

THE BEGINNING and continuation of life.

The word sex, in the context of procreation has been a word sparsely used, as it seems to have a bad connotation to it. Even the body parts which deal with sex are shunned and other words are used to indicate these.

The male organ or penis the same as the vagina of a woman have now many different names. It is no point mentioning all these names, as there are so many and it seems that almost every family has their own interpretations for them. If your family has a pseudo name for penis or vagina, please change that now, yes right now and bring them back to what they are anatomically called! These are the proper anatomical words for them. It is all too complicated, inventing names for them, since every family does it.

Let me explain what I am trying to do in this article. I am trying to open up your mind to the most natural act, devised by Mother Nature and to teach your children what sex is all about.

Firstly, a penis is a penis and a vagina is a vagina, let us get that straight.

Don't worry about all the other words out there; they are a sign that you are ashamed to utter the proper name and there is nothing to be ashamed of; **THAT IS WHAT IT IS CALLED, OKAY!**

Some religious teachings are at fault here. They taught SHAME for anything that has to do with the sexual organs and act of procreating.

Sex, or the act of combining the sperm of the male of the species and the egg of the female, is the most natural thing ever. We can have intercourse for pleasure and release of sexual tension, or we can have sex for the procreation of the species. Later I will go into the latter version of creating that beautiful creature we want in our life; our little baby.

Parents have difficulties explaining to their children, how this is done and what is actually happening.

Well let me give you an example to start.

My family and I lived on a farm, when the children were growing up. We had goats, sheep, chickens as farm animals and there were of course a number of native animals as well, such as koalas, wallabies and various birds. Even small creatures like beetles and things were often observed procreating. (I say procreating here, as in the animal kingdom, we don't see sex used as a release of sexual tension as a rule. In some ape species, a casual sex act is observed, but this seems more of a friendly greeting.)

When a child lives in a natural environment from a very young age, he/she grows up with animals mating.

I mentioned koalas above. The reason was, that after we had only lived on the farm for a short while, and lived in a caravan, we heard this amazing screeching high up in the trees, during the hours, just after dark. We all had different explanations of what could have been happening, but nobody was right.

I picked up my very powerful torch and shone into the trees. After a short while, I spotted 2 eyes and then 4. Soon we realised that 2 koalas were mating and it was confirmed the next day by a neighbour, that they make a lot of noise when they mate.

I also remember my little daughter calling out one day: "Look Daddy, the rooster is in love with his chicken", as



the rooster was on top of this chicken planting his sperm.

For years my children saw the Billy goat mounting the female goats and they thought nothing of it.

I know that not everyone is brought up on a farm or so close to nature, that this becomes a regular occurrence, so these children need to be

taught, what is actually happening. I have seen parents take the child's attention away from a male animal mating with a female, because of???

This would have been a great lesson to learn what goes on in nature, without having to explain things in detail.

I had to explain mating to a city child one day and I attacked it in the following way.

I told this boy that males have sperm in their body and females have eggs inside them. For a baby to be made these two components had to be brought together somehow and Mother Nature had devised the most amazing way of doing this. It varies a little from animal to animal, but in the end the results are the same.

Take the goats. When they decide to make a baby (without going into the proper cyclic time etc.) the male, or buck in this case, uses his penis to put his sperm into a special little hole in the female called vagina, where the sperm finds the egg.

Once these two have joined together the little baby starts to slowly grow inside the female. This baby (foetus) slowly grows larger all the time inside the mother's tummy. The tummy of the female starts to get larger of course and we see this in our own mothers as well, when they are waiting for the baby to grow big enough to be born, when it is completely formed.

The act of putting sperm into the female by the male is called having sex or mating. It is as simple as that!

Depending on a child's age and their lust for knowledge, we must always answer their questions honestly, BUT the answer should be such, that this child is not bamboozled with stuff he/she doesn't understand. SO, if a child is very young, tell him/her in a simple way what is going on and later when they get a bit older, they will ask a similar question and then, you can go a little further, explaining what is happening. Tell them what they can understand and do not frighten them with TOO MUCH INPUT.

I find it rather sad, that so many young people have, through bad teachings or no teaching at all, a shameful thought put into their minds, when it comes to the most natural act ever invented. Without sex there would not be life, so why shun it?

It is all in the mind and if a child grows up with the proper words for our sex organs and the knowledge of what sex is really all about, he/she would not be so prudish and be a normal child/creation of the Earth.

Thank goodness animals don't have this "shame" when they have sex.

Maybe if this was taught to children at school and they realise, that when they have casual sex, **a baby will be born**, they might be more careful when engaging in casual sex, rather than suggesting to the children to use condoms etc. This teaching in my opinion is encouraging casual sex and it is alright "*as long as you use a condom*", something often forgotten or not used anyway.

Having sex is very sacred or at least it should be. It should not be a feeling of release of sexual tension alone with just anyone. It should be considered as a very special act of love in



producing a child being in love,

between a man and a woman, considered as a privilege in a marriage, a bond between a man and a woman. It should not be considered lightly, as the child to be born must be considered as the number one player in the game.

The child needs a father and a mother, a male and a female. There are no substitutes. **The influence of a male as much as the female, are important for the growth and development of a child.** For that reason, I do not believe that same sex partnerships should ever raise a child. It is NOT right and completely against nature. If people want to live together that is fine with me, but not raise a child. Think of the child for goodness sake!

Then, also remember, do you want a child to come into your life? This is often overlooked and may become a burden to your lifestyle or a hinderance to your finances etc. A casual, pleasurable

meeting could last a few moments only, but the end result will be years of hard work for those who don't really want a child.

On the other hand, when you consider producing a love child, both parents should be in an absolute loving agreement and work on your love for one another and the child to be. This "foreplay" may take as long as 3 to 4 months or more of spoiling one another with 'love things' and a lot of touching and special considerations. This should be a very special time for the two parents.

When the day comes to make the move, this sexual intercourse should not be a feeling of sexual release, but a final act of the game of producing your newborn to be. The sexual act this time, could be a very disappointing moment, as you have had all the pleasures of being so much in love before, over the last few months and really, the baby is actually born the *moment you decide to have it*. It is born in your spiritual mind.

Often when we have sex, it is just that, a release of sexual tension, without having any consideration of producing a baby. That's why it is so dangerous to have sex, when we are drunk or under the influence of drugs, as all we want is that feeling of sexual release only. So many babies are born this way and they are very seldom wanted. But once the baby is there, it is there to stay and you will have to look after it. Looking after it is all the baby might get and usually, it becomes the job of the mother, as the father is long gone.

Is this child really cared for properly? Look around you and listen to the news items on a daily basis. How many children are ignored and are on the streets at any hour of the day and night?

A child and even teenagers should be cared for at home and be entertained with family matters, especially after dark. When you hear about young people being out at 1, 2 or 3 o'clock in the morning, being drunk and getting bashed up, instead of being in bed, resting their bodies from a good day's work or school; there is something very wrong here!

Nature wants us to work and be awake during the daylight hours and take it easy after dark and go to sleep for a good rest.

The Sun is lighting up the day for us to be able to work and the darkness is for rest time. In true nature this is happening. The animals go to sleep after dark and when man did not have electric lights, he too went to sleep. Things haven't changed all that much you know and sometimes I wish that there was no electricity at all.

THE WONDERS OF LIFE! This is for you children.

Hi kids. This is especially for you. I want you to know how seeds grow in nature and how babies are made and born and all these things, as nobody wants to talk about it, for no real reason at all.

When I was a little child, I was lucky to have a great mother, who grew everything in her garden to eat, from vegetables to fruit trees and even have animals, like rabbits, chickens, a goat and even a pig.

Mother wanted to be self-sufficient as much as possible and have quality foods, which she could gather instantly from the garden, foods which were healthy and fresh.

Each year, mother used to get some seeds from the lettuces, carrots, cabbages, and many more vegetables, then save them for next year and plant them again*. She always had enough food for the whole family of 6 children.

When we first came to our house, when I was only 2, she planted various fruit trees as well, so there was going to be fruit to eat in the future, from our own trees.

The chickens gave us eggs, the rabbits were for meat, the same as the pig and the goat gave us milk to drink.

As you see, even though the suburban garden was very small, there was enough to feed us all, the whole year round. Only some foods had to be bought, such as flour, sugar, nuts (although we had an established hazel nut tree), butter and oils for cooking etc.

One neighbour had a big cherry tree and another neighbour had a pear tree and we had a beautiful plum tree, which was already there. So altogether we were well provided with food.

I was always fascinated by the way things grew; the tiny seeds that became a lettuce for instance or the even smaller carrot seeds made beautiful carrots for us to eat etc.

There always were little rabbits born and the chickens always had little chicks, something I loved so much. The eggs were always so beautiful and tasty too.

So, I thought that you may be interested in finding out how all this happens and I decided to write these pages for you younger children, to give you some insight of what is happening in nature, together with the way everything is born/created and growing.

Buying food from the supermarket doesn't make you realise, where food really comes from. The grains grown in the large paddocks; the fruit from fruit orchards; the milk from living cows, who are milked every day (twice) by the dairy farmer and the 'meat' from animals that have to be killed for our pleasure. (Not so nice, hey?)

Had you ever thought about these things? Have you ever been on a farm, where they grow any of the food items or on a dairy farm, where the milk comes from?

I think you should ask your Mother and Father to take you to these places, so you can be educated in real life situations. Maybe your family should think of having a farm holiday, instead of going to the beach in another state, or doing things you do all the time, just somewhere else.

It is so good, to make friends with animals. They give you so much love.

I have been lucky to have had these times and animals are my best friends, even the ones in the bush.

I travelled around Australia for 6 years and camped out in the bush every night. I stayed in some places all on my own for days sometimes and just got involved with the wild life. Yes, even the ants or beetles. The birds became so friendly after a few days, when they realised that I was a FRIEND, who came to their place to enjoy their company. I would ask them out aloud, if I could stay in their territory and share the beauty of the bush or creek etc.

Where I live now, I have crested pigeons come into my cabin every day to share my place and have a small helping of millet seed, just to share my abundance and my 'casa' ('house' in Spanish).

I have a sign in my cabin which reads:

"Mia casa es tu casa". ("My house is your house"). I love to share and make people and animals

happy and welcome.

Life, is a wonderful thing and should be understood by all. Unfortunately, there is not much of it taught in school. It is very complex and at the same time it is very interesting to know how it all works.

It is miraculous, how a plant in nature begins to grow when a seed falls onto the ground and touches the soil or how birth happens in animals, when a female seed is fertilised by a male sperm. We will often wonder, how and why these things are occurring, but there is usually an answer, if we look for it.

Life is very complex and when you go into the much more intricate details of it, later on in life, when you are ready, you will have an amazing time finding out all these beautiful things, which will fascinate you.

Life is a God given thing, we should treasure and appreciate. We should be at one with nature and be friendly towards everything living. We should be grateful, to have all the other creatures and creations around us, for our and also their enjoyment.

We should NEVER chase an animal, like the seagulls on the beach. The beach is their home and we are encroaching on that land or water. We should be grateful to be able to share that space.

In places like Antarctica, where the wildlife hasn't met PEOPLE before, the penguins for instance are not afraid of people, because nobody ever chased them or made their life difficult. Man lives with them there, in a very peaceful manner indeed.

Look at a tree, which once was just a seed, so very small and now this tree is massive and tall. I am still wondering at my age, how this is possible. I am now 88 years of age.

There is a reason for the existence of a tree, a fish, any plant, any animal, be it a bug or an elephant, all the creatures in the sea, the fungi, the mosses, the mushroom family, algae in the waters, the corals in the oceans, yes and even the mosquitos, who add to the bio-mass, giving food as larvae to fish and frogs in the water and when they grow into mosquitoes as adults, the bats and birds love them. They even fulfill a role in fertilising plants through pollination, the same as the bees.

Yeah, I know what you are thinking! I don't like them either!..... This is nature though and we must accept it to be correct. Some trees have thorns, other plants sting you when you touch them and so on, but that is for a special reason.

For a long time, I thought, God made a mistake in creating mosquitos, who can be so annoying, but alas, they form part of creation and balance after all.

Nature should be in perfect balance and we should never kill anything, just for the sake of killing. Everything needs every other thing to survive. The Buddhist philosophy is such, that nothing ever should be killed. I am talking here about plants, as well as animals. Some people will destroy some plants, they call weeds, but these plants too, have a reason to be here and we should find out what their role is in the balance of nature, before we kill them and so often, they are killed with toxic poisons. That will NEVER DO.

Some people kill animals for sport, by shooting them, so they can have the trophy, like the skin or antlers of deer for instance, to satisfy themselves, but that is NOT correct. Why don't they use targets and let the animals live?



Why do some fishermen catch fish,

hold them out of the water for ages, take some pictures and then throw them back? They have feeling too. A fish hook is a nasty piece of equipment, that hurts the fish. This is called sport, mind you!

I will try to explain life in simple language for now, so you learn to understand the principles of life and living.

LIFE.

What was first: “The chicken or the egg?”



What do you think? Yes, think about it for a while; that is very good practice for your brain.

That is a question that still has not been answered, but really it does not matter in the end. The fact is that every seed, be it a plant or animal seed, must be fertilised, to become a new-born member of that family.

Let us start with the plant seeds.

Nearly all plants produce flowers, which when pollinated (fertilised) by bees or other flying insects, produce a seed. This is a fairly complex process, which I will not go into here. You can learn about that later, when you want to know more.

Seeds are the beginning of a new life. Nature has organised everything so beautifully, that each seed is a complete package of life; a package that will sprout forth to become a completely new member of that family.

When you plant a fertilised seed in the soil, this seed will sprout to become a new plant.

In nature, a fertilised seed will fall from a tree or plant and lie there till the conditions are right for it to sprout and grow. Some seeds may lie dormant for years sometimes, waiting for the conditions to be just right, before they will sprout. Then suddenly, the rains come, or whatever and away they go! Together with the moisture in the ground, some amazing things happen. The moisture (water) absorbs some of the necessary minerals from the soil to make the right food, which is then absorbed by the seed and makes it swell-up. It starts to grow and soon it will look like a baby plant. The natural fertiliser in the soil, will eventually make this little sprout look like and be, an identical copy of the mother plant. That is this seed’s food.

Try the following experiment, something that some of you have done already in the past.

Put a viable seed, that has been harvested from a tree or grain, (a seed that has not been tampered with in any way,) on a bed of wet cotton wool on a saucer for instance and wait a few days. (depending on the type of seed, some of them start sprouting very quickly indeed).



The next thing you will see is a very small white/greenish sprout, coming from this seed (see left). Every day this sprout will get larger and larger and greener and during the next few days, some leaves will start to form.

That is how Mother Earth has planned it.

You can put this sprout in the soil and it WILL continue to follow its genes and become a real plant, the way it should be, as there, it will be fertilised/fed properly.

Animals, humans, fish, birds and all living species on earth, all need their seeds to be fertilised, to re-produce the species.

An egg cell, or ovum (or gamete) is the female reproductive cell.

Let us look at chickens for instance.

Chickens lay eggs, which are the seeds or ova (ovum, singular) from the chickens. Chickens will produce and release on average one un-fertilised egg a day when they are young and the chicken does get rid of this un-fertilised egg on a daily basis, as another one will follow it the next day.

In humans, the females do the same, but it happens about every 28 days.

This is called 'menstruating' or 'having a period'. When this happens, there is usually a show of blood as well, but it is not dangerous or anything. It is a natural process. When this happens the first time, a young woman may be wondering why she is bleeding, so I am just warning you young ladies, that it will happen and you should ask your Mum, what to expect so you are prepared.

In other species, the times are different again.

The eggs we buy from the supermarket will never produce little chicks, because they are not fertilised eggs.

This is the reason why mother nature has created male and female plants, animals and humans.

The females carry the eggs within them and the male sperm is the fertiliser that makes the egg a seed, a viable seed, which will become a new-born of that species.

If we want little chicks from our hens in our own garden, we must have a rooster living with them, as he will fertilise the eggs, before they come out of the hens.

When we allow a broody hen to sit on these fertilised eggs for 21 days, keeping the eggs nice and warm, little chicks will be born. That is how nature works.



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Aren't they amazing?

It is also very interesting to observe, how babies from different species behave, when they are born. Little chicks, ducks and geese for instance are the most amazing birds of them all, I think.!

When they come out of the egg shell, they are a bit wet and need to dry off somewhat, but as soon as they are dry, which does not take very long, they look nice and fluffy and start scratching the soil or start nibbling at greenery in the case of ducklings and goslings. It is just like as if they have done this for a long time. See the chicken above. They really are very good experts at scratching and at looking for food, as soon as they are born. You will observe, that the mother of these chicks etc., will call the chicks when there is something good to eat. She teaches them how to find food. She

gets very excited and the chicks follow her immediately.

They are also fully covered with down. Feathers will start to grow soon after. The wing feathers are the first to appear.



Many other bird species are different however.

Most of them are naked and quite vulnerable and totally dependent on their parents to feed them and care for them, till they grow feathers and can fly. It is only then, when they can start looking for their own food.

This has always amazed me, that there is so much difference between various bird species, even though they are all birds.

Mammals on the other hand are mostly very dependent on their parents for quite a long time after they are born in comparison, but this will vary considerably from one type of mammal to the other as well.



Compare a foal or a calf, with a kangaroo or koala joey for instance. The first 2, as there are many other breeds as well, stand up quite quickly after they are born and start drinking milk from their mothers. They even start hopping around the paddock pretty soon.



The latter ones, stay in very close contact with their mother and they will not venture very far from her at all for a long time.

This little joey is seeking refuge in his mother's pouch, till the time comes, he does not fit in there any more.

Mammal babies drink the milk her/his mother is producing, as the first food for these little ones, which has all the nutrients in it for this baby to survive on. These babies do not need anything else to live on for a while. The length of time they drink milk, varies somewhat from species to species, but usually it is about up to 1 year or so. By that time, these babies have grown proper teeth and have learned to start eating, whatever the parents eat and soon the milk from mother is no longer required.

The same applies to all animals. We must have females and males. A new member of the species cannot be born otherwise.

Humans, being mammals, are born the same way as well.



You have probably seen your Mother having a big tummy, before a new baby came into your family. Well mummy was carrying her new baby inside her tummy, to make it grow and develop and keep it warm for 9 months.

Then when this baby is completely grown, it will be born as a new baby human.

How did the baby get there in the first place?

This is the question that small children always wonder about and often don't want to ask this

question for some reason.

Adults, like Mummy and Daddy find it difficult to explain, because we are made to feel ashamed, to talk about the penis and the vagina, but that is what these organs are called. They are there for this reason, as well as the well know actions of urinating.

As I mentioned above, fathers have to put the sperm into mothers, for the sperm to meet up with the seed inside the mother.

This is why fathers have a penis and mothers have a vagina, just the right organs to make this happen.

When the family wants to have a baby, father puts his penis inside mother's vagina and releases the sperm. This action is not new and has been used ever since man was put on this earth. This sperm will then combine with mother's egg and the egg will be fertilised and grow to be a baby. This takes 9 months and then the new baby will come into our world.

Nature is so wonderful, that this act of having sex, can produce a whole new life, another human being, completely whole and ready to grow into an adult, who in turn will one day wants to have a family when he/she is married and repeat the process.

That is such a wonderful thing and one day soon, when you are ready for more information, you will learn how from one little seed, which is ever so tiny, it gradually divides into 2 cells, than these 2 cells divide into 4 cells and the process keeps on going, till there are millions of them, to make a complete little baby human, with legs and arms, a brain and all the organs as well.

How was that hey? **A BIG secret is now revealed to you!**

Mothers and fathers get a very special feeling, when this happens and it makes them really ecstatic. This is what is called having sex: Making a baby.

I hope that this information is what you have been wondering about and reveals the true meaning of our sex organs and their use. Don't be ashamed to know all about your body. It is very wonderful and intricate, so the above information is the lesson for you today. Look at these little cuties!



ANIMALS & THEIR BABIES



Dog **Puppy**



Pig **Piglet**



Cat **Kitten**



Horse **Foal**



Duck **Duckling**



Cow **Calf**



Deer **Fawn**



Lion **Lion cub**

I hope that you enjoyed learning about life and how it all begins. When you get older, there are so many more questions you will have to be answered, but let's wait till then.

With love to you all, Shanti.