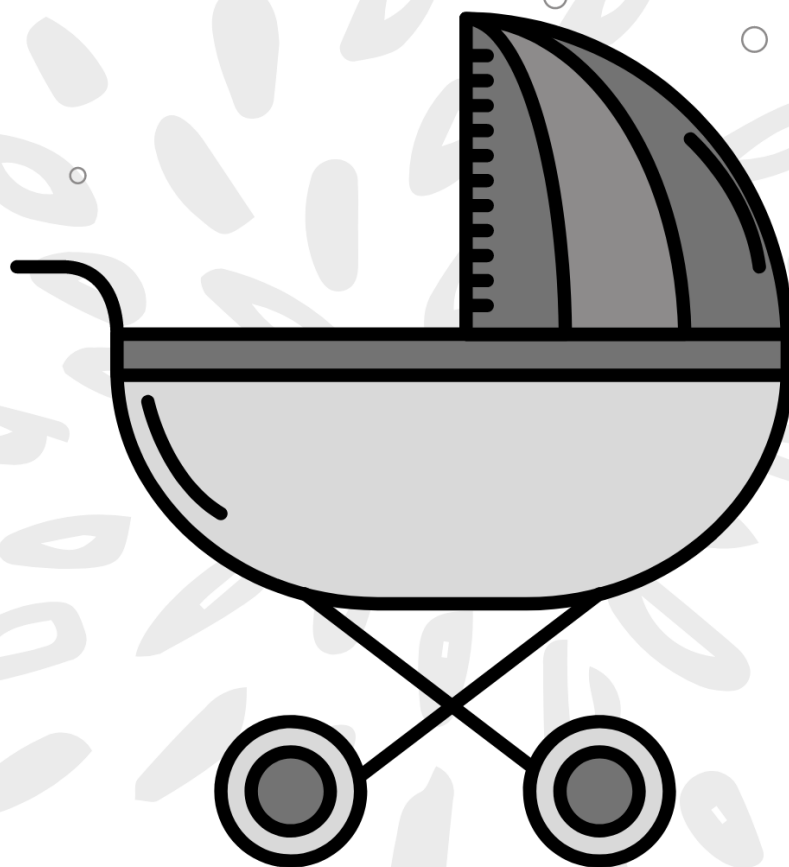


# Natural Expectations

a confident and calm beginning to parenting



# ***Natural Expectations:***

**A Confident and Calm Beginning to Parenting**

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# *Natural Expectations:*

## **A Confident and Calm Beginning to Parenting**

### **What We Will Discuss:**

1. Bible Foundations
2. Nutrition
3. Exercise
4. Wise Self Care
5. The Coach's Role
6. Introduction to First Stage Labor
7. Introduction to Second Stage Labor
8. Manage, Plan, or Prepare?
9. Meddling with Birth
10. Variations and Unexpected Situations
11. Preparing to Be a Team
12. Postpartum Preparation
13. The Babymoon
14. Breastfeeding
15. Beginning to Parent

## Introduction

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Who am I, and why am I teaching natural childbirth? I'm just a mother. Yes, I've had seven children and have experienced hospital births, a birth-center birth, and three home births (two unassisted), as well as an emergency c-section with my last child – but I'm still just a mother. I'm not a doctor. I'm not a midwife. I'm not a nurse.

Yes, I have done a lot of reading about pregnancy and childbirth. You can, too!

Yes, I've researched the various issues that comprise this topic, and I'll show you how to research, too. (Please don't just take my word for things.)

Yes, I've studied so that I feel fairly confident and can remember terms and definitions. To whatever point you feel it's necessary, you can, too.

Yes, I'm even taught the subject of natural pregnancy and childbirth, but this just shows that I get excited when I realize how fun it is to help other moms.

Still, I'm just a mom. I firmly believe that I can become an expert on my own children's births for three reasons:

- I take personal responsibility for my health and for the health of my unborn baby. I don't expect an "expert" to make decisions for me so that I don't have to study and learn. Rather, I welcome counsel and knowledge, realizing that at the end of the day, I must take responsibility for whatever choices I make.
- I can access written knowledge that has been passed on from generation to generation, in the form of books, medical studies and journals, and even the Internet. I don't have to go to medical school or even college to have access to this wealth of knowledge.
- I can tap into the collective, verbal knowledge of women who have given birth before. Since the time of Eve, women have been giving birth... and I suspect that the early mothers loved to talk about it as much as I do! I can learn much from their wisdom.

I have confidence that birth is a normal event in the life of a woman, and it's my goal to pass this confidence on to you. I believe that God sovereignly created our bodies with the capability to bear children. I realize that in 1 to 2 percent of births, emergencies come up that could threaten the life of a mother or her child. But in most cultures, birth is viewed as a normal life event. It is thrilling and life-changing – but not an emergency.

Of course, sometimes I need help. I need support from my husband. I need encouragement from other mothers. I might even encounter situations that exceed my abilities. I'm only human. It's okay to ask for help.

But I also realize that God gave me only nine months in which to prepare for my new baby. This time is finite, and I must not waste it.

And if you're hoping to have a natural pregnancy and a peaceful birth, then you must choose to take responsibility as well.

I hope to be a mother that comes alongside you and supports you. My explanations might be a little unusual. You certainly won't read the same answers as you might in *What to Expect When You're Expecting*. However, I'm hoping to instill confidence, knowledge, and calm into your early mothering efforts.

Am I a little radical? Well, if I depart from what is usual in America, in the birthing community, then I suppose I am. I like the definition of radical that says, "Arising from or going to a root or source; basic."<sup>1</sup> I want to take you back to the basics of childbirth, even to the source of all wisdom, God's Word, and to teach you ways to have a baby confidently.

*L'chaim!* To life!

~Anne

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<sup>1</sup> <http://dictionary.reference.com/search?q=radical>

## Chapter One Bible Foundations

### Chapter Overview:

- Original design • Genesis 2:24; Psalm 139
- Eve's curse • Genesis 3:16
- Saved through childbearing • 1 Timothy 2:11-15
- A weaker vessel • 1 Peter 3:7
- Love their husbands and children • Titus 2:3-5
- Care for a mother • Leviticus 12; 13:19-30; 20:18
- As a mother comforts • Numbers 11:12; Isaiah 66:13
- Children are a heritage • Psalm 127-128
- YHVH is my helper • Various Psalms

### Original Design

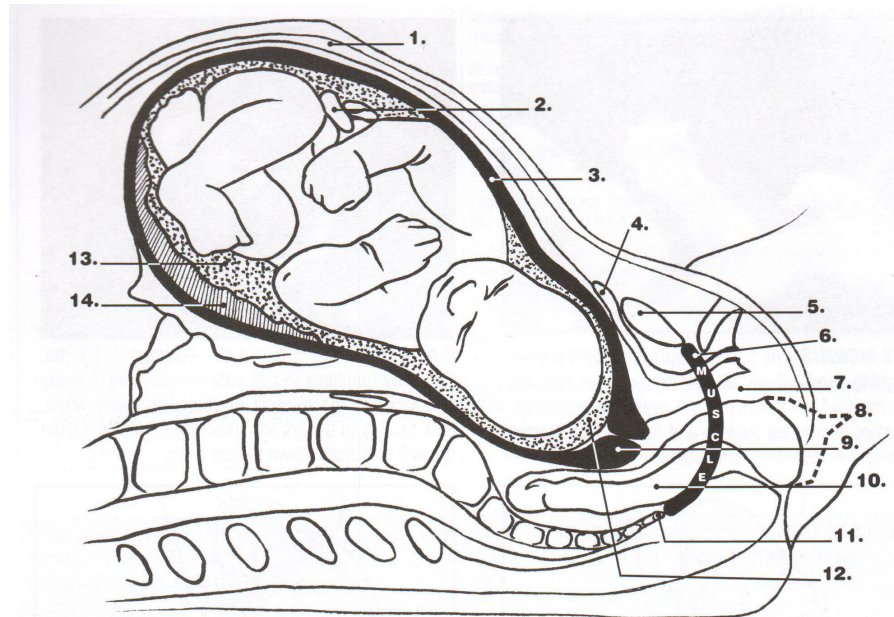
Therefore a **man** shall leave his **father** and **mother** and be joined to his **wife**, and they shall become one flesh (Genesis 2:24).<sup>1</sup>

- image (Genesis 1:26-27; Genesis 5:3)
- nourish (Ruth 4:15; Isaiah 1:2; *El Shaddai*)
- bring forth; to bear a child (Genesis 16:2); midwife; travail.
  - days to be delivered are fulfilled (Genesis 25:24)
  - birthing stool (Exodus 1:16)
  - lively (Exodus 1:19)

אָנִישׁ	(man, #376)
אִשָּׁה	(woman/wife, #802)
אָב	(father, #1)
אִמָּה	(mother, #517)
צֶלֶם	(image, #6754)
גָּדַל	(nourish, #1431)
סִכָּךְ	(cover, knit, #5526)
רֶחֶם	(womb, #990)
מִעָה	(belly, #4578)

<sup>1</sup> All Scripture references are from the New King James Version.

For You formed my inward parts;  
 You **covered** me in my mother's **womb**.  
 I will praise You, for I am fearfully and wonderfully made;  
 Marvelous are Your works,  
 And that my soul knows very well.  
 My frame was not hidden from You,  
 When I was made in secret,  
 And skillfully wrought in the lowest parts of the earth.  
 Your eyes saw my substance, being yet unformed.  
 And in Your book they all were written,  
 The days fashioned for me,  
 When as yet there were none of them.  
 How precious also are Your thoughts to me, O God!  
 How great is the sum of them! (Psalm 139:13-17).



- |                                  |                            |
|----------------------------------|----------------------------|
| 1. Abdomen                       | 8. Perineum                |
| 2. Umbilical Cord                | 9. Cervix                  |
| 3. Uterus                        | 10. Rectum                 |
| 4. Bladder                       | 11. Coccyx Bone (Tailbone) |
| 5. Pubic Bone                    | 12. Forewaters             |
| 6. Kegel (Pubococcygeous muscle) | 13. Amniotic Fluid         |
| 7. Vagina                        | 14. Placenta               |

## Eve's Curse

To the woman He said: "I will greatly multiply your **sorrow** and your **conception**; In **pain** you shall **bring forth** children; Your desire shall be for your husband, and he shall rule over you." Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it': "Cursed is the ground for your sake; In **toil** you shall eat of it all the days of your life" (Genesis 3:16-17).

- sorrow
- conception
- pain
- toil
  - work (Genesis 2:2)
  - labor (Psalm 128:2)
  - weary labor (Isaiah 65:2)
  - bow herself (1 Samuel 4:19)
  - pangs (Isaiah 13:8)
  - take hold (Isaiah 13:8)
  - afraid (Isaiah 13:8)

עֲצֻבֹן	(sorrow, pain, toil, #6093)
הַרְיוֹן	(conception, #2032)
מְלָאכָה	(work, #4399)
אִגִּיעַ	(labor, #3018)
צָלָם	(weary, #3021)
גִּבְרָעַ	(bow, #3766)
צִיר	(pangs, #6735)
אָחַז	(take hold, #270)
בָּהֵל	(afraid, #926)
יָלַד	(bring forth, bear a child, beget, midwife, deliver, #3205)
מָלָא	(fulfill, #4390)
אָבֵן	(birthing stool, #70)
חַיָּה	(lively, #2422)



**Saved Through Childbearing**

Let a woman learn in silence with all submission. And I do not permit a woman to teach or to have authority over a man, but to be in silence. For Adam was formed first, then Eve. And Adam was not deceived, but the woman being deceived, fell into transgression. Nevertheless she will be saved in **childbearing** if they continue in faith, love, and holiness, with self-control (1 Timothy 2:11-15).

**A Weaker Vessel**

Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the **weaker vessel**, and as being heirs together of the grace of life, that your prayers may not be hindered (1 Peter 3:7).

**Love for Husband and Children**

...The older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things—that they admonish the young women to love their husbands, **to love their children**, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed (Titus 2:3-5).

**Care for a Mother**

See Leviticus 12; 13:19-30; 20:18. We will cover this more in Lessons 10 and 14.

**As a Mother Comforts**

Did I **conceive** all these people? Did I **beget** them, that You should say to me, 'Carry them in your bosom, as a guardian carries a **nursing child**,' to the land which You swore to their fathers? (Numbers 11:12)

As **one whom his mother comforts**,

So I will comfort you;

And you shall be comforted in Jerusalem (Isaiah 66:13).

Surely I have calmed and quieted my soul,

Like a weaned child with his mother;

Like a weaned child is my soul within me (Psalm 131:2).

### Children Are a Heritage

Psalm 127

Unless YHVH builds the house,  
They labor in vain who build it;  
Unless YHVH guards the city,  
The watchman stays awake in vain.  
It is vain for you to rise up early,  
To sit up late,  
To eat **the bread of sorrows** (עֵצָבוֹן sorrow, pain, toil, #6093),  
For so He gives His beloved sleep.  
Behold, children are a heritage from YHVH,  
The fruit of the womb is a reward.  
Like arrows in the hand of a warrior,  
So are the children of one's youth.  
Happy is the man who has his quiver full of them;  
They shall not be ashamed,  
But shall speak with their enemies in the gate.

Psalm 128

Blessed is every one who fears YHVH,  
Who walks in His ways.  
When you eat **the labor of your hands** (אֹמֶץ labor, #3018),  
You shall be happy, and it shall be well with you.  
Your wife shall be like a fruitful vine  
In the very heart of your house,  
Your children like olive plants  
All around your table.  
Behold, thus shall the man be blessed  
Who fears YHVH.  
YHVH bless you out of Zion,  
And may you see the good of Jerusalem  
All the days of your life.  
Yes, may you see your children's children.  
Peace be upon Israel!

### YHVH Is My Helper

God is our refuge and strength,  
A very present help in trouble.  
Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried into the midst of the sea;  
Though its waters roar and be troubled,  
Though the mountains shake with its swelling. Selah  
There is a river whose streams shall make glad the city of God,  
The holy place of the tabernacle of the Most High.  
God is in the midst of her, she shall not be moved;  
God shall help her, just at the break of dawn (Psalm 46:1-5).

## Verses to Memorize During Pregnancy

### Psalm 139:13-16

For you created my inmost being;  
you knit me together in my mother's womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.  
My frame was not hidden from you  
when I was made in the secret place.  
When I was woven together in the depths of the earth,  
your eyes saw my unformed body.  
All the days ordained for me  
were written in your book  
before one of them came to be.

### Isaiah 51:12, 15-16

I, even I, am he who comforts you...  
For I am YHVH your God,  
who churns up the sea so that its waves roar-  
YHVH Almighty is his name.  
<sup>16</sup> I have put my words in your mouth  
and covered you with the shadow of my hand-  
I who set the heavens in place,  
who laid the foundations of the earth....

### 1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

### Proverbs 2:2, 6, 10

Turn your ear to wisdom  
and applying your heart to understanding,  
For YHVH gives wisdom,  
and from his mouth come knowledge and understanding.  
For wisdom will enter your heart,  
and knowledge will be pleasant to your soul.

### Proverbs 3:24, 26

When you lie down, you will not be afraid;  
when you lie down, your sleep will be sweet...  
for YHVH will be your confidence....

**Isaiah 26:3**

You will keep in perfect peace  
him whose mind is steadfast,  
because he trusts in you.

**Proverbs 3:5-8**

Trust in YHVH with all your heart  
and lean not on your own understanding;  
in all your ways acknowledge him,  
and he will make your paths straight.  
Do not be wise in your own eyes;  
fear YHVH and shun evil.  
This will bring health to your body  
and nourishment to your bones.

**1 Peter 5:7**

Cast all your anxiety on him because he cares for you.

**Philippians 4:6-9**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Messiah Yeshua.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**Psalms 46:10**

"Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."

**Memory Ideas**

- ☐ Post these verses in prominent places in your home.
- ☐ Read through all the verses in one sitting, two times aloud, at least twice a day until labor begins.
- ☐ Bring the verses with you to the hospital. Read aloud in the car on the way.
- ☐ Pray these verses back to God.
- ☐ Give these verses to your coach and have him or her read them aloud to you during labor.

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## Things I Do to Calm Myself

- |                                                    |                                                           |                                                           |
|----------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Close my eyes             | <input type="checkbox"/> Journal, write down feelings     | <input type="checkbox"/> Image of a special place         |
| <input type="checkbox"/> <b>Sleep</b>              | <input type="checkbox"/> <b>Abdominal breathing</b>       | <input type="checkbox"/> Wipe forehead                    |
| <input type="checkbox"/> Cry                       | <input type="checkbox"/> Analyze                          | <input type="checkbox"/> Praise                           |
| <input type="checkbox"/> Drugs                     | <input type="checkbox"/> Distraction                      | <input type="checkbox"/> Call doctor or midwife           |
| <input type="checkbox"/> Hot water bottle          | <input type="checkbox"/> <b>Eat</b>                       | <input type="checkbox"/> Brush hair                       |
| <input type="checkbox"/> Bath                      | <input type="checkbox"/> <b>Drink water</b>               | <input type="checkbox"/> Candles                          |
| <input type="checkbox"/> Massage                   | <input type="checkbox"/> Grit my teeth                    | <input type="checkbox"/> Foot rub                         |
| <input type="checkbox"/> Ice                       | <input type="checkbox"/> <b>Use the bathroom, urinate</b> | <input type="checkbox"/> Ice chips                        |
| <input type="checkbox"/> Scream                    | <input type="checkbox"/> <b>Walk it off</b>               | <input type="checkbox"/> Let go                           |
| <input type="checkbox"/> Ignore                    | <input type="checkbox"/> Dark or light                    | <input type="checkbox"/> Pets                             |
| <input type="checkbox"/> Think about pain          | <input type="checkbox"/> <b>Change position</b>           | <input type="checkbox"/> Vocalize with round, open sounds |
| <input type="checkbox"/> <b>Put pressure on it</b> | <input type="checkbox"/> <b>Not lying on my back</b>      | <input type="checkbox"/> _____                            |
| <input type="checkbox"/> Privacy                   | <input type="checkbox"/> <b>Understanding, education</b>  | <input type="checkbox"/> _____                            |
| <input type="checkbox"/> Company                   | <input type="checkbox"/> Back rub                         | <input type="checkbox"/> _____                            |
| <input type="checkbox"/> Sympathy                  | <input type="checkbox"/> Relax                            | <input type="checkbox"/> _____                            |
| <input type="checkbox"/> Seek comfort              | <input type="checkbox"/> Dress comfortably                | <input type="checkbox"/> _____                            |
| <input type="checkbox"/> Support                   | <input type="checkbox"/> Shower                           | <input type="checkbox"/> _____                            |
| <input type="checkbox"/> Deal with it              |                                                           |                                                           |
| <input type="checkbox"/> Accept it                 |                                                           |                                                           |
| <input type="checkbox"/> Silence                   |                                                           |                                                           |
| <input type="checkbox"/> Music                     |                                                           |                                                           |

Note: Items in **bold** may help you avoid unnecessary pain.

## **Our Goals for Pregnancy & Childbirth**

## **Staying Healthy and Low Risk**

Why is it important to stay healthy?

What does “low risk” mean?

What does it mean to take responsibility?

5 Suggestions:

- 1) Nutrition
- 2) Exercise
- 3) Begin being a mother now
- 4) Education
- 5) Relaxation

## **Notes on Hebrew Words**

### **Sources:**

<https://www.ancient-hebrew.org/ahlb/1-strongs.html>

<https://www.alittleperspective.com/index-of-hebrew-roots>



## Father

אב ( אב ) **Action:** Stand **Object:** Pole, Spear, Wineskin, Grain **Abstract:** Enemy, Desire, Hostile **Definition:** This can be the tent poles which hold up the tent, the house, as well as the father who holds up the family, the household. **Ancient Hebrew:** The pictograph א represents strength, the ב represents the tent. Combined these mean "the strength of the house".

אב ( masc., אב / av ) **Translation:** FATHER **Definition:** A man who has begotten a child. The provider and support to the household. The ancestor of a family line. The patron of a profession or art. **Relationship to Root:** The support of the tent/house. **Edenics:** pa - an exchange from a b and p and a reversal of the letters **KJV Translations:** father, chief, families, desire, patrimony, prince, principle **Strong's Hebrew #:** h.0001 **Strong's Aramaic #:** a.0002




Strong's H1 אב *ab*, a primitive noun (with no verbal root) meaning, "father." The pictographs are *aleph* + *bet*.


*aleph* א = the ox head, thus strength, power, leader


*bet* ב = the house, thus house, household, family, in, within


The story being told is that the father is the **strong one** (*aleph*) of the **house** (*bet*).

## Mother

 ( **מָדָה** ) **Action:** Bind **Object:** Glue, Mother, Arm, Tribe, Pillar **Abstract:** Firm  
**Definition:** Glue was made by placing the hides and other animal parts of slaughtered animals in a pot of boiling water. As the hide boiled, a thick sticky substance formed at the surface of the water. This substance was removed and used as a binding agent. **Ancient Hebrew:** The pictograph  represents strength. The  is water or any other liquid. Combined these pictographs mean "strong liquid".

 ( fem., **אִמָּה** / eym ) **Translation:** MOTHER **Definition:** A female parent. Maternal tenderness or affection. One who fulfills the role of a mother.  
**Relationship to Root:** The arm that holds things together. The arm is seen as glue that encircles and holds together. A cubit was the length of the arm from elbow to fingertip. The mother of the family is the one who binds the family together by holding in her arms and by the work of her arms. **KJV Translations:** mother, dam **Strong's Hebrew #:** h.0517

 ( fem., **אִמָּה** / a-mah ) **Translation:** BONDWOMAN **Definition:** A female slave. One who is bound to another. **KJV Translations:** handmaid, maidservant, maid, bondwoman, bondmaids **Strong's Hebrew #:** h.0519

 ( masc., **אֲמֹן** ) **Translation:** CRAFTSMAN **Definition:** [To be verified] An architect or artisan who uses the cubit for measuring. **KJV Translations:** multitude, populace **Strong's Hebrew #:** h.0527

[Strong's H517](#) **מָדָה** *em*, a primitive noun (with no verbal root) meaning “mother.” The pictographs are *aleph* + *mem*.

*aleph* א = the ox head, thus strength, power, leader  
*mem* מ, ם = the water, thus chaos, mighty, blood

According to the [Ancient Hebrew Lexicon](#), ancient people used to put animal hides in a pot of boiling water, and skim off the thick substance that formed at the surface, to use as glue. Thus the **strong (aleph) water (mem)** is the glue that holds together, as the mother is the glue that holds the family together. By the way, the ancient method of making “strong water” is still the basis of glue production today.

## Man/Husband, Woman/Wife

𐤎𐤑 ( נש ) **Action:** Loan, Forget, Despair, Sick, Bite **Object:** Debt, Man **Abstract:** Deception, Usury **Definition:** An imposition such as a debt or deception which causes oppression. **Ancient Hebrew:** The pictograph 𐤎 is a picture of a seed representing continuance, the 𐤑 is a picture of teeth representing pressure. Combined these mean "continual pressing".

𐤎𐤑𐤌 ( אנש )

𐤎𐤑𐤌 ( common, אנש ) **Translation:** INCURABLE (V) **Definition:** [To be verified] In the sense of the mortality of man. **KJV Translations:** sick, incurable, desperate, wicked, woeful **Strong's Hebrew #:** h.0605

𐤎𐤑𐤌 ( masc., אנש / e-nosh ) **Translation:** MAN **Definition:** An adult male human. (Often used to mean "each" in the sense of an individual.) **Relationship to Root:** As mortal. **Alternate Translations:** each; one **Alternate Spellings:** איש **KJV Translations:** man, one, husband, any, merchantmen, person **Strong's Hebrew #:** h.0376, h.0377, h.0582 **Aramaic Spelling:** אנש **Strong's Aramaic #:** a.0606

𐤎𐤑𐤌 ( fem., אנשה / an-shah ) **Translation:** WOMAN **Definition:** An adult female person. As mortal. **Alternate Translations:** each; one **KJV Translations:** wife, woman, one, married, female **Strong's Hebrew #:** h.0802 **Aramaic Spelling:** אישה **Strong's Aramaic #:** a.5389

**Wife** is Strong's H802 *ishshah*, a feminine concrete noun meaning, "woman, wife, female;" from Strong's H376, *iysh*, a masculine concrete noun meaning, "man," contracted from Strong's H582, *enowsh*, a masculine concrete noun meaning, "man," from Strong's H605 *anash*, a primitive root meaning, "to be incurably weak, sick, or wicked." The ancient pictographs are *aleph* + *nun* + *shin*.

*aleph* א = the ox head, thus strength, power, leader  
*nun* נ,ן = the seed, thus continue, heir, son  
*shin* ש = two front teeth, thus sharp, press, eat, two, again

The story the ancient pictographs are telling is of the **strong one** (*aleph*, i.e., the man) who is **buried in the earth** (*nun*, as the seed is buried in the earth), **returning** (*shin*, in the sense of repeating) from whence he came. Man is defined in terms of his mortality.

"In the sweat of your face you shall eat bread, till you return to the ground; for out of it you were taken; for dust you are, and to dust you shall return." Gen 3:19

## Birthing Stool

**בֵּן ( ben )** **Action:** Build, Plan **Object:** Tent panel, Son, Stone, Thumb, Building, White  
**Abstract:** Intelligence, Understanding **Definition:** The tent was constructed of woven goat hair. Over time the sun bleaches and weakens the goat hair necessitating their continual replacement. Each year the women make a new panel, approximately 3 feet wide and the length of the tent. The old panel is removed (being recycled into a wall or floor) and the new strip is added to the tent. Since the tent is only replaced one small piece at a time the tent essentially lasts forever. **Ancient Hebrew:** The pictograph **ב** is a picture of the tent. The **נ** is a picture of a sprouting seed and represents continuity as the seed continues the next generation. The combined meaning of these letters mean "the continuing of the house".

**בֵּן ( masc., בן / ben )** **Translation:** SON **Definition:** A male offspring. This can be the son or a later male descendant of the father. One who continues the family line. **Relationship to Root:** There are many similarities between building a tent out of goat hair panels and the building of a house out of sons (The idea of building a house with sons can be seen in Genesis 30.3). Just as the tent panels are added to continue the tent, sons are born to the family to continue the family line. Just as the tent is continually being renewed with new panels, the family is continually being renewed with new sons. **KJV Translations:** son, children, old, first, man, young, stranger, people **Strong's Hebrew #:** h.1121, h.1248 **Aramaic Spelling:** ܒܢ **Strong's Aramaic #:** a.1123, a.1247

**בַּת ( fem., בת / bat )** **Translation:** DAUGHTER **Definition:** A female having the relation of a child to parent. A village that resides outside of the city walls; as "the daughter of the city." **KJV Translations:** daughter, town, village, first, apple, branches, children, company, eye, old **Strong's Hebrew #:** h.1323

**בֵּית ( masc., בית / te-ven )** **Translation:** STRAW **Definition:** Stalks of grain after threshing; dry, stalky plant residue. When more permanent structures were built, they were constructed of stones and bricks made of clay and straw; replacing the tent panels as the main component of construction for dwellings. **KJV Translations:** straw, stubble, chaff **Strong's Hebrew #:** h.8401

**בֵּיתָא ( masc., ביתא )** **Translation:** STRAW **Definition:** [To be verified] When more permanent structures were built they were constructed of stones and bricks, made of clay and straw, replacing the tent panels as the main component of construction for dwellings. **KJV Translations:** straw **Strong's Hebrew #:** h.4963

**בֵּית ( בן )** **Definition:** The building of a family or a structure for housing the family.

**בֵּיתָא ( masc., ביתא )** **Translation:** BUILDING **KJV Translations:** building **Strong's Hebrew #:** h.1146 **Strong's Aramaic #:** a.1147

**בֵּיתָא ( בן )**

**בֵּיתָא ( fem., ביתא / e-ven )** **Translation:** STONE **Definition:** A piece of rock, often in the context of building material. **KJV Translations:** stone **Strong's Hebrew #:** h.0068 **Strong's Aramaic #:** a.0069

**בֵּיתָא ( masc., ביתא / o-ven )** **Translation:** STONE.STOOL **Definition:** A platform made of stone and used by a potter or a midwife. **KJV Translations:** stone, wheel **Strong's Hebrew #:** h.0070



*Egyptian Birthing Stool*



*Wooden Birthing Stool,  
still used in some places today*

## Image

צלם (צלם) **Definition:** An outline or representation of an original as a shadow is the outline of the original. **Relationship to Parent:** from the dark shadow of a deep place

צלם ( masc., צלם / tse-lem ) **Translation:** IMAGE **Definition:** A reproduction or imitation of the form of a person or thing. The form of something as a shadow of the original. **KJV Translations:** image, vain, form **Strong's Hebrew #:** h.6754 **Strong's Aramaic #:** a.6755

צלמונה ( fem., צלמונה / tsal-mo-nah ) **Translation:** IMAGING **Definition:** A reproduction or imitation of the form of a person or thing. **KJV Translations:** n/a **Strong's Hebrew #:** [Found in names only]

## Nourish

גדל ( גדל ) **Definition:** A cord is made by twisting fibers together, the larger and more numerous the fibers, the stronger the cord will be. Anything that is large or great in size or stature. **Relationship to Parent:** from the twisting of sinew to make cords.

גדל ( common, גדל / g.d.l ) **Translation:** MAGNIFY (V) **Definition:** To increase in size or one's position of honor. **Edenics:** great - with the exchange and reversal of the r and l and the t and d **KJV Translations:** magnify, great, grow, nourish **Strong's Hebrew #:** h.1431

גדל ( masc., גדל / ga-deyl ) **Translation:** MAGNIFIED **Definition:** An increased significance or size. **KJV Translations:** grow, great **Strong's Hebrew #:** h.1432

גדיל ( masc., גדיל ) **Translation:** TASSEL **Definition:** An ornament consisting of twisted threads, small cords, or other strands. **KJV Translations:** fringe, wreath **Strong's Hebrew #:** h.1434



## Knit, Cover

𐤔𐤕𐤕 ( סכך ) **Definition:** The intertwining branches of thorn bushes for making a defensive wall.

𐤔𐤕𐤕𐤌 ( common, שכך / sh.k.k ) **Translation:** FENCE.AROUND (V) **Definition:** To surround with a wall of protection or covering. To encompass completely. **KJV Translations:** cover, covering, defense, defend, hedge, join, set, shut **Strong's Hebrew #:** h.5526

𐤔𐤕𐤕 ( סכה ) **Definition:** The booth is a covering.

𐤔𐤕𐤕 ( common, סכה / s.k.h ) **Translation:** LOOK.FORTH **Definition:** > **KJV Translations:** n/a **Strong's Hebrew #:** [Found in names only]

𐤔𐤕𐤕 ( סוך ) **Definition:** The booth is a covering.

𐤔𐤕𐤕 ( common, סוך ) **Translation:** HEDGE (V) **Definition:** [To be verified] To surround as hedge of protection. **Alternate Spellings:** שוך **KJV Translations:** hedge, fence **Strong's Hebrew #:** h.7753

𐤔𐤕𐤕 ( masc., סוך ) **Translation:** BOOTH **Definition:** [To be verified] A dwelling place. **Alternate Spellings:** שך **KJV Translations:** tabernacle, den, pavilion, covert **Strong's Hebrew #:** h.5520


𐤔𐤕𐤕𐤕 ( fem., סוכה / su-kah ) **Translation:** BOOTH **Definition:** A temporary shelter; a small enclosure; dwelling place. **KJV Translations:** tabernacle, booth, pavilion, cottage, covert, tent **Strong's Hebrew #:** h.5521


𐤔𐤕𐤕𐤕𐤌 ( fem., מסוכה ) **Translation:** HEDGE **Definition:** [To be verified] As a wall of thorns. **Alternate Spellings:** משוכה משוכה **KJV Translations:** hedge, covering **Strong's Hebrew #:** h.4534, h.4540, h.4881


𐤔𐤕𐤕 ( יסך )

𐤔𐤕𐤕𐤌 ( masc., מוסך ) **Translation:** BOOTH **KJV Translations:** covert **Strong's Hebrew #:** h.4329




## Womb


בטן (  ) **Relationship to Parent:** the middle of the body as a division


בטן ( fem.,  / be-ten ) **Translation:** WOMB **Definition:** An organ where something is generated or grows before birth. **KJV Translations:** belly, womb, body, within, born **Strong's Hebrew #:** h.0990


בוטן ( masc.,  / bo-ten ) **Translation:** PISTACHIO **Definition:** A greenish-yellow nut from a small tree of the same name. From its belly shape. **KJV Translations:** nuts **Strong's Hebrew #:** h.0992

## Belly

מע (  ) **Object:** Belly, Sand **Definition:** The gut is the seat of the unconscious mind where ones instincts resides. **Ancient Hebrew:** The pictograph  is a picture of water representing what is Unknown, the  is a picture of an eye representing knowing. Combined these mean "Unknown knowing".

מעה ( fem.,  ) **Translation:** SAND **KJV Translations:** sand **Strong's Hebrew #:** h.4579

מעה (  )

מעה ( masc.,  / ma-ah ) **Translation:** ABDOMEN **Definition:** The gut, the internal organs of the lower torso, the seat of the unconscious mind. **KJV Translations:** bowels, heart, womb, belly **Strong's Hebrew #:** h.4578 **Aramaic Spelling:** מעא **Strong's Aramaic #:** a.4577



## Conceive, Conception, Pregnancy

**הר** ( **הר** ) **Action:** High, Pregnant **Object:** Hill **Abstract:** Pride **Definition:** In Hebrew thought all things are in motion. A mountain or hill is not inanimate but the head of the landscape rising up out of the ground. **Ancient Hebrew:** The pictograph **ה** is a representation of a head.

**הר** ( masc., **הר** / har ) **Translation:** HILL **Definition:** An elevation of land such as a hill or mountain. **Alternate Spellings:** **הרר** **Edenics:** hill - an exchange for the l and r **KJV Translations:** mountain, mount, hill **Strong's Hebrew #:** h.2022

**הרר** ( masc., **הרר** / har ) **Translation:** HILL.COUNTRY **Definition:** A region dominated by hills. **KJV Translations:** n/a **Strong's Hebrew #:** [Found in names only]

**הרה** ( masc., **הרה** ) **Translation:** THOUGHT **Definition:** [To be verified] As a mental pregnancy. **KJV Translations:** thought **Strong's Aramaic #:** a.2031

**הרה** ( **הרה** )

**הרה** ( masc., **הרה** / ha-rar ) **Translation:** MOUNT **Definition:** To increase in amount or extent; to get up on something above the level of the ground. **KJV Translations:** mountain, hill, mount **Strong's Hebrew #:** h.2042

**הרה** ( **הרה** )

**הרה** ( common, **הרה** / h.r.h ) **Translation:** CONCEIVE (V) **Definition:** To become pregnant with young. **KJV Translations:** conceive, with child, bare, progenitor **Strong's Hebrew #:** h.2029

**הרה** ( fem., **הרה** / ha-reh ) **Translation:** PREGNANT **Definition:** Containing unborn young within the body. **Alternate Spellings:** **הרי** **KJV Translations:** with child, conceive **Strong's Hebrew #:** h.2030

**הרר** ( masc., **הרר** / hey-ron ) **Translation:** PREGNANCY **Definition:** The quality of containing unborn young within the body. From the mound of the belly. **Alternate Spellings:** **הרר** **KJV Translations:** conception **Strong's Hebrew #:** h.2032

## Work

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**על ( ע ) Action:** Walk, Travel, Reign **Object:** Messenger, Journey, King, Stick  
**Abstract:** Kingdom **Definition:** A nomad traveled on foot with a staff in his hand to provide support in walking as well as a weapon to defend against predators or thieves.  
**Ancient Hebrew:** The pictograph ע is a picture of shepherd staff, the ע is a picture of the palm of the hand. Combined these mean "staff in the palm".

**על ( ע ) Definition:** One who walks for another.

**על ( masc., מלאך / mal-akh ) Translation:** MESSENGER **Definition:** One who bears a message or runs an errand. Walks for another. **KJV Translations:** angel, messenger, ambassador **Strong's Hebrew #:** h.4397 **Strong's Aramaic #:** a.4398

**על ( fem., מלאכה / me-la-khah ) Translation:** MESSAGE **KJV Translations:** message **Strong's Hebrew #:** h.4400

**על ( fem., מלאכה / me-la-khah ) Translation:** BUSINESS **Definition:** The principal occupation of one's life. A service. **KJV Translations:** work, business, workmanship, goods, cattle, stuff, thing **Strong's Hebrew #:** h.4399

## Work, Labor, Weary

**על ( ע ) Definition:** Work that brings about heavy breathing and weariness.

**על ( common, ע ) Translation:** WEARY (V) **Definition:** To be tired from vigorous work. **KJV Translations:** weary, labour, fainted **Strong's Hebrew #:** h.3021

**על ( masc., ע ) Translation:** WEARY **Definition:** The state of being tired from vigorous work. **KJV Translations:** labour, weary **Strong's Hebrew #:** h.3022, h.3023

**על ( masc., ע / ye-gi-a ) Translation:** TOIL **Definition:** The act of working hard. **KJV Translations:** labour, work, weary **Strong's Hebrew #:** h.3018, h.3019

**על ( fem., ע ) Translation:** WEARINESS **KJV Translations:** weariness **Strong's Hebrew #:** h.3024

## Sorrow, Toil, Labor, Pain (NKJV)

טל (עצב)

טל (common, עצב / ah.ts.b ) **Translation:** DISTRESS (V) **Definition:** The state of being in great trouble, great physical or mental strain and stress. To be in pain from grief or heavy toil. **KJV Translations:** grieve, displease, hurt, made, sorry, vex, worship, wrest, lament **Strong's Hebrew #:** h.6087 **Strong's Aramaic #:** a.6088

טל (masc., עצב / e-tsev ) **Translation:** DISTRESSING.PAIN **Definition:** Resulting from grief or heavy toil. This word can also mean an idol or image. **KJV Translations:** sorrow, labour, grievous **Strong's Hebrew #:** h.6089, h.6091, h.6092

טל (fem., עצבת ) **Translation:** SUFFERING **Definition:** [To be verified] From sorrow or wound. **KJV Translations:** sorrow, wound **Strong's Hebrew #:** h.6094

טל (fem., מעצבה ) **Translation:** SORROW **KJV Translations:** sorrow **Strong's Hebrew #:** h.4620

טל (masc., עוצב ) **Translation:** SORROW **KJV Translations:** sorrow, wicked, idol **Strong's Hebrew #:** h.6090

טל (masc., עיצבון / i-tsa-von ) **Translation:** HARDSHIP **Definition:** Privation; suffering; something that causes or entails suffering or privation. **KJV Translations:** toil, sorrow **Strong's Hebrew #:** h.6093

## Bow (Squat)

כרע ( כרע ) **Definition:** The bending of the leg when stooping.

כרע ( common, כרע / k.r.ah ) **Translation:** STOOP (V) **Definition:** To bend the body forward and downward while bending the knees; to stoop or crouch down by bending or getting on the knees. **KJV Translations:** bow, fell, subdue, low, couch, feeble, kneel **Strong's Hebrew #:** h.3766

כרע ( fem., כרע / ka-ra ) **Translation:** LEG **Definition:** The appendage from the ankle to the hip and bends at the knee. **KJV Translations:** leg **Strong's Hebrew #:** h.3767

## Pain, Pang

**סלר ( יצר ) Definition:** Being pressed in a narrow tight place. The pressing of clay to form something.

**סלר ( common, יצר / y.ts.r ) Translation:** MOLD (V) **Definition:** To give shape to; to press or squeeze, as when pressing clay into a shape to form a vessel. **Alternate Translations:** distress **KJV Translations:** distressed, straitened, straits, vex, narrow, form, potter, fashion, maker, frame, make, former, earthen, purpose **Strong's Hebrew #:** h.3334, h.3335

**סלר ( masc., יצר / yey-tser ) Translation:** THOUGHT **Definition:** The forming of ideas in the mind. **KJV Translations:** imagination, frame, mind, work **Strong's Hebrew #:** h.3336

**סלר ( masc., יצור ) Translation:** PRESSINGS **Definition:** [To be verified] Something that is formed. **KJV Translations:** members **Strong's Hebrew #:** h.3338

**לר ( ציר )**

**לר ( common, ציר ) Translation:** READYPROVISIONS (V) **KJV Translations:** ambassador **Strong's Hebrew #:** h.6737

**לר ( masc., ציר ) Translation:** LABOR.PAIN **Definition:** [To be verified] A pressing pain. As pressed out of clay. The weight of the door rested on the hinge. **KJV Translations:** ambassador, messenger, pain, pang, sorrow, idol, hinge **Strong's Hebrew #:** h.6735, h.6736

## Take Hold

חָזַק (חָזַק)

חָזַק ( common, חָזַק / a.hh.z ) **Translation:** TAKE.HOLD (V) **Definition:** To have possession or ownership of; to keep in restraint; to have or maintain in one's grasp; to grab something and keep hold of it. **KJV Translations:** hold, take, possess, caught, fastened **Strong's Hebrew #:** h.0270

חֲזָקָה ( fem., חֲזָקָה / a-hhu-zah ) **Translation:** HOLDINGS **Definition:** Property that is held or owned. **KJV Translations:** possession **Strong's Hebrew #:** h.0272

## Afraid

בָּהֵל ( בָּהֵל ) **Definition:** The flowing of the insides through trouble, amazement, haste or anxiety.

בָּהֵל ( common, בָּהֵל / b.h.l ) **Translation:** STIR (V) **Definition:** To disturb the quiet of; agitate. **KJV Translations:** haste, trouble, amaze, afraid, vex, rash, dismay, speedy, thrust out **Strong's Hebrew #:** h.0926 **Strong's Aramaic #:** a.0927

בְּהִלָּה ( fem., בְּהִלָּה ) **Translation:** DISMAY **Definition:** Sudden trouble, terror or ruin. **KJV Translations:** trouble, terror **Strong's Hebrew #:** h.0928

בְּהִילָה ( masc., בְּהִילָה ) **Translation:** HASTE **Alternate Spellings:** בהילו **KJV Translations:** haste **Strong's Aramaic #:** a.0924

## Fulfill

מִלֵּא ( מלא ) **Definition:** A conglomeration of ingredients for filling up something.

מִלֵּא ( common, מלא / m.l.a ) **Translation:** FILL (V) **Definition:** To occupy to the full capacity. **Alternate Translations:** fulfill; set (when written in the piel [intensive] form) **KJV Translations:** fill, full, fulfill, consecrate, accomplish, replenish, wholly, set, expire, fully, gather, overflow, satisfy **Strong's Hebrew #:** h.4390 **Strong's Aramaic #:** a.4391

מָלֵא ( masc., מלא / ma-ley ) **Translation:** FULL **Definition:** Containing as much or as many as is possible or normal. **KJV Translations:** full, fill child, fully, much, multitude, worth **Strong's Hebrew #:** h.4392

מִלֵּאָה ( fem., מלאה / me-ley-ah ) **Translation:** RIPE.FRUIT **Definition:** Fruit that has come to full maturity and fit for eating. **KJV Translations:** fruit, fullness **Strong's Hebrew #:** h.4395

מִלֵּאת ( fem., מלאת ) **Translation:** FULL **KJV Translations:** fitly **Strong's Hebrew #:** h.4402

מִלֵּא ( masc., מליא ) **Translation:** FATLING **Definition:** [To be verified] In the sense of being full. **Alternate Spellings:** מריא **KJV Translations:** fatling, fat, fed **Strong's Hebrew #:** h.4806

מִלּוֹא ( masc., מלוא / me-lo ) **Translation:** FILLING **Definition:** An act or instance of filling; something used to fill a cavity, container, or depression. **Alternate Spellings:** מלו **KJV Translations:** full, fullness, therein, all, fill, handful, multitude **Strong's Hebrew #:** h.4393

מִלּוּ ( masc., מלוא / mi-lu ) **Translation:** INSTALLATION **Definition:** Placed in its proper and permanent position. **KJV Translations:** consecration, set **Strong's Hebrew #:** h.4394

מִלּוּאָה ( fem., מלואה / mi-lu-ah ) **Translation:** SETTING **Definition:** A recess for filling with a stone or other ornament. **KJV Translations:** inclosing, setting **Strong's Hebrew #:** h.4396



## Bring Forth, Beget, Bear, Travail, Deliver, Midwife, Birth

וִלַּד ( ילד )

וִלַּד ( common, ילד / y.l.d ) **Translation:** BRING.FORTH (V) **Definition:** To issue out; to bring forth children, either by the woman who bears them or the man who fathers them. **Alternate Translations:** act as midwife (when written in the piel [intensive] form) **Edenics:** lad **KJV Translations:** beget, bare, born, bring forth, bear, travail, midwife, child, deliver, borne, birth, labour, brought up **Strong's Hebrew #:** h.3205

וִלָּד ( masc., ילד / ye-led ) **Translation:** BOY **Definition:** A male child from birth to puberty. **KJV Translations:** child, young, son, boy, fruit **Strong's Hebrew #:** h.3206

יְלֵדָה ( fem., ילדה / yal-dah ) **Translation:** GIRL **Definition:** A young, unmarried woman. **KJV Translations:** girl, damsel **Strong's Hebrew #:** h.3207

יְלֻדוֹת ( fem., ילדות ) **Translation:** YOUTH **KJV Translations:** youth, childhood **Strong's Hebrew #:** h.3208

מִלֻּדֹת ( fem., מולדת / mo-le-det ) **Translation:** KINDRED **Definition:** A group of related individuals. **KJV Translations:** kindred, nativity, born, begotten, issue, native **Strong's Hebrew #:** h.4138

וּלְדָד ( masc., ילד / y.l.d ) **Translation:** BORN **Definition:** Brought forth, as if by birth. **KJV Translations:** born, children, sons **Strong's Hebrew #:** h.3211

יְלֻדָּה ( masc., ילוד / yi-lud ) **Translation:** BIRTHED **Definition:** What is given birth to; a baby human or animal that is brought from the womb into the open world. **KJV Translations:** born **Strong's Hebrew #:** h.3209

יְלֻדָּה ( fem., תולדה / tol-dah ) **Translation:** BIRTHING **Definition:** The act or process of bringing forth offspring from the womb. Total of the children born within an era. **KJV Translations:** generations, birth **Strong's Hebrew #:** h.8435



## Life, Lively

**חַי** (חי) **Action:** Sustain **Object:** Stomach, Animal, Sustenance **Abstract:** Life  
**Definition:** When the stomach is empty one is famished and weak and when it is filled one is revived. This organ is seen as the life as an empty stomach is like death but a revived stomach is life.

**חַיִּים** (masc., חַי / hhai) **חַיִּים** (fem., חַיִּים / hhai-ah) **Translation:** LIVING  
**Definition:** The quality that distinguishes a vital and functional being from a dead body; life. Literally the stomach. Used idiomatically of living creatures, especially in conjunction with land, ground or field. **Alternate Translations:** life (when in the plural form); creature (as a living one) **KJV Translations:** live, life, beast, alive, creature, running, living thing, raw, springing, appetite, quick **Strong's Hebrew #:** h.2416 **Strong's Aramaic #:** a.2417

**חַיִּים** (fem., חַיִּים) **Translation:** LIVING **Definition:** [To be verified] As keeping the stomach fed. **KJV Translations:** living **Strong's Hebrew #:** h.2424

**חַיִּים** (חַיִּים)

**חַיִּים** (common, חַיִּים / hh.y.h) **Translation:** LIVE (V) **Definition:** To be alive and continue alive. Have life within. The revival of life gained from food or other necessity. **Alternate Translations:** keep alive (when written in the piel [intensive] form) **KJV Translations:** live, alive, save, quicken, revive, life, recover **Strong's Hebrew #:** h.2421, h.2425 **Aramaic Spelling:** חַיִּים **Strong's Aramaic #:** a.2418

**חַיִּים** (masc., חַיִּים / hhay-eh) **Translation:** LIVELY **Definition:** Having the vigor of life. **KJV Translations:** lively **Strong's Hebrew #:** h.2422

**חַיִּים** (fem., מַחִיִּים / mihh-yah) **Translation:** REVIVING **Definition:** Restoring to consciousness or life. **KJV Translations:** revive, quick, preserve life, sustenance, victuals, recover **Strong's Hebrew #:** h.4241

**חַיִּים** (חַיִּים)

**חַיִּים** (fem., חַיִּים) **Translation:** LIVING THING **Definition:** [To be verified] A beast which focuses on eating. **KJV Translations:** beast **Aramaic Spelling:** חַיִּים **Strong's Aramaic #:** a.2423