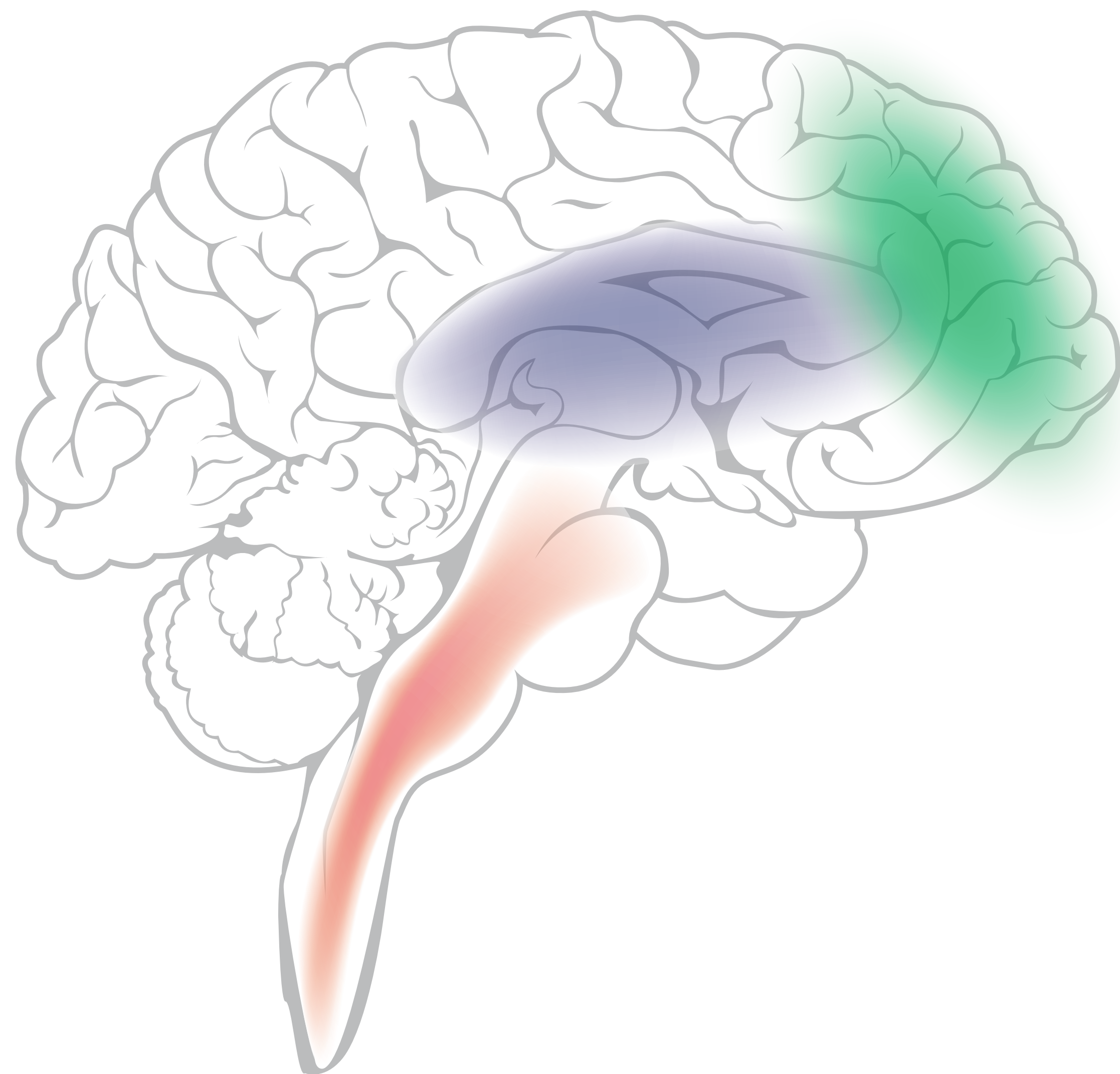


The 3 Lines of Consciousness



3rd line

(Adolescence to Adulthood)
Cerebral Cortex

2nd line:

(Childhood)
Lymbic System

1st line

(Prenatal - Birth - Infancy)
Brain stem

Adolescents and adults need to be listened to, talked to, encouraged, respected, stimulated, exposed to a variety of activities, have a social life, friendships, have romantic and sexual relationships, experience independence, etc.

Children need to be touched, kissed, looked at, talked to, listened to, reassured, played with, stimulated, encouraged, socialized with other children, etc.

Babies, need to feel safe, sleep with mom at night till ready to be on their own, be touched, cuddled, kissed, be attended to as soon as they cry, be rested, breastfed on their signals

Natural Birth (no drugs to mom)

Wait for the baby's signal
Baby on mother immediately after birth

Pre natal:

Mom should live in a healthy environment
no alchohol/drugs
Mom should have no stress, good emotional support

This is only a schematic representation and does not attempt to render the complexity of brain development.