

What Are the Types of Healthy Birth?

How to Have a Healthy Birth?

What Are the Types of Healthy Birth? What Role Do They Play in the World and the Hereafter?

Surely you have experienced the joy of seeing a newborn baby. Usually, during pregnancy, and especially in the days leading up to the birth, family and friends often ponder over the baby's face, eye color, hair, personality, and even his food, clothing, and toys. The parents have already decided on the baby's name, and they may also know the gender. But all of these concerns change at the moment of birth, and their most important question becomes the health of the baby and the proper growth of his organs: Whether this human being about to be born has any defects or disabilities in hearing, vision, or speech, and whether his organs and internal systems are healthy or not.

Sometimes, in the first minutes of birth, the baby needs to use a ventilator, or he may be faced with a complication or disorder that requires more treatment. This means that he is not fully ready to use the conditions and blessings of the world. Thus, the course of the baby's development in the womb must go well and properly. As soon as the fertilized egg is formed, it implants in the womb and begins to divide and grow into a living, active organism. The embryo then develops into a fetus. Throughout this period, the most important job of the fetus is to feed himself through the umbilical cord attached to the mother's body and acquire assets to make the organs necessary for this world.

When the fetus passes through this stage safely and healthily, he enters a larger and more beautiful world than the mother's womb. In the very first moments after birth, the most important thing for everyone, especially the baby, is his health. The most heartwarming gift for parents after the birth of their baby is the baby's healthy and fully developed body; the best possible condition for a newborn baby is when he is born healthy or robustly healthy.

Often, we grieve over wrinkles or gray hair, poverty or wealth, respect or disrespect, and in short, all the ups and downs of the world can change our emotional state. But did these issues matter to us at the time of our birth? Can we trade the blessing of health for anything else? Previously, in the article on the types of birth, we discussed the general aspects of the kinds of birth. We learned that, based on the health and development of the fetus, a baby's birth can fall into one of the following six categories: robustly healthy, healthy, weak, sick, defective, and deformed. In this lesson, we will discuss the types of healthy birth. We will deal with the following questions: What rules must we follow to have a healthy birth in the world and then in the hereafter? What are the similarities between healthy birth in the world and in the hereafter? What are the characteristics of the types of healthy birth in the world and in the hereafter?

Levels of the Types of Healthy Birth in This World and the Hereafter Are the Same

We mentioned that according to the classification of the types of birth, there are two types of birth for a newborn: healthy and robustly healthy. But what is a healthy birth? What role does it play in our lives and the world? The best

definition of health is that the individual is in harmony with the system and living conditions of the place into which he is born. Therefore, in the movement of the fetus from the mother's womb to the world, the criterion for a healthy birth is to have a healthy body that is compatible with the living conditions of the world. A body will be ready to enter the new world if it has made all its worldly organs well, without the slightest negligence during pregnancy and its presence in the mother's womb.

Just as the mother's womb is a womb for birth into the world, the world is also a womb for birth into the hereafter. The fetus spends a period of time in the mother's womb. During this time, he must make the most of the womb's constructive potential and make all the tools he needs for his worldly life, including his organs, talents, and physical characteristics. If for any reason, he stops at any stage of his development, he will be born, but defective. For example, he will not be able to see or hear. In one day, many healthy children may be born. But they are different from each other in terms of characteristics such as height, weight, intelligence, abilities, and talents. In a robustly healthy birth, babies are born with the greatest talents and abilities, like geniuses and prodigies. These are the babies who have excelled in developing their physical qualities and potentials; they are in the best biological conditions which are compatible with the world.

Up to now, we have understood that the healthier the baby is, the more he is in harmony with the laws and living conditions of the world. When we discuss the characteristics of the types of healthy birth, it is better to know that, according to the Law of Proportion and mathematical structure of the universe, the events of

our world influence our hereafter. Therefore, the more progress we make in terms of spirituality and the attainment of human perfections in this world, the more we will enjoy spiritual and eternal pleasures in the hereafter. But if we forget our true self, we will become like a fetus that suddenly stops moving towards a healthy birth in the mother's womb and starts to acquire things that are not at all useful in the conditions of the world.

In the movement of the fetus from the mother's womb to the world, the criterion for a healthy birth is a healthy body that is compatible with the world. But in the movement of the soul from the womb of the world to the hereafter, the criterion for a healthy birth is a healthy soul, or a sound heart. The question is: What are the characteristics of a sound heart? We will definitely discuss the characteristics of a sound heart in the future lessons.

What Are the Characteristics of a Healthy Birth into the Hereafter?

We stated that of the six types of birth, only two types are useful, which include healthy birth and robustly healthy birth. According to the Law of Proportion, these six types of birth also exist when born from the womb of the world into the realm of the hereafter. Therefore, by considering the relationship between these two types of birth and the common laws that govern them, we can understand the mechanism of life after death and identify the needs of the hereafter and the means and equipment needed to live there.

Human life in birth into *Barzakh* is also subject to the laws that govern the mother's womb and the world. Therefore, regarding the types of healthy birth into *Barzakh*, the human soul must be in one of these two conditions: healthy or

robustly healthy. The main requirement for the soul to successfully enter *Barzakh* is to have a certain level of health. Otherwise, the entry will be sorrowful. That is, if a human being does not have a healthy birth into the realm of the hereafter and does not cure his moral and spiritual diseases, he will have to wait for centuries in the hereafter to become healthy and strong. He must meet the requirements for life in the hereafter in the womb of the world, so that he can have a healthy and perfect birth and make the most of the blessings and assets of the hereafter.

A robustly healthy birth into the hereafter can be defined as follows: Just as we can consider a genius and exceptionally gifted baby in the womb of the world as an example of a robustly healthy birth, a human being who enters the realm of the hereafter with the best and most comprehensive perfections will have a robustly healthy birth ahead.

In this essay, we examined the types of healthy birth. We learned that all levels of birth from the mother's womb into the world also exist in the hereafter. We examined the process of a healthy birth into eternal life, which closely resembles the process of the birth of a fetus into the world. We concluded that the stronger and richer the mother's womb is in terms of resources and assets, the better the fetus will act in acquiring worldly provisions and physical health, leading to a healthier birth into the world. In the same way, the more a human being strives in the womb of the world to be in harmony with the structure of the hereafter, the healthier and stronger his birth into eternity will be.

If you have any thoughts on the similarities between a robustly healthy birth into this world and the hereafter, please share them with us.