

## Being born Again

The traumatic event we call birth leaves a scar in the middle of our bodies.

The scars that are left are usually described in two ways: 'inny' and 'outty'.

Adam and Eve are the only two people that didn't have belly buttons. Eve was perfect without the scar of birth. Nevertheless, Eve in her perfect creation left a wound in the side of Adam. The first woman was taken out of the side of man, and every child born since that time is taken out of a woman. Each child born has a constant reminder of their past need for blood, and nutrients, with the 'inny or outty' scar of dependence. The navel is mortal reminder that the body and spirit are in constant need of nourishment for life on earth and life in eternity that they could not and cannot provide by themselves.

Every individual should have one belly button but two navels.

The umbilical cord connects the embryo or child to a loving parent, a mortal Mother. A Mother's womb surrounds the baby in the protective waters of creation. This protective process is necessary in the preparation of a physical body that will become the home for an eternal spirit; a spirit that will become the enlivening force of the mortal body. The connection of the spirit and body are required to leave a heavenly home and live in a temporal world. The embryo that will become the home of the spirit is connected to a Mother of life through an umbilical cord. The small helpless body receives the life blood of the Mother that cleanses the impurities and provides the nutrients, sustenance and energy that is required for cellular growth and development in preparation for a cataclysmic event called birth. In the process of time and 'delivery', the spirit and body make its entrance into the temporal world.

There is a process of birth that is required to survive in this new world, as the connected eternal spirit and temporal body must emerge from the waters of creation as the water is drained (sometimes embarrassingly) and the umbilical cord of life severed and tied, creating that 'inny or outty' scar; thus completing a separation from that protective (embryonic) world that must take place for life to continue. By water, blood and spirit a new child is born. (Moses 6:59)

Just as a small physical body must go through an environmental change for a spirit to enter mortality, there is also a spiritual birth necessary for a body *and* spirit to enter the new environment of eternal life. Christ taught that we 'cannot enter heaven unless we are born again' (John 3:3-7). To be 'born-again' we must be connected to another umbilical cord; this time to an Eternal Father. One cord of life must be severed to enter mortality, but while in this world we must reconnect to another cord of life in preparation to joyfully enter eternity.

To begin we must enter the waters of creation again: and that is, the waters of life, of baptism, of change and rebirth. A 'son or daughter of God' must make a connection to another umbilical cord for their spiritual survival. As the earthly Mother provided all things necessary for entrance into our temporal life during the gestation period, a Father in Heaven provides all that is required for our spiritual health and growth as we prepare for the transition into eternity.

Mortality is our gestation state for eternity (a time to prepare to meet God) and we should have an umbilical cord that connects us during our time in this worldly womb, in preparation to be embraced in the arms of an eternal parent (2 Nephi 1:15). Through this life-giving connection we receive all that's required for a healthy after-life. Through the spiritual umbilical conduit, we receive (if we choose) the blood of the Atonement to purify and cleanse the impurities for a healthy celestial body. In this temporal gestation period this conduit (connection) is necessary for our proper spiritual health. The spirit and body needs a life-line connected to a loving Father in preparation for the other world, to which every spirit and body will go. This life-giving umbilical cord is not cut and tied by God for our survival like the first temporal cord, but is strengthened,

and enlarged, to increase the flow of the nutrients of understanding and knowledge, thus providing the vitamins of ordinances, covenant and change. This spiritual nourishment feeds each spirit with the faith and repentance as the blood of the Holy One cleanses each spirit from destructive impurities. Eventually, being born again, we will become a son or daughter of God becoming an heir to all our Father has (D&C 84:38). In this gestational process of mortality, we can develop the character necessary to give life to our new spiritual existence. Our spiritual survival is dependent on this cord remaining intact and strong. Our Father in Heaven will not cut the cord leaving us with a spiritual scar. Only we have the ability to sever the second umbilical cord leaving a spiritual scar that could fester with an infection that could lead to our spiritual death. Every spirit and body needs two umbilical cords but only one navel.

