178
<u> Celestial Visitors in the Bedroom</u>	179
<u> London Odyssey: "Let's Make Love"</u>	180
<u> Serendipitous Mystical Conception</u>	182
<u> Cosmic Conception in the South Pacific</u>	186

Lovers Struck by Cupid's Arrow	188
<u>Spiritual Sex to Conceive Children</u>	190
<u>When Does the Soul Enter the Fetus?</u>	190
12. <u>Miscarriages and Stillbirths in the Light of Pre-Birth Plans</u>	194
<u>Pregnancy as a Roller Coaster</u>	195
<u>A Knock on the Door from Twins</u>	196
<u>Spiritual Lessons in the Loss of a Baby</u>	198
<u>Message of the Bumblebee</u>	200
<u>Miscarriages in the Light of a Greater Wholeness</u>	205
13. <u>Conversations with Unborn Children</u>	206
<u>A Mystical Mother's Journey</u>	207
<u>Mother-Child: Relationship of Oneness</u>	212
<u>A Visit from My Unborn Grandson</u>	217
<u>Prenatal Communication with a Battered Teen</u>	218
<hr/>	
<u>PART THREE: PRE-BIRTH WISDOM DOWN THROUGH HISTORY</u>	223
<hr/>	
14. Spirit-Children Down Under	225
Messages from the Psychic Dream World	227
<u>Rebirth Down Under</u>	229
<u>Conception Parallels to the Baoulé in Africa</u>	230
<u>The Great Mother's Maternity Ward</u>	231
<u>Numbakulla's Spirit-Children</u>	233
<u>Eluding Motherhood</u>	233
<u>When Things Fall Apart: Lost Visions</u>	234
<u>Knowing from a Distance</u>	236
15. <u>Lodge of the Great Manitou</u>	238
<u>Children Descend from the Cosmic Abode</u>	238
<u>String of Babies: Myth of the San Joaquin Basin</u>	241

Indigenous American Seers	242
Memories of Embryonic Life and Pre-Birth	247
Pre-Birth Memories of a Winnebago Shaman	248
16. The Cosmic Designer	252
You Get the Body of Your Choice	253
Soul Groups	258
Island of Perpetual Youth	259
Er's Tour of the Land of Cosmic Contracts	260
Insights into the Cosmic Designer	264
Tweedledee Teaches Alice	265
17. Travelers from the Light	271
Plato, Father of Western Philosophy	271
Treasury of Souls, the Chamber of Creation	272
Christianity and the Soul	273
The Precosmic Spiritual Universe—Father Origen	275
Homesick Traveler	276
Gnosticism: We Have Come from the Light	277
“We Lived with the Lord”	278
Pre-Birth Existence: Cross-Cultural References	279
Return to the Source: The Goal of Life	282
18. Journey from Forgetting to Remembering	287
Four Ways of Descent into the Womb	288
The Greatest Mystery: Descent and Incarnation	288
Prenatal Life According to India's Scriptures	292
Lailah, Midwife of Souls	295
Hymn of the Pearl	296
Snow White and the Seven Dwarfs	298
Sleeping Memory of Immortality	299
Future Pre-Birth Choices	301

NOTES	304
BIBLIOGRAPHY	324
INDEX	340
ACKNOWLEDGMENTS	353
ABOUT THE AUTHORS	355

Foreword by Bernie S. Siegel, MD



THE CONTENTS OF *COSMIC CRADLE* are similar to my personal and professional life experience. I accept what I experience, even if I cannot explain it or have not been exposed to it during my medical training. In that way my life is not limited by my beliefs or what I can accept. During my personal experiences, I have heard voices speaking to me from the greater consciousness and their words have always impacted my life in a meaningful way. An example was hearing a voice ask me, "How did your parents meet?" This occurred on the day my father was to die and when I asked my mother in my dad's hospital room, my mother started telling stories, which started with, "Your father lost a coin toss and had to take me out." My father died laughing because of that question from the voice.

I hear messages spoken to me by my dead patients and messages delivered by psychics to me, speaking like the person they are talking about and sharing their name so there is no doubt of their authenticity. I have communicated with animals and with my anesthetized, comatose, and dying patients who responded to my words. Once a family asked me to see their mother who had been brain dead for two years, but attorneys would not allow the family to stop her tube feeding. She died fifteen minutes after I said to her, "Your love will stay with us and if you need to go, it is alright." I had an NDE as a four-year-old child choking on a toy I aspirated. I could see and think when out of my body. I was angry when I didn't die. I had a past-life experience when a friend who was concerned about how busy I was, asked me, "Why are you living this life?" I went into a trance and saw myself with a sword killing people and their pets. The experience educated me about why I became a physician and have been rescuing people and animals my whole life.

For me, God is intelligent, conscious, loving energy, and we are made of the same stuff. God once explained to me: “You are a satellite dish, a remote control and a television screen.” The explanation I received was that there are many channels of consciousness we can tune into and our minds make the decision about which channel we tune into, like a remote control, and our bodies demonstrate which channel we have chosen by our actions, just as the TV screen provides us with images of the program we are watching. I can guarantee that consciousness exists without the body and that we are all impregnated by the collective consciousness, which has preceded us in time. I can also promise you that when it comes time to leave our bodies we will become dreamless, unalive, and perfect again.

As God said, if creation were perfect, it would be a magic trick and not creation. So understand we are here to live and learn, and if we all raise the level of global consciousness, the future for our descendants will be a much happier and peaceful and loving one.

BERNIE S. SIEGEL, MD
April, 2013

Introduction



AMNESIA OF OUR SPIRITUAL ORIGINS

Where did I come from and what am I supposed to be doing? I have no idea.
My Soul is from elsewhere, I am sure of that, and I intend to end up there.

—RUMI

Most people report total amnesia of their voyage into this earthly cradle, and yet a trail of invisible steps retraces our journey into human form.

COSMIC CRADLE RESULTED FROM A string of coincidences that fell into place in 1989 like footsteps on a hidden path guiding the lead author into a graduate writing program. The initial sparks for the original *Cosmic Cradle* were interviews conducted in 1989 with women who had blissful pregnancies, including giving birth with less pain or in a state of ecstasy. These were not ordinary women. They were a select group of meditating mothers. Many had participated in long meditation retreats. Due to a life-long interest in self-actualization, Elizabeth was hooked into deciphering the link between blissful childbirth and higher consciousness. At the same time, scientific support emerged from new brain studies finding connections between states of consciousness and intelligence and creativity. As research on the mothers unfolded, they also talked about meeting their unborn children before pregnancy in dreams and visions, as well as their own memories of life before conception.

A second coincidence in 1989 served as another inspiration when Elizabeth shared interview material with Neil for a magazine article:

As I contemplated the mothers' experiences, my body became electrified, vibrating in waves of bliss from head to toe. I felt like I was going to levitate out of my chair. I received an intuitive message: 'Elizabeth, this is more than a magazine article! This is a book or series of books. This is an untold cosmic story about who we are, where we come from, why we are here. Clearly, it is a beautiful, spiritual journey that people need to understand.'

The ultimate inspiration came from the adults and children who shared two types of pre-birth experiences: pre-birth memory and pre-birth communications. Pre-birth memories are defined as natural, spontaneous memories of life before birth: choosing parents and life circumstances, and the journey from the heavenly world to conception, life in the womb, and birth itself. We excluded reports based upon methods like hypnosis, drugs, regression, and psychic readings.

The second set of pre-birth reports involves spontaneous announcing signs or pre-birth communications between a child waiting to be born and parents or relatives. Pre-birth communications are defined as subtle contacts with the unborn via dreams, visions, an inner voice, feeling the unborn child's presence, telepathy, and a host of other announcing signs. These mysterious communications occur before or after conception and establish a new parent-child relationship. Love for a child begins long before birth.

The abilities to remember life before birth and to tune into children seeking birth serve as landmarks on the road to expanded awareness, according to the Father of Yoga and pioneering psychologist Patanjali. Nearly two thousand years ago, the great sage delineated fifty-two human abilities or *siddhis*, including remembering

the reason for our birth and discerning subtle, hidden, and remote things beyond the five senses. Sage Patanjali's research reveals that these abilities are nothing new. We are merely rediscovering our innate potential.

We invite you to explore our latest evidence for pre-birth in this revised *Cosmic Cradle*. Our research encompasses interviews with one hundred and fifty individuals from the United States, Canada, England, Australia, India, New Zealand, and the Netherlands as well as cross-cultural cases referenced in books and journals.

Pre-Birth Memories

Why do most people fail to recall the early events in their life such as birth, first breath, first thoughts as a baby, first time they saw their parents, first words, first footsteps, and thousands of other hidden memories? Does an amnesia of human beginnings in this life extend to pre-birth memories? *Cosmic Cradle* suggests it does after finding a rare group of individuals who possess pre-birth memories.

We are explorers who come to Earth as a cosmic spark of consciousness from a higher Source. Our Soul, defined here as our consciousness or immortal essence, seeks experiences in a human body and agrees to a life plan. Once a Soul enters the womb, it helps to spark the growth of the fetus. The Soul adapts to the earthly world by flitting in and out of the womb and may even return to Source. By the time a baby takes its first breath, it has already completed an extensive sojourn.

Once we are born, we become trapped inside a human body and wonder where we have come from. We forget our pre-birth memories. A life-long search is spent trying to remember our cosmic status. How we happen to be born seems as mysterious as the way a caterpillar transforms itself into a chrysalis and finally into a butterfly.

The Soul's journey to find its true nature is the quest of human life:

- ✿ Who am I? Do I have a Soul? If so, is my Soul immortal?
- ✿ Why am I here? Does my life have any purpose?
- ✿ Where do I come from?
- ✿ How did I get here?
- ✿ Is there life after death?
- ✿ Is there a Source, a Higher Power?

Throughout the ages, insights into such questions came from early philosophers of Western Europe such as Socrates (469–399 BCE), who passionately argued at the end of his life: “We have clear evidence that the Soul is immortal.”¹ Modern scholars suggest that the Greeks, as glorious as they may have been, most likely acquired their profound knowledge of the Soul’s immortality from Vedic India. Legends in Greece, for example, speak of journeys to India made by ancient philosophers who were believed to have traveled widely. “Thales, Pythagoras, Empedocles, Democritus, and Plato were all fabled to have made the journey.”² Since trading routes long existed between India and Greece along the Silk Road and the sea, these legends are probably more than anecdotes. What the Greeks would have learned in India is that the Soul is imperishable. Krishna, in the *Bhagavad-Gita*, describes the nature of the Soul: weapons cannot destroy it, water cannot wet it, fire cannot burn it, nor can the wind dry it.

Today, the same eternal message is coming from an unexpected field of inquiry: pre-birth research. Rare people report signs of immortality within their memories and pre-birth communications. Both types of reports open a golden door into the Soul’s preexistent state. They serve as harbingers that validate the immortality of the Soul.

Cross-Cultural Parallels

Are pre-birth memories and pre-birth contacts rare in the world?

Elizabeth began interviews with mothers who shared pre-birth memories. One interview led to another via a word-of-mouth process, without any need for advertising. After meeting so many sensitive individuals, we inquired in our initial ten-year investigation: “Have people in other cultures and throughout history reported pre-birth experiences?” The answers were surprising. The more we looked, the more cases appeared. We discovered that pre-birth experiences are not new at all.

Fragments of the Soul’s journey have survived throughout recorded history. Based on a limited survey of scholarly books and journals, evidence of pre-birth experiences was found worldwide indicating a universal phenomenon. Greek and Roman cultures alluded to how Souls forget life before birth. Indigenous cultures likewise were familiar with pre-birth experiences. Cross-cultural threads of evidence are mentioned throughout the chapters in Parts One and Two. The five chapters in Part Three contain hundreds of parallels from religion, philosophy, spirituality, mythology, poetry, and anthropology. Pre-birth reports form part of a deep pattern interconnecting cultures and spanning centuries. Table I displays cultures and religions surveyed for *Cosmic Cradle*.

Table 1. Pre-Birth Reports – 108 Religions and Cultures

19 RELIGIOUS TRADITIONS			
Buddhism	Hinduism	Manichaeism	Tibetan Buddhism
Christianity	Islam	Shiism	Vedism
Gnosticism	Judaism	Sikhism	Zen Buddhism
Hasidism	Kabbalah	Sufism	Zoroastrianism
Harranism	Latter-day Saints	Taoism	
45 INDIGENOUS NORTH AMERICAN PEOPLES			
Akwa'ala	Great Bear Lake	Maricopa	Pawnee
Algonquin	Hidatsa	Mariposa	Plains Cree
Athabaskan	Hopi	Menominee	Salish
Aztec	Huron	Miwok	Saulteaux
Canadian Dakota	Iowa	Mojave	Seri
Delaware	Iroquois	Montagnais	Shawnee
Cherokee	Kwakiutl	Natchez	Tlingit
Chinook	Lakota	Ojibwe	Wahpeton Dakota
Cocopah	Lenape	Omaha	Winnebago
Dakota Sioux	Lummi	Osage	Yuma
Deg Hit'an	Mandan	Otoe	Zuni
Fox			
19 INDIGENOUS PEOPLES OF AUSTRALIA			
Adnyamathanha	Forrest River	Ngalia	Warlpiri
Arunta	Kimberly	Ngarinjin	Worrorra
Bardi	Mularatara	Nimbalda	Wunambal
Broome District	Murrinh-Patha	Pitjantjatjara	Yolngu
Euahlayi	Nibalda	Tiwi	
7 AFRICAN INDIGENOUS PEOPLES			
Bangwa	Dagara	Igbo	Zulu
Baoulé	Ijaw	Yoruba	
14 ADDITIONAL INDIGENOUS PEOPLES			
Bataks (Sumatra)	Koryaks (Siberia)	Iban (Borneo)	Trobriand
Caribs (Venezuela)	Native Indonesians	Semang (Malay Peninsula)	Islanders (Papua New Guinea)
Finno-Ugric people	Nias (Sumatra)	Tapirapé (Brazil)	Tungusic people (Siberia)
Karen (northern Thailand)	Khanty (Siberia)	Tontemboan (Sulawesi)	
4 ANCIENT CULTURES			
China	Egypt	Greece	Rome

Paradigm Shift

The mythical tale of storks bringing newborns to their earthly homes seems to possess more substance than the materialistic paradigm presupposes.

The knowledge in these pre-birth reports offers a revolutionary way of looking at life—a new paradigm—analogous to the way that quantum physics replaced Newtonian physics. Who we really are can be better understood if we know where we have come from. Life on Earth is intertwined with the divine, and why our Souls are born here fits into that wholeness.

Outdated Pre-Birth Paradigm

Before exploring the new paradigm, let's review the outdated materialistic way of thinking. The four assumptions of this mind-set presume no Soul exists before conception.

1. The five human senses give us an accurate perception of the world. Material science offers a reasonable explanation of reality.
2. Memory, awareness, and sensory abilities arrive with the development of the brain and a nervous system where memories can be stored.
3. Biological conception is a chance event, marking the first step toward creating human life. Parents cannot communicate or bond with an unborn child. A newborn is a blank slate to be written on by parents and society.
4. Heredity and social environment (nature and nurture) explain human life.

In essence, this worldview reduces the mind to solid matter and eliminates the Soul. Today materialistic thinking still has a dominant influence in the educational system and media. Typically, people do

not hear reports about life before birth. If they do, chances are that they will be dismissed as anecdotal, without a possible scientific basis. Spiritual experiences are often relegated to the realm of old wives' tales and folk legends.

All this helps explain why people believe that they are pawns of heredity, traumatic incidents, and what their parents did or did not do. They are left with poor insight into their spiritual roots and do not know why they exist. The materialistic worldview insults our intelligence.

Principles of the Pre-Birth Paradigm

The Pre-Birth Paradigm is an inspirational, optimistic message worthy of review.

1. Individuals with expanded awareness recall life before birth.
2. Consciousness and memory go beyond the brain.
3. Sensitive parents are aware of Souls seeking birth.
4. Our life plan is designed prior to birth.

First Principle: Individuals with Expanded Awareness Recall Life before Birth

Rare are those who can remember their first breath or the doctors attending their birth. Memory is transient. Memories are so fleeting that all that surfaces are crude highlight reels of special moments here or there. People forget more than ninety-nine percent of their lives despite an intense desire to cling to the fading memories of the past. Is it a wonder then that most people forget their life before birth as if it never happened?

Whereas thousands of people have sought to retrieve pre-birth memories via rebirthing, hypnosis, psychoanalysis, meditation, submersion in water, and breathing techniques, a much smaller number naturally recall them. In 1989 our interviews began with individuals who recalled pre-birth spontaneously accessed since

childhood. Pre-birth researcher Elisabeth Hallett describes this group of people: “There is an invisible tribe in the world—a tribe of people who have grown up with memories of preexistence. Whether they describe it as a place, a time, or a state of being, they locate it not just before birth, but before identifying with a physical body. They remember existing as soul.”³

Part One includes interviews with people reporting significant pre-birth memories. Chapters 7 and 8 feature extensive memories stretching back to the pre-planning stages involving past lifetimes. Even rarer are individuals, such as Diane, Beverly, and Inelia who describe coming from a single Soul Source at the beginning of their existence analogous to a spiritual Big Bang when the physical universe was first forming. Chapter 18 in Part Three delves into why most people forget life before birth. Philosophers, theologians, and poets have acknowledged this “pre-birth amnesia” since time immemorial. Parallel theories arose in ancient Greece, Rome, China, India, and in all major religious and philosophical systems.

Expanded awareness is the basis of the ability to recall the journey into life. As an example, among those interviewed, several displayed unique brain waves indicative of a permanent, transcendental state during laboratory research. Evidence of higher consciousness leads the way to a greater potential for memory.

Common Elements of Pre-Birth Memories

What can people tell us about their existence before entering the fetus? Each person’s pre-birth recall is unlike any earthly memory they describe. They easily distinguish the pre-birth experience from memories of events occurring after birth. They emphasize that pre-birth memory is their most powerful memory. Each person’s memory of life before birth is as unique as a set of fingerprints and includes any combination of twelve elements. Further elements related to children’s pre-birth memories are described in chapter 1.

1. Self-aware of their true blissful nature: the physical body is a garment, a cage, shell, a temporary housing for the Soul.
2. Eternal: they know that parents do not “create” them. They are brought to birth through parents. Birth is a change from “being” to “becoming.”
3. Feeling at home: the heavenly world is their true Home, where there is a sense of belonging, meaning, and completeness.
4. Limitless love: love in the heavenly world is off the scale, intense and endless in scope compared to earthly love.
5. Soul families: Heaven is a place teeming with Souls. They exist with loved ones in groups. Beings of Light and beauty are their true family.
6. Telepathy: they report telepathy and instantly manifesting whatever they think of or travel via mere intention.
7. Spirit guides, angels, divine planners, Great Being, Creator: a Higher Being tells them they are going on a journey and will return Home one day. Guides assist in pre-birth planning and escort them to their mother’s womb.
8. Preview and life plan: their upcoming life appears like a Hollywood movie or images on a computer screen. They are given options for parents and lessons to learn.
9. Pre-birth amnesia: they may feel parts of their pre-birth memory being erased as they descend on the way to Earth. Some are also aware of amnesia gradually taking place in childhood.
10. Interest in human experience: some are reluctant to be born, whereas others have a strong desire.
11. Awareness in fetus: once the Soul connects with the fetus in the womb, most Souls feel a loss of freedom, constricted awareness, a feeling of being in a cage.
12. No fear of death: some even look forward to returning “Home.”

Tracking down pre-birth memories can be challenging since it is a rare topic of conversation, and a cultural bias exists against them.

Nonetheless, we project that thousands of cases exist based on our research and reports offered by other pre-birth researchers, such as Elisabeth Hallett,⁴ Sarah Hinze,⁵ and Arvin Gibson.⁶ PMH Atwater cites pre-birth memories discovered in her children's near-death research.⁷ Websites where people post pre-birth memories are also helping to document them.⁸

More than forty years of credible research in prenatal and perinatal psychology adds support on the science, including lifelong work by David Chamberlain and others. Chamberlain is a clinical psychologist, pioneer in prenatal psychology, and founder of a website for the Association for Prenatal and Perinatal Psychology and Health (APPPAH). Thomas Verny is the founder of APPPAH and author of *Secret Life of the Unborn Child*.⁹ Breakthroughs in prenatal frontiers by Chamberlain, Verny, and others have revealed that babies are far more alert and have memories of prenatal life.

Pre-birth memories not only make for interesting stories, these abilities will change the boundaries of medical and psychological research, and even more importantly, change our understanding of who and what we are.

Second Principle: Consciousness and Memory

Go Beyond the Brain

Memory science is catching up with other disciplines in understanding the power of human nature, even before birth. During the twentieth century, memory research advanced from the belief that a baby is born as a blank slate to acceptance of third-trimester or pre-birth memories.

Scientists were skeptical, until recently, however, that newborn babies or the fetus could remember. Due to the lack of brain development in newborns, they believed that human memory could not operate so early. In addition, they had mistaken assumptions of how memory works. From the babies' perspective, their own difficulty lay in being unable to communicate their abilities to doctors since they do not speak at birth and their screams seemed unrecognizable.

- ✿ Before 1950: psychology placed the beginnings of memory at age three based on the medical-psychological mind-set of Freud's personality theory.
- ✿ Late 1960s: psychologists posited bonding, a postbirth system of mother-child communications. Medical doctors traced early childhood emotional development back to the hours immediately after birth.
- ✿ 1980s (Dr. Gladys McGarey): the mother of holistic medicine in the United States, obstetrician, and family physician for over sixty-five years was the first doctor to encourage pregnant women to communicate with their unborn children. In difficult cases where pregnant women had emotional problems and chose to terminate their pregnancy, McGarey guided the women to talk to the Soul about leaving and returning at a better time instead of seeking an abortion.¹⁰
- ✿ 1981 (Dr. Thomas Verny): the beginning of the parent-child bond is pushed back into pregnancy. Verny, after conducting a comprehensive review of the published science at the time and evaluating the extensive research, concluded that the fetus sees, hears, tastes, and can learn from at least the sixth month onward in utero. An unborn child, for instance, grows emotionally agitated (quickenings of the heartbeat) when the mother thinks of a cigarette, and the fetus is sensitive to subtle nuances in the mother's attitude and knows whether he or she is welcomed with love.¹¹
- ✿ 1990s: prenatal and perinatal psychologists conclude that memory is nonphysical, as neuroscientists are unable to locate or isolate memory in the brain or in its biochemistry. Researchers theorize that memory storage is in a field of information such as a field of consciousness.
- ✿ 1995 (David Chamberlain, PhD): "Ultrasound observations of behavior in the womb reveal that fetuses can show strong emotion. Observations made between sixteen and twenty weeks of gestation during the procedure of amniocentesis have revealed

fearful reactions including extreme fluctuations in heart rate and withdrawal from normal activity for a period of hours or even days. With increasing use of amniocentesis, women and doctors have witnessed aggressive actions toward the needle itself as babies attack the needle barrel from the side. Similarly, observation of twins via ultrasound have uncovered body language including holding hands, kissing, playing, kicking, and hitting each other. This communication before birth was not predicted in psychology and medicine.”¹²

Evidence of pre-birth memories contradicts the materialistic mind-set that we have no consciousness or sensory abilities before the brain exists. In our research, several detailed cases were found where children’s memories of conception were later confirmed by parents. Nan (chapter 4) and Rennie (chapter 5) recall observing from above the parent’s sexual act and the unique locations of conception.

Third Principle: Sensitive Parents Are Aware of Souls Seeking Birth

The realm of unborn children is invisible to “normal” human senses. Like a scientist piercing subatomic particles with an accelerator, women with an expanded awareness transcend ordinary perception and see into a subtler dimension. Such mothers feel blessed to begin motherhood by welcoming and connecting to their children before birth. Pre-birth researchers Elisabeth Hallett, Sarah Hinze, and Fred Seligson document cases of pre-birth communications in their writings.

Reports from parents communicating with children before birth transcend the assumption that conception marks the first step toward creating human life and a newborn is a lump of clay to be molded by parents and society. Inelia, for example, was enjoying a walk in the countryside, when a beautiful blond blue-eyed eight-year-old girl appeared out of thin air and said, “My name is Daniela.

I am your daughter.” Inelia’s family thought her mystical vision was crazy since both Inelia and her husband have dark hair and brown eyes. Besides that, Inelia had already lost three babies due to miscarriages. Even when Inelia realized she had become pregnant two weeks after the mystical encounter, her family next tried to convince her to think of a boy’s name as well and not to buy a pink cradle but a yellow one. Nine months later, Inelia gave birth to the same beautiful blond blue-eyed baby girl who had announced herself in the vision.

Chapters 9–13 explore cases of parents who communicate with their child-to-be at various stages on the way to parenthood. Children searching for parents appeared as sparkling, virtually invisible visitors in the form of spheres, bubbles, lights, cherub-like faces, tiny figures, and sometimes even departed relatives. Contacts with a child-to-be includes any of these five elements:

1. Souls emanate Love and Light; they preexist in a Higher World.
2. Souls choose parents.
3. Souls engineer the circumstances for conception with their eagerness for birth.
4. Spiritual blueprint: the parent sees their unborn child’s face or body.
5. Messages and guidance: (a) Souls plan earthly life and convey what they hope to accomplish; (b) Souls convey a message or warning to benefit parents; and (c) Souls reveal their preferred names.

Chapters 9 and 10 present cases where parents met children prior to conception in dreams and visions. Chapter 11 features couples who were aware of the mystical side of conception. Chapter 12 shares experiences of parents like Judy who lost her twins early in pregnancy and mothers like Summer who believe the same child returned after a spontaneous miscarriage. Chapter 13 highlights

pregnant mothers who received instruction, warnings, and guidance from their babies in the womb. Chapter 14 illustrates how Spirit-Children communicate with the indigenous men of Australia before their wives became pregnant.

Fourth Principle: Our Life Plan Is Designed Prior to Birth

Human birth is merely the beginning of our spiritual journey on Earth, a notion traceable in the West to classical philosophers in ancient Greece and Rome. This concept of a lesson plan is upheld by religions, philosophies, and small-scale societies. Shakespeare alluded to our life contracts when he said, “All the world’s a stage”; all the men and women are merely players with their exits and entrances. This was the playwright’s way of teaching us about pre-life planning. We come to the earthly stage with a pre-existing script.

Pre-birth experiences and memories transport us beyond the materialistic idea that heredity and social environment explain human life. Our life’s drama is planned long before birth. Pre-birth experiences in Parts I and II illuminate the Soul’s role in selecting parents and choosing to enter the stream of human life. Pre-birth reports in chapters 5 and 12 give insights into the healing power of challenges such as abuse, miscarriages, and accidents. Rennie realized why his life included the deaths of two wives and three children. Chapter 15 features pre-birth memories of medicine men who prepared for their life role via a dress rehearsal before birth. Chapter 16 presents pre-birth planning theories from various perspectives.

Cosmic Cradle Overview

Pre-birth memories and pre-birth communications deserve our attention.

Shifts in consciousness, like shifting gears in a five-speed transmission, hold the key to pre-birth experiences. People reporting pre-birth memories and communications with the Soul seeking

birth have shifted from the mundane third gear of awareness or consciousness into the fourth and fifth gears of higher awareness. Pre-birth experiences are not so much due to social upbringing, educational background, or religious training as they are to an individual's innate awareness. Just as the physical world is experienced through the physical senses, pre-birth experiences become available through the eye of the Soul. Intuition is the gateway. Higher realities are grasped by a clear mind, open and without preoccupation, rather than a busy mind cluttered with fears, worries, and anxieties.

Though consciousness is a less familiar term in the modern world, the major spiritual traditions have fine-tuned their understanding of consciousness over the millennia. They elucidate degrees of awareness. Just as a thermometer measures hotter and colder temperatures, an awareness scale registers higher and lower perceptions of reality. When awareness grows beyond ordinary waking, dreaming, and sleeping states, an expanded awareness supports access to deeper memories and subtler perceptions. A general description follows of three ordinary states of consciousness and two expanded states based on brain-wave research of key frequencies (delta, theta, alpha, and beta).

- ✿ Sleeping: we have no awareness of the outer world or inner reality; large delta brain waves dominate; no brain-wave coherence.
- ✿ Dreaming: we are aware of worlds conjured up by the imagination; interchanging mental and restful activity with no brain-wave coherence.
- ✿ Waking: we are aware and experience the world via our five senses; fast beta waves without brain-wave coherence.
- ✿ Brief transcendental bliss: Abraham Maslow coined the term 'peak experience' to define this state of inner peace, energy, creativity, and bliss. Mystics call it *samādhi*. The Soul begins to wake up to its true nature. Brain scans show dominant alpha (alertness) with theta (deep rest).

- ✿ Permanent transcendental bliss: being alive is a peak experience of inner happiness, peace, silence, wholeness, wonder and awe, and awareness of higher truth. The Soul has awakened to its true nature. Everything becomes sacred and beautiful. Brain scans reveal mixed beta, theta, and alpha. Orderliness increases between the right and left hemispheres.

Pre-birth experiences are clustered at the upper end of the awareness scale. Reports from ancient Greek, medieval Catholic, Islamic, and Asian traditions, as well as Descartes, Wordsworth, and Einstein referred to higher awareness when they spoke of the all-seeing power of the superconscious mind. Ancient Greek philosophers recognized that when someone transcends mundane perception, he perceives “everlasting loveliness,” “greatest joy,” and “profoundly moving beauty.”¹³

American Transcendentalist Henry David Thoreau speaks of a higher awareness:

The millions are awake enough for physical labor; but only one in a million is awake enough for effective intellectual exertion, only one in a hundred millions to a poetic or divine life. To be awake is to be alive. I have never yet met a man who was quite awake. How could I have looked him in the face? We must learn to reawaken and keep ourselves awake, not by mechanical aids, but by an infinite expectation of the dawn, which does not forsake us in our soundest sleep.¹⁴

Chuang Tzu (369–286 BCE), the Chinese philosopher, clarified the lower end of the awareness scale: “We do not ask the blind about a painting, nor invite the deaf to a songfest. Blindness and deafness are not merely of the body: There are souls, too, that are blind and deaf.”¹⁵ Chuang Tzu acknowledges what happens when an individual attains the upper limits of the awareness scale: “You can’t discuss the ocean with a well frog—he’s limited by the space he lives in.

You can't discuss ice with a summer insect—he's bound to a single season. You can't discuss the Way with a cramped scholar—he's shackled by his doctrines. Now you have come out beyond your banks and borders and have seen the great sea.... From now on it will be possible to talk to you about the Great Principle."¹⁶

Cosmic Cradle offers an optimistic message of humanity's essential spiritual nature. Most people suffer from amnesia of their spiritual roots, and this is why the vast majority are unable to call up their pre-birth memories. Pre-birth experiences can teach humanity about new dimensions of human awareness. They stretch the boundaries of what people consider real and will change the way humankind approaches conception, pregnancy, childbirth, and death.

Cosmic Cradle inspires a strong interfaith message because it lays out a vision bridging major religions and linking a wealth of spiritual wisdom from diverse cultural perspectives. The ideas contained in *Cosmic Cradle* are unifying rather than divisive. We are all one family.

PART ONE



Pre-Birth Memory

SOULS BY THE BILLIONS PREVIEW the earthly abode. Like sparks of light dancing in a great theater before the curtain rises, each Soul will come on to the earthly stage to shine in a fleeting moment of glory and fulfillment.

Part One presents summaries of our interviews with children and adults who retain crystal clear awareness of their pre-birth memory. In some cases, their recollections stretch back to include interlife memories and past-life memories. Even more impressive are individuals who report far-reaching memories of being pure Light and coming for the first time into a physical body. Pre-birth researcher Elisabeth Hallett instructs us to imagine that the following ideas are true before we read stories about pre-birth memories:

We are Souls that exist before we are conceived.

Before conception, we can communicate with our parents.

We participate in coming to an agreement: our decisions are mutual and can be changed.

We can announce our arrival and make our presence known during pregnancy, even interact in ways that let our parents get to know us before we are born.

As children, we may remember our pre-birth life and be aware of siblings yet to come.

Family links are enduring; ancestors take an interest in new births and may act as guides and guardians of the arriving Soul.

We can see echoes of other lives together and perhaps plan the next act in the long-running play of our existence.¹

CHAPTER 1

Children as Messengers



CHILDREN'S PRE-BIRTH MEMORIES

We chose our parents and our children chose us.
There are no victims in the Preexistence, in that
place before here.

—JEANNINE PARVATI BAKER

*Children are aware and involved in the process of birth
long before conception.*

CHILDREN WHO RETAIN PRE-BIRTH MEMORIES appear to be a rarity. Toddlers stop parents in their tracks when they utter words like these: “Mom, I told you we choose our parents,” little Catcher emphasized. Two-year-old Diane told her mother, “I am an orphan. I did not come from you. I came from the Light; it is much happier there.”

A child who recalls pre-birth memories has a desire to share them and assumes mommy and daddy have these memories, too. Unfortunately, a child becomes silent and frustrated if parents label their memories as false or fantasies. Such a child can become insecure about his or her inner world and self-image.

Are children trying to communicate with parents about pre-birth? Should parents be open-minded? Prenatal researcher Dr. David Chamberlain asserts: “Old myths, which for so long have doomed babies to inferior status, are challenged here. The truth is, much of what we have traditionally believed about babies is false.

We have misunderstood and underestimated their abilities. They are not simple beings, but complex and ageless—small creatures with unexpectedly large thoughts.”¹

Children’s pre-birth memories challenge the old medical myth that birth is the beginning of life and that the newborn has a blank memory slate. Yet even science is verifying how evolved and developed babies are right from birth. Dr. Chamberlain says: “Babies know more than they are supposed to know. Minutes after birth, a baby can pick out its mother’s face from a gallery of photos. Babies recognize the gender of other babies, even when cross-dressed, provided they are moving—something adults cannot do.”²

How fetal brain development can support pre-birth memories is a scientific mystery. Thus pre-birth memories are naturally met with skepticism. They offer new territory to explore in childrearing research.

Indicator Signs: Real or Imaginary?

How can a parent know whether pre-birth memories are real or fantasy?

Pre-birth memories are poorly documented. Few experts know about them. How can anyone interview a newborn before it has learned to talk? A common misconception about pre-birth memories is that the parents have artificially influenced their child’s pre-birth memory. Our interviews did not reveal any cases of parents coaching children. Nor did the child overhear anyone discuss this subject. Instead, the parents are puzzled about their child’s matter-of-fact claims.

Insights on reliable truth-telling indicator signs from Carol Bowman are helpful in determining authentic pre-birth memories. Bowman, a children’s past-life researcher and author, distinguishes a child’s past-life memory from a wild imagination.³ We can apply three of Bowman’s criteria to check whether a child’s pre-birth

memory is real: matter-of-fact tone of voice, consistency over time, and knowledge beyond experience.

Chapter 1 presents children's pre-birth memories that meet Bowman's criteria. These accounts, based on our interviews with children and parents, are all the more impressive when we consider: children are still innocent and speak without social conditioning to censor them; children have no agenda and no bias; and children are not sophisticated or educated.

Two-Year-Old Philosopher in Love with Heaven

Catcher has been boldly saying that he came from Heaven since he was two.

Stacy: "Catcher has always been an observer, a listener, and a very cautious child. He is not a risk taker, at all. Catcher started speaking in full sentences when he was one. He walked at ten months. When Catcher was two and a half, he began to make interesting statements. One incident related to my friend Erica, who was pregnant with identical twin girls. She ended up losing Sadie, one of the twins. She was stillborn at nine months. Edie, the other twin, was in the ICU for six weeks.

"I had not said anything to Catcher about the stillbirth. At any rate, he tuned in. One day after Sadie's passing, I was nursing Catcher and thinking, 'I feel so bad that this has happened to Erica, because it is so heartbreaking.' All of a sudden Catcher pulled off my nipple and asked, 'Mom, when am I going to see Erica again?' I said, 'Well, that is interesting, Catcher, because I was just thinking about when we were going to see Erica. You will see her in six weeks.' Catcher seemed satisfied and popped back down.

"Later, when Catcher awoke from his afternoon nap, he said, 'Mommy, Sadie is in Heaven and she is fine. She is playing with her grandpa.' I called Erica straight away and told her, with tears in my eyes, 'You are never going to believe what Catcher said.' This was

the first time Catcher woke up from a nap with a message. He had never heard about the stillbirth incident. We had felt that Catcher was clairvoyant; now he had validated it.

“Long before this, Catcher had started commenting about ‘Heaven’. Now I finally understood what he was saying. I have no idea where he got the word *Heaven* from in the first place. Catcher is my first child. We live in the country, and the closest neighbors are far from us. He is pretty much isolated. We are spiritual people and say bedtime prayers every night. We do not attend church.

“When Catcher was two and a half, I became pregnant with a second child. He went to all my doctor’s appointments and was so excited about the baby. He asked questions again and again. Early in the pregnancy, I started to miscarry. Once I started to hemorrhage, Catcher stopped asking about the baby. He did not push. He did not seek answers. I found it bizarre because we had been talking about the baby every day. He did not need to be parented. He was playing it cool and keeping it cool for everyone else.

“My miscarriage was rough. I stayed cooped up in my room during Mom’s week-long visit. When I drove my mother to the airport, Catcher sat in the back seat. On our way home, I started to lose it. I was not bawling or shaking my shoulders. I had just started to tear up. Catcher said, ‘Mommy, are you crying because you miss the baby?’ I was shocked. I said, ‘Yes, Catcher, Mommy is really sad because she misses the baby.’ He said, ‘Well, the baby’s okay.’ I thought, ‘Well, I’m not.’

“The next time Catcher mentioned the baby was a few months later. Catcher took the TV remote control and playfully placed it on my stomach. I asked, ‘What are you doing?’ He replied, ‘I am touching the baby.’ I said, ‘Catcher, we talked about this before. Mommy does not have a baby in there anymore.’ He said, ‘Yeah, you do, and it is a girl; it is a different baby.’ Two days later, a pregnancy test confirmed I was pregnant. Twenty weeks later an ultrasound accurately determined that I was carrying a baby girl.”

Hanging Out in Heaven after a Past Life

“Catcher’s conversations when he was two and a half were so much more advanced compared to other children. He began to talk more about Heaven as the months passed. He was not asking me about Heaven; he was telling me about it. He said, ‘Mommy, did you know that Heaven has really beautiful colors and there are lots of animals in Heaven?’ I said, ‘No, I did not know that, Catcher. If I have died and gone to Heaven, I do not remember it.’”

Wisdom about life and death continued to flow from Catcher’s lips as time passed. “About a month before Catcher’s fourth birthday, he had been quiet for some time as we were riding in the car. Then he suddenly said, ‘Mom, did you know that before you were my mommy, I had two brothers and a daddy, but you weren’t my mommy?’ I said, ‘Where was I?’ He replied, ‘You were in Heaven. You were waiting to be born.’

“The next night at dinner, I was feeling nostalgic and said to Catcher, ‘It seems like it was only yesterday when daddy and I were dating and we did not have any kids. Now we have you and your baby sister. Well, it seems like yesterday that you were in my belly.’ Catcher replied, ‘I was not in your belly. I was in Heaven.’ I said, ‘What were you doing in Heaven?’ Catcher said, ‘I was waiting for you guys to be ready, silly.’

“I asked, ‘What do you mean you were waiting for us to be ready?’ Catcher said, ‘That is what we do. I chose you. And Michael chose his parents and Mitchell chose his parents. We wait for you to be ready, but we have already chosen you. That is what you guys did, whether you remember it or not.’ Catcher was so matter-of-fact. I said, ‘Well, we made you.’ He said, ‘Mom, you did not make me; God made me.’ I said, ‘I remember making you, but if that is what you think, that’s okay.’

“Catcher began talking more intently about Heaven when he started preschool. One morning before class he announced, ‘Mom, I just want to keep dying so I can keep going to Heaven.’ I said,

‘Catcher, mommy and daddy have to die before you; I know that Heaven’s a great place, but that is the order it needs to be.’ He looked at me like, ‘pff.’

“Since then it became hard on me. Catcher started this phase of telling me: ‘I just want to die so I can go to Heaven.’ I would say, ‘Catcher, that’s not funny.’ I had no idea how to handle it. I do not want to leave my great friends and family. Catcher makes me feel like death is awesome. He comments on it like, ‘It’s no big deal.’ Perhaps I’ve been given Catcher so I will be more accepting of death.”

Catcher is an old Soul. When he was five, he started to become inquisitive and ask deep questions about Heaven. One day his mother overheard his conversation with her best friend Megan, whom he calls “Auntie”: “Catcher asked, ‘Auntie, what do you believe happens to people when they die? I believe they go to Heaven.’ Megan said, ‘Catcher, it is wonderful that you believe that. My faith is Baha’i, and it’s not that black and white. We believe there are levels in Heaven.’

“Catcher was interested in knowing more about these levels. Megan explained, ‘There are many stages of spiritual growth for the Soul. The amount of growth you do in each human life determines how close to God you are the next time you go to Heaven.’ Catcher liked the concept of becoming closer and closer to God the more spiritual growth you do. Catcher was positive and accepting and said, ‘Oh, yeah, that makes sense.’ These are the kinds of conversations he has with Megan. He knows something about Megan that makes him feel safe.”

Playtime with Auntie: Good versus Evil

Megan has visited Stacy and her son Catcher since his birth. So it was interesting to hear what Megan had to say: “I noticed right away that as a baby, Catcher was so emotionally connected and empathic with his mother. When Stacy was upset, he was down too and could not be soothed. When she was happy, he was as happy as

can be. I thought, 'What is going on? They have the same emotions all the time.'

"Catcher fantasizes about life after death with me. He constantly tells me about Heaven, a place of unconditional love where everyone knows him and no one misunderstands him. Yet he also talks about how important it is to be here on Earth. He says, 'It's time for this here.' He understands that.

"Conversations about good versus evil come up during playtime. With every move, he will ask a question, such as, 'Why do you think this dinosaur chose to be bad?' 'What do you think it will take for this dinosaur to choose to be good again?' 'When will he change?' 'Will he ever change?' 'Auntie, what do you think?' I put it back to him and say, 'What do you think, Catcher? Do you think people can choose to change and get better?' 'Do people choose to go down the bad path and get bad?' Catcher will say, 'Yes, I think people can choose—it is up to them.'

"I do not remember having a 'me versus you' toy game without Catcher talking about 'who is going to win and why?' With Catcher, it's all about choice: 'Why is he the good guy? Will he become bad?' 'Why is he the bad guy? Will he become good?' 'Do you think they can change?' 'How long is this one going to be good?' 'How long is this one going to be bad?' Playtime with Catcher is much more dynamic than with a typical child's 'bad versus good' toy fights."

As these conversations during playtime with Megan reflect, Catcher thinks very philosophically about life, even at the age of three and four. Isn't this analogous to an adult who wonders, "Did bad guys like Hitler choose to be evil?" "Will Hitler ever change?" Paradoxically adults rarely ponder such deep questions.

In summary, Catcher displays the multiple elements of a pre-birth memory noted in the Introduction. Beyond that memory, he recalls past lives and has reported after-death communications. Catcher is empathic, telepathic, clairvoyant, and expresses great compassion for other people, including animals. We are blessed to have him on planet Earth.

“Mommy, Why Are People Afraid to Die?”

Susan’s son consistently talked about heavenly life.

Susan: “As a toddler, Kyle talked about God a lot. He said, ‘When I talk to God, I am going to ask if I can have two brains. One brain can be busy doing one thing and the other brain can be busy doing another. I want to do twice as much. That would be cool.’ He also told me, ‘When I talk to God, I am going to ask: Why can’t I be a butterfly?’

“When Kyle was three and a half, he stopped watching TV one day and asked me, ‘Mommy, why are people afraid to die? I am not afraid to die because you go back to that place from before.’ I asked, ‘You mean that place that you always talk about?’ He said, ‘Yeah, it is really nice there. I don’t mind going back there because that is where God lives.’ I shared his statement with my mom, who believes that when we die, our spirits remain in the grave until the final resurrection. She said, ‘Well, that is only Kyle’s imagination as there is no such thing.’

“From the age of two, Kyle constantly talked about the good times he and four siblings had had before birth. He would momentarily stop playing with his toys and explain, ‘Before I was born, we played games or walked in a park with trees, flowers, and happy sunshine. We could do anything we wanted. We could even fly.’

“These were not random, wild stories. He fixed the time of each event by pointing out each sibling who was with him in Heaven. His memories ranged from being with three to five siblings before being born. I noticed a pattern, a real theme. He said, ‘Adam (his oldest brother) was not there that time. He was gone.’ Another time Adam and Chris were not there because ‘They were simply gone.’ The missing sibling was ‘gone’ from Heaven because he had already been born on Earth.

“One day Kyle told me, ‘Mom, another kid was there with me (during a specific incident), but I don’t remember his name. I keep

trying, but I can't remember it at all.' At first, I let it pass, until Kyle mentioned it the next day: 'Who was that kid? Do you have any idea?' I then realized that Kyle was talking about the baby that never had a chance to be born, a baby I miscarried before his birth. That had to be it."

My Most Treasured Memory

Thirteen-year-old Drew's parents regarded her pre-birth memories as fantasies.

A spontaneous meditation elicited Drew's pre-birth memories in early childhood. As she explains, "My memories were triggered when I had a day to think about what events happened in my life so far: 'What happened before that? And before that?' and so on. I traced back my pre-birth memories to before anything else. They are real, much better than a dream."

Drew first shared her memories when she was ten. "Mom gave me the 'eyebrow' as if I was making up nonsense to get attention. I said, 'I am not lying. I've been keeping this to myself for quite some time.' I trusted Mom might give an explanation, except no matter how many times I explained it, she turned her hearing off. I gave up. Dad was no different. I am frustrated when those closest to me toss it aside.

"My memories are special and give me comfort. I long to be in that boundless, blissful state again. I felt pure existence, freedom. Things were very black. I could not feel, and yet somehow I sensed things. I felt weightless.

"I heard a female voice speaking in a peaceful, content tone as if it were a mental thought spoken aloud. The exact words were: 'It is time for me to wake up now.' At first, I was not sure it was 'me' saying this. I felt happy to be 'waking up' after waiting an eternity in some type of slumber. I wanted to be existent again.

"Some other force was gliding me down to Earth. As I descended to Earth, I had a panoramic view of a beautiful, bright planet with

a comfortable, appealing aura. I saw all its vast clouds and oceans. I felt somewhat confident of going.

“Time was in incredibly slow motion as I hovered there. Earth continued to move as I observed it. Then, for some reason, I was approaching this planet at an unbearable super-speed. I had to go quickly like an asteroid entering Earth’s atmosphere. Incredible. Light speed, I suppose. I felt a slight shaking when I observed the planet, like a shaky camera lens when it tries to remain still. I could not control my movements and manipulate them by thinking ‘left’ or ‘down.’ I had no choice but to come down.”

Drew’s first memory in her body is at age two: “I was walking around the house. My body was not as light and blissful as I had expected. A human body has limits. Without a body, I had no such limits. As I grew up, learning how to do things felt more like a reminder: walking, speaking, being nice to people. When my kindergarten teacher pulled down a map of the Earth and said, ‘You are living on planet Earth, California, in the USA,’ this reminded me of its name and appearance. I had seen Earth before I was born. I thought, ‘Oh, yeah, everything feels familiar. Having a mom and dad is familiar: waking up in the morning and being closest to one or two other beings.’

“When I was in fourth grade, my mom told me, ‘You were an easy baby and very sweet. You were always cautious, obedient, and ‘ready to serve’ at any moment. When Mom told me that, I understood my memory. I realized who had said, ‘It’s time for me to wake up now.’ The tone of the voice had that type of personality. It was, and is, me.”

Reborn Straight from Tibet

Jan’s children shared pre-birth memories as toddlers and remember them today as teenagers.

Two-and-a-half-year-old Robbie caught his mother’s attention when he said: “I came from Turquoise Land. The music there was

different from the music Daddy plays. My sister is waiting outside the gate, in the Pink Land. She will put a ball of white light in your tummy and jump in.” One year later his sister, Anna Grace, was born. Robbie also told his mother, “My brother is further away in another land, the Blue Land. He will come later and be born in America.”

Three years after Anna Grace’s birth, she too began sharing memories: “Mom, I was up in Angel Land, the Land that I came from. I heard Dad calling my name, ‘Anna Grace,’ so I knew it was time to come.” Indeed, several weeks before her birth, Anna Grace’s father had suggested the name Anna Grace. Over and over again Anna lamented: “I miss Angel Land. I don’t like it here. It’s too hard. I want to go back.” Her mother consoled her, “I love you very much. I know that it’s different, but you can feel good here too. I’m glad that you are here. Everything will be okay.” At other times, Anna said, “I have all the angels in my bedroom, and throughout the house are stars. No one else can see them because I can still see Angel Land, where I came from.”

Besides remotely sensing her father choosing her name, Anna Grace understood life in England, although she had only lived there the first six weeks of her life: “Mommy, I knew all about England. I saw you there when I was in Angel Land, and I decided to come here.”

Jan’s son Robbie’s memories stretch back to a past life. As a child, he had recurring dreams and woke up saying, “I came from Red Roshi Land. The people wore red robes. I saw a big fire in Red Roshi Land. We had to go away.” At other times, he said, “I went back to Red Roshi Land. I remember a fire, and we had to travel over the mountains.” Jan recognized Robbie’s description of the flight from Tibet during the Chinese takeover. “My son looked like a little monk in his baby pictures. An intuitive told me, ‘Your children came straight from Tibet.’ I feel that Robbie chose me as a mother, knowing he would have contact with spiritual teachers. Even before his first birthday, he attended the fourteenth Dalai Lama’s empowerment

ceremony. He also received blessings from Buddhist and Hindu masters. At ten, Robbie sat in the full lotus posture during his father's Zen priesthood ordination. Later, at twelve, Robbie expressed a desire to become a monk."

Jan desired a third child and reminded six-year-old Robbie, "Do you remember saying that your little brother was coming to us when we moved to America?" He said, "Yes, but it's uncertain. He's in school in this other land. He's unsure whether he's coming." As time passed, Robbie kept saying, "Mom, I talk to my brother, and he talks to me. He's not sure whether he'll come. It's not determined." As it turned out, Jan and her husband divorced and did not have a third child.

I Saw the Snow before I Was Born

A New Zealand woman first shared her memories as a toddler.

Three-year-old Shannon sat in the back seat with an older brother and sister. As they traveled along, her dad said, "We should go to the snow [the mountains] sometime soon." Shannon's older siblings chimed in, "We've never been to the snow. We really want to go." Shannon sat silently for a moment before announcing, "I have been to the snow." Her brother argued, "No, you haven't." Her older sister corrected her as well: "If we haven't been, then you haven't either." Shannon became annoyed and raised her voice, "Yes, I have been to the snow." Shannon's mother turned around and gently said, "We haven't taken you to the snow, so you couldn't have been."

Shannon felt frustrated and on the verge of tears. She yelled, "Yes, I have been to the snow. I was walking up a mountain, and there were three people in front of me. I was also down the bottom of a mountain. When I looked up I could see snow on the top. I saw a creek down at the bottom and lots of big rocks in it." The car

became quiet. After a few moments Shannon's mother said, "That was me. That was what I saw when I went to the snow when I was pregnant with you." Shannon told her siblings, "See, I have been to the snow. I was in Mom's belly." After a while, her mother said, "You were only new in my belly, about three months old. You must have opened your eyes and saw what I saw."

Shannon now felt content that her family accepted her pre-birth memory of "going to the snow." She did not take the chance to share a second memory at that moment: "I was seated in a room with another person who told me that I was going back. The man said, 'You have two lives left to live. Choose the one you want first. One life will be hard. The other will be relatively peaceful.' I spent time trying to decide, weighing if I was strong enough to handle a hard life. In the end, I chose to live the hard life first so I could end my time on Earth with a peaceful life."

Ty's Transmission

When toddler Ty began to blurt out his pre-birth memories, rather than react with skepticism, his parents recorded these notes.

Chaos greeted three-year-old Ty and his parents as they entered Colombo, the capital of Sri Lanka, in May 1983. A civil war between the minority Tamil population and the majority Sinhalese had just broken out. Ty's parents had traveled to Sri Lanka on business, and they were also exploring the possibility of moving from the United States to Sri Lanka. On arrival they immediately felt they were headed in the wrong direction. Crowds of people inside the airport were in long lines sprawled everywhere, fleeing from the turmoil. As Ty's family left the terminal en route to their hotel, their taxi passed by scores of armed soldiers and burning buildings. During their first week in Colombo, a government curfew was in place. No one was permitted to leave their homes. Ty spent days working out

his feelings about the violence and destruction, verbally and in his drawings.

Several months later, the family flew to London to visit Grandhoney, Ty's eighty-six-year-old maternal grandmother. On this visit, August 11, 1983, for the first time Ty shared pre-birth memories. Ty began by explaining the meaning of the burned-out houses and buildings he had witnessed in Sri Lanka. The power of Ty's spontaneous "transmission" impacted his father, Len, who described the experience: "There was a strong sense of urgency in Ty's voice as he spoke, without hesitation and with clarity. It seemed as if our son was directly experiencing something from a higher source and trying to translate it into language. He was speaking with such authority that I grabbed a notepad and started writing down each word as fast as I could."

Len's notes from thirty years ago follow. Ty said: "Before I was born, first I was nothing. I was like the sky. I was like the Buddha. I was listening with my hands, and the whistling went right by me. When I was born with the sky [at the time of the Soul's creation as an individual spark], I was very little. When I was born with you, I was bigger.

"I went to all the countries before I was born, but I could not find anybody that I was going to be. Before I was born on Earth, I saw mom and I touched her head with my leg because I was very big when I was in the sky. [Ty's consciousness had evolved and expanded from the individual spark.] When I was born, I was much smaller." [Ty's Soul connected with his mother's body once he located her on Earth, an ability of his expanded consciousness. As Ty's Soul entered his physical body and was born, his consciousness became less expanded and he no longer had such an ability.]

Ty's mother, Anna, asked, "Where was I before I was born?" Ty said, "You were like me, up in the sky pushing [through space], but not with a body. Grandhoney was also up in the sky, and I was waiting for her to be born. I was looking up in the sky for her, and I was standing in the middle of the road when I was run over by a car." [Ty remembers how his past-life ended in a traumatic car accident.

He then searched for Grandhoney and waited for her to be born.]

Ty told his mother, “Before I was born, I was growing on plastic, cardboard, walls, roads, hardness, everything. You, Daddy, and Grandhoney also grow on the same things as me. Everyone grows that way. First, you grow on wood and trees and on dead animals. Then you grow on people, which are alive.” [Ty is describing the Soul’s evolution from mineral to plant to animal to human. See the parallel to Rumi’s poem below.]

Ty next told his mother, “When you were born, you were transformed, and then you did not push out—you came out like that.” Ty then showed what he meant in a drawing. His mother was born via cesarean section.

“There is all this whiteness and sky, and then there is form. [First, there is a field of invisible pure consciousness that is all-pervading. Then physical form manifests from this field like a jack-in-the-box.] If a piece of white paint is chipped off the wall, then it goes back to the sky. Or if it is blue paint, then it also goes back to the sky.” [Everything emerges from the absolute field of pure existence and ultimately returns to it.]

Ty recalls his past life: “Before you were born, Daddy, I went with Mama to every country.” Ty also cognized his father Len’s past life: “Daddy was born in Alan’s belly.” [Alan, the father of Ty’s friend in this life, was Len’s mother in Len’s past life.] Ty revealed his mother Anna’s past life: “You were born in Tina’s belly, mama, and you talked out of her mouth. Your voice was up here [pointing to his throat].” [Tina, the mother of Ty’s friend in this life, was Anna’s mother in Anna’s past life.] Ty explained how his grandmother and mother were connected in a past life: “Grandhoney was born in your belly, mama.” [Ty’s mother Anna was the mother of Grandhoney in their past lives.]

“After you die, you go back to the sky. The whiteness sees your bones, and then it gives you skin and blood. The sky gives power movement to your body. After you die, first you get alive again. [After death, you are reborn in another body.]

“If you say something to me, then your/my power movement thinks about it. [A simple, straightforward statement of fact that when we are in the human form, thinking is how we interact.] When you are in the sky, it is not ‘you’ that thinks about it or ‘your bones’ that think about it; but really, it is the sky power movement. That is how it happens. [This suggests that in the sky (before form occurs) there’s only ‘sky power movement,’ where there is no thinking, only pure consciousness or being. ‘It’s just sky power movement’ where thinking does not exist, since that’s not a dimension where thought abides.]

“That’s all I know, but I’ll tell you one more thing that I was not going to tell you because I thought everyone knew: everybody is in the sky twice.” Anna, his mother, then said, “So everybody is in the sky.” Ty answered emphatically, “Mama! Everybody is in the sky twice.” [Ty is referring to his recall of his own past life as well as remembering the past lives of his parents, Grandhoney, and Alan and Tina.]

Cultural Parallels: Evolutionary Journey

The tragic events in Sri Lanka appear to have been the trigger of three-year-old Ty’s pre-birth and his own past-life memories as well as memories of the past lives of family and friends. Ty also appears to recall being one with the Source (the Sky) and his evolutionary journey as an individuated spark. At no time had Ty’s parents ever taught Ty about Buddhism, reincarnation, or pre-birth existence. Len: “We were, however, in a Buddhist country, Sri Lanka, so there was exposure to Buddhism in that way.” Ty’s parents were deeply touched by their young son’s transmission because they could feel that it was authentic.

Is it possible that a three-year-old could understand the Soul’s long evolutionary journey in the same way as the mystical poet Rumi? If Ty’s vocabulary had been more mature, could he have written what Rumi composed in “I Died as a Mineral”?

First into the state of mineral he came;
And then, as vegetable, ages spent, forgetting all he felt
as mineral.
Then into the state of animal he passed, oblivious of the
vegetable state;
Ascending thus, stage after stage, he now is man, intel-
ligent, knowing and strong,
Yet forgetful of his previous states.
From this stage of intelligence also he has to rise,
Since it is full of greeds and clingings to small things and
jealousies.
When he has done so, then a myriad of paths of knowl-
edge, wonder, and great mysteries,
Will open out before him endless ... till he laughs at
Him-Self in ecstasy.⁴

Snippets of Children's Pre-Birth Memories

Children enjoy speaking about what it was like before they came here.

Children's pre-birth memories tell us that the pre-birth world is filled with bliss and peace. Children like to remember because it is so wonderful. A toddler's direct statements are all the more impressive since they are just starting to speak. In this innocent atmosphere, they feel a compelling need to talk with Mom and Dad about their birth journey. Nine pre-birth accounts follow.

Two-year-old Chancey's matter-of-fact tone of voice was difficult to dismiss when she talked about observing her parents before birth. Chancey drew a picture of herself as a little angelic being flying around in the sky with three human stick figures below and explained the drawing: "I picked you to be my mommy, and daddy to be my daddy. I picked Rick to be my brother." Linda was shocked and immediately telephoned Chancey's Sunday School and

asked, “Did you teach her this?” The teacher said, “No, we would not teach anything like that. That is merely Chancey’s imagination.”

Four-year-old Derek shared knowledge of his pre-birth memories and said: “Mommy, I was a star in the universe waiting for you and daddy to become my parents. I remember when I was in your tummy. I did not want to come out because I felt safe and warm. It felt like peace and home. I could see even in the dark.” Derek’s birth seems to reflect his reluctance. His head was blue when he emerged from the birth canal, and the umbilical cord was wrapped around his neck four times. The doctor cut the umbilical cord and rushed the newborn to the ICU, where daily CT scans were done to determine whether he had brain damage. Derek has had no problem and is an excellent math and science student who likes to invent.

Pre-birth memories reveal knowledge beyond what anyone has taught the child. As reported in two earlier stories, Kyle knew his mother had a miscarriage before Kyle’s birth. And Catcher described Heaven and the process of reincarnation without his parents ever having used the word *Heaven* or mentioning rebirth. The case of four-year-old Jordan is equally provocative. Jordan had never visited the neighborhood where his family lived when his mother was pregnant with him. One day he pointed out, “That’s our house,” as he and his mother, Rani, drove through the neighborhood for his first time. Rani said, “Jordan, how do you know that’s our house? You didn’t live there.” He said, “Yes, I did.” Rani corrected him, “No, honey, only your sister lived there. You weren’t born until later.” He said, “I wasn’t born, but I was on the other side.” Rani said, “No one had ever used that phrase *on the other side* around Jordan. He just knew.”

Five-year-old son Eric said something profound one day—“something a five-year-old would not ordinarily have heard of, much less been able to speak about with such depth.” His mother Ritamarie responded and asked, “How do you know that?” Eric replied, “I learned that in Baby School.” His mother asked, “You’ve been to preschool and soon you’ll go to kindergarten. What’s Baby

School?” Eric asserted himself and replied, “Baby School is where we all go to school when we are in our mommy’s tummy. My teacher was the heart.”

As another illustration, the mother of three-year-old Steven and two-year-old Amy consistently witnessed the children’s peculiar conversations as they played during evening bath time. Steven and Amy reminded each other about the big angels and little fairies who were “cute and had pretty colors” and lived in the place the children had come from.

Lynn’s six-year-old son felt frustrated one day and told his mother why. Jason recounted his birth: “I came into my body too fast. I felt confused. I wasn’t ready to be born.” Lynn realized he was describing what had happened at his delivery. The umbilical cord was damaged and the midwife pushed on Lynn’s uterus to speed up the process. Jason also shared his first thoughts: “When I looked at your face, I thought, ‘What’s going on here? The last time I saw this person she was my cousin and she was a boy.’”

One more aspect of a child’s sensitivity is tuning in to children waiting to be born, as two cases illustrate. Inelia was puzzled by her three-year-old Mark as she was getting him ready for bed. He said, “There’s a little boy in our yard. I was talking to him earlier.” Inelia asked, “What did he say?” Mark replied, “He hasn’t been born yet. He’s waiting for his mommy and daddy to be ready. They live in one of these houses [nearby].”

Two-and-a-half-year-old Jeremy made a surprise announcement: “We could have a baby, Mommy; a little girl.” “Really?” his mom replied. “Yeah, soon,” he said. Jeremy’s “telegram from her daughter’s Soul” was Nancy’s spark for a third child. Three weeks before delivery, Jeremy expounded on his sibling waiting in the wings: “Mommy, you will have a little girl. Her name will be Sheila, and she’ll have orange hair.” Nancy had a red-haired little girl. Jeremy called her Sheila, so the family honored that.

The Azure Palace: A Story for Children

Pre-birth memories remind us of The Blue Bird.⁵ Here we offer an adaptation of Maurice Maeterlinck's play, considered the Peter Pan of his time.

An ancient legend says a wise queen known as the Great Mother watches over the world's unborn children. She dwells in a kingdom full of love, beauty, and harmony. Within her vast realm lies an Azure Palace with thirty thousand halls housing countless children. Many of her royal children left long ago to rule their own kingdoms. Those who remain behind are the children not yet ready to leave Home. One child will be born in twelve more years; another, in fifty years, four months, and nine days. Before their departure, they devise the inventions, tools, and instruments they will use on Earth. One child is designing a way to bring pure joy to people through music. Another is creating thirty-three medicines to prolong life. Yet a third child wants to eliminate injustice.

The children choose parents and look forward to entering Earth's school. At appointed times, the Great Mother summons the children whose turn it is to be born. As the little ones descend to Earth, they cry out, "Earth! How beautiful and bright it is!" In response, they hear a distant song of gladness and expectation coming from the Earth below—the sweet song of the mothers coming to meet them.

The Great Mother's heart melts as she watches her offspring move out into the universe. In her love and mercy, she has granted two gifts—an angel to watch over them, and temporary amnesia so they will set forth with eagerness. She knows that when their memory awakens, they will find their way back Home.

CHAPTER 2

Memories of the Cosmic Cradle



Man is a stream whose source is hidden.
Our being is descending into us from we know not
whence.

—RALPH WALDO EMERSON

Imagine that we exist in the Mind of God, as little more than red blood cells swimming in an infinite ocean, orchestrated by a higher intelligence. Just as a red blood cell is part of our body, we share part of a universal wholeness beyond ordinary perception.

CHAPTER 2 PRESENTS PRE-BIRTH MEMORIES as told by four mothers with deeper insights into who they are and where they came from. Ever since childhood, they retained memories of their pre-existence as pure Souls. They realize that they are multidimensional beings coming from an infinite Source, and act in more loving ways to themselves, to others, and to the world.

Pre-birth memories serve as messengers of a place where only love and oneness exist. Our birthright is to remember our non-physical existence as love, joy, and awareness. Francine, whose story appears in this chapter, considers her pre-birth memory of a profound love that permeated the universe as a gift: “It was as if my pre-mortal Mother was preparing me for a journey and, to be sure there was no mistake or confusion, gave me the one thing that would be sure to bring me back to Her—the memory of pre-existence.”¹

Soul Born in Response to Collective Call for Help

Inelia has been sent to Earth on a specific mission from the highest intelligence.

Inelia Benz describes herself as an ascension coach, etheric warrior, and a light worker who was born in 1966 as a direct response to humanity's plea for divine intervention. She is a rare individual, born with gifted abilities and high consciousness. Even more surprising is that Inelia has not come alone—"slightly over one thousand" high beings like Inelia have also come directly from Source to raise the vibratory rate of humanity. Inelia says, "There are also millions here to raise the vibrational level of the planet. They come from all sorts of dimensions, planets, and states of being." Inelia's blissful nature is a constant companion even though her life has not been easy in many ways.

Inelia was virtually unknown until 2009, when she was directed by Source to go public and share her unique story. She had not been on the public stage before and was trying to figure out what going public meant. Even though earthly life was a bit strange to her, Inelia quickly set up a website, Ascension101.com, and began sharing her life's purpose, and today, millions have become acquainted with her global efforts.

An elevated being such as Inelia comes for one purpose and merges back into the divine, Nonsingularity, when their mission is over. Inelia explains Source: "The best description I can give for Source is 'Light and Love'. It is the best description because there are no human words, or expression, that can truly describe Source. We are simply too limited in awareness! If you can imagine a light beyond light, which at the same time is love beyond love, that would describe it better."

Inelia's pre-birth memory is one-of-a-kind: "I have not had an evolutionary journey for personal or Divine Consciousness evolution or experience either before or after this singular life existence.

The best description I can make of beings such as myself are ‘soul constructs’ designed very much like a program, or application, in computers: specific jobs to do, and then dissolve back into nonbeingness. Soul constructs have no attachment to being or existing, or evolving like other human Souls. In fact, there is an added subprogram, and that is a ‘rejection of singular existence’ of all levels of singular awareness, including being aware at a Divine Consciousness level, the first singular construct. This subprogram was probably added to keep us focused on the work, and not get distracted with attachments of survival, evolution, or experience.”

First Thought and Repairing a Baby’s Body

Inelia describes her peculiar Soul journey of descending through multiple vibratory levels of existence until arriving at her birth: “My full journey was from Nonsingularity, to Divine Conscious Awareness Singularity, to Universal Consciousness, to Sentient Collective Singularity, to Species Specific Singularity, to Human Collective Singularity, to Singular Human. Never identifying with any of them, as they are all illusions.”

Inelia had her first conscious thought half an hour before birth. She describes how she entered this time-space reality matrix at the Singular Human level: “I actually came in just before the baby was born. As a singular entity, I had a job to do, almost like a program in a computer. When this happened, I had a sense of being a singular entity in a human body. After that, my point of awareness was flying over the surface of the sea, then into a city, a building with lights, and a room where a birthing was taking place. I could see the body intelligence waiting for the body to separate from the mother’s body. The baby’s body was meant to die a few minutes after birth.

“I have no recollections of anything before then. I imagine that there was a human Soul, and it interacted with the body and the parents before I came in, and I have no information on it. I had no awareness of choosing parents; at the same time, I have a knowing

that my particular body was chosen due to its genetic material coming from two psychic lineages.

“We requested the body to stay. I speak of ‘we’ because up until I joined with the body, I did not have a personal identity, a singularity. So it felt like a ‘we’ asking the question. Once I entered the body, I became ‘I’ and no longer ‘we.’ When I try to pierce the ‘we’ identity, it feels vast. When trying to identify it, saying it was the human collective, or Gaia, or Source, feels limited. It was almost all combined, like a ‘knowing’ rather than a ‘being.’

“The body was asked to do one more life in this form in order to house me. The body was reluctant, as it was done with its evolutionary journey, and was also battle weary, yet it agreed out of a sense of duty. The body was then ‘fixed’ enough to house a Soul; it had heart and liver problems. The body was also made lighter, slightly less dense on a DNA level. The body had to vibrate at a higher rate so it would not burn up. After that, I watched the body being born, and joined with it as it took its first breath.

“That was my first sense of singularity. I then became an ‘I’ rather than a ‘we.’ My body was like a hundred-million-dollar racehorse, and I was like somebody who had never ridden a horse before! It took a while for the body to get through to me that it was not a computer, not something to be programmed by me. We learned to function together. We are not our bodies, yet our bodies resonate very closely with our Souls. And we work and evolve together very well.”

Inelia’s entire life has focused on learning to function within human parameters and to communicate to others. Her global mission means she is on call 24/7 to help deal with emergencies anywhere on Earth. Inelia is involved in two types of Light work: to help people raise their own vibration, and to inhibit negative people who interfere with the efforts to raise the planetary vibration.

First Memories of Coming from Source

Inelia briefly panicked at the age of three when she began to realize her peculiar history: “As a child I knew that all the explanations of where I came from did not resonate with me, although I had no words to explain where I came from. As a young adult I even tried previous-life regressions and got some hits. Even so, they were not my Soul’s. Some were my physical body elemental’s previous experiences, and others were experiences of those people near me. One of the interesting aspects of the dissonance is that all singularities, whether they have had an evolutionary journey or not, also come from Source, and their trajectory in linear time is an illusion.

“The realization that my soul construct had come from Source directly, and that most other people’s did not, was verbalized in intellectual understanding as an adult.

“Communicating to others within that ‘illusion reality’ has been the most challenging of all aspects of life. It is like stepping into another person’s dream, and within the dream telling them it is time to wake up. And yet in their dream, they do not remember what the phrase *wake up* means, and when they do, they dream that they wake up. In other words, the person knows they are sleeping, and then continue doing things within the dream-world rules and regulations or keep the same dream story going. So, they know they are in a dream but are more interested in how I came to enter the dream rather than waking up. They ask me, ‘Where did you come from?’ I tell them, ‘I came from outside the dream.’

“Then they try to find ways to explain how I came to exist inside the dream. And they tell me all the ways that people came to exist within the dream. I know I just popped in. But then I try out all the ways they explain, to see if I took one of them to get in, as I might have, after all. It is a bit like when my friends and relatives convinced me that my daughter Daniela might be a boy before she was born. [No one believed Inelia’s vision of a daughter before conception.] So the ‘knowing’ was always there, it was the words that took a while to find that explain my origin without dissonance.”

Falling to Earth from the Pure Light

Pre-birth memories fade, just as a muscle atrophies from lack of exercise.

Summer, a thirty-five-year-old midwestern mother of six children, recalls: “At the age of four, I experienced several incidents of lying in bed and telling myself, ‘I must remember my birth.’ Forever after, I mentally reviewed the memory so I would not forget, somehow recognizing its importance. Despite that, my memories did end up becoming ‘second-hand’ or dormant for awhile. I did not deliberately seek to remember them, but they just popped back up and were refreshed after I did a six-month meditation retreat. They have been remarkably clear ever since.

Summer remembers the inner world of Light, the Cosmic Cradle: “My memory goes back to a place of pure light, intermittently between lives. My individuality was barely audible. That is the best way I can describe it. All my senses became unified. Everything was one. Still, I had a subtle feeling of ‘my’-ness, identity, ego, or individuality. I felt the presence of God, of not being totally one with God, but being in God’s womb, so to speak.

“I was aware of other Souls close by. It is hard to explain because there was no space and time, only the present moment and other Souls coming toward and going away from me. When the time came to establish my next life, I traveled through a tunnel filled with lights representing the laws of nature and different people. I had an ongoing dialogue with an angel, God, an aspect of God, or Saint Peter. It is hard to say exactly who he was. I desired to achieve the maximum in terms of clearing up karma and reaching enlightenment. We discussed what I needed and how to achieve my purpose with certain people. I saw my goals as well as all the choices that I could make as if I were looking at a computer board, only the computers seemed like stars. When I saw a quality I needed to develop, like kindness or compassion, I pressed the corresponding

up, and put me in the nursery. I felt a yearning, a sad feeling of being alone, a cold feeling in my heart. I did not know why I felt emotionally out of sorts. I did not really understand ‘mother’ yet.”

Summer had questions about her birth. “When I was twenty-two, I told my mother, ‘I heard you screaming and wondered why. I thought doctors put women out cold so they could not feel the pain.’ Mom explained, ‘I was not put under until right after the birth. I was screaming because the nurse sat on my knees and held my legs together, trying to slow down delivery. The hospital had blamed another nurse for delivering a stillborn by herself the day before. So this nurse became frightened when I began to deliver before the doctor arrived. I frantically fought her off.’

“Now I finally understood my birth. The umbilical cord had gotten pinched and interrupted my oxygen supply. I also had wondered why the doctors did not wear masks. Mom explained that the staff didn’t have time to put on masks due to my fast delivery.

“A slow process of forgetting of my memories took place once I became a baby and part of this world. I grew out of the awareness that the whole universe is inside of me. My memory of other lifetimes gradually faded. Even so, I have never had any doubt that life is eternal. I was never without that feeling, the knowledge that you are reborn again and again. Death is an embracing thing—going back to God. The spiritual world is my real Home.”

Today Summer is happily married and a fulfilled mother: “My memories are a gift. My traumatic birth was a set-up. And the set-up worked. I am glad I experienced it that way. My memories enriched the births of my children and inspired me to be a more sensitive mother. I knew that I was giving birth to an alert, conscious individual. Babies come in very wise, aware of past lives, and aware of what they are coming in for. But then within a few months, they lose this wisdom and become giggly, innocent, charming little babies.”

Memory of Unlimited Possibilities

A toddler pined for the lost talents she had as a “super being” in her prelife.

Judy, a forty-five-year-old spiritual author, meditation teacher, and mother of two children, feels more “at home” in the upper dimensions and longs to return there. She reminisces, “Since I was three years old, I maintained the strong feeling that I did not belong to this physical plane. I never felt comfortable and did not enjoy the earthly pleasures like those around me. Every material thing became a disillusionment. I gradually learned to pretend interest and attraction to things so as not to seem odd.

“As I grew up I felt something was really wrong and was always alert to discovering the nature of my true origin. I could not believe how limited I was as a child. I knew from direct memory that in the past I was capable of unlimited potential, abilities known as *siddhis*. I was stumped as to why these abilities were not working as a child. It was very confusing. I wasn’t sure if I was living a dream. I couldn’t figure out reality. My memory was so strong. I knew what I was experiencing wasn’t right. No one else seemed concerned. As far back as I can remember, I wondered: ‘Why is it that we can’t get what we desire immediately?’ ‘Why can’t we walk through walls?’ ‘Why can’t we levitate?’ ‘Why is this body so cumbersome?’ ‘Why can’t I just flow through a room?’ ‘Why do I have to walk and bump into things?’ ‘Why is there pain?’

“Everyone else seemed comfortable with the way things were. I wondered, ‘Is this a nightmare?’ I felt like I was in a zoo with people who were happy in not questioning anything. I was three years old. I had this kind of thinking. Of course, I was not to the point where I could articulate: ‘Well, mommy, why is this so weird?’ I never verbalized, but I thought about it the whole time. I was confused and distraught.

Index



- A**
abortion, xxviii, 97, 157, 161, 187, 195, 196, 203–204
adoption, 63–64, 96, 156
Africa, indigenous peoples of, 230–231, 256, 263
after-death communication, [6](#), 112, 116, 150–151, 241–242
Alice in Wonderland, 265–266
amnesia (pre-birth memories), xvii–xxxiv, [31](#), 35, 83, 85, 124, 263, 287–303
 Africa (Yoruba), 290
 angel of forgetfulness, 295–296
 Bruno, Giordano, 301
 Buddhism, 288, 290–291
 definition of, xviii
 Emerson, Ralph Waldo, 294
 fluoride, 295
 Garbha Upanishad, 292
 Gnosticism, 291, 294
 Granny Meng, 294
 Greece, 289–290, 291, 293, 299
 Hasidism, 301
 Hermes Trismegistus, 291
 Hymn of the Pearl, 296
 India, 290, 292–293
 Inelia, 301–302
 Judaism, 291, 295–296
 Latter-day Saints (Mormons), 290, 292
 Lethe (river of forgetfulness), 263, 272, 293–294, 299
 Macrobius, 291, 294
 myth of Narcissus (Ovid), 291
 oxytocin, 294
 Patanjali, Father of Yoga, 300
 Plato, xx, 262, 289–290, 291, 293, 299, 300
 Pythagoras, 289
 Rome, 291, 293, 294
 Rumi, 291
 Sikhism, 301
 Snow White and the Seven Dwarfs, 298–299
 Stevenson, Dr. Ian, 300–301
 Sufism, 290
 Tibetan Buddhism, 292
 Verny, Dr. Thomas, 295
 Virgil's *Aeneid*, 293
 Wordsworth, William, 287
 Yogananda, Paramahansa, 292, 300
 Zoroastrianism, 290
angels. *See also* guides, divine planners. [28](#), 52–56, 62, 68–70, 87, 135–137, 152, 295–296,
Aristotle, 284
astral world, 301–302
Atwater, P. M. [H](#) (NDE), xxvii, 109, 131, 168, 174
autism, 36

- Australia, indigenous peoples of, xxii, 163, 225–237
 effects of acculturation, 234–237
 pre-birth worlds of, 231–234
 reincarnation, 229–230
- B**
- Benedict, Mellen-Thomas (NDE), 108
- Big Bang (spiritual), memory of, 142–144
- birth
 bonding (parent/child bond at birth), xxviii, 84, 127
 breech, 43
 C-Section, [17](#), 43, 212
 circumcision, 40–42, 49
 memories of, [21](#), 30, 43–50, 75, 83–84, 95–96, 102, 104, 106, 127, 142, 212, 249
 Soul's entry to body at birth, 25–26
 Soul's entry after birth, 193
 trauma, 30, 102, 127
- bliss
 as a spiritual experience, xxvi, [117](#), 151, 159
 as a state of consciousness, xvii, [24](#)
 in the conception of a child, 152, 153, 165, 186–187
 pre-birth memories of, xxvi, 11–12, 43, 102, 120
 pre-existence as, 303
 NDE as, 72, 107
- Blue Bird*, [22](#), 93, 252
- Bowman, Carol, 4–5, 204–205
- brain, xvii
- Bruno, Giordano, 298, 301
- Buddhism. *See also* Tibetan Buddhism and Zen Buddhism. xxii, 111, 130, 163, 303
 bodhisattva, 288
 four ways of descent into fetus, 288
- bumblebee, 200
- C**
- Cayce, Edgar, xxviii, 263
- Chamberlain, David, xxvii–xxvii, [3](#), [4](#), 44, 206
- children,
 a child's communications with future children, [21](#), 161
 and after-death communications, [6](#)
 and past-life memories, [6](#), [17](#)
 early infancy memories, 46, 104
 elements of children's pre-birth memories, xxx, [9](#), 47
 indicator signs of real pre-birth memories, [4](#)
 pre-birth memories of, xvii, 3–21
 validation of memories, [6](#), 46–47, 84, 86, 106, 107, 113–114, 193, 208–209
- China, xxii, 167, 294
 Chuang Tzu, xxxiii

- Grandmother Meng, 294
 Jianzhi Sengcan, 287
 pregnancy guidelines of
 ancient China, 221
 Taoism, xxii, 285–286
- Christianity, xxii, xxxiii, 143,
 174, 273–276, 303
 Church Father Origen,
 275–283
 Jesus Christ, 56, 77, 107, 116,
 275–278, 283–284, 301–
 302, 303
 Saint Clement, 275
 Saint Jerome, 275
 Synesius, Bishop of Cyrene,
 275
- circumcision, 40–42, 49
 clairvoyance (psychic abilities),
[13](#), [58–59](#), [75–76](#), [151–153](#),
 156–159, 162–163, 175, 183
- conception (biological),
 cosmic conception, 175–190
 conscious conception, 188–
 190
 definition of conscious
 conception, 188
 memories of, 59, 67, 69, 126,
 141
 mother's awareness of, 152,
 153, 159, 161, 167, 176–
 177, 178, 183–184, 186,
 190, 201, 207, 213
 observation of one's own,
 59, 69
 Soul's entry during, 43
 consciousness, states of, xvii,
 xxxi–xxxiv
- Chuang Tzu, xxxiii
 meditating mothers, xvii, [28](#),
[32](#)
 pre-birth. *See* Unity, All
 That Is, I AM.
 near-death, 38, 72, 131, 174
 Thoreau, Henry David,
 xxxiii
- Cordea, Murshida Vera Justin,
 169
- ## D
- Das, Bhagavan, 130, 285
 Dark Ages (Middle Ages), 126,
 139
 DES (diethylstilbestrol), 47–50
 death, 7–8, 55, 90
 after-death communications,
[6](#), [116](#), [150–151](#)
 after-death realm, [17](#), 110–130,
 135–136, 241–242, 301–303
 death of a child, 150–151
 no fear of, 7–8, [10](#), 99, 107
 memories of, 114, 118, 248
 miscarriage, [6](#), [11](#), 39–50,
 194–205
 stillbirth, [7](#), 200
- Divine Dreamer, 252–253, 266
 divine planner, 179–180
 dreams (pre-birth
 communications), xvii, xviii,
 156–157, 159, 177, 183, 225–
 230
- dysfunctional family, 62, 75–78,
 82, 88–92, 124–125

E

Egypt, xxii, 138, 154, 291,
 Church Father Origen,
 275–276
 Hermes Trismegistus, 291
Hymn of the Pearl, 297
 past lives in, 138
 Plotinus, 254, 266, 276–277,
 280, 285
 Pope Dionysius of
 Alexandria, 283
 Einstein, Albert, xxxiii, 267
 Emerson, Ralph Waldo, 173, 280,
 294
 Er (Plato's myth of), 260–262,
 299

F

forgetfulness (pre-birth
 memory). *See* amnesia.
 four ways of descent into fetus,
 288
 future lives, 301

G

Gibran, Kahlil, 144, 254
 Gnosticism, xxii, 94, 143, 172,
 277–278, 291
 God, 75, 101, 135, 140, 142, 143,
 144, 145, 172, 176, 243, 252–
 270, 271–286
 pre-birth memory of, xxvi,
[28](#), 142
 Google Earth. *See also* journey
 to Earth. 11–12, 29, 70, 100,
 114, 122–123

Granny Meng, 294
 Great Mother, 231–232
 Greece. *See also* Aristotle,
 Orphism, Plato, Pythagoras,
 Socrates). xx, xxii, xxxiii, 168,
 172, 180, 220, 253, 260–262,
 263, 279, 282, 289, 299
 guides *See also* angels, divine
 planners. xxvi, 41–42, 62, 68–
 70, 86–87, 102, 104, 105, 106,
 109, 118, 121

H

Hallett, Elisabeth, xxvii, [1](#), 179,
 204
 Harranism, xxii
 Hasidism, xxii
 Rabbi Barukh of Mezbizh,
 301
 Rabbi Jacob Yitzchak, Jakub
 Izaak Horowicz, 145
 Rabbi Yaakov Yitzchak
 Rabinowicz of Pzysha,
 145
 Rabbi Yisroal ben Eliezer
 (Baal Shem Tov), 259
 Heaven. *See also* pre-existence.
 xxvi, 145, 150–151, 173, 174,
 190, 229, 231, 239, 240, 257,
 259, 261, 263, 264–265, 268
 as destination of Soul, 282–
 286
 pre-birth memories of, 6–10,
[13](#), [20](#), [21](#), [28](#), 52–53, 56–
 57, 58, 68, 70, 96, 99, 102,
 105, 107, 118, 132–133,
 135–137, 284

higher consciousness, xvii–xviii, xxiv–xxv, xxix, xxxii, xxxiv, [1](#), [16](#), [23](#), [25](#), 81, 84, 87, 117, 147, 149, 183, 236, 243

Hinduism. *See also* India. xxii, [111](#)

Hinze, Sarah, xxvii

Hymn of the Pearl, 296

I

I AM, 34, 38

immortality of the Soul (pre-birth state), xx, xxvi, 271–286

India, xxii, xviii, xx, 114, 130, 143, 151–152, 232, 253

Adi Shankara, 290

Advaita Vedanta, 267

Amritanandamayi, 263

Ashtavakra, Sage, 174

Auranyaka, Saint, 174

Bhagavad Gita, xviii, 303

Bhagavata Purana, 264–265

Buddhism, xxii, 77, 111, 130, 288, 290–291, 303

Charan Singh, 267

Das, Bhagavan, 130, 285

Dhyanyogi, 264

Garbha Upanishad, 292

Greek philosophers visit ancient India, xx

Keshavadas, Sadguru Sant, 300

Krishna, xviii

Kumara brothers, 264

Markandeya Purana, 292

Patanjali, Father of Yoga, xviii, xix, 147, 300

Prashant, rebirth in, 114–116

Raghavan, rebirth in, 117–[119](#)

Ramakrishna, 170, 259

Rig Veda, creation hymn, 145

Shiva and the elixir of immortality, 299

Srimad Bhagavatam, 292

Swami Chinmayananda, 255

Swami Prabhupada, 254

Swami Satchidananda, 255, 267

Tagore, 132, 145

Thakur Anukulchandra, 143

Thayyumanavar, 267

Vijaya and Jaya, 264–265

Yogananda, Paramahansa, 116, 144, 167, 267, 269–270, 281, 292, 300

intuition, xxxii, 147, 152, 169–170, 181, 182, 203, 294

Islam, xxii, xxxiii, 130, 143–144, 266, 268, 284

indigenous peoples. *See also* Africa, Australia, North America. xxii, 176, 232, 255, 256, 257, 258, 259–260, 268, 286, 290, 292

interlife memories, 78–79, 110–128, 132–140

J

Jesus Christ. *See* Christianity.
 journey to Earth, pre-birth
 memories of. *See also* Google
 Earth. [11–12](#), 29, 70, 100, 114,
 122–123, 143
 Judaism, xxii, 144, 272–273, 291
 Rabbi Shmelke of Nikolsburg,
 144
 Judeo-Christian tradition, 130,
 144, 172, 303

K

Kabbalah, xxii, 61, 172, 176, 273
 Rabbi Moses ben Nachman, 144
 karma and reincarnation, [28](#), 62,
 77, 82, 137, 157, 255, 262–263,
 302

L

Latter-day Saints (Mormons),
 xxii, 35, 124, 259, 278, 290, 292
 Leininger, James (*Soul Survivor*),
 [113–114](#)
 Lethe (river of forgetfulness),
 263, 293–294, 299
 life after death. *See* after-death
 realm, Heaven, interlife,
 reincarnation.
 love, xviii, xxvi, xxviii, xxx, [9](#),
 [22](#), [23](#), [24](#), 41, 43, 52–53, 68,
 70, 72, 74, 77–79, 84, 90, 102,
 127, 131, 150, 156, 169, 174,
 187–188, 217

as pre-birth consciousness,
 xxvi, 34, 57, 58, 88, 94, 105,
 107, 121, 129, 140, 172

M

Macrobius, 280, 291, 294
 Manichaeism, xxii, 278
 Maslow, Abraham, xxxiii
 McCarty, Dr. Wendy Anne, 44
 McGarey, Dr. Gladys, xxviii, 44,
 204
 meditation, xvii, [11](#), [28](#), 29, [32](#),
 33, 45, 62, 111, 147, 149–150,
 151, 186, 235, 236, 292–293
 memories. *See also* Big Bang
 (spiritual), birth, conception,
 past-life, pre-birth planning,
 miscarriage, Source, womb-
 time.
 elements of pre-birth
 memories, xxvi
 of early infancy, 46, 104–105
 military, 66, 105
 miscarriage, [6](#), 160, 194–205
 memories of, [20](#), 39–41,
 204–205
 pregnancy following
 miscarriage, 40–50, 202,
 204–205
 Montagu, Ashley, 226
 Moody, Raymond, 38
 motherhood. *See also* birth,
 circumcision, conception,
 meditation, meditators,
 miscarriage, pregnancy,
 stillbirth.

- effect of pregnant mother's thoughts, 39–50, 75, 82–83, 126–127
love, 187–188
meditation, xvii
mother-child relationship, 187–188, 216
myth of Er (Plato), 260–262, 299
- N**
- near-death experiences (NDEs), 38, 108–109, 127, 131, 168, 174, 260–261, 293–294
and pre-birth experiences, 30, 60, 72–73, 84–85, 89, 127, 133–34, 142
parallels to PBEs, 107–109, 131, 168, 180, 293
- North America, indigenous peoples of, xxii, 163–164, 173, 230, 238–251
pre-birth memories, 243–251, 257
pre-birth worlds of, 238–251
Thunder-Cloud's pre-birth and rebirth memories, 248–251
- O**
- Origen, Church Father, 275–276
Orphism, 279, 282
oxytocin, [328–329](#)
- P**
- paradigm. *See* pre-birth paradigm.
parallel lives, 215–216
parallels, xxi
a pregnant mother's thoughts, 220–221
All the World is a Stage, 266
between pre-birth memories and NDEs, 107–109, 131, 168, 180, 293
Conception Parallels—
Baoulé, Africa, 230–231
Cross-Cultural Parallels, xxi–xxii
Dreams Announcing Rebirth, 230
Humanity—Crowning Masterpiece of Creation, 130
Memories of Source, 131, 144
Millions of Souls Seeking Birth, 167
Mystical Visions and Conception of a Child, 178
Mystical Potions of Amnesia, 293
NDEs and Souls Choosing Life Scripts, 263–264
Pre-Birth Scripts and Longevity, 257
Pre-Birth Super Powers, 34
Reluctance to Exit the Bliss, 107
Remote Sensing and Conception, 162–163
Soul as a Blue Orb of Light, 168–169
Soul as a Cherub or a Child, 170–171

- Soul as a Fiery Light, 172–174
- Soul as a Pillar of Light, 178–179
- Soul as a Projectile of Light, 143
- Soul as a Sphere of Light, 168
- Soul Maturity and Pre-birth Choices, 262–263
- South America, Africa, Asia, North America, 255–256
- Struck by a Beam of Light, 169–170
- The Great Mother, 232
- The Void, 38
- The Sleeping Soul, 180
- past-lives, [7](#), [12](#), 105, 154, 215, 248–250
- along with pre-birth
 - memory, 112, 117, 120, 123, 125–126, 132–140, 193, 247
- Patanjali, Father of Yoga, xvii–xviii, xix, 147, 300
- peak experiences, xxxiii
- philosophers. *See also* Aristotle, Plato, Plotinus, Plutarch, Socrates. xx, xxxiii, 94, 172, 266–267, 271–272, 279–280, 284, 285–286
- phobia
 - due to womb-time
 - memories, 40, 103
 - due to past-life memories, 139
- pineal gland, 295
- Plato, xx, 172, 180, 253, 260–262, 266, 271–272, 282, 289–290, 291, 299, 300
- Plotinus, 253, 266, 276–277, 279, 284–285
- Plutarch, 168, 180, 263, 293
- poets, xxxiii, 18–19, 132, 145, 173, 254, 280–281, 282, 284–285, 287, 296
- pre-birth amnesia. *See also* amnesia. xvii–xxxiv, [31](#)
- pre-birth existence. *See* pre-existence.
- pre-birth experiences, PBEs. *See also* Big Bang, birth, children, conception, past-life, pre-birth communications, pre-birth planning, miscarriage, reluctance to be born, Source, womb-time.
 - awareness of future child in, [21](#), 47–48, 195, 200–202
 - definitions of, xix
 - elements of pre-birth
 - communications, xxx
 - elements of pre-birth
 - memories, xxv–xxvi
 - pre-birth communications with Souls seeking birth, xvii, xviii, 47, 116, Part Two, 147, 180–183, 191, 195, 198, 200–[212](#), 206–220, 214–215, 225–237
 - definition of, xix
 - dreams, xvii, 246, 247, 256, 263, 290

- elements of, xxx
visions, xvii, 152, 156, 165–174, 178, 182, 189, 198, 234, 248
- pre-birth memories. *See also* angels, Big Bang, birth, children, conception, God, guides, Heaven, miscarriage, past-life, pre-birth planning, reincarnation, Source, womb-time. xvii–xx, [1](#), chapters 2–8, 212, 243–251
definition of, xix
elements of, xxv–xxvi
entering the fetus, 75, 81, 123, 126, 142
entering the body at birth, [25](#), 96
entering the body after birth, 193
Soul’s memory of descent, 70, 133
validation of, [31](#), 49–50, 59, 68, 73–74, 112, 113
- pre-birth paradigm, xxiii–xxxiv
spiritual view, xxiv–xxxiv
materialistic view, xxiii
- pre-birth planning (pre-birth agreement, life plan), xxvi, [28](#), 41–50, 51–64, 65–92, 93–107, 114–128, 136–37, 158, 182, 252–269
Africa, indigenous peoples of, 256, 263
Baal Shem Tov, 259
Bhagavata Purana, 264
Borneo, 257
Brazil, 255
Cayce, Edgar, 263
choosing birth time, 43, 83–84
choosing challenges, [15](#), 55, 65–92, 118, 122, 140
choosing family, [7](#), [16](#), [19](#), 42, 54, 58, 61, 62, 66–70, 68–69, 76–78, 80, 87, 88, 102, 113, 134, 170–171, 245
choosing gender, 42, 53, 61–62, 141
choosing manner of death, 55
choosing social status, 54, 57
choosing spouse, 54
Christianity, 267, 275
Cosmic Designer, 252–253, 266
Dhyanyogi, 264
Divine Dreamer, 252–253, 266
Dickinson, Emily, 254
Finno-Ugric, 257, 268
golden books of destiny, 268
Gnosticism, 258
Hasidism, 259
India, 253, 263
Indonesia, 256
Islam, 266, 268
Judaism, 268
Judeo-Christian, 268
Kabbalah, 268
Latter-Day Saints, 259
Macrobius, 254
Myanmar (Burma), 256

- myth of Er (Plato), 260–262
 near-death experiences
 (NDEs), 84, 108
 North America, indigenous
 peoples of, 243–251, 257
 Plato, 253, 260–262, 266
 Plotinus, 254, 266
 Plutarch, 263
 Ramakrishna, 259
 reincarnation, [18](#), 39–50,
 78–79, 80–87
 reluctance to be born, [20](#)
 Rome, 254, 266, 280, 293, 294
 Siberia, 258
 Sikhism, 268
 soul maturity, 252, 260,
 262–263
 Steiner, Rudolf, 254
 Sufism, 266, 269
 Sulaswesi, 257
 Sumatra, 257
 Thailand, 256
Through the Looking Glass,
 265–266
 Tibetan Buddhism, 34, 254,
 262–263
 Trobriand Islanders, 259–260
 Yogananda, Paramahansa,
 167, 267
 pre-birth super-powers, [32](#), 57,
 135, 163
 pre-existence, 271–286
 Africa, 286
 Australia, indigenous peoples
 of, 163, 225–237
 Buddhism. *See also* Tibetan
 Buddhism. 112, 163, 193,
 286
 Caribs (Venezuela), 286
 Christianity, 273–276
 Dante, 285
 Da Vinci, Leonardo, 285
 Father Origen, 275–276
 Islam, 268, 284
 Gnosticism, 277–278
 Greece. *See also* Aristotle,
 Orphism, Plato,
 Pythagoras, Socrates. xx,
 xxii, xxxiii, 172, 279, 282,
 289, 299
 Hinduism. *See also* India. 281
 Kabbalah, 273
 Judaism, 272–273
 Latter-day Saints
 (Mormons), 278
 Macrobius, 280
 North America, indigenous
 peoples of, 238–251
 Plato, 271–272
 Plotinus, 276–277, 280
 poets, xxxiii, 18–19, 132, 145,
 173, 254, 280–281, 282,
 284–285, 287, 296
 Pythagoras, 279, 282, 288–289
 Rumi, xvii, [19](#)
 Sufism, 281–282
 Taoism, 285
 Tibetan Buddhism, 254,
 262–263, 292
 Yogananda, Paramahansa,
 144, 167, 267, 281–282, 300

- Zen Buddhism, 286
Zoroastrianism, 286
- pregnancy
affirmations, value of, 217
amniocentesis, xxviii
announcing signs, xviii, 149–162
blissful childbirth, xvii
communication with baby in womb, xvii–xviii, 200–202, 206–220
ecstasy in childbirth, xvii
effect of pregnant mother's thoughts, 40, 43–44, 75, 82–83, 126, 203, 217
mother's food cravings during, 210–211, 214
meditation, xvii, 215
miracle pregnancy, 159–160
prenatal research. *See* Chamberlain, Hallett, McCarty, McGarey, Verny.
self-actualization. *See also* higher consciousness. xvii
smoking, xxviii, 217–220
Soul's entry during, 152–153, 208, 231
telepathy, 169, 200–202, 208
ultrasound, xxviii
- prenatal research. *See* Chamberlain, Hallett, McCarty, McGarey, Verny.
- psychic abilities. *See also* clairvoyance, telepathy, pre-birth super powers. xxvi, 236
- Pythagoras, xx, 172, 282, 279, 289
- R**
- Ramakrishna, Paramahansa, 170, 259
Rashi, 273
reincarnation (rebirth), 39–50, 84, 110–128, 132–140, 192, 193 259–260
past-life review, 78–79, 120, 125, 136–137
planning the next life, 110–128, 135–137
in Tibetan Buddhism, 60–61
reluctance to be born, 93–109
remote viewing in the womb. *See* womb-time memory.
river of forgetfulness (Lethe), 263, 293–294, 299
Rome, xxii, 180, 266, 291, 293, 294
Rumi, xvii, [17–18](#), 144, 284, 291
- S**
- Saraydarian, Torkom, 149, 165, 179
self-actualization. *See also* higher consciousness. xvii
sexual intercourse, 152, 153, 175–190
conscious conception, 188–190
cosmic conception, 175–190
Saraydarian, Torkom, 179
Shakespeare, William, xxxi
Shiism (Islam), xxii, 172
Shirley Temple, 93–94
Sholem Ash, vii

- Sikhism, xxii, 93, 268, 301
 siddhi, xviii, 147, 300
Snow White and the Seven Dwarfs, 298–299
 Socrates, xx, 260, 289–290
 Soul. *See also* pre-existence. xix, xx, 129, 136, 165–177
 360 degree vision, 99
 as beam of light, 170
 as blue orb, 169–170
 as cherubim (child), 162–163
 as light, 170–172
 as pillar of light, 178–179
 as projectile of light, 143
 as shaft of light, 170
 as sphere of light, 166–167
 Christian view of, 273–275
 departure at death, [31](#), 38, 90, 99, 114, 116, 118, 119, 150–151, 173–174, 241–242, 282–286
 descent to Earth, 11–12, 29, 70, 100, 114, 122–23, 133
 immortality, eternal nature of, 278, 283, 286
 indigenous peoples of Australia, 163, 225–236
 indigenous peoples of North America, 163, 238–251
 memory of entering fetus, 29, 75, 81, 123, 126, 142, 165
 pregnant mother’s awareness of Soul entering fetus, 153, 170, 190–193, 208
 Soul communications. *See* pre-birth communications.
 Soul groups, [10](#), [14](#), [28](#), 42–43, 57, 68, 88, 102, 122, 170–171, 258–259
 Sufi’s view of, 175
 Source
 memories of, 24–27, 129, 131, 142, 246–247
 Stevenson, Dr. Ian, 110–[113](#), 193, 300
 stillbirth, [7](#), 198–200
 multiple chemical exposure, 198–200
 formaldehyde, 199
 Storm, Rev. Howard (NDE), 108, 131, 168
 Sufism, xxii, 94, 175, 220–221, 290
 supernatural abilities. *See also* pre-birth superpowers.
 Patanjali (Father of Yoga), xvii, xix, 147, 300
 pre-birth communications as, Part Two
 pre-birth memories as, Part One
 telepathy, 195, 196, 198, 206
 symbolism
 Hymn of the Pearl, 296
 Snow White and the Seven Dwarfs, 298–299
 Through the Looking-Glass, 266
- T**
 Taoism, xxii, 285
 telepathy, xvii, xxvi, 153, 154, 155, 180–181

- Thoreau, Henry David, xxxiii
Through the Looking-Glass, 266
Thunder-Cloud, 248–251
Tibet, 137–38
 Chögyam Trungpa
 Rinpoche, 292
 Kunga Palmo, 169
 past life in, 12–13
 Second Dalai Lama, 169, 254
 Fourteenth Dalai Lama, 92,
 124
 rebirth from, 119–125
 Tsong Khapa, 254
 tulkus, [111](#)
Tibetan Buddhism, xxii, 60–61,
 [110](#), 120, 167
Tucker, Dr. Jim, 110, 111
Tunnel of Light, [28](#), 70, 87, 126
 vortex of creation, 81, 122,
 133
 weightlessness training,
 73–74
- U**
- Unconditional love, [9](#), 52–53, 57
unity consciousness (All That Is,
 I AM), [28](#), 34, 77, 81, 88, 99,
 101, 129, 136, 142
universe as a theater, xxxi, 269–270
- V**
- validation of,
 near-death experiences, 73–74
 past lives, 112, 113
 pre-birth experiences and
 memories, 14–15, 39–50,
 56, 68, 73–74, 86–87, 98,
 103, 106, 113, 115, 117–119,
 208–209
 rebirth, 39–50
Vedism, xxii, 303
Verny, Thomas MD, xxvii–xxviii,
 44, 194, 295
void (cosmic), 120, 156
 NDEs, 38
 pre-birth memory of, 34, 61,
 120–121
 pre-birth communications in
 the, 156
- W**
- womb-time memory, 14–15, 41,
 43, 59, 63, 81–83, 85, 102, 105–
 106, 115, 118, 123, 141–42,
 212, 246–248, 251
Wordsworth, William, xxxiii, 287
world as a drama, xxxi, 76–79,
 135–136, 269–270
- Y**
- Yogananda, Paramahansa, 116,
 144, 167, 267, 269–270, 281,
 292, 300
- Z**
- Zen Buddhism, xxii, 286
Zoroastrianism, xxii, 286, 290