

# Teenage Pregnancy

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# Unplanned Pregnancy? Your Baby. Their Life.

An unplanned pregnancy can happen to anyone at any age. <sup>1</sup>If you're pregnant, you have three choices—you can have the baby and raise them yourself, have an abortion, or have the baby and place them for adoption. In the end, the choice is yours.

Deciding whether to abort a baby is often a difficult decision—one you will live with for the rest of your life. When thinking about your choices, it's important to get as many facts as possible and to understand reincarnation and karma.

When you understand the importance of every soul and their relationship to others, you may realize that abortion is not really an option for you and your baby.

# Teenage Pregnancy?

An unexpected teenage pregnancy brings about all kinds of emotions. You may be feeling panicked and overwhelmed.

Going into your heart and considering why your baby needs to be born might help you sort things out. As you journey through this website, you may become aware of something greater than you ever imagined—that your baby has a divine plan, and you play an important part in it.<sup>2</sup>

This website offers information about pregnancy, abortion, adoption, and relationships. Learn about karma and how it relates to your choices. Read true stories or take a minute to study a chart of your baby's embryonic development for an idea of where they are now in their life's journey. Whether you are a pregnant teen, partner, parent, relative or friend, check back often for updates and added information throughout our site.

1. Written Testimony of Kathi A. Aultman, MD Senate Judicial Committee Hearing March 15th, 2016.

2. Prophet, Elizabeth Clare. Inner Perspectives. (Corwin Springs: The Summit Lighthouse Library, 2001).

# Do You Believe in Karma?

“Karma” is a term that comes from the ancient Sanskrit language, and means that for every action there is a reaction, and there are always consequences for the actions you choose.<sup>1</sup> While it is not a new concept, many of the younger generations of the 21st century believe in it.<sup>2</sup>

## How does karma work?

Karma is like a personal boomerang; whatever we send out returns to us, for better or for worse. And that includes choosing to end a developing human life by abortion.<sup>3</sup>

Even though you may have accidentally become pregnant and have no desire to have or take care of the baby, it’s important to understand that you do have the responsibility to allow that soul to have a new life.

When a developing baby is aborted, the soul is denied their opportunity to get back to earth at the right time and be in the right place. This is devastating— not only to the soul, but to families and communities, even to the planet. The families that the soul belongs to are now incomplete. There are missing links in the chain of life.<sup>4</sup>

If you are pregnant and do not want to be, the greatest gift you can give the soul of the baby inside you is the opportunity for life. There is a responsible alternative to not keeping and raising the baby, yourself: adoption. You may only be responsible for giving the soul a physical body and finding adoptive parents who need to nurture, love, and raise the child.

<sup>1</sup> Olivelle, Patrick. "karma". Encyclopedia Britannica, 21 Feb. 2014, <https://www.britannica.com/topic/karma>. Accessed 2 November 2021.

<sup>2</sup> younger generations of the 21st century believe in karma: Some researchers have found that 64% of Millennials believe in karma and 51% consider reincarnation as a possibility: “AWVI 2021 Results – Release #03: The Seismic Generational Shift in Worldview: Millennials Seek a Nation Without God, Bible and Churches.” Cultural Research Center, Arizona Christian University. (May 12, 2021),

<sup>3</sup> [https://www.arizonachristian.edu/wp-content/uploads/2021/05/CRC\\_AWVI2021\\_Release03\\_Digital\\_01\\_20210512.pdf](https://www.arizonachristian.edu/wp-content/uploads/2021/05/CRC_AWVI2021_Release03_Digital_01_20210512.pdf) 3. Prophet, Elizabeth Clare. Inner Perspectives: A Guidebook for The Spiritual Journey. E-book ed., Summit University Press, 2003. Kindle.

<sup>4</sup> Prophet, Elizabeth Clare. Inner Perspectives: A Guidebook for The Spiritual Journey. E-book ed., Summit University Press, 2003. Kindle.

# Understanding Reincarnation



**WITHOUT THE UNDERSTANDING OF REINCARNATION OR RE-EMBODIMENT, WE CANNOT REALLY UNDERSTAND OUR SOUL'S PATH OF EVOLUTION AND OUR REASON FOR BEING.**

It is not possible for people to experience and understand all there is about life and its purpose in a single lifetime. By understanding and accepting that we have lived many times before, we can develop a sense of the continuity of life - past, present, and future. To know that we have lived as both male & female in different racial groups encourages us to have a more tolerant heart.

We become aware that our choices in previous lives are often the cause of our circumstances today. We are better able to deal with the difficulties and suffering in our lives. We also become more appreciative of the blessings and joys we experience in all aspects of our lives - grateful to God for the opportunity to reap the good that we have sown along with the bad.

Reincarnation also explains the great love and mercy that God has for his children. Consider the infant who dies at birth, or the child born with mental or physical handicaps. Or think of all the young men and women killed in wars and accidents. Indeed, they are part of a greater plan that allows them the opportunity to be born again and to live full lives to develop and share their unique gifts and talents with humanity.

Just because we can't remember our previous lives doesn't mean that we didn't have them. Many people have déjà vu experiences where they suddenly and seemingly, out of nowhere, feel that they have done something before, been somewhere before, or feel that they know someone who they just met. Many of us have also heard or known of children born with a special gift in music or science who became professionals at an early age. This is often an indication that the soul has picked up where it left off from a previous life, bringing with it talents and skills that are part of its service to mankind - its reason for being.

**Dreams and Reincarnation.** Many people have dreams set in different time periods, where everyone in the dream is wearing clothing that was worn in previous centuries and where buildings and towns are completely different from the present life.

Dreams like this can mean that your soul is working out unresolved issues from a previous life that may have to do with a current life situation that may be causing you problems.

**Karma and Reincarnation.** Along with giving us a better understanding of our life's purpose, reincarnation makes sense out of the law of Karma, known as the law of cause and effect, or, as the Bible states, "whatsoever a man soweth, that shall he also reap." It would be impossible for us to "reap what we have sown" in one lifetime. If we understand reincarnation and the fact that we are responsible for our past and present actions, we become more inclined to forgive and forget those who have wronged us and ask forgiveness from those whom we have wronged.

# Your Baby's Soul



Your baby's **soul** is their life essence, and it has a mission that is unique to them.<sup>1</sup> That's why they need to be born at the right time and in the right place so they can do what they need to do for the planet. They have special talents they bring with them that this world desperately needs, and they have other souls around the world with whom they need to connect in order to fulfill their divine plan.<sup>2</sup>

Some souls try their best to communicate with you—or anyone who will listen to them—to let you know that this is their time, and they are determined to get here and make their mark.<sup>3</sup>

## Alex's Story

A couple of years ago I was at my sister's house, looking at the new black and white pictures of her two kids that she had blown up and framed. They fit perfectly on the wall between the window and the fireplace in the living room, without an inch to spare on either side. She was excited about them. As I was standing there thinking how cute they both looked, I saw something sparkling up to the right of the pictures. It was like a 4th of July sparkler, but clear light, not any color.

I was really surprised, and it stayed there for a minute, just sparkling and then I heard a child's voice say, "I'll be there soon!" I didn't know what to say or do, so I sent a loud thought back to it, "OK!" And then, the sparkling sphere disappeared, but it still felt a little sparkly in the room. Since my sister was in the hall, I shouted, "They look great! But what are you going to do when the third one gets here?"

She ran into the living room and said, "What third one? What are you talking about? We're done. We're not having any more kids." I said, "Well, I just saw a sparkling soul or something that told me they were coming soon!" She said, "Uh huh. Whatever. We're not having any more kids."

Three months later, she called me up and said, "I'm pregnant. We can't believe it. Whoever this is, you're going to be the godmother."

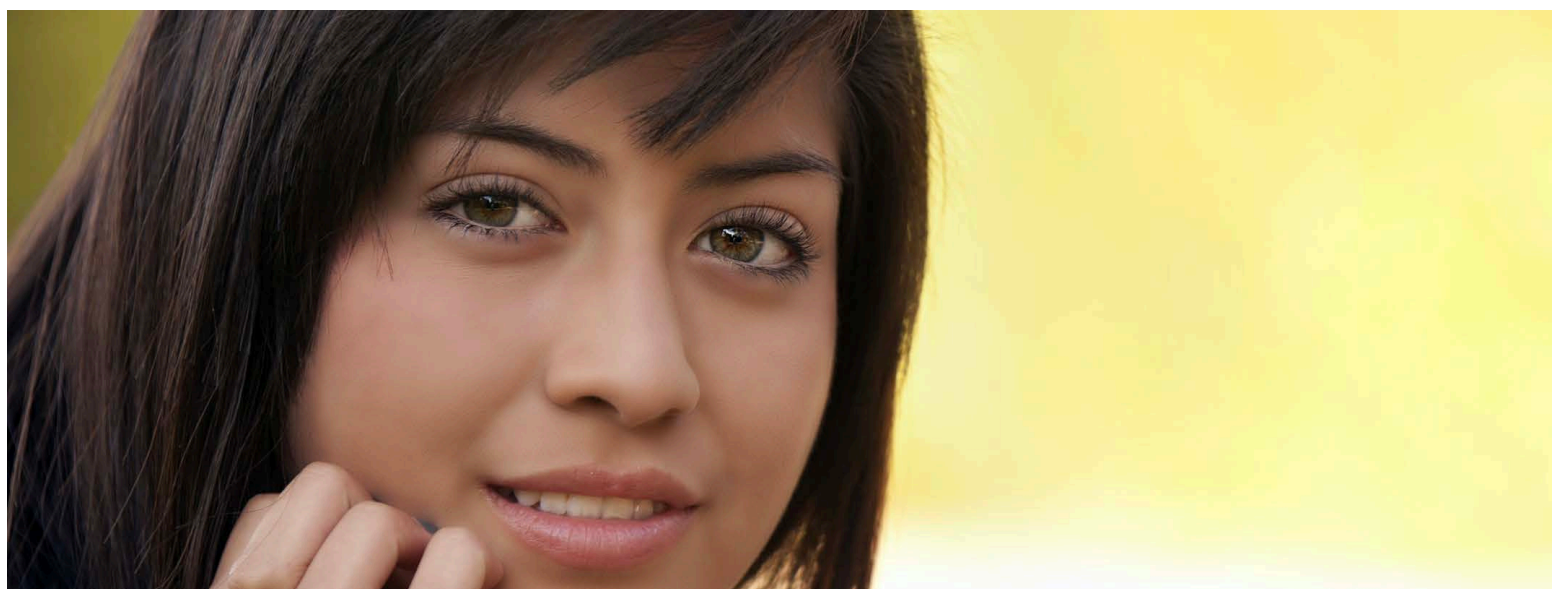
Later that year, Logan was born, and I was his godmother. He's really cute and smart and when he's older, I'll tell him how I saw him sparkling in the corner to let me know he was on his way. It will be interesting to see what he does when he's older.

<sup>1</sup> Britannica, The Editors of Encyclopaedia. "soul summary". Encyclopedia Britannica, 21 Apr. 2003, <https://www.britannica.com/summary/soul-religion-and-philosophy>. Accessed 3 November 2021.

<sup>2</sup> Prophet, Elizabeth Clare. Inner Perspectives: A Guidebook for The Spiritual Journey. E-book ed., Summit University Press, 2003. Kindle.

<sup>3</sup> Prophet, Elizabeth Clare, Nurturing Your Baby's Soul, ed. Hearn, Nancy and Dr. Joyce Bennett (Corwin Springs, MT: Summit University Press, 1998), Chapter One.

# Sofia's Story



## **Adoption: Sofia's Story**

It's been almost fifteen years since I was adopted. Like many adoptive parents, my mother had an interesting experience. One morning, she woke up with a faint memory of being at a meeting with several people she didn't know who were agreeing about something exciting that was about to happen. Then, the first thought that came to her was, "We've got to adopt our next child—she's on her way!" Since they were already considering adopting a child to add to their family, my father agreed right away.

They began the adoption process with a local adoption agency. And, yes, nine months later they got a phone call telling them that I had been born and that they could pick me up in a few months. My older siblings and an uncle went with my parents to meet me and bring me home.

I am so grateful that my birth mother chose to continue her pregnancy and place me for adoption. She was young, without support or a good job and was not ready for a baby. While she didn't know who I was, she knew that whoever she was going to give birth to would be better off with another family.

If you are pregnant and considering abortion because you can't keep your baby or you don't want a baby now, please read my uncle's story below or listen to it in Spanish.

Your baby is important and while they might not belong with you as their mother this life, there are a lot of other people they do belong with who will love them and help them have a good life—like parents, brothers, sisters, cousins, grandparents and Tíos!



## Tío's Story

I am "El Tío." But I am also el tío to a very special soul and person. I have many favorite nieces and nephews, yet one in particular is very special to me.

Because her birth mother chose life and gave birth to this child, I was able to go, with family, to bring her to her permanent home where all her relatives love her.

I am her tío and also her Godfather. I believe I was her tío from before she was born. From the moment I saw her I recognized her. I recognized her soul looking back at me through her beautiful black eyes.

This little girl has brought much joy to my life and to her family's. She is a much-loved daughter, little sister, niece, cousin and grandchild. She was the missing (and the found!) link in our family.

I am looking forward to one day celebrating her Quinceañera.

However, she doesn't know yet that "El Tío" is also The Protector and she will most likely not be able to date anybody until she's 21...or maybe 31, we'll see!

Please remember adoption is a responsible alternative to abortion.

# Am I Pregnant?



One of the most common symptoms is a delayed or missed period after sex. Other common early symptoms are headaches, tender breasts, nausea, and lower backaches.

Learn what the early symptoms of pregnancy are by visiting OptionLine. Option Line also provides caring, confidential support if you or someone you know faces an unplanned pregnancy.

Home pregnancy tests claim to be highly accurate; however, blood tests are much more reliable. If you decide to take a home pregnancy test, their accuracy depends on **when you use them, how you use them, who uses them, and the brand of test.** For more information, visit the Office of Women's Health.

## Real Life Stories

Most teenagers do not plan to get pregnant. When teens learn of an **unplanned pregnancy**, they often feel alone and afraid of what the future will bring. Learn what other teenagers did when they discovered they were going to become young mothers.

If your pregnancy test is positive, seek advice, learn your options, and remember that there are **alternatives to abortion.**

Teenagers may also find it helpful to chat with someone at OptionLine. You can chat online for free **24/7** or call their helpline at **1-800-395-HELP**. If you think you are **pregnant**, get a **pregnancy test**. Keep in mind; there are free pregnancy tests and counseling available in most cities in the United States.

You can also send an email at [answers@optionline.org](mailto:answers@optionline.org) or get help through Instant Messenger 24 hours a day, 7 days a week at: [www.optionline.org](http://www.optionline.org)

# Am I Ready To Be A Mom?

Finding out you are pregnant as a teenager can be overwhelming—but that is OK. It is perfectly normal to feel fearful or anxious and a little excited with 20 questions swirling around in your head all at once. If you are not married, rest assured, you are not alone.<sup>1</sup> If you have the support of the father, raising a baby can be easier. Just know, you are not the first female to get pregnant unmarried and/or at an early age. For whatever reasons, your baby needs to be born to you at this time, so they can be in the right place to fulfill their divine plan.<sup>2</sup>

## Jenna's Story

“One of the biggest questions I had when I was pregnant at 15, was, “Am I ready to be a mom?” Now that I am 38, I know the answer. No one is ready to be a first-time mom, no matter what age you are! None of us can be prepared for the amount of work, joy, love, tears, and achievement we will feel as a mother. There will be hard times, that’s for sure! There will be challenges that will change who you are and make you even stronger. The only thing you can do is your best. Love yourself and your new miracle that is growing inside of you. As long as you do everything out of love, then you will be doing a good job.”

Mothering is a role that you learn as you go, with a little guidance from those who have done it, and a lot of patience. Experience is the best teacher. Here are some tips to help through the next few years whether you are partners with the baby’s father or not.

- Communication is key. Talk to your baby’s father about your feelings and fears but spend just as much time listening to theirs.
- Do some homework. Read about pregnancy, childbirth, and parenting. You are not alone, and there are many resources available to you.
- Get involved. Going to childbirth and parenting classes will be extremely helpful for you and the father, if he is going to be supportive.
- Plan ahead. It can be expensive to have a baby and raise them. Social services can help you whether you are single or partners with the father.
- Balancing School, Work and Parenting can be difficult at times, but it is possible! There are helpful articles online that can give you tips on how to accomplish all three.<sup>3</sup>

You may feel scared and unprepared, but with some research, advice, and experience, you can learn to be a great mom!

<sup>1</sup> Centers for Disease Control and Prevention. Unmarried Childbearing. Births: Final Data for 2019 PDF. Martin JA, Hamilton BE, Osterman MJK, Driscoll AK. Births: Final Data for 2019. National Vital Statistics Reports; vol 70 no 2. Hyattsville, MD: National Center for Health Statistics. 2021. DOI: Finding out you are pregnant as a teenager can be overwhelming—but that is OK. It is perfectly normal to feel fearful or anxious and a little excited with 20 questions swirling around in your head all at once. If you are not married, rest assured, that you are not alone.<sup>1</sup> If you have the support of the father, raising a baby can be easier. Just know, you are not the first female to get pregnant unmarried and/or at an early age. For whatever reason, your baby needs to be born to you at this time, so they can be in the right place to fulfill their divine plan.<sup>2</sup>

<sup>2</sup> Prophet, Elizabeth Clare. Inner Perspectives: A Guidebook for The Spiritual Journey. E-book ed., Summit University Press, 2003. Kindle.

<sup>3</sup> “10 Tips for Balancing School, Work and Family.” School of Business, The George Washington University. July 15, 2021. Finding out you are pregnant as a teenager can be overwhelming—but that is OK. It is perfectly normal to feel fearful or anxious and a little excited with 20 questions swirling around in your head all at once. If you are not married, rest assured, that you are not alone.<sup>1</sup> If you have the support of the father, raising a baby can be easier. Just know, you are not the first female to get pregnant unmarried and/or at an early age. For whatever reason, your baby needs to be born to you at this time, so they can be in the right place to fulfill their divine plan.<sup>2</sup>

# Am I ready to be a Dad?



“Am I ready to be a dad?” is a question almost every man wonders when he first learns he is going to be one, regardless of age. Teenagers understandably ask themselves this question, and so do men in their 30s and 40s. It’s perfectly understandable, especially if the pregnancy was unplanned. If you’ve learned you’re unexpectedly going to be a father, odds are you’re feeling a range of emotions, from shocked, scared, and nervous, to happy and excited.

It’s perfectly normal to wonder whether you’re prepared to be a dad. And the truth is, no one is ever really ready to be a parent! It is a role that you learn as you go, with a little guidance from those who have done it, and a lot of patience. Experience is the best teacher. If you’ve found out you’re going to be a father, here are some tips to help you navigate the road ahead. These apply whether you are partners with the baby’s mother or not.

- **Communication is key.** Talk to your baby’s mother about your feelings and fears, but spend just as much time listening to hers.
- **Learn about and be sensitive to what she is going through.** Pregnancy is a major ordeal and causes lots of physical and emotional changes in a woman. Your baby’s mother might be moody, extra sensitive, irritable, and physically uncomfortable. Try to be understanding and reassuring.
- **Do some homework.** Read about pregnancy, childbirth, and parenting. You are not alone, and there are many resources available to you.
- **Get involved.** Going to childbirth and parenting classes will be both extremely helpful for you to know what to expect, and also comforting and supportive to your baby’s mother.
- **Plan ahead.** It can be expensive to raise children, and you will have a financial obligation to yours until the child is 18 years old. However, social services can help. Try to learn what the costs of raising a baby will be and start saving for them now.

You may feel scared and unprepared, but with some research, advice, and experience, you can learn to be a great dad!

# Financial Obligations

If you are pregnant, you have choices. There are alternatives to abortion. You may be planning to keep your baby or give your baby up for adoption. This website will help you through your pregnancy or the adoption process.

Deciding whether to abort is a difficult decision - a decision that you have to live with for the rest of your life. Going into your heart and considering why a baby needs to be born might help you sort out your thoughts and feelings. As you journey through this website, you may become aware of something greater than you ever imagined.

Understanding the purpose of life and the different kinds of relationships we can have is important. We each have our own special mission in life. And we each have our own way of finding it.

# Balancing Schedules



Learning to balance schedules when you have a new baby on the way—or one that has just arrived—can be challenging. But it’s not impossible! Commit to open and consistent communication with the baby’s mother and whoever else is helping. You should be able to continue with your education while still fulfilling your duties as a new dad—there are great tips available online.<sup>1</sup>

There are local resources available. County social groups can provide support networks and classes on budgeting. Many schools offer home tutoring and connect young parents with free daycare programs to finish school or work. Reach out and ask for help.

Talk to a school counselor and see what resources are available to your baby’s mother and yourself so that you can stay on the path toward reaching your education and career goals. If you’re in the United States, check with Job & Family Services in your county for more help.

<sup>1</sup> “10 Tips for Balancing School, Work and Family.” School of Business, The George Washington University. July 15, 2021.<https://healthcaremba.gwu.edu/blog/10-tips-for-balancing-parenting-work-and-school/>

# How to Tell Your Family



Few things feel more isolating than being a young woman with an unplanned pregnancy, and feeling you have no one to turn to. How to tell your family you are pregnant can be intimidating. Often, the sense of shame and social stigma leads girls to make unsafe decisions when they are at their most vulnerable. But there is hope!

If you find yourself in this position, know there are people and resources to guide you—judgement free—through your situation. It takes courage to reach out and ask for help, but as Stephanie’s story shows, there are people who care and want to help. You’re not alone.

**Below is one teenager’s story, and how she told her parents.**

I found out I was pregnant at age 15. The boy I was dating told me I was on my own, and his parents said it couldn’t be their son’s because he was a “good boy.” I knew I had to tell my parents right away because I was afraid that his mom would call my parents.

My parents were business owners in a tiny town and constantly lectured me about my actions. I was terrified. I knew how to protect myself from getting pregnant, but I didn’t. Here I was, about two months along, and I decided to write a letter to my parents. I packed a book bag with some clothes and money from birthdays and doing side jobs, and dropped the letter off on my mom’s desk while she was at lunch.

It was summertime, so I called a friend who lived in the next town and asked for a ride. I ended up running away for a few days and finally called my mom, Janet, to let her know I was alive and to see how she reacted to me being pregnant. She was more upset with the fact that I ran away than anything. I was out of money and places to stay, so I let my mom come pick me up.

There was silence in my house. My dad, Jim, wasn’t speaking to me because he didn’t know what to say. My mother was crying and researching my options. They didn’t even ground me because they said the “damage” was already done, which hurt more. After all, it felt as though they didn’t care anymore.



Looking back, I regret running away. You can't run away from being pregnant. My parents ended up forgiving me and loving me even though I had a miscarriage a month later. I often wonder if my baby would have gone full-term if I would have gotten the proper medical support and taken vitamins. I didn't eat hardly anything while I was on the run. A lot of pain, fear, and emotions that were not even necessary if I would have just talked to my parents in the first place. Our fear drives us as teens, and logical decisions are hard to make in the heat of the moment."

*Story shared by, Stephanie R.*

# What Will My Boyfriend Say?

In the perfect world, your boyfriend will be supportive. But that is not always the case. Just remember to be honest about your feelings and ask him to be honest about his, too. Some boyfriends are happy when they find out about an unplanned pregnancy and some aren't, some may have mixed feelings. Every person is different, and so is every situation.

If you used a pregnancy test to find out, you still need to make an appointment with a doctor so that you can get good prenatal care. Decide if you want your boyfriend to be with you when you talk with the doctor. He may appreciate being part of the process and be supportive throughout your pregnancy.

Suppose your boyfriend does not want to be part of you or your child's life? That's ok. You can do this. Whatever decision you make, it is your decision.

The soul you have conceived may have a strong tie to both of you or just one of you.<sup>1</sup> Either way, they need you to bring them into the world so that they can balance their own karma and do what they need to do for the rest of the world. Souls know that they have friends—soul mates—they need to connect with for their mission, so being born at the right time to the right people is very important.<sup>2</sup>

There are many organizations with caring people that will help you 24/7. Once your child is here, you can get help from your local community and financial support from the father.

<sup>1</sup> Carman, Elizabeth M. and Neil J. Carman, *Cosmic Cradle: Spiritual Dimensions of Life Before Birth*. (Berkeley, CA: North Atlantic Books, 2000/2013), 62-63.2.

<sup>2</sup> Carman, Elizabeth M. and Neil J. Carman, *Cosmic Cradle: Spiritual Dimensions of Life Before Birth*. (Berkeley, CA: North Atlantic Books, 2000/2013), 28-29.

# Life is a Choice



If you are unexpectedly pregnant and thinking about your options, it's important to know that what you choose from this point on involves at least two lives – yours and your baby's. Now is the the perfect time to protect their life and decide how you will help them fulfill their own purpose while you go forward to fulfill yours.

If you choose to keep and raise your baby yourself, take some time to talk with the baby's father and trusted family and friends or **counselors** to find out who would be able to support you through the next several months and after the baby is born. Investigate the different aid and support available to you and your baby (and their father) by contacting your state's Department of Job & Family Services office.

Read what other young mothers did when they faced with an unplanned pregnancy. Check out the informative and educational pages on this website. Deciding on keeping and raising your baby may not be easy. It may even be the first time in your life you've had to take a stance or stay strong when others disagree. Just remember, there are **caring people** who are available to talk with you and help you through your pregnancy and beyond.

# Adoption is a Loving option

## What is adoption?

Adoption is when someone legally takes another person's child and raises it as their own.

If you are dealing with an unplanned pregnancy and considering placing your baby for adoption or are looking for an adoptive family for your baby or toddler for any reason, consider contacting one of the groups listed below who are ready to help you 24 hours a day. They can answer your questions and help you decide if adoption is best for you and your child.

## Adoption Options

When a baby or child is placed by their birth parents for adoption in the United States, there are several options to consider:

**Open adoption** is where you meet, and sometimes choose the family who will be adopting your child. Even before your baby is born, you will be able to make plans with the adoptive family about how much you want to be involved with your child in the future. It's your choice.

**Semi-open adoption** is when you work with an adoption agency and can choose the adoptive family from their profile, which usually has their pictures and references in it and a note from them to prospective birth parents. Any contact between you and your child after they are adopted would be through the adoption agency you chose.

**Closed adoption** is when you never meet or have contact with the adoptive family. This option offers the most privacy for birth parents.

If you are considering placing your baby for adoption, OptionLine is an excellent help source for you that can connect you with adoption help in your area:

You can call them at 1-800-712-4357 or contact them through chat or email. Below are several other organizations that offer help and resources for expectant mothers and expectant fathers who are considering adoption as an option:

Abrazo Adoption Associates: Excellent website for birthparents, with a Birthparent Helpline: CALL 1-800-454-LOVE (5683) or text "help me" to 210-860-5683 and they will help you day or night. They are prepared to answer your questions and help you 24/7.

American Adoptions: Excellent website for birthparents and expecting mothers and fathers, that has information re: Why “Giving a Baby Up for Adoption” is not “Giving Up;” “Eight Reasons Why Women ‘Give a Child Up’ for Adoption,” “Putting Children Up for Adoption Together,” and many other important questions and concerns expectant parents and birth parents may have.

Bethany Christian Services is the largest national adoption and family services organization in the United States. It offers a wide variety of services and information for pregnant women and birthfathers of all ages.

NCFA (National Council for Adoption) is an excellent organization that helps Expectant Parents, Birth Parents, Adopted Individuals and Adoptive Parents and Adoption Professionals.

OptionLine Excellent website for expectant parents and for women who think they might be pregnant but aren’t sure and don’t know what to do.

# Abortion

## What is abortion?

Abortion is the deliberate ending of the life of a developing human being, which can feel pain as early as 12 weeks and definitely after 18 weeks. Abortion denies the soul their opportunity to fulfill their divine plan.<sup>1</sup>

**There are two methods of abortion:** surgical abortions performed by a doctor in a clinic and medical abortion (the abortion pill). There is nothing gentle about either method.

## In-clinic Surgical Abortions: 4 Types

A **Vacuum Aspiration (Suction Abortion)** is done during the first 12 to 13 weeks of pregnancy.

A small tube, called a catheter, is inserted into your uterus. It will do one of three things: 1) tear the living embryo/fetus apart and kill it instantly while inside the uterus, 2) or, if it is smaller than the catheter, the live embryo/fetus will be sucked into it and die as it is passing through it or 3) die later in the suction bottle that is attached to the catheter.

A **Dilation and Evacuation Abortion (D&E)** is the type of abortion performed after 13-14 weeks. Your cervix will be dilated so that the instruments the doctor uses to dismember the larger, live fetus will fit and the pieces of their body can be sucked out through the vacuum catheter. Some abortionists will give you a shot in the abdomen before the surgical procedure to stop the fetal heart from beating before it is dismembered and removed from your uterus.

A **Dilation and Extraction Abortion (Intact DX or Partial Birth Abortion)** is another type of abortion performed during the second trimester and especially after 18 weeks. The woman's cervix is dilated so that the doctor can pull the live fetus out feet first until only their head remains inside. The doctor then uses a sharp surgical instrument or scissors to puncture the head, suction the brains out and compress the skull of the fetus, which kills it, so that it can fit through the cervix and be removed.

An **Induction Abortion** is done during the third trimester, 25 weeks after the first day of a woman's last period, when the baby is able to survive outside their mother's womb and is almost completely developed. An induction abortion usually takes 3-4 days.

On Day 1, the abortionist usually kills the fetus/baby first by injecting a chemical (digoxin or potassium chloride) into the heart, torso, or head of the baby, which causes its heart to stop, and places laminaria sticks to open the woman's cervix.

On Day 2, the abortionist replaces the laminaria and may perform an ultrasound to determine if the baby has died. If it is still alive, a second dose of digoxin or potassium chloride will be injected into its body to ensure it dies.

On Day 3 or 4, the woman goes to the clinic to deliver a dead baby. Sometimes, it is necessary for the abortionist to do a D&E (Dilation and Evacuation) to dismember and remove any pieces of the body that may remain.

### **Medical Abortion (Abortion Pill)**

A Medical Abortion occurs when a woman takes two different **Abortion Pills** before she is 10 weeks pregnant. The first pill, Mifepristone, causes the lining of the uterus to break down, which kills the developing human baby whose heart began beating at 6 weeks. About 24 to 48 hours later, the second pill, Misoprostol, is taken, which causes contractions of the uterus and the embryo, and the lining is expelled.

This abortion method is not 100% effective and can cause death and severe aftereffects such as hemorrhage and parts of the baby remaining in the uterus.<sup>2</sup>

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### **Abortion Procedures: What You Need to Know**

Aspiration (Suction) Abortions

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Dilation and Extraction (D&X or Partial Birth) Abortions

Induction Abortions

### **Abortion methods:**

Abortion - Pro Life - Suction Curettage Abortion (priestsforlife.org))

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Abortion Pill: What Is a Medical Abortion? (healthline.com)

### **Fetal Development:**

Embryo vs. Fetus: What’s the Difference? (healthline.com)

<sup>1</sup> Prophet, Elizabeth Clare. Inner Perspectives: A Guidebook for The Spiritual Journey. E-book ed., Summit University Press, 2003. Kindle.

<sup>2</sup> Aultman, Kathi et al. “Deaths and Severe Adverse Events after the use of Mifepristone as an Abortifacient from September 2000 to February 2019.” Issues in law & medicine vol. 36,1 (2021): 3-26.  
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# Alternatives to Abortion

## **THERE ARE ALTERNATIVES TO ABORTION.**

Suppose you or a friend or loved one is pregnant and trying to decide what to do. In that case, it's important to know that organizations and people are available 24/7 and willing to help you. Some groups offer free pregnancy tests and counseling and connect you with resources to meet different needs. Other groups can direct you to shelters and homes for pregnant women throughout the United States. Some offer financial assistance to pregnant college students so they can finish their education.

There is a responsible alternative to abortion.

## **WHAT IF I'VE HAD AN ABORTION?**

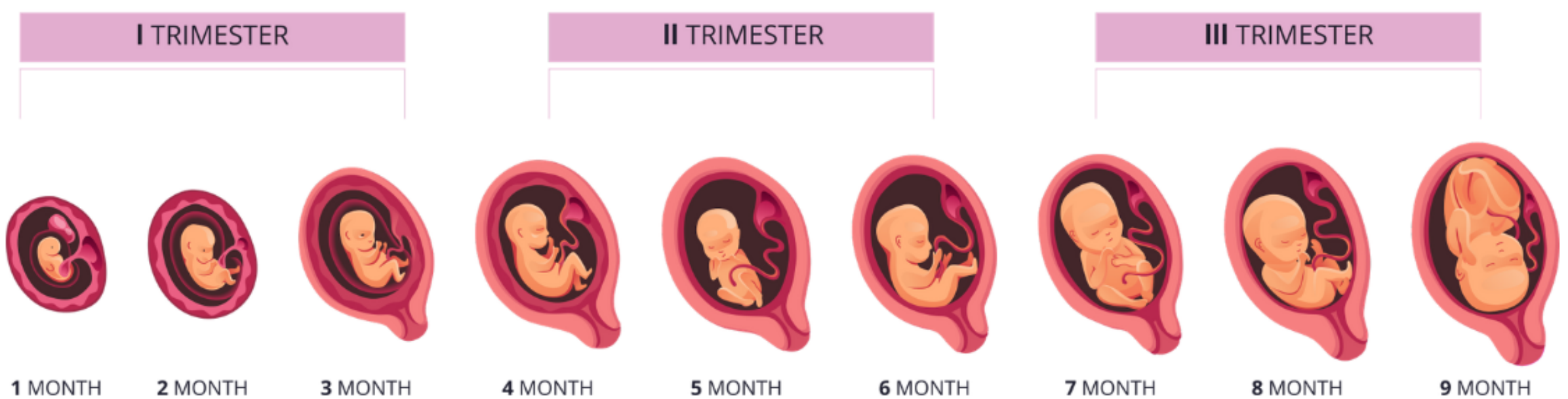
If you have already chosen to terminate a pregnancy, be sure to take care of yourself and nurture and allow yourself to heal. Abortion experiences can be a weight on your soul that is difficult to define. Don't hesitate to talk with a counselor at your school or get professional help if you are having a difficult time and need someone to talk to so you can move forward.

# Baby's Development in the Womb

Miraculously, a baby's development in the womb progresses very quickly through three trimesters. Each period of three months is a trimester in the duration of pregnancy. For example, the first three months of a baby's development in the womb is in the 1st Trimester. Click on each of the monthly embryonic developments for an unborn child to see a baby's progress.

Amazingly, a baby's heart begins to beat after only three weeks!

## EMBRYONIC DEVELOPMENT



### 1 Month

The child's first completed brain cells appear. The embryo's heart has started its advanced stage of formation.



### 2 Months

The embryo's arm and leg buds become visible, and the neocortical cells appear. The baby's blood flows in their veins, separate from their mother's blood.



### 3 Months

The baby will bend their fingers around an object placed in their palm, the fingernails are forming, and they can begin to suck its thumb.



### 4 Months

Facial expressions start to resemble those of their parents. Vocal cords and external sex organs become visible, and this is the earliest stage where gender can start to be determined.



## **5 Months**

Most mothers are now able to fully see the gender of their baby at this time. Movements are now becoming stronger, and most first-time mothers will start to feel the baby's kicks and movements in the womb.



## **6 Months**

Fine hair grows on the baby's head, eyebrows, and eyelashes now. The baby now weighs around 22 ounces and is around nine inches tall.



## **7 Months**

The lungs are now capable of breathing air, and the baby's eyeteeth are now present. Your baby will start to recognize the mother's voice.



## **8 Months**

Organs are fully developed now, except for the lungs. However, the baby continues to inhale amniotic fluid and practices using their lungs.



## **9 Months**

All senses are fully functioning, and toenails and fingernails are complete. This is the first month your baby may drop lower in your pelvis, which is called "lightening."

<sup>1</sup>Clowes, Brian PhD, The Miracle of Fetal Development, April 16, 2021, <https://www.hli.org/resources/miracle-fetal-development/>

# Kindness is... deciding before they're conceived!

Birth control is a means of preventing a pregnancy before conception occurs—before a human being begins to develop in your uterus-- before it can begin to feel pain. There are many non-abortifacient birth control options available these days, especially in America (such as male & female condoms; vaginal sponges; spermicide; cervical caps/shields; diaphragms; permanent sterilization—tubal ligations, vasectomy; fertility awareness methods and abstinence). Depending upon the state they live in, teens can often meet with their school nurse, family doctor or nurse practitioner to find out what their options are.

If you have decided to be sexually active and are not interested in having a child or are unable to afford having one right now, consider using a reliable non-abortifacient birth control method. It would be an act of kindness on behalf of yourself, your partner, and any child you may potentially conceive because once conception has taken place, it is a completely different situation.

If you go into your heart for a minute and consider that each life is an opportunity for a soul to evolve, balance their karma, and meet their cosmic timetables, you might determine that the kindest thing to do is to use a reliable birth control method.<sup>1</sup>

Abortion is not birth control. Abortion is a means of killing a developing human being after it has been conceived. There are two types of abortion: a surgical abortion by a doctor in a clinic, or a medical abortion (abortion pill).

It is the death and disposal of the developing human that makes an abortion successful. And, with the destruction of the developing physical form, the soul loses their opportunity for life.

What you need to know about abortion is that there is nothing gentle about either type. If you, or a friend or someone you love are deciding whether or not to get an abortion, it may be helpful to take a few minutes to read the facts about what actually happens during the procedures and process. The kindest thing you can do for yourself is to become informed before you decide.

# Twins or Triplets?

Are you expecting twins or triplets? Congratulations! Multiple births have increased in the United States in the past 20 years—so, you are not alone!<sup>1</sup>

Whether you are carrying identical twins (one egg that divided to become two separate embryos) or fraternal twins (two eggs fertilized containing a different combination of genes from the father and mother), or triplets, (all identical, all fraternal or a mixture of both), there's a unique situation going on!<sup>2</sup>

Have you wondered if there is a special connection between the souls of twins and triplets? Well, there seems to be! Psychologist Helen Wambach used hypnotism on 750 people to find out if they remembered anything about their life before their birth, while they were waiting to be born. In her book *Life Before Life*, she shares the stories of several people who were twins.

It seems that the people who were twins all said the same thing, that they had known their twin in past lives<sup>3</sup>. Wambach wrote that twins were born as twins, because they were close to each other in previous lives as siblings, parents, friends, lovers even a teacher.<sup>4</sup>

Even though twins are born in identical bodies, Wambach noted that they each had their own reasons for being born, and their karmic relationships with other people were different.<sup>5</sup>

This makes sense, even for triplets and other multiple births—each soul has its own karma to work out and its own unique purpose.<sup>6</sup>

Even though multiple births are more common, it is still hard to find information, gifts, and products for them—like cute baby shower invitations!

For more information about multiple births, such as how twins or triplets are formed in the womb, [click here](#).

Feel free to use the invitations below and check back to this blog often—we will be updating it with more information in the months to come!

<sup>1</sup>Office on Women's Health in the U.S. Department of Health and Human Services; 20192.

<sup>2</sup>"Expecting Twins or Triplets," Cleveland Clinic, December 20, 2020. <https://my.clevelandclinic.org>

<sup>3</sup>Wambach, Helen. *Life Before Life*. (United States of America and the United Kingdom, 1979/2020), 127.

<sup>4</sup>Wambach, Helen. *Life Before Life*. (United States of America and the United Kingdom, 1979/2020), 127.

<sup>5</sup>Wambach, Helen. *Life Before Life*. (United States of America and the United Kingdom, 1979/2020), 127-128.

<sup>6</sup>Wambach, Helen. *Life Before Life*. (United States of America and the United Kingdom, 1979/2020), 127-129.

# Teenage Pregnancy During the Pandemic

## **Unplanned Teen Pregnancies Happen Even During A Worldwide Pandemic...**

The COVID-19 pandemic has been an isolating experience for everyone. If you're a teenager and you discover you're unexpectedly pregnant during this time, you may feel more scared and alone than ever. But it's important to know that you are not alone. Teenagers get pregnant every year—that is a fact. Unplanned pregnancies are often stressful enough for everyone involved, but, during a pandemic? With so many teens around the world stuck in restricted living situations, isolated from friends, schools, parties, and work, many can hardly imagine what their life will be like in the next few months, or even the next school year. Add the possibility of being pregnant – it is almost too much to think about!

## **Abortion Is Not the Only Option During Normal or these Crazy Times...**

If you, or one of your friends is pregnant, don't assume that abortion is the only option. It is not. Even though the world around you seems to be falling apart, there are still a lot of people who are available to help you—who want to help you—during these crazy times. They can help you figure out how to talk with your parents if you're pregnant and trying to hide it; they can help you get medical and financial help for you and your baby; they can help you find a place to live (probably after restrictions are lifted, which is soon in many states) and help you come up with a plan of your choice for you and your baby.

## **Everyone Needs Friends And Your Baby's Friends Are Waiting For Them...**

This craziness won't last forever—but a decision to deny a soul their opportunity for life at this time will have a long lasting effect on a lot of people, including the group of friends and loved ones who are already a part of your baby's divine plan. That's right—just as you have your friends, many whom you probably really miss seeing at this time—your baby has their friends who are counting on them being born right at the right place and the right time so they can all meet up and accomplish their special missions. If one of them is missing, it will affect all of them.

## **True Empowerment Is Allowing Your Baby To Be Born...**

If, for whatever reason, you are unable to take care of your baby (or you don't want to), please consider allowing your baby to be born and adopted by a family that will give them a life—the life that they deserve.

## **Get Free Help From People Who Really Care About You and Your Baby...**

It is important to remember that, no matter how scary and unstable the world seems today, if you are a pregnant teenager, there are many, many people around the world who care about you and your baby and who can help you anytime of the day or night via texting (text "HELPLINE" to 313131), Live Chat, email or toll-free numbers. Many young women have experienced unplanned pregnancies and found compassionate help and guidance through resources such as Option Line. If you feel you aren't ready to be a parent, adoption is a loving alternative to abortion. Many couples struggling with infertility are eager to be parents and can provide your baby with a loving, secure home and family.

# Life is Opportunity

Life is opportunity.

Life begins at conception.

Your soul is your life essence.

Your soul can become immortal.

After death, your soul can return to life in another body.

Reincarnation gives your soul the opportunity to evolve by learning the lessons of love through many different life experiences and by balancing your karma—paying your debts to anyone you've wronged.

Abortion denies a soul the opportunity to be in the right place at the right time with the right people

Abortion denies a soul its right to evolve and fulfill its divine plan.

# FAQ

## **IS IT BAD KARMA TO GIVE A BABY UP FOR ADOPTION?**

Q: I am pregnant and don't want to have a baby now. I want to finish high school and go to college. Is it bad karma to give a baby up for adoption?

A: No, it is not bad karma to give a baby up for adoption. Karma means that for every action there is a reaction and there are always consequences for the actions we choose. If you are pregnant and do not want to keep the baby, adoption is a responsible choice. You do not need to feel guilty about it. If you choose adoption, it is important to remember that you are giving them the opportunity for life and for fulfillment of their personal mission. That is truly a gift of love.

## **I WISH I HAD MADE A DIFFERENT CHOICE.**

Q: I have had two abortions and wish I hadn't. I didn't know about karma and reincarnation before. What can I do now?

A: Do not be hard on yourself or on anyone else who might have been involved in the abortions. Often, when we become more aware of the spiritual side of life, we regret our past choices and wish we had made different decisions. Consider getting the help of a professional counselor to understand how to forgive yourself and others so you can heal and are able to get on with your life and fulfill your own special mission.

## **HOW CAN I TELL THE SOUL THAT I ABORTED THAT I AM SORRY?**

Q: I think about the baby I aborted all the time. How can I tell them that I'm sorry?

A: Psychologist and author Dr. Marilyn C. Barrick, shared her thoughts with us about how someone might tell an aborted soul that they are sorry:

Prayer is a common form of communication with God, the angels and with one's higher self or higher power. You might consider praying for the baby's soul so that it can be born again. Or you can write a letter to the soul of the baby you aborted and ask for forgiveness. Then pray to the angels to take the message from your heart to the baby's soul and bury the letter and plant a flower on top.”