

## Book Review

***Babies are Cosmic: Signs of Their Secret Intelligence*** (2019) by Elizabeth Carman and Neil Carman, PhD. Babiesarecosmic.com, Independent Publishing Platform. ISBN-13: 978-0-9600713-0-2.

Elizabeth and Neil Carmen continue to expand our concept of “lifespan” with their third book this carefully-researched volume will take you to previously unexplored territory. As in their previous book, *Cosmic Cradle*, they investigate the spiritual dimensions of life before birth. This book is also well-grounded in the exploration of life in utero. In making the case for prenatal consciousness, they present evidence from leaders in the field of prenatal and perinatal psychology, from David Chamberlain and Thomas Verny to Wendy Anne McCarty, Laura Uplinger, Marcy Axness, and many others. As students of prenatal and perinatal psychology, you will see the names of many researchers and scholars in the field with whom you are very familiar and others you will want to get to know better. For example, the work of Dr. Akira Ikegawa and others in Japan may be new to you. As part of a movement called Unite the World, they are getting the word out about the testimonials of young children regarding their prenatal memories. Dr. Ikegawa has interviewed more than 3,500 children since beginning his research in 1999. Many of his interview results are cited in *Babies are Cosmic*.

In the forward, Laura Uplinger states, “A deep-seated sense of self, integrity, and compassion imbue the strength and intelligence of adults who were warmly welcomed at the start of their arrival on earth.” With this emphasis on the importance of the beginning of life, the authors then lay the foundation for what is to follow with in-depth discussion and research reports on the many forms of prenatal memories, from evidence of intelligence to sensing love at birth.

The introduction includes a description of the Carmans’ research, in which testimonials of children’s five types of memory is blended with scientific evidence from psychology and medicine. The five types of memory include past life, preconception, conception, womb, and birth.

With a firm foundation in discoveries from prenatal and perinatal psychology about the consciousness of unborn and newborn infants, including memories of conception, Neil and Elizabeth have gone on to

explore life before conception as told through multiple stories “from the mouths of babes.” Touching on such topics as choosing one’s family for this lifetime, memories of previous lifetimes, and experiences between lifetimes, these stories will draw you in to a new world of wonder and possibilities for human life.

While you may find, as I did, some challenges to accepting literally all of the material presented, you will likely discover new depths of meaning and expand your understanding of what it means to be human. Some of the words attributed to toddlers will invite incredulity, such as this from a 20-month-old girl: “I looked down from heaven and picked you to be my mommy and daddy.” This was reportedly the child’s first full sentence and challenges us on many levels. For example, the thought is so complete and the words chosen sound as if they come from an older child. However, if we begin to think in terms of a returning soul inhabiting the body of that 20-month-old toddler, the words aren’t so incredible.

Most of the stories of heaven and past lives include religious overtones, which can be another challenging dimension for some. Although Elizabeth and Neil have gathered stories from around the world, the majority of the stores are from Christian cultures. Could it be that the language chosen reflects the culture into which one is born or, perhaps, the past life experiences of the individual?

For each reader, the boundaries will vary between full acceptance and doubt, playing the edges between the “known” and the “unknown.” While my limits may not be the same as any one of yours, you will likely encounter your own along the way. How we accept and/or question what we are reading will vary, but you will be stretched, as I have been, in reading this book.

The profound contribution of this book to the literature of prenatal and perinatal psychology is in opening to explorations that may lead to a new understanding of what consciousness is and when it individuates. It may even lead to new understandings about what it means to be human.

Reviewed by Jeane Rhodes, PhD