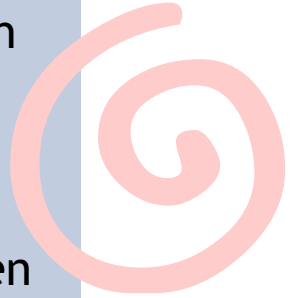



A soft-focus, warm-toned photograph of a woman with blonde hair looking down at a baby lying in a crib. The woman's face is in profile on the left, and the baby is in the lower right. The background is a light, textured wall.

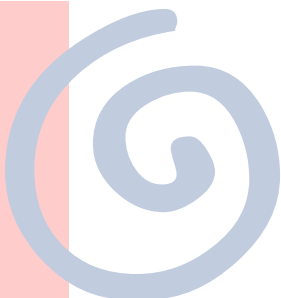
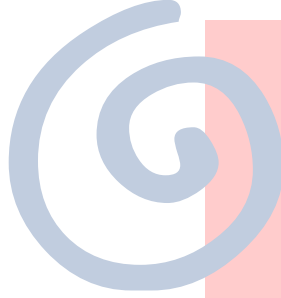
# The Secret BABY Recipe<sup>©</sup>

By Cynthia Barnard  
[SecretBabyRecipe.com](http://SecretBabyRecipe.com)



“Birth of the Spirit and physical birth  
are one celebration - as the Secret  
Baby Recipe represents so well.”

- Lynn Andrews,  
Author of Medicine Women



“The Secret Baby Recipe made my  
dream of a baby girl come true!”

-Elizabeth C., Melrose, MA

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# About the Author

Cynthia Barnard is a Shaman Healer, Author, Teacher/Lecturer, Screenplay Writer and Mother of 4 children that has been studying the mind-body connection for nearly 25 years. Her journey has provided Cynthia the unique opportunity to visit and study in many mystical and sacred sites around the globe, where civilizations have been advanced in their thinking. These include Nepal, Ecuador, India, Mexico, Peru, England, Australia, France, Greece and the United States.



These experiences have helped to shape the **Secret Baby Recipe** that was developed in the late 70's and successfully used by hundreds of women since that time!

Cynthia enjoys an exciting and fulfilling life, while teaching others how to love themselves and create the balance necessary for this amazing journey of life's self discovery and enlightenment. Her experiences continue to reinforce the need for balance and alignment in our lives. As a healer and an intuitive, she helps her clients make major shifts in their consciousness; bring male and female energy into balance; and understand their patterns & belief systems.

# Foreword



I've been blessed with four wonderful children, two boys and two girls. Many women since 1980 have come to me for advice to help them put the "odds" in their favor to have a child in the gender of their choosing. My method combines science with the mind-body relationship.

Nothing in life is 100% guaranteed, but this recipe will definitely tip the scales in your favor. Remember, that only you can determine the right time (physically, emotionally, financially, etc) to have a child.

Good luck and remember that every child is a gift! I welcome your comments and invite you to share your experiences with me.

Sincerely,  
Cynthia - Shaman Mother  
[www.shamanmother.com](http://www.shamanmother.com)  
[www.secretbabyrecipe.com](http://www.secretbabyrecipe.com)

# Introduction

I don't know if there is any woman who is pregnant, who at one time didn't lean toward a certain gender preference for their unborn child. In my experience, I have seen many women who did not receive the gender they wanted and, due to their disappointment, bonding did not immediately take place. This deprives both the mother and the child.



Someone once said that if women were able to choose what gender they would like, there would be far too many male children born and our population would experience a crisis with not enough women to bear children. I have found this to be untrue. Most of the women who came to me had two sons and ached to have a female child. I think it would be great if we could all experience children of each gender... assuming that is your choice!

# How do we do this?



Well, if money wasn't a problem for you, then you could undergo a lengthy scientific process that separates your husband's sperm. Sperm is the determining factor in the gender of a child. A woman's egg has nothing to do with gender determination. But most of us are unable to afford such a process and, even with this scientific

process of separating a male's sperm, it is not guaranteed that you'll have the gender you desire.

My recipe is *simple, economical and pleasurable*. Sex is still sex and there are no special added effects to take away from a special moment.

# First Ingredient

## **BELIEVING!!**

Do you believe that it is possible to have the child you dreamed of having? If you do not, I would not read any further.



Believing is the first step in creating. If there is no strong belief or desire, your capabilities to create a child of your gender preference will fail. Believe in magic and miracles and that you are able to create, with your own positive thoughts, the child you desire. Believing is your first ingredient in the Secret Recipe.

# Second Ingredient

## VISUALIZING!

Visualization is the practice of forming images in your mind.... some people call it daydreaming. Start dreaming about this child and feel the child's essence or spirit already standing next to you, ready to jump into your life at the right opportunity.

Name the child in the gender you desire. Act as if the child is already in your life. Mentally decorate the child's room or nursery in certain colors that you feel.

Feel and know that you will give birth to his happy, healthy, radiant child of the gender of your choosing.



# Third Ingredient

## PREDICTING!

In order for this recipe to work for you, you must determine when you ovulate. Ovulation is the process whereby the egg is released from the ovary.

One way to predict ovulation is to buy a kit. These kits are readily available in most drug stores and will cost you under \$30.

Another way to determine ovulation is an old fashioned way...counting. Count how many days there are in your menstrual cycle. Your cycle is from the beginning of menstruation until the day before your next period.

For example, if you have a 28 day cycle, divide 28 in half. This means that you probably ovulate on the 14<sup>th</sup> day of your cycle. Take a thirty day cycle for another example. One half of thirty is fifteen., so you probably ovulate on the 15<sup>th</sup> day of your cycle.

If you have a 29 day cycle, you could approximate that ovulation takes place on the 14<sup>th</sup> or 15<sup>th</sup> day. In this case, you should probably take some more steps to pinpoint your accurate day of ovulation. Even if you have an even day of ovulation, I would still recommend other steps.





# Third Ingredient



Most doctors have women keep a daily temperature chart in calculating when ovulation occurs. Every woman's body is unique and so will be her temperature chart. As soon as you awaken every morning, take your temperature. Make sure that you take it at the same time every day. My recommendation is first thing in the morning. Record your temperature and be careful to indicate on your chart if you took your temperature at a different time of day or if you were feeling ill.

Also, be sure that you are not using an electric blanket since this can alter an accurate reading. Note any changes in your lifestyle that might affect your temperature such as: exercising, going to bed late, illness and eating late. Normally a woman's temperature is low between menstruation and ovulation. The hormone, estrogen, help cause the low temperature before ovulation.

A higher temperature indicates the higher levels of progesterone hormone which is secreted after ovulation. If your temperature stays high for fourteen to seventeen days in a row, this is a strong sign that you may be pregnant.

# Third Ingredient

The following chart illustrates the changes in body temperature when ovulation has occurred:

Some authorities in the obstetrics field state that observing a woman's daily discharge can indicate when she is fertile. Every day your mucus is telling you whether or not you are fertile or infertile. This is the strongest indicator of ovulation. During your cycle, you may observe that you have 'dry' days. There is no mucus discharge and on these days, most women are infertile. But, when the discharge is wet, clear, slippery and sometimes stretchy, you are fertile. Start recording your discharge and see if you see a pattern. Does it correlate with your temperature chart and your cycle chart? All of these indicators should align together, showing you the correct signals of when ovulation is taking place.

Temperature Chart	
Days of Menstrual Cycle	Temperature
1-5 (Menstruation)	98.0
6	97.6
7	97.6
8	97.6
9	97.6
10	97.8
11	97.8
12	97.7
13	97.5 **
14	97.4 **
15	97.6
16	98.0
17	98.2
18	98.4
19	98.0
20	98.0
21	98.0
22	98.0
23	98.2
24	98.4
25	98.2
26	98.0
27	97.8
28	97.6

\*\*Probable time of ovulation



# Third Ingredient



There are old wives tales that say if you want a boy, douche with baking soda and for a girl, douche with white vinegar. The theory is that the pH of a woman's vagina would favor either the male or female sperm. I do not recommend this method. My sister-in-law used it in conceiving her second child. She wanted a girl since her first born was a son. My brother-in-law always jokes that his second son came out smelling like a salad! Obviously, this method did not work for them.

It is up to you to decide upon which method you use to determine ovulation. Remember that this is one of the most important steps in helping you conceive a child in the gender of your choosing. I recommend that you use:

1. Cycle lengths
2. Temperature chart
3. Cervical mucus chart

All three of these combined should give you an accurate reading of when ovulation occurs.

# Fourth Ingredient

## CREATION!

Most of us are incapable of an immaculate conception, so we must have must have sex in order to create this child. This is a vital



ingredient in the recipe. Now that you have determined when you ovulate, you can proceed to conceive this child. Please remember to have fun and enjoy the process. If you and your mate are feeling pressured to have sex on the correct day and the act doesn't feel spontaneous, wait until next month. Use birth control until everything feels just right. But, if the mood is right and a green light indicated, proceed.

According to your own menstrual cycle, there are days when it is more probable that you will conceive a girl and one day out of the month when you'll be able to conceive a boy. This method of timing is what I, and the women who came to me, used. It worked for all of us.

# Fourth Ingredient

It is based on the fact that male sperm travel faster. They are more aggressive, so it is best to conceive a male child on the day you ovulate. Say you have a 28 day cycle, then you would probably conceive a male child on the 14<sup>th</sup> day of your cycle. If you have missed your day of ovulation, then use birth control and wait until next month. If you engage in sex a few days before ovulation, I would recommend using birth control if you want only a male child. Only engage in sexual relations on the day of ovulation for a male child.

Female sperm is known to be slower, yet is capable of living longer. Therefore, on that premise, in order to conceive a female child, you should have sex two days before ovulation takes place. So, a 'girl' day in a 28 day cycle would be the 12<sup>th</sup> day.

Boy Day = the day of ovulation

Girl Day = two days prior to ovulation

MENSTRUAL CYCLE (Length)	DAYS INTO CYCLE*	
	Boy Day	Girl Day
22 days	11 <sup>th</sup> day	9 <sup>th</sup> day
28 days	14 <sup>th</sup> day	12 <sup>th</sup> day
30 days	15 <sup>th</sup> day	13 <sup>th</sup> day

\* Note: 1<sup>st</sup> Day of the Cycle begins with menstruation



# Fourth Ingredient



Also, I recommend taking short showers or sponge baths for personal hygiene. I don't want you to smell, yet, you do not want to wash away any valuable sperm.

Please remember that if you have sex after ovulation, it increases your chances for a miscarriage. I have had several miscarriages and now I can pinpoint it to conceiving later in my cycle.

If you engage in sex on other days beside the one I recommend for the specific gender you want, please use birth control. A condom is highly suggested.

# Fifth Ingredient

## LOVE!

You are pregnant! Love yourself and this beautiful child growing inside of you. Feed both of you nourishing foods and make sure that you are getting the proper medical attention. Avoid taking any foreign substances such as alcohol, drugs and tobacco. Love your body as it blossoms during your pregnancy. Don't dwell on looking fat. All pregnant women are beautiful. Do not listen to other's opinions on what the gender of your child is by the way your are carrying the baby. Everyone's body shape is individual to themselves and how you carry a child has nothing to do with the gender of the child. I know that I looked the same for all four pregnancies!



Also, some people will tell you that they can tell you what gender your child is by the rate of the baby's heartbeat. My own obstetrician told me with my fourth child that it was probably a boy because of the heart rate. I named that 'boy' Jacqueline! She's great and I planned her conception according to The Secret Baby Recipe!

# Sixth Ingredient

## **MEDITATION!**

During your pregnancy, give yourself the proper rest you need. Listen to your body's signals. It will tell you what you need.



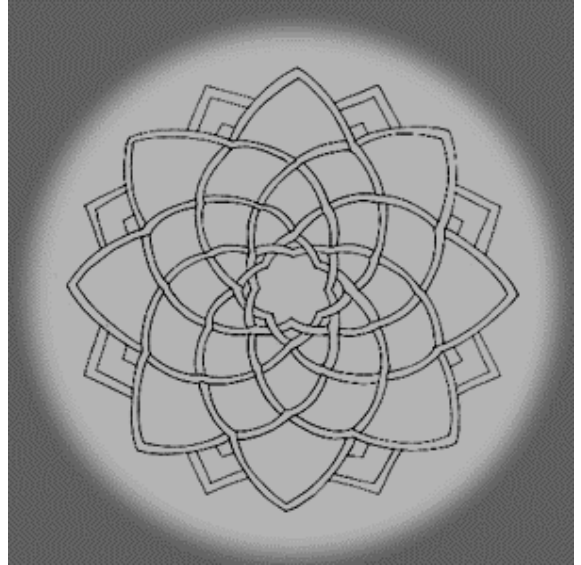
Try to meditate for 30 minutes a day. Meditation is known to be healing. These quiet moments will be beneficial for you and your baby.

Visualize a healthy pregnancy and a healthy baby. Picture in your mind's eye and easy and speedy delivery of your baby.

# Seventh Ingredient

## ACCEPTANCE!

You are now in labor and the child is arriving. You have done everything in your personal power to create a healthy child and a child of your gender preference.



I cannot guarantee 100% that you will have the gender you ordered, but you have created a miracle...a human life! How lucky you are!

Love and accept this child of the universe and you'll both be assured of sharing your lives together in one of the greatest relationships of the galaxy..... *a mother and her child.*



# The Final Chapter



## ***THE MAGIC IS WITHIN YOU!***

The magic ingredients for this Secret Baby Recipe are within you!

1. Believing - 100%
2. Visualizing
3. Prediction Ovulation
4. Creation (Sex & Timing)
5. Love
6. Meditation
7. Acceptance

***GOOD LUCK!***

***And remember that every child is a gift!***

# Dedication

To Chet - My Co-Creator....



...and our four Masterpieces:  
Alison, Andrew, John and Jacqueline