



Un comienzo mágico

Deepak Chopra

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Guía imprescindible para todos los que quieren participar en el maravilloso proceso de traer una nueva vida al mundo. Su novedosa propuesta proviene de la confluencia de dos fuentes: la sabiduría ancestral de la Ayurveda, que hace énfasis en el cuerpo, la mente y el espíritu, y las investigaciones occidentales más recientes sobre natalidad. Al integrar lo mejor de estas dos perspectivas diferentes, este maravilloso libro provee de las herramientas necesarias para asegurar que sus hijos sean mimados con pensamientos, palabra y acciones desde el mismo momento de la concepción.

Un comienzo mágico Details

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Amber says

This book was amazing. I love it so so much. I have dog eared SO many pages and will be re-reading it as our birth gets closer. I am even having Will read it. It goes over every avenue of pregnancy, childbirth and aftercare in a wholistic and wonderful way. It offers all kinds of homeopathic remedies for aftercare that I wish I would have known about after I had Solomon. I would recommend this to any pregnant woman...its awesome!!!

Nandini says

The book is good for a one time read. My friend ordered it for me..

Anthony says

If you're open to a non-medicalized path to pregnancy, you may find this book helpful. If you're intent on a scheduled C-section with epidurals, this is likely not the book for you.

Magical Beginnings, Enchanted Lives is really a set of recommendations, informed by Ayurvedic practices, of how to care for your baby while you're pregnant, while you deliver, and in the first post-delivery months. There's a lot here to be skeptical of, like the frequent oil massages that should be performed on everyone in the family (?), and the role that mantras play in creating harmony for the baby. That said, even the skeptics would hopefully find some of the recommendations useful in creating more peace in the household, and actively establishing bonds with the baby before delivery. More over, some of the recommendations are well established in the research literature, such as the harmful effect that a mother's stress levels play on in-utero development, but this guide is not going to connect you with that literature or advantage empirics.

Chapters conclude with an expanding and iterative list of recommendations that correspond to the timeframe of their practice. Again, some useful and some less so.

Should be read with an open mind.

Ashton says

I'm loving all this spiritual content for this little one. This books covers a broad array of topics including pregnant mom, baby, relationships, communication, partner direction in labor, labor stages, remedies, diet and nutrition, birth, after birth, breastfeeding, and enhancing the new spiritual journey you and your sweet baby are about to embark on. The exercises in the book was a nice touch and I'm sure I will head back to them in the next few weeks as I draw closer to delivery. Very calming.

I ended up highlighting bits and pieces of them and we read them together. The parts on communication had

us feeling like we had just had a successful, transcending counseling session. Communication is key in all relationships but most importantly the one with your partner, building up to, and during this momentous shift in both of your lives.

I loved this. But who would expect anything different from Deepak Chopra?!

Nadya says

Thus far in my life, I have done my very best to raise a child that will be part of the ripples towards a better world. I aim to raise conscious and aware little beings, who will do better than what society dictates. And towards that end, this book has been priceless. As have several others, but for now, let's focus on this one. Here is a quote to summarise what I gained and why I loved this book so much"

"But we must not forget that even the worst terrorist, tyrant, or polluter was once a child... The future of our planet depends on who our children become as adults, and it is our responsibility to teach and share with them awareness of the divine intelligence that is the source and sustainer of all life... The souls of our children are the potential for tomorrow's world. Our earth is not just a capricious anomaly in the vast sea of space, but a cosmic manifestation of divine intelligence. Through leaps of imagination, it will continue to express itself as new realities. Our job as parents is not to interfere with this creative process, but to align with it by nurturing our children in body, mind, and spirit. The great poet Tagore once said, "every child that is born is proof that God has not yet given up on human beings". We ask you to join us and with God to help create a world of peace, harmony, laughter, and love that is worthy of our beloved children."

Being pregnant for the 2nd time, I actually got to read this book in time. With our first pregnancy I received the book as a gift from my mother rather late, but being with a good midwife, I found most of these things in place already. This time I found that most of the recommendations were already a big part of our lives: Journaling, Yoga, Meditation, etc. and especially towards the end, I found myself just skimming through the information. Despite this, there was still a lot that I had forgotten and which I was able to incorporate into our journey. Towards the end of the book I found that most of the subjects are concerned with things that might be required after the baby is born. These subjects I have mentally referenced, and will return to them as required.

As usual, Mr. Chopra has one foot in the physical and one foot in the spiritual, making his book very practical, although he does have a very scientific way of writing and this is not to everyone's liking. For me, this book is a very good combination of practical advice, a summarizing of your baby's stages and development, as well as how to improve and connect with your pregnancy. As per any other book written by Deepak Chopra, the book contains a large amount of Ayurvedic principles and holistic healing methods. What I found most valuable is that it wasn't just about the spiritual aspects, or just about the most basic physical aspects, or just about your exercises, etc. but rather a real treasure of all things combined. This is something that I have found missing in most pregnancy books, being either or, but very rarely both. Having said that, be aware that some subjects are just touched upon and should you need to, you might need to read up a bit more, but it is a good starting point to at least gain awareness of all aspects of your pregnancy.

I was quite impressed with the amount of data in this book, even more so than the first time I read it, although as I've mentioned, some of the subjects were barely touched upon. This book does however provide a very good basis for anyone to start with if a holistic journey is what you are aiming for. As a whole, this book is a real treasure trove of information for all things related to a holistic and healthy pregnancy. It is one of those books that you will most likely find yourself constantly returning to during your pregnancy, as well as during

the first few weeks of baby's arrival.

I would advise any pregnant woman, or anyone thinking about becoming pregnant to read this book as soon as they can.

Kyla says

I was required to read this as part of a birthing class. If I hadn't read so much about childbirth already, I probably would've gotten more out of this book. However, I ended up skimming through most of the book as the information was covered elsewhere, particularly by Ina May Gaskin. The only difference is that the book focused more on how everything worked within the framework of Ayurveda, giving it a distinctly more Indian influence.

Christina says

Not what I expected... too much meditation type stuff for my tastes. Didn't finish reading.

Elizabeth says

The cheesy title aside, this book offers clear, followable, and motivating advice for families. While the target audience is expecting parents, the concepts really apply to anyone who works with children and their parents. Understanding the origins of one's life can really offer a glimpse into who they are emotionally. When we enter the world with nurturing, healthy, and emotionally present parents, we have such a better chance of long-term happiness. This is not the case for everyone; therefore, non-parent caregivers can help facilitate such attention. Overall, an interesting and inspiring read with the basic thesis that being your best self can help raise a truly happy person, from conception to the teen years.

Alison says

Great book for expecting moms, especially who want a more holistic mind/body approach to their pregnancy experience - a very nurturing read. This is a beautiful guide to connecting in full awareness with the unborn baby - from conception all the way through the postpartum phase, and covers the importance of mama nurturing herself and finding balance day to day. There are great meditation, breathing, and journaling exercises to follow along with numerous suggestions for self care along the journey.

Heather says

I couldn't get through this book. I stopped in the middle. I was listening to the audiobook version and the male voice describing how to cope with issues that come up in pregnancy was too off-putting. The many mentions of admiring your pregnant body and the self massages with oil came across as very creepy to me.

Jenne says

In my philosophy as a doula, I embrace holistic and traditional ways of viewing and treating the childbearing period. This book does so beautifully and weaves Ayurveda and Yoga into mindful pregnancy and early parenting practices. The sections on managing emotions in pregnancy, communication and guidance for partners provides a holistic way to address feelings of stress in a calm manner without becoming avoidant and overly concerned. Referring to emotions as "turbulence" is a beautiful metaphor.

In some ways this book shows its age. For example, in the intervening years since it was published in 2005, research has concluded that a healthy diet helps perineal tissues stretch better than prenatal perineal massage.

The strengths of this book lie in prenatal preparation and the emotional transition to parenthood along with the integration of the newborn into the family. The physical aspect relates to health more than the physiological process of childbirth. In conjunction, I would therefore recommend reading Ina May's Guide to childbirth.

Magical Beginnings may become my favorite pregnancy and new parent book and I highly recommend it to my clients and friends seeking a healthful, holistic approach to pregnancy, childbirth and the postpartum period.

Kristin says

First of all, no, I'm not pregnant. That was probably the hardest/most awkward part about reading this book, carrying it around and having people assume that I was pregnant. That being said, I really enjoyed this book. It's 80% common sense for healthy living, and about 20% baby stuff. For example, you should eat a balanced diet. It's good for the baby. Gotcha. The book is more interesting than that, but you get the idea. It goes into more depth about diet, the importance of exercise and specific exercises you can be doing (hello, kegels!), meditation/stress reducing techniques, self-massage, how to effectively communicate, fetal development, and the general road map of labor. I have to throw out a kudos to the author for emphasizing flexibility in a birth plan. So often you hear about people being stuck on having an all natural childbirth, and then they are devastated if something varies from their plan. While the book does support trying to reduce/eliminate medical intervention, it 1) gives you techniques to help increase the likelihood of this happening, but 2) makes it clear that how you birth your baby is your choice and no matter how it happens, you get a baby in the end. I also learned about some useful herbs (I need to start drinking nettle tea for vein elasticity - varicose veins run in the family).

Amy says

This is just the most beautiful book. As opposed to many pregnancy books that seem to try and scare you into thinking everything is a potential problem, this book helps you center yourself and trust in intuition. Self care of body, mind, and spirit, as well as connecting with the life inside you is Chopra's focus. I couldn't help but feel both relaxed and empowered each time I sat down to read a bit. Although I'm at the end of my pregnancy, I'm ordering a copy to keep for myself as the wisdom in this book would be good for anyone,

pregnant or not.

Erin says

I really liked this book and I love Deepak Chopra's advice. He shows many ways to connect with your baby before he is born and gives lots of food for thought. This book is interactive- he has you do little exercises to move you forward. I recommend this book to anyone pregnant who wants to learn something more substantial and grounded about pregnancy than just info. in "what to expect" type books.

Mary says

This book was super helpful to read as I'm going through this process. It's also really nice to have a component for the dad/partner to read. I'm planning to read it again as I get further along with this process!
